

A remedy  
at the intersection point of  
Homeopathy and Apitherapy:  
*Apis Mel.*

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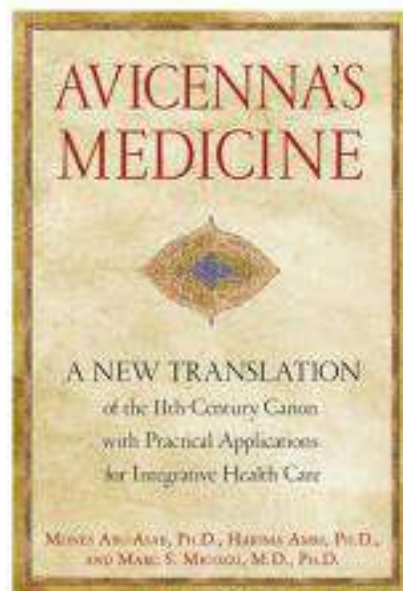
Traditional & Complementary Medicine Studies

Apitherapy Center

**Turkish Apitherapy Association**

# Apitherapy & Homeopathy





- **Homeopathy** was invented by Samuel Christian Hahnemann (1755-1843), a German physician who had become dissatisfied with the medicine of his day.



**Dr. Samuel Hahnemann**

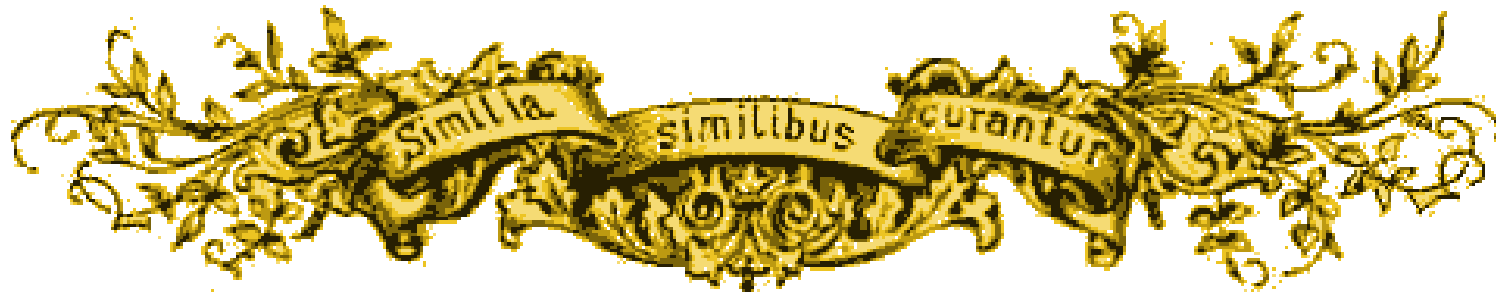
The founder of homoeopathy

Homeopathy is a form of alternative medicine, first proposed by German physician Samuel Hahnemann in 1796, that attempts to treat patients with heavily diluted preparations which are claimed to cause effects similar to the symptoms presented.

Hahnemann took a small amount of cinchona bark, which contains quinine, the drug used to treat malaria, and developed the symptoms of malaria.



- From this observation he developed homeopathy's first law, "***similia similibus curentur***," or let **likes be cured by likes**. In other words, drugs which cause specific symptoms can be used to cure diseases which cause the same symptoms.

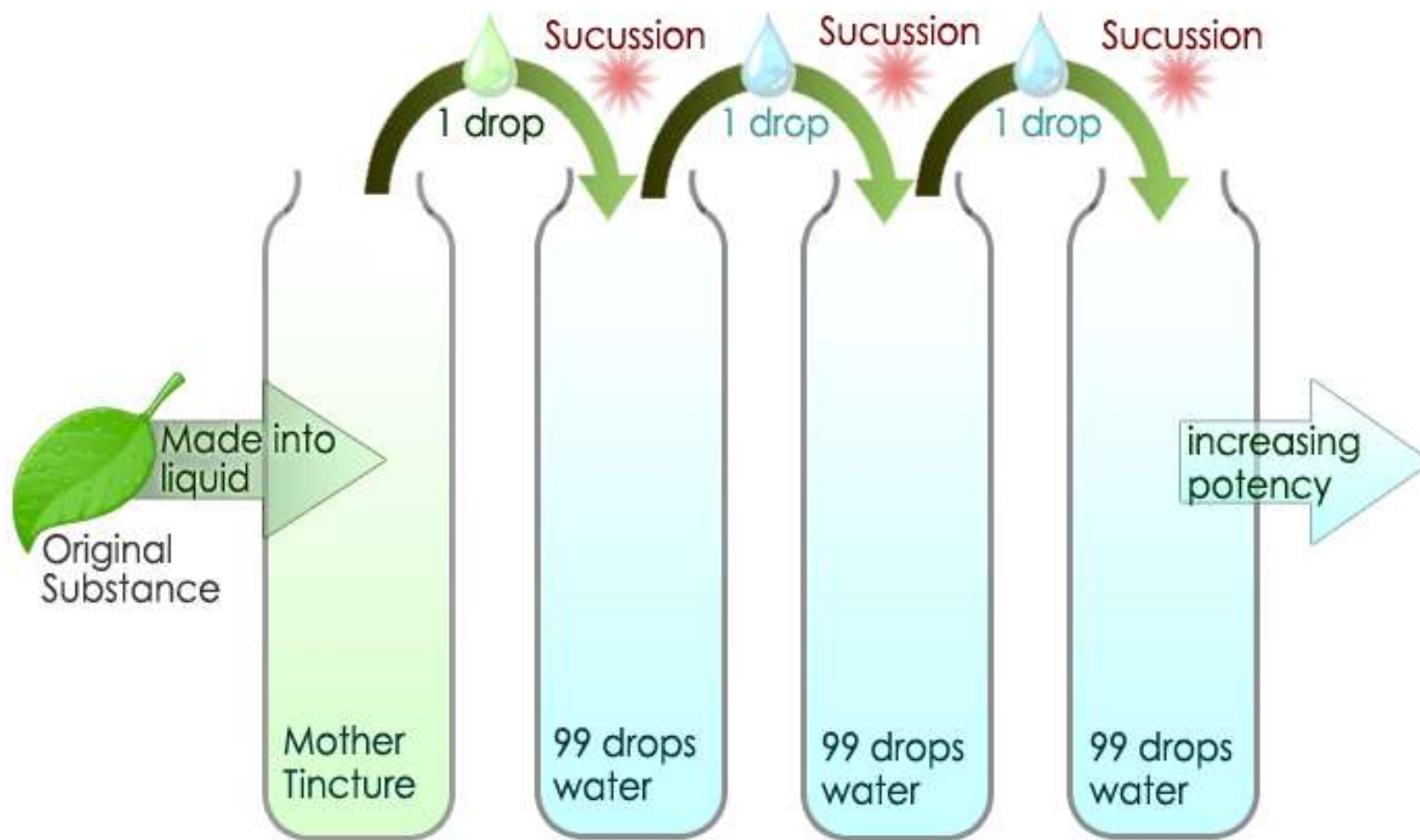


- This law states that a medicine can cure a sick person if it can cause a similar sickness in a healthy person.
- For instance, if you peel an onion, your eyes burn, itch and water. You might also have a runny nose and begin to sneeze. If you had similar symptoms during a cold or allergy attack, such as a runny nose, watery eyes and sneezing, a homeopathic ***micro-dose*** of the remedy *Allium cepa* (red onion) could be helpful to stimulate patient's healing response.

- As homeopathy evolved, other “laws” were also discovered. The law of **infinitesimal doses** was actually a late development by Hahnemann, but today is often thought of as the primary characteristic of homeopathy.
- This law states that when drugs are diluted in either water or alcohol, they actually increase in therapeutic potency. Today, serial dilutions of 1:100 repeated 6 or 30 times are commonly used. Between each dilution the substance is strongly shaken, which is thought to be necessary to activate the properties of the drug.



- For instance, a substance that has been diluted 1:10 and shaken six times will be labeled 6X, and contains 1 part of the original substance in 1 million parts of the diluent.
- Homeopathic medicines are available in various dosage forms and potency ratios. Two of the most common dosage forms are pellets and tablets, which are composed of sugar and lactose saturated with the liquid dilution.
- The most common types of potencies available are X (1:10 ratio), C (1:100 ratio), and LM or Fifty Millesimal (1:50,000 ratio). (Note that a 1M potency is simply an abbreviation for 1000C.)



- The goal of a homeopathic consultation is to find the “**totality of symptoms,**” **physical, mental, and spiritual**. They accomplish this goal by taking a “homeopathic history” which includes questions such as: do you feel sad when you hear piano music, are you excessively tidy, or do you have a chilly personality?
- This information is combined with the patient’s symptoms and their physical “**constitution**”. The homeopath then decides on *what single remedy* will treat the patient’s “*totality.*”

- In classical homeopathy, the Homeopath will analyze a person's homeopathic constitution when treating a person for a chronic or long term care. The **constitutional type** takes into consideration someone's mental and emotional nature.
- Also considered are a person's **fear** and **anxieties** along with **food likes, aversions** and **dislikes**. The homeopathic constitution takes into consideration **person's responses to different weather conditions** and their overall temperament and biochemical nature is taken into account as well. Other factors considered in determining a homeopathic constitution that is how the person **sleeps**, what makes them **alert, tired** and what are their **areas of body weaknesses**. The constitutional nature also includes physical factors such as if the person is tall or short, fat or thin, muscular or flabby, long or short legs and arms, overweight. It also can include a person's eye and hair color. Body thermals are considered, such as whether the person is **chilly** or **hot** is also part of the constitutional picture to determine a person's **homeopathic constitutional type** and when treating a person for a chronic or long term disease.

# “the hair in the soup.”

The reactions of four different people to finding a hair in their soup:

- The first gets angry and throws the soup at the waiter.
- The second expresses disgust, shrugs it off, and leaves the restaurant whistling a tune.
- The third begins crying because bad things always happen to him.
- The fourth looks at the hair, leaves it right there, goes on eating, and after finishing, he orders another bowl.

- A homeopathic medicine is generally given not simply for a symptom or a disease but for an entire pattern or constellation of physical and psychological symptoms.
- After a homeopath completes a thorough interview, he/she seeks to find a medicine which matches the “**essence**” of the person’s totality of symptoms.

# How can it work?

- Modern homeopaths have tried to justify the law of similars by comparing it to the **effectiveness of vaccines** — which involve giving small doses of an infectious pathogen to prevent a later infection. However, this analogy is not so appropriate. Vaccines involve measurable doses of attenuated or killed organisms or their proteins, and operate by a known mechanism — they trigger an immune response.
- Modern homeopaths have also tried to rescue the notion of infinitesimals by invoking the concept of **water memory**. They claim that water molecules can form a structure that contains the information of the homeopathic remedy.
- Other theories for how ultradilute remedies could have biological effects include the **effects of nanoparticles** supposedly detected in homeopathic solutions.

# Evidence- Based?

- ‘There is no good-quality evidence that homeopathy is effective as a treatment for any health condition.’  
National Health Service, UK
- ‘There is little evidence to support homeopathy as an effective treatment for any specific condition.’  
National Centre for Complementary and Integrative Health, US
- “Homeopathic remedies don’t meet the criteria of evidence based medicine.”  
Hungarian Academy of Sciences



# Just Placebo effect ?

- 'Homeopathic remedies perform no better than placebos, and the principles on which homeopathy is based are scientifically implausible.'

House of Commons Science and Technology Committee, UK



# However; some clinical studies support it

- Linde,et al, “Are the Clinical Effects of Homoeopathy Placebo Effects? A Meta-Analysis of Placebo-Controlled Trials,” *The Lancet*, Volume 250, pp. 834–843 (September 20, 1997).]
- [e.g., Jacobs, et al., “Treatment of Acute Childhood Diarrhea with Homeopathic Medicine: A Randomized Clinical Trial in Nicaragua,” *Pediatrics*, Volume 93, Number 5, pp. 719–725 (May 1994)]

- Homeopathic medicines – known as “remedies” – are made from natural sources (e.g., plants, minerals), and are environmentally friendly and cruelty free.
- Over the last 200 years many definitions of “classical” homeopathy have been used. At the core of nearly all of these definitions are the following key elements:
- The **Law of Similars**: matching the symptoms of a medicine tested on healthy humans to the individual seeking treatment.
- The **Minimum Dose**: determining the least amount of medicine needed to effect the needed change.
- **Totality of Symptoms**: matching the complete symptom profile of the patient to the symptom profile of the remedy.
- **Single Remedy**: administration of one remedy at a time.

# Apis Mellifica



- The homeopathic proving of Apis was not published until 1853 when the German born homeopath, *Dr. Constantine Hering*, included it in his *American Proving, Vol. 10*.
- A homeopathic proving involves a group of healthy people ingesting a substance and recording their reactions to it. According to homeopathic principles, the dilute homeopathic form counteracts those symptoms.
- Shortly after *Dr. Hering* published the proving, homeopathic physicians began to use bee venom and record their observations.

**Dr. C. W. Wolf** of Berlin, Germany wrote the first book fully dedicated to the use of bee venom as a therapy, *Apis Mellifica; or, The Poison of the Honey-Bee, Considered as a Therapeutic Agent*. In this short (80 pages) but very detailed book *Dr. Wolf* describes how to prepare and use Apis and documents his clinical observations.

APIS MELLIFICA;  
OR,  
THE POISON OF THE HONEY-BEE,  
Considered as a Therapeutic Agent.

BY C. W. WOLF, M.D.,  
Ex-District Physician in Berlin.

PUBLISHED AND FOR SALE BY  
WILLIAM RADDE, 635 ARCH STREET.  
1858.

PREFACE.

EVERY physician who has spent years of an active life in prescribing for large numbers of patients, is morally bound to publish his experience to the world, provided he is satisfied, in his interior conscience, that such a publication might be useful to the general interests of humanity.

In offering the following essay to my readers, I simply desire to fulfil an obligation recognised as valid by the inner sense. This essay contains every thing that an experience of forty years in the conscientious and philanthropic exercise of my profession has sanctioned and confirmed as truth. Nor have I adopted a single fact, suggested by my own observation, as correct, without contrasting it with the most approved records of medicine. To every true friend of man, and more particularly to every physician who considers the business of healing disease as the highest[4] office of medical art, I offer this essay for further trial and examination. May the statements expressed in it either be confirmed or else corrected and improved by those who excel in more thorough knowledge and ability.

THE AUTHOR.

Berlin, Oct., 1857.

APIS MELLIFICA.

"The bee helps to heal all thy internal and external maladies, and is the best little friend whom man possesses in this world."—More in Cotton's *Book of the Bee*, p. 138.

SINCE Hahnemann's successful attempt to develop the medicinal nature of Aconite, no



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# Question 1

If "like cures like," or that a medicine can cure a sick person if it can cause a similar sickness in a healthy person,  
What happens to a healthy person when stung by a honey bee?





## Question 2

- If the constitutional type takes into consideration someone's mental and emotional nature, what are the characteristics of honeybees?



# *Apis Mellifica*

- Feeling of **burning**, stinging, smarting, prickling, lancinating **pain**,
- **itching**
- **pain is eased by cold applications** to the troubled area and when **warmth causes increased distress**,
- with excessive **swelling**; of eyelids, lips, throat,
- **redness** of the eyes
- **weakness**, and total apathy that can reach complete unconsciousness
- a sense that life is ebbing away with a **resignation to dying**. They feel they will be dying soon, with the next breath or in a few minutes, and they appear not to resist, as if they do not have the energy to resist. They appear not to resist, as if they **do not have the energy to resist**. This sensation most probably results from difficult respiration.

## Personality:

- **Concern about the family** and the activities of family matters
- **Work** is extremely important. Though feels sad due to disease, but still there is some excitement to do for work
- Looks **hurried**,  
**Clumsiness**, especially when they are in a hurry.
- **Busy** always,
- **Try to look excessively cheerful**. Thinking that the problem is not so important, every one has this problem.
- **Try to be kind**, to behave in an obliging, even cordial manner. It is only **when they are irritated that they will rage**, their tongue becoming like the sting of the bee. Then they will suddenly explode and say things that can really hurt another person.

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Original Article

## Effects of Extreme Dilutions of *Apis mellifica* Preparations on Gene Expression Profiles of Human Cells

Elisabetta Bigagli<sup>1</sup>, Cristina Luceri<sup>1</sup>, Andrea Dei<sup>2</sup>, Simonetta Bernardini<sup>3</sup>,  
and Piero Dolara<sup>1</sup>

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### Abstract

Gene expression analysis has been employed in the past to test the effects of high dilutions on cell systems. However, most of the previous studies were restricted to the investigation of few dilutions, making it difficult to explore underlying mechanisms of action. Using whole-genome transcriptomic analysis, we investigated the effects of a wide range of *Apis mellifica* dilutions on gene expression profiles of human cells. RWPE-1 cells, a nonneoplastic adult human epithelial prostate cell line, were exposed to *Apis mellifica* preparations (3C, 5C, 7C, 9C, 12C, 15C, and 30C) or to the reference solvent solutions for 24 hours; nonexposed cells were also checked for gene expression variations. Our results showed that even the most diluted solutions retained the ability to trigger significant variations in gene expression. Gene pathway analysis revealed consistent variations in gene expression induced by *Apis mellifica* when compared to nonexposed reference cells but not to reference solvent solutions. Since the effects of *Apis Mellifica* at extreme dilutions did not show dose-effect relationships, the biological or functional interpretation of these results remains uncertain.

### Keywords

gene expression, *Apis mellifica*, extreme dilutions, homeopathy, microarrays

The remedy called «**Apis mellifica**» is an example for a holistic and integrative approach from homeopathy and apitherapy.

Holistic medicine is the art and science of healing that addresses the whole person - body, mind, and spirit.

The practice of holistic medicine integrates conventional and alternative therapies to prevent and treat disease, and most importantly, to promote optimal health.



# Health



## Definition of Health

**Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.**



Source: Health Ecosystem described by David Harcourt in 1992 in *Health, Human Development and the Community Ecosystem: Three Ecological Models* *Health Affairs*, vol. 11 (1992) 8 (1): 41-47. doi: 10.1393/hlthaff.1992.1.41

# Bee Healthy





# Turkish Apitherapy Association, Istanbul





# Apitherapy Center of Medipol University Medical Faculty, Istanbul







# Thanks for your attention

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