

# **Comparative Study Between Homeopathy & Jung**

**By Dr. Amal Fouad**

If you have ever wondered if there is a relationship between Homeopathy and the teachings of Carl J. Jung; then definitely you would have been interested in attending this lecture!

In January 9, Dr. Amal Fouad, who is a pediatrician, holistic health practitioner and a homeopath, has given a presentation in the Human Foundation: “Comparative study between homeopathy & Jung”. Dr. Fouad got interested in making such comparison after being introduced to the Jungian school of psychoanalysis, through the courses taught by Dr. Aliaa Rafea, in the Human Foundation.

While explaining the mechanism of preparing homeopathic remedies using water drops; Dr. Fouad stressed that the treatment must aim at treating the individual rather than the disease. She explained the law of similarity, which is represented in a system that is based mainly on the principle that the cure for a particular disease is achieved through the use of pharmaceutical substances that, when administered to a healthy person, produce the similar symptoms as those of the disease in question. She adds: “In order to heal, you need to use the most similar remedy to the symptoms, with the most minimum dose”.

Since water is the main substance constituting homeopathic remedies; Dr. Fouad has explained the impact of words and music on the frequency and energy of water. She says: “Water constitutes 70% of our weight, and the drop of water is able to maintain the frequency and the characteristics of the substance”. She referred to the experiment made by Masaru Emoto, who worked on measuring the effect of words and emotions on water drops.

Through the presentation, we learn that the homeopath should observe carefully the mental, emotional and physical status of the patient, as well as his dreams. But the homeopathy's approach regarding the dreams is different than the Jungian approach.

So, what are the similarities between homeopathy and the Jungian psychoanalysis? What did Jung add to Homeopathy? And how does the integration between both methods add more depth to the process of treatment?

Dr. Fouad explains that homeopathy treats the human being individually, through a holistic approach, healing the mind, emotions, and body. While Jung treats the human being individually through dreams and close observation to the patient, so as to reach individuation, which is wholeness.

Jung wanted to understand the human psyche, so he studied psychology and mythology, dreams and alchemy. He traveled to many countries to know their cultures. Jung said that the psyche is a whole, and must be regarded as a spirit, body, mind, heart and soul.

Dr. Fouad continues: “Alchemy is the science of transforming a cheap substance into a valuable one. The alchemists used to find such transformation reflected within. This is similar to potentization, which is the process of preparing the remedies in homeopathy, producing the most valuable part of the substance.

She also referred to the concept of synchronicity that was highlighted by Jung, explaining that it exists in homeopathy as well, when the case starts narrating his/her dream or starts relating one story to another. Maybe this might also occur while the homeopath is thinking of selecting the right remedy for a case; and the case narrates a dream that confirms such choice, or maybe the homeopath dreams of the right remedy.

In a comparison between Jung and homeopathy with regard to dreams, Dr. Fouad clarified that although dreams play an important role in homeopathy, but Jung gave more depth to dreams. She explained that Jung added a new prospective and interpretation of dreams to homeopathy.

On another note, she mentioned what Jung has said that we are all connected through a collective unconsciousness. She explained that in homeopathy; they call it the collective condition of humanity (MIASMS). She has also clarified that Jung named the male and female sides of humans; the Animus and Anima, which is described in alchemy as the merging of opposites (sacred marriage).

Jung focused on dreams as a gate to the collective unconsciousness and a reflection of the human needs. Dream symbolism is important in religions and mythology. D. Amal stresses on the importance of the uniqueness of dreams, as their interpretation varies from one person to another. She recommends that Homeopaths get acquainted with Jungian studies, as this would help them understand themselves, to avoid projecting their internal issues on their patients.

But why is it necessary to know both; homeopathy and Jung? She answers this question by highlighting that the stresses people suffer from due to modern life, and the abuse of earth have reached unimaginable limits. The poisons received by our systems exceed our capacities, leading to the insufficiency of a sole method of treatment.

*“I am grateful to medicine because it taught me how the body works, and where do diseases come from, but we cannot rely on medicine solely anymore, because it has separated the soul from the body”.*

*Dr. Amal Fouad*

