

## Obstacles to Cure & Maintaining Causes

Homoeopaths use the term “Obstacle to cure’ to indicate anything in the diet, lifestyle or past history that may extinguish or disturb the action of a homoeopathic remedy or interfere with the vital force’s ability to recognise or respond to it. Samuel Hahnemann wrote about this extensively as he and his colleagues recognised that although homoeopathy can bring about deep and lasting healing reactions in many instances there can also be challenges to overcome in order to see progress. In cases where a well-chosen homoeopathic remedy is given with little or no response we need to consider if there is an obstacle or maintaining cause that is interfering with the response of the vital force before we jump in and consider changing the remedy itself.

Listed below are some of the more common ‘obstacles to cure’ when under homoeopathic care.

**Allopathic drugs:** Drugs and medicinal substances have a powerful effect on the physiology of the body and can suppress symptoms, cause new symptoms or obscure the true nature of the person. This makes understanding the case and selecting the best remedy more difficult. When drugs and other medicinal substances are involved lower potencies are usually prescribed on a daily basis to encourage a response that can be sustained. Sometimes the effect of past use of drugs can cause a layer and ‘obstacle to cure’. In this case a remedy is needed to clear this past influence before healing can proceed.

**Internal maintaining causes:** These include genetic tendencies and constitutional susceptibility. In cases of recurring ailments despite treatment with acute remedies the problem may lie in an imbalance at the constitutional or genetic predisposition level. For example treating recurring fevers with acute remedies such as Belladonna and not following on after the acute phase to strengthen at a constitutional level with a remedy such as Calc carb.

**A toxic or abusive environment:** There are many obstacles to cure but the most common is the stress in a household or workplace that challenges the person. When you are being abused, shocked or traumatised on a daily basis at home or work, it keeps you weak and depleted which can be an obstacle to your healing.

For a person with any sensitivity to their environment, living in a place that creates an allergic response is difficult to overcome. Often the main complaint may be an allergy but if the allergen is not known then it can be like a silent deterrent to healing, running all of the time. Other environmental obstacles can be weather, humidity, living near the sea, a damp basement or high altitude. Any environment that is not in coherence with a person can be an obstacle. In these cases a single dose of higher potency may only act for a few days whereas a

lower potency on a daily basis gives continued support.

**Personal habits:** Continued abuse through any addiction, depletes the energy and can be an obstacle to healing. Homeopathic remedies can help with the core issue, but self-control is needed as well. We don't need to become saints, just practice moderation and common sense.

**Coffee etc:** In some people coffee, which now seems to be ingrained in our daily lives, can pose an obstacle to cure by affecting the response to the remedy. For people who are unable to abandon their coffee lower potency and more frequent repetitions can be the best way forward. Essential oils such as camphor, eucalyptus, tea tree oil and other highly aromatic substances can affect many people and interfere with a sustained healing response.

**Being impatient:** Too many people want the quick relief suppressive treatment offers and give up easily on homeopathics. In cases of chronic disease they don't want to take the time needed to find the best remedy or take the necessary time for the remedy to act for a long-term improvement and healing.

**Self medicating:** It's important to have a clear picture of symptoms and self medicating with all manner of herbals, potions, supplements, or even overusing homeopathic remedies can distort the picture which makes it very difficult to find the best remedy or recognise improvement. Some alternative treatments are complimentary while others interfere with seeing the remedy picture or antidote the action of remedies.

**Incurability:** When illness has progressed to severe pathology, function is impaired and life is threatened, allopathic and surgical care may be what is required to save life. Homeopathy can still help on the mental and emotional level, but it cannot restore a destroyed or lost organ.

Next month we will explore **Provings**.