

# Susceptibility and Predisposition

When we talk about disease we first need to define health. Health may be described as the person's ability to adapt to changing circumstances whilst maintaining integrity. Health may be understood to imply freedom from the rigidity of the body, the emotions and the mind.

**Susceptibility** is the capacity of being affected by morbid influences (factors that contribute to disease, including bacteria, toxins, and psychologic stress) or to put it more simply the degree to which a person is vulnerable to a particular outside influence. It is our weak spot, Achilles Heel. All of us are susceptible to something (or someone) and this susceptibility can change over time. In a stressful situation our weak spots show up. One person may get headaches, another has a sensitive stomach others may develop asthma, eczema or joint problems.

**Predisposition** usually refers to our inherent traits and tendencies and is indicated by the family medical history, and also the person's pattern of illness. Effective Homoeopathy eradicates or calms the predisposition's degree of influence.

**Disease** or disharmony results when the person cannot readily adapt to the effect of a morbid influence. When this happens we develop disease as exhibited by various signs and symptoms.

Our susceptibility and predisposition is determined by our:

1. Constitutional type: the personality and body type of the individual.
2. Racial Characteristics: such as Sickle Cell anaemia in people of black African descent.
3. Miasmatic Background: this is the genetic history that we carry forward, it is more individualised than our racial history.

The aim of homoeopathic treatment is to address all of these influences thereby strengthening the vitality and reducing susceptibility.

Our susceptibility to disease may be further modified and increased by the effect of **maintaining causes**. These put an extra strain on our bodies and include:

- poor diet
- bad sanitation
- drugs – recreational or otherwise, cigarettes, alcohol, anything in excess
- stress either subliminal or insidious
- sustained emotional unrest
- suppression of 'symptoms' by for instance a drug such as cortisone or the 'pill'

**Morbific Influences** that can contribute to ill health include:

1. Bacteria and viruses
2. Physical trauma
3. Emotional trauma
4. Environmental conditions

One thing to understand is that at some point of exposure to a morbid influence such as excessive heat, radiation, poison or trauma we are all going to be susceptible eventually regardless of our predisposition. People who have a high susceptibility to the particular influence will succumb much more quickly.

In the case of cancer the individual's personal susceptibility to cancer plays a role as a co-factor in the development of cancer and homoeopaths understand this susceptibility to be based on a person's genetics or family history, past diseases and psychological state amongst other factors.

In conjunction with a healthy lifestyle and attitude to emotional stress homoeopathic care improves the strength of the vital force and reduces susceptibility to disease.

Next month we will explore **polycrest remedies**.