

# Layers

This style of homoeopathic prescribing relies on the understanding that people have distinct layers of disease, which may require separate prescriptions to be given in the reverse sequence or order to which the layers occurred to bring about complete and lasting results.

We often find that what we consider to be a well chosen constitutional remedy may fail to act as deeply as we would wish until what we perceive to be a block, such as for example 'never well since influenza' or 'never well since a grief or shock', is cleared.

This prescribing technique is described by the Homoeopath Eizayaga in Ian Watson's book 'A Guide to Methodologies of Homoeopathy'. The model Eizayaga uses is based on 4 main categories or layers. It is unnecessary to use this system in clear cut cases calling for one single remedy.

**Miasmatic Layer:** This layer relates to the hereditary predispositions that affect and influence us. Treating miasmatically after 'the cure' helps consolidate and reduce the incidence of relapse.

**Constitutional Layer:** Our individual type – our healthy characteristics, including body type, hair colour, food desires and aversions, personality etc. The signs and symptoms on this level are about good health and normality – they are not pathological or curable. Treatment on this level is about maintaining health and strengthening and fortifying the constitution. Babies and small children are often treated at this level whereas older people have usually accumulated a few layers along the way that require a remedy before the constitutional remedy becomes clear and is given. Only a few polycrests are used, most notably Sulphur, Calc carb, Silica, Phosphorus and Lycopodium.

**Fundamental layer:** The symptoms of this layer relate to the person rather than to a disease process. They are acquired characteristics that can change throughout a person's life. The layer often comes from grief, anger, shock, trauma etc. Food cravings and intolerances belong here. Symptoms are generally reversible and curable. The purpose of a remedy at this level is to restore the person to their usual constitutional picture. There are about 40 polycryst remedies commonly used, including Pulsatilla, Nat mur, Stramonium, Aurum, Lachesis etc.

**Lesion Layer:** When the disease has localised into a system, organ or tissue it is called a *lesion* and needs to be treated separately to the other layers. It can be acute like appendicitis or chronic like arthritis, appear sporadically like gout, periodically at regular intervals like asthma. It may be reversible or irreversible, curable or incurable. Any remedy may be indicated and the remedy choice is based more on the clinical diagnosis, symptoms of the disease and local modalities, the idea being to remove the disease layer before moving on to remedies for the whole person. Sometimes sub lesions need treating first e.g. a cancer patient may first need treatment for effects of chemotherapy, then for the cancer, then constitutionally and miasmatically. The rule is start with the most recent layer.

It can be a very interesting and enlightening project to make time lines for yourself and family members. They allow you to map across the years significant episodes such as ill health, emotional stress, accidents and medical interventions and highlight events that may have impacted on health or well-being.