

## INTERVIEW OF PROF. GEORGE VITHOULKAS TO CUERPOMENTE

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### A LIFE DEDICATED TO LEARNING AND TEACHING ABOUT HOMEOPATHY

#### **- What do you like most about homeopathy?**

-The fact that patients are cured and feel happy again.

#### **- And what led you to be interested in this way of healing?**

-I read Boericke's Materia Medica and it was like a revelation for me. I knew instantly that I had found the correct medical system. I had a health problem but I had refused to take pain relievers. The first time I took a pill, in 1948, my stomach burned! From that day on, I gave up treating myself with conventional medicine. I preferred to live with the pain. I was 17 years old.

#### **You began practicing homeopathy in South Africa. What do you remember from that time?**

- It was in 1959 and I used to work in a construction company as a civil engineer. There I read my first book on homeopathy and from then, I began to study thoroughly, but not out of obligation but because I felt full: I almost went into ecstasy when I read about homeopathy. I used to work as a construction manager, which gave me free time to study. Those hours of study and the time I spent later in India, were the happiest time of my life. I was a student and felt that I was learning something sublime.

#### **- Why did you go to India to study homeopathy?**

-Because India was the only place where homeopathy was recognized and taught in schools of homeopathic medicine. But it didn't take long time for me to realize that the type of homeopathy then practiced in India and the rest of the world was going the wrong way. A kind of polypharmacy was practiced, mixing remedies. This was doing a disservice to a system that had so much more to offer. Since then I have tried to convince homeopaths that they should study each case carefully to prescribe only one remedy at a time, observe the evolution and prescribe again if necessary.

#### **- What has been your main contribution to homeopathy?**

- I think I have done several. I wrote a more lively Materia Medica, more adapted to human beings and, therefore, more efficient. In 1971 I wrote my first book in Greek, which was published in the United States under the title "Homeopathy, Medicine for the New Man". At that time I felt that I was facing the healing method for a new type of human being, more generous, more spiritual, with a greater capacity for love and wisdom.

In 1978 I published "The Science of Homeopathy" and in 1987, Homeopathy, a comprehensive view of health, disease and healing, in which I developed the theoretical framework that supports

Hahnemann's ideas. In 1989 I prepared the VES, acronym for "Vithoukas Expert System", with the Belgian University of Namur.

**But my greatest contribution is my online E-Learning Course, where you can study everything that I have been teaching these years in a course that collects all the theory, the materia medica and the analysis of cases that I have been recording on video so far, with moderators who supervise the work of the students and in which I participate solving doubts.**

And secondly, the second volume of The Science of Homeopathy, entitled "Levels of health", which includes a comprehensive practical guide so that the doctor can make correct prescriptions.

**- What has been the most emotional moment of your career?**

- A great moment in my life was when I received the Right Livelihood Award (Alternative Nobel Prize), in the Swedish Parliament, in 1996. It was also very important the day I was awarded the Gold Medal for Hungarian Democracy, which was presented to me by the President of the Country. Both awards were given to me in recognition of my work as a trainer of physicians around the world in classical homeopathy and for helping to develop and improve this discipline.

But the happiest and most carefree time of my life was when I was studying homeopathy in India. I adored India, I adored its people, I adored its warmth and its love of debating spirituality and philosophy. I was the personal physician to the great philosopher Krishnamurti for two years, and they were memorable times for me, because I met many important people around him in private conversations.

**- What made you decide to live on the Greek island of Alonissos?**

-It was the ideal place for me, because I feel connected with nature: it is my source of inspiration. I also felt that to carry out my work I needed to isolate myself from the noise of the cities.

**- What is essential in your life at the moment?**

-Internal or mental peace and external peace. And freedom, that is, the ability of internally disciplined people to free themselves from passions. At the same time, be filled with love, overcome selfishness, and serve society wisely and discreetly.

**-Apart from using homeopathy and not taking allopathic medicines, what do you do to maintain your health?**

-I work two hours and then I entertain myself in the garden taking care of my garden and my small animal farm; then I go back to the brainwork and start over. I also go sea fishing from time to time.

**-You work on an 18-volume homeopathic pharmacopoeia, Materia Medica Viva. Until today It has twelve written. What goes into them?**

-My students asked me to write this Herculean work, maybe 20 volumes, and I have to say that it has given me many headaches in the last sixteen years. In any case, I will try to use all the knowledge and experience that I have gathered during these years by presenting tens of thousands of cases.

**-Your descriptions of homeopathic types are almost archetypal, with a notable psychological component. How do you come to associate a single substance with such a detailed set of character traits?**

- After treating thousands of cases it became clear to me that the mental or emotional pathology that evolved in the person corresponded to the mental or emotional pathology of the remedy. For example, when a person who had come with a depression improved after taking the Aurum remedy, it was obvious that the symptoms belonged to that remedy. If someone had a panic attack, it could be relieved with Aconite or Phosphorus. Even simple symptoms, such as excessive talkativeness, could be reduced with the right remedy, such as Lachesis. And even simpler symptoms, such as an easy tear, can be easily reduced with Pulsatilla. The descriptions I made of the different types of remedies greatly facilitated the work of the homeopath when choosing the most appropriate one.

**- How can a substance exert any healing effect in infinitesimal doses?**

We don't have an answer to this question. The only thing we know is that after energizing the remedy by diluting certain substances in water or alcohol or a mixture of both, the water becomes biologically active and gives surprising results that we have seen in millions of cures.

**- Do we all have a homeopathic type that is like our hallmark? Does it change throughout life?**

- Not everyone has what is known as a "constitutional remedy." In fact, very few people have it; only those with a very strong constitution, something that is not usual in these times. The rest of us will need more than one remedy throughout life. But the key is that the following remedies must be prescribed in a specific order; otherwise, the desired results will not be obtained.

**- Homeopathy is often criticized for not having enough studies to support it.**

-There is plenty of evidence if you want to see it. It is about the millions of healed people who pay out of their own pockets to be treated with homeopathy. In Greece, homeopathic doctors have long waiting lists despite the fact that visits are expensive: patients are willing to pay. In England, where the media has launched a strong attack on homeopathy, much damage has been done to the homeopathic community, but well-trained people have not been affected.

**- What are the main lines of research of current homeopathy?**

- It is a delicate field and those who enter it should be very cautious. Anyone who wants to do research should do it with the advice of an experienced homeopath and discuss with him before even starting. Many people have approached me with misconceptions that could never have flourished. Today we are witnessing a resurgence in homeopathic research. With the Benveniste experiment so failing in the late 1980s, many researchers put homeopathy aside for years. It was a shame that the investigation got so much hype and then in the end it turned out to be false.

"The incident with Benveniste was a warning of how careful we must be with the ideas that are sustained after conducting an investigation."

What Benveniste said was that a high potency of homeopathic dilution could cause a lot of damage to the body, to the point that structural anatomical changes (degranulation of basophils)

could be observed under the microscope! I tried to stop him from making his ideas public, but to no avail. These types of studies slow the progress of research in general and do much harm to homeopathy, since skeptics find fertile ground to ridicule homeopathy.

### **-What validation methods does homeopathy use to evaluate its effectiveness?**

-Homeopathy has been asked to demonstrate its efficacy under the same rules of double-blind trials that medicine uses to demonstrate the efficacy of a drug. But homeopathy does not use the same remedy for all patients who suffer with the same disease. In one hundred patients suffering from the same disease, we use individualised remedies. How then can we use the same methods of trials, with those that use one drug for all ? It is impossible.

We recently designed an experiment in collaboration with the skeptics, who had offered a million dollar prize to anyone who could demonstrate the effect of high powers. As a supervisor, the skeptics called for the appointment of James Randi, the person whom Nature had invited to supervise the Benveniste experiment. I agreed to organize the experiment with a team of Greek doctors in one of the public hospitals in Greece. After five years of preparation, when everything was ready to start, Randi suddenly withdrew from the experiment with a silly excuse. Those who are interested in knowing more about what happened can look on our website <https://www.vithoukas.com/research/clinical-trial-randi>

### **- What challenges does homeopathy face?**

-The greatest challenge of homeopathy is to be accepted in medical schools or to have their own schools in which homeopathy is taught as the main therapeutic methodology, including basic knowledge of anatomy, physiology and clinical medicine in addition to the findings of medicine.

At the moment, in Greece, we have a Master degree in Classical Homeopathy for doctors and dentists at the University of the Aegean, approved by the Greek Minister of Education. This is the third year that it has been working and we are very proud. Greece was the first European country to create such a master degree in the scientific area of a public university.

"Training is combined with research and we believe that we will start to get very good results very soon."

We are also trying to create in Greece a degree department in Classical Homeopathy at the University of the Aegean in Kos, the island of Hippocrates. The University of the Aegean is one of the best universities in Greece. It has excellent professors, academic recognition, technical teams and an academic vision of science that can be considered pioneering.

### **-What do you try to communicate to your students?**

-The knowledge and experience that I have accumulated during half a century of practice. So far I have done it in the classes that I teach at the Academy in Alonissos and from now on it can be learned anywhere in the world through the E-Learning program.

## **WHAT CAN BE CURED WITH HOMEOPATHY AND WHAT CANNOT?**

### **- In which cases is homeopathy more effective?**

–As long as the doctor has received a good training in homeopathy, the cases that are usually part of the homeopath's day-to-day in the office and in which a better response to the correct homeopathic remedy is obtained are the following:

- Chronic headaches and migraines
- Dizziness
- Absence crisis
- Maxillary and frontal sinusitis
- Hay fever
- Bronchial and allergic asthma in the early stages
- Gastritis, gastric discomfort, duodenal ulcer, spasmodic colitis, or cholecystitis
- Liver disorders such as fatty liver infiltration or degeneration
- Chronic conjunctivitis
- Chronic otitis
- Acne, dermatitis, neurodermatitis
- Trigeminal neuralgia, intercostal neuralgia
- Herpes, shingles
- Cervical syndrome, lumbago, sciatica, myalgia
- Gynecological problems - such as menstrual discomfort, premenstrual syndrome, mastitis, infertility.
- Urinary incontinence, cystitis
- Anemia
- Prostatitis, sperm problems, impotence
- Neurotic anxiety, phobias, depression, attention deficit disorders, etc.

The list is very extensive and therefore it is not possible to make a complete enumeration here. In my opinion, the help of homeopathy should be sought first in these cases. If this fails and it is an emergency, the doctor can turn to conventional medicine.

#### **–And in which diseases should homeopathy not be the main choice?**

–Homeopathy can offer very little help in the later stages of diseases such as cancer, liver cirrhosis, juvenile diabetes, long-term insulin-dependent diabetes, advanced Parkinson's, neuromuscular diseases, amyotrophic lateral sclerosis, muscular dystrophy, myopathy, myasthenia, strokes, autism or spasticity in children, long-term epilepsy, long-term asthma with emphysema, severe cardiovascular disorders, or severe mental disorders such as schizophrenia.

In some cases of this type there have been few successes that have led enthusiastic homeopaths to believe or maintain that homeopathy can cure all. The truth is that in these diseases or disorders, results have been achieved in very few cases. The doctor will therefore have to resort to conventional medical drugs to relieve pain or improve the general condition of the patient.

Some people are under the wrong impression that homeopathy can cure everything, but that is not true and there is also room for conventional therapy. The important thing is to turn to a good homeopath before reaching such advanced stages of the disease.

#### **- Why is homeopathy usually so effective in children?**

–Because their immune system is much less impaired than that of adults, whose body has been weakened by recurring diseases and the aggression caused by drugs and certain lifestyle habits. In fact, the homeopathic remedy stimulates the immune system in order to restore balance to the body, and the more active the immune system, the better the result of the appropriate remedy.

## **AT THE CONSULTATION: GUIDELINES FOR EXERCISING HOMEOPATHY**

### **- Is it convenient to be a doctor to practice homeopathy?**

–It is desirable that the homeopath is also a medically trained, since in this way he will be able to determine if the patient has a serious health problem and so act accordingly.

### **- How can a person evaluate the effectiveness of his homeopathic doctor?**

–It is very simple. If the patient sees that the homeopath takes time to gather all the necessary information (a first visit can last between one and two hours) and if at the end of the consultation he prescribes only one remedy, those two conditions indicate that the homeopath is following a good homeopathic line.

### **–Does benefiting from homeopathy imply committing to a specific lifestyle or is it not precise?**

–It is not advisable to change lifestyle unless the patient leads a totally unhealthy life: for example, if someone sleeps only few hours due to staying up all night, or drinking heavily alcohol or smoking excessively etc. The remedy may work for a period, but the effect does not last long, if such a lifestyle is maintained, a relapse will take place sooner or later.

### **- What mistakes does the patient make more often when using homeopathy?**

–A requirement is that the patient does not take drugs, legal or illegal, and that includes caffeine. If one still persist in taking drugs, these substances will interfere with the treatment, and it is a big obstacle, because they nullify the benefits and the homeopath has to start all over again. The problem is that in these situations you cannot be sure that the remedy that acted the first time will work again.

### **- And what mistakes do homeopaths usually make?**

–It's a very good question. Experience tells me that when a homeopath feels that he already knows everything and that he can practice without continuous training, from that moment he begins to relax about what he knows and in a few years most of the information will be lost or forgotten. Another mistake in my opinion is to resort to simplified systems to find the right remedy. Whoever takes this direction of polypharmacy is eventually totally lost in the abyss of human symptomatology and is no longer able to recognize the correct remedy ...