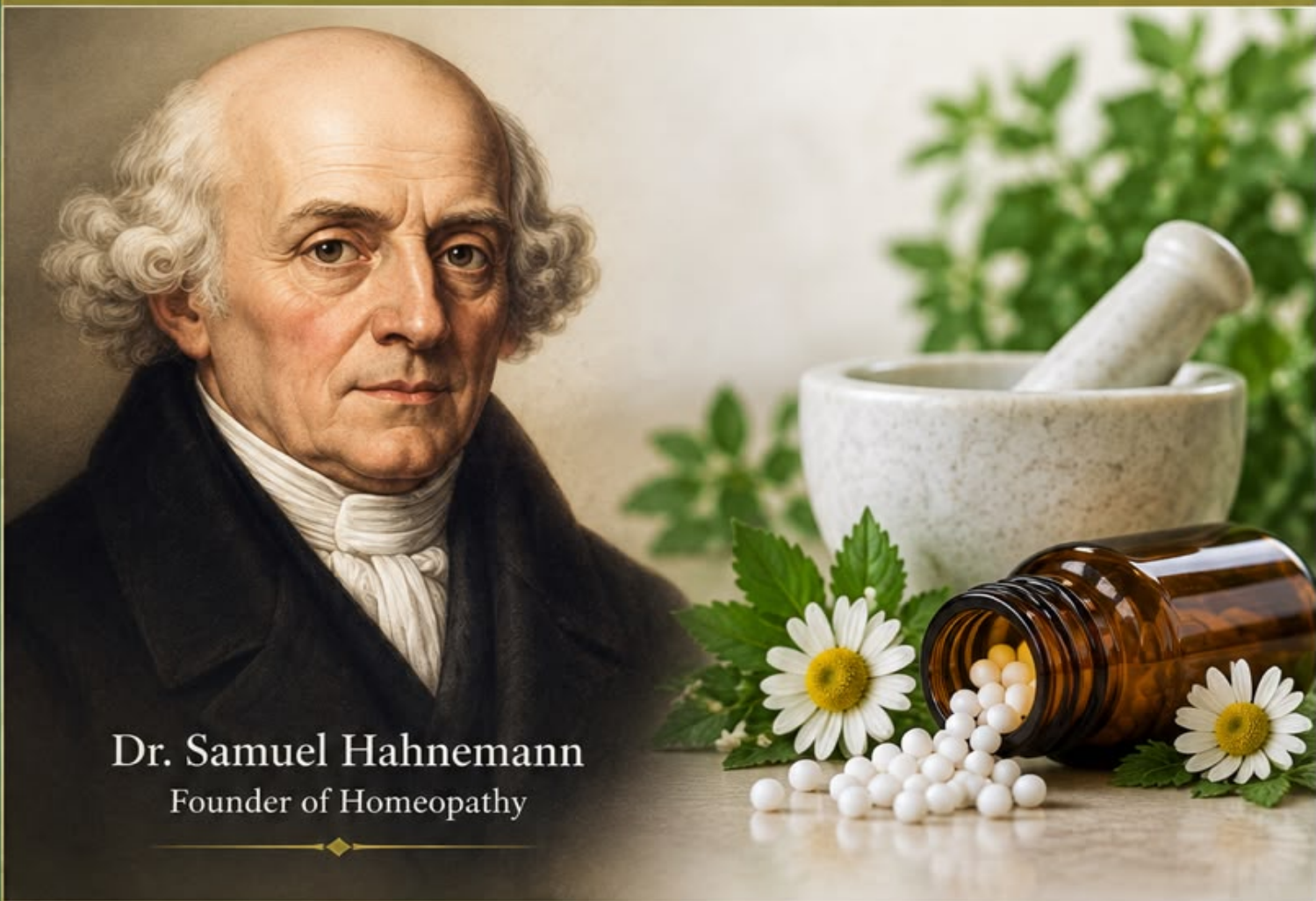


Understanding Homeopathy

— And —

Introductory Handbook

A Comprehensive Guide to the
Science, Philosophy and Practice of Homeopathy



Dr. Samuel Hahnemann
Founder of Homeopathy

Dr. J.S.P. Liyanage

ABOUT THE BOOK

A concise preview of the purpose, scope and approach

Sample • 2

What this book is about

Understanding Homoeopathy is presented as an introductory handbook covering the history, principles, terminology, traditional clinical approach and modern healthcare context of homoeopathy. The book is designed to help a reader understand not only remedy names, but also the ideas and methods that shaped the system.

Book summary

The book begins with the historical development of homoeopathy and the contribution of Dr. Samuel Hahnemann. It then explains central traditional concepts such as the law of similars, the vital-force concept, individualization, minimum dose and the single-remedy principle. Later chapters move into health and disease, consultation, remedies, potencies and common health complaints, followed by mental wellbeing, women's health, children, chronic disease and homoeopathy in modern healthcare.

A balanced reading approach

A key feature of the manuscript is its distinction between historical homoeopathic theory and contemporary scientific evidence. It explains traditional ideas in their historical context while noting where evidence is limited or uncertain.

Responsible practice

The book also emphasizes responsible healthcare: complementary approaches should not delay emergency care, diagnosis or necessary evidence-based treatment.

WHAT YOU WILL FIND INSIDE

Chapter-by-chapter overview

Sample • 3

01 Introduction to Homoeopathy

Origins, Dr. Samuel Hahnemann, the law of similars, potentization, individualization, global spread and the modern healthcare conversation.

02 Basic Principles of Homoeopathy

Law of similars, vital force, individualization, minimum dose, single-remedy principle and the relationship between traditional theory and modern science.

03 Understanding Health and Disease

The homoeopathic concept of health, symptoms, acute and chronic illness, physical and emotional factors, constitution, lifestyle and differential diagnosis.

04 The Homoeopathic Consultation

Taking the main complaint, symptom history, modalities, mental and emotional experiences, medical and family history, medication history, observation, case records and referral.

05–06 Remedies & Potencies

How homoeopathic remedies are understood, prepared and classified, including the traditional discussion of potency and dilution.

07–12 Remedies, Common Complaints & Special Groups

Common remedies and complaints, mental wellbeing, women's health, children and chronic diseases—presented within the book's traditional framework and safety perspective.

13–15 Homoeopathy in Modern Healthcare

The place of homoeopathy today, myths and facts, evidence questions, responsible use and possible future directions.

16 Appendix & Practical Resources

Glossary, case-taking format, observation guide and bibliography for further study.

INSIDE THE BOOK

Editorial Note

This book is designed as an introductory handbook to homoeopathy. It presents the historical development concepts, terminology and traditional clinical approach of homoeopathy while clearly distinguishing those ideas from conclusions supported by contemporary scientific evidence. It is not intended to replace diagnosis, emergency care, vaccination, surgery, or evidence-based medical treatment. Readers should seek appropriate professional medical care when symptoms are severe, persistent, unusual, or potentially urgent.

Dr J.S.P. Liyanage
DMMS, MFHom, Dr AC, MAcF, Dip. Psy, MILA, DAc,
MIMA, HCGC,
Government Registered Medical Officer
Integrated Healthcare Professional
Psychological Counsellor and Trainer

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Dr. J.S.P. Liyanage

DMMS, MFHom, Dr AC, MAcF, Dip. Psy, MILA,
DAc, MIMA, HCGC,
Government Registered Medical Officer
Integrated Healthcare Professional
Psychological Counsellor and Trainer

Integrated Medical Centre
546/1E/1, 8th Lane
Sandoris Jayantha Mawatha, Hokandara Road,
Hokandara (10118)
Sri Lnaka
TP: (+94) 78 561 6515

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WHY READ THE FULL BOOK?

A structured introduction before going deeper

Sample • 5

Understand the foundations

Learn how homoeopathy developed and how its traditional principles fit together.

Go beyond remedy names

Explore case-taking, symptom patterns, modalities, individualization and remedy selection.

See the wider healthcare context

The later chapters connect traditional homoeopathic ideas with contemporary healthcare and evidence.

Use it as a study companion

The appendix includes a glossary, case-taking format, observation guide and bibliography.

The complete book includes

- Introduction to Homoeopathy
- Basic Principles of Homoeopathy
- Understanding Health and Disease
- The Homoeopathic Consultation
- Understanding Homoeopathic Remedies
- Homoeopathic Potencies Explained
- Common Homoeopathic Remedies
- Homoeopathy for Common Health Complaints
- Homoeopathy and Mental Wellbeing
- Homoeopathy for Women's Health
- Homoeopathy for Children
- Homoeopathy and Chronic Diseases
- Homoeopathy in Modern Healthcare
- Myths and Facts About Homoeopathy
- The Future of Homoeopathy
- Appendix: Glossary, case-taking format, observation guide & bibliography

A practical starting point for readers who want to understand

the history, language, principles and clinical approach of homoeopathy in one structured handbook.

Understanding Homeopathy

And Introductory Handbook

Dr. J.S.P. Liyanage is an intellectual in various spheres of healthcare, with over thirty years of practice.

He possesses many qualifications in Education, Homoeopathy, Traditional Medicine, Psychology and Psychological Counselling and other complementary and Alternative Medicine (Acupuncture, Hypnotherapy, Reiki, Acupressure etc.)

Dr. Liyanage is a Registered Medical Practitioner in Ayurveda and Homoeopathy Medical Councils.

He served as a senior Volunteer counsellor for the three Armed Forces through the Ranaviru Family Counselling Service (1999–2001).

Furthermore, he extended his support to multiple organisations during natural disasters such as floods and the tsunami.

Dr. J.S.P. has been widely recognised with honorary awards for his invaluable contributions to the society.



Dr. J.S.P. Liyanage

You will discover the foundational principles of this gentle, holistic approach to wellness.

This introductory handbook provides clear, accessible knowledge to demystify Homoeopathic Medicine. Rather than self-prescribing, this book empowers you to partner confidently with a qualified Homoeopath to find personalised remedies tailored to your unique health needs.

Dr. Chamath Kariyawasam

Head of Department (Medical)
Ashurvedya Complementary
Medicine Campus.



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