

Research Article

# Exploring the Difficulties of Treatment, Rational Analysis of Homeopathy

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## Abstract

Homeopathy began in Germany in the late 18th century, the creation of homeopathy seems to have opened up a new road to medicine, because this treatment has brought advantage to many patients, but it is controversial, many scholars believe that homeopathy is not scientific. Whether is the homeopathy or the allopathic unscientific, is the crux of the matter. While allopathic therapies have undeniably played a huge role in the fight against disease, NCDs, including cancer, have not been effectively controlled, and the World Health Organization's 2030 health goals are unlikely to be met. Actually, the clinical application of homeopathy is beneficial to the treatment of diseases, reducing the damage to the biological function of the human body due to taking traditional drugs. Supporters of homeopathy believe that homeopathy is more effective than allopathic therapy, but there is no sufficient theoretical basis to confirm this issue. In fact, the process of the organism from disease to health is the process of self-repair, and this strong self-repair ability cannot be replaced by any drug. The occurrence of NCDs is caused by the bad information from the brain, drugs cannot remove the bad mentality, similarly, homeopathy cannot remove the bad mentality also, but reduce the damage to the biological function, conducive to the promotion of the organism's self-repair ability. In order to understand the root of the problem, homeopathy needs to be rationally analyzed in order to solve the problem of disease treatment.

## Keywords

Homeopathy, Non-communicable Diseases (NCDS), Self-repair Ability, Drug Therapy, Allopathic Therapy, Unscientific, Etiology Therapy

## 1. Introduction

Homeopathy study has been begun in Germany in the late 18th century and was established by Dr. Samuel Hahnemann [1]. The founder of homeopathy did not know the principle of homeopathy, just because conventional drugs did not bring more benefits to the treatment of diseases, many diseases are not only not effectively treated, but also gradually aggravated. Since adopting homeopathy, many diseases have been alleviated and cured.

Homeopathic medicines, which contain only trace amounts of medicinal ingredients, cannot be explained in scientific terms how to treat diseases, and are considered to be drug substitutes related to beliefs, which were just as invalid in a modern scientific sense [2]. In fact, the clinical application of homeopathy is beneficial to the treatment of diseases, reducing the damage to human biological function caused by taking traditional drugs, and whether traditional drugs

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play a role in the treatment of diseases is disputed. It has long been believed that the cause of NCDs has not been identified and in fact, there is cause for all diseases. The cause cannot be solved by traditional medicine, a large number of drugs are used in non-etiological treatment, the consequences are extremely serious. To set the truth straight, a careful analysis is needed to clarify the homeopathic mystery.

## 2. The Origin and Development of Homeopathy

At the end of the 16th century, Samuel Hahnemann, a German physician and pharmacist, proposed a new treatment [3]. At the time, blood-letting, leeches, pumping tanks, laxatives and arsenic were all the rage, and other medical treatments were scarce. Hahnemann wanted to give up these horrible treatments. So, he gave Cinchona cream (quinine) to some healthy people, who quickly developed fever, rapid pulse, and cold limbs, all the same symptoms as malaria patients. Therefore, Hahnemann believed that the reason why a therapeutic effect can be played by these drugs is because the same symptoms can be produced as "fighting poison with poison", so he framed the treatment theory of "like cures like" [4]. The word Homeopathy, derived from the Greek *homoios* (similar) and *pathos* (diseased), was born. He then ran a series of tests, testing other drugs on healthy volunteers and himself. Homeopathy is beginning to become popular in some countries, and even some universities offer this specialty [5]. The treatment has been becoming popular in the United States in the 1960s [6]. According to the official website of the National Institutes of Health, a 1999 survey showed that about 6 million Americans were using this therapy. In 1994, World Health Organization introduced the treatment to the health systems of many countries, including Germany, the United Kingdom, India, Pakistan, Sri Lanka, Mexico and so on.

Hahnemann invented a way to make very diluted preparations from these substances. First, a substance is soaked in alcohol for several weeks, and the "mother tincture" of the substance is filtered. He then used some mother tincture to obtain the potion by repeated dilution with water and strong shaking. To this day, homeopathic potions are made using the same basic procedures [7]. After the drug is diluted, the resulting drug often does not contain even a single molecule of the original substance, which, according to orthodox science, would render the drug inactive. However, homeopaths claim that using this method to dilute and shock the potion can actually make it more effective, as if the violent shaking can transfer energy to the water and leave a memory of the original substance.

Homeopaths call this fortification, and depending on how many times they dilute, these agents can gain different potential energies. Common potential energy levels (in order of increasing dilution) are 6c, 12c, 30c, and 200c. The fewer the dilution times of the agent (called low potential energy), the smaller the effect and the shorter the duration of the action. In addition to tinctures, there are homeopathic remedies for sugar-based tablets, pills, pellets, and powders that are taken orally, and some that can also be made into emulsions or ointments applied directly to the skin.

A central concept of homeopathy, called the "rehabilitation system," is a functional system of the human body. Proponents of homeopathy believe that homeopathy is a gentle but effective form of treatment which stimulates the natural ability of the organism to heal itself [8]. In other words, the "rehabilitation system" is a functional regulation system for the self-repair of human tissues. They believe that the recovery system is pervasive in all tissues of the human body, and that there is an amazing self-healing function. In this huge system, there is a certain connection between self-rehabilitation and external cause treatment, related to psychological factors, and this traction plays the role of homeopathic guidance and homeopathic promotion. Adjust the body with some strength, so that the circulatory system and nervous system function smoothly, and achieve natural recovery. The most common explanations for homeopathy are safety and self-healing [9, 10].

Homeopathy has been highly explained by scholars who believe that there are three pillars in homeopathy study, the first pillar is that homeopathy is much less invasive and irritating, and does not harm patients as other intense therapies of the time, and is recommended as a mild drug with no side effects. The second pillar is that, based on the principle of similarity, walnuts must be effective in treating brain diseases because their shape is similar to the human brain. Similarly, beans are also believed to be therapeutic effects on kidney disease. The third pillar is that the "energy" or "information" is released and transferred to the solvent during the enhancement process, by diluting the drug and performing a ritual of shaking to enhance the therapeutic effect [11].

Indeed, the latter two pillars of homeopathy are unscientific and are under fierce attack.

## 3. The Debate Between Homeopathy and Allopathy

The most common treatment we use medicine today is allopathic therapy, but there has always been controversy between allopathic and homeopathic remedies [12].

Proponents of homeopathy argue that these treatments can be used with great effect in addition to, and sometimes instead of, 'conventional' medicine [13]. Proponents of conventional treatment argue that the gentleness of homeopathy has been outweighed its effectiveness and that the success of the treatment may be a placebo effect [14-16].

In short, allopathic therapy has been played as a huge role in the fight against disease, which is undeniable. Such as, the attack of pathogens in human beings is extremely fierce and cruel, with the development of antibiotics and the application of immunology, human beings have basically effective means to control the harm of pathogens on human beings, and many diseases can also be solved by surgery or interventional way. However, the diseases that do the most harm to human beings today have shifted from infectious diseases to NCDs, and NCDs, including malignant tumors, have been become for the biggest killers of human survival. Allopathic therapy is intended to fight inflammation and malignancy in the same way, but it has been failed to demonstrate its power and effectiveness in the treatment of NCDs.

On the contrary, the use of homeopathy has been achieved more obvious effects than allopathic therapy. The question is why the diseases can be relieved and cured by diluted drugs, which homeopathy founder Dr. Samuel Hahnemann and some researchers believe is an unexplained pharmacological action, the mechanism of homeopathic medicines at the cellular level is not known [17]. Some researchers even believe that water memory for playing a role [18-20]. But the exact mechanism for the effect of homeopathic remedies is still an enigma [21]. The focus of the contradiction is on the effects of the drug and the dose on the body, and the line between homeopathy and herbal medicine is blurred [22]. That is to say, the debate between homeopathy and allopathic therapy has been remained on the most superficial therapeutic effects, rather than from the theoretical basis of the two therapies to explore, making this debate endless.

It seems that the current debate between homeopathy and allopathy in the world does not involve the essence of the problem, that is, the problem of etiological treatment. Acute infectious diseases are caused by the invasion of pathogens into the human body, allopathic treatments are used to fight against pathogens, noninfectious diseases are not the cause of pathogens, presumably, is it against inflammation and cancer cells? NCDs are traceable also, the occurrence of any disease is for a reason, the cause of disease is unknown, but not for nothing, not equal to no cause, some scholars believe that stress is said to be the root of all diseases [23]. If we take measures to treat NCDs, we will not be able to discuss the results if we only consider the curative effect, without considering how to

remove the cause of the disease. At present, the most critical problem is that the etiological conception may be not considered in the traditional drug treatment, and the homeopathic treatment also, this is not just a scientific question, but a philosophical one.

The analysis of causality indicates that whether acute infectious diseases or NCDs, as long as the cause is removed, the disease problem can be solved. The cause of acute infectious diseases is the invasion of pathogens, and the only way is to eliminate pathogens. NCDs are caused by bad messages from the brain, and blocking the source of these messages, diseases can be treated. Moreover, the remission of disease is inextricably linked to the organism's ability to repair itself. No matter what kind of treatment, as long as it contributes to the improvement of biological function and the improvement of self-repair ability, the healing of diseases can be helped.

The own theory has been come up with homeopathy that homeopathy is a gentle but effective form of treatment which stimulates the natural ability of the organism to heal itself [8]. Homeopathy uses ultra-diluted doses of various substances to stimulate autoregulatory and self-healing processes to cure various ailments [10]. The main idea of homeopathy is to reduce this internal damage through psychological adjustment, and serious internal damage is difficult to repair in the short term. However, psychological adjustment must be effective in preventing internal injury. Researchers have not found that NCDs are caused by pathogen, but they have found that a certain force can be produced by psychological factors related to the occurrence of disease, homeopathy is based on psychological treatment. So far, homeopathy has not been taken hold in the minds of many people. The main reason is that although homeopathy cures many diseases more effectively than allopathic therapy, homeopathy lacks sufficient experimental evidence and solid theoretical support. Many scholars are using homeopathy, but they are not clear about its connotation [17]. In some countries where religion is prevalent, homeopathy is mixed with religions, such as prayer, which casts doubt on it by those who have access to modern science and technology, and being proof against homeopathy [24]. The homeopathic similarity theory, the liquid shaking theory, the water memory theory, these are not tenable. Without an etiological explanation of the effectiveness of homeopathy, homeopathy will be a very different world and speaking a language virtually incomprehensible to science [25].

In fact, no matter what treatment is in terms of pharmacology is ambiguous, especially the impact on biological function is not fully understood. Moreover, clinical practice indicate that conventional drugs are far more harmful than they are therapeutic. The high incidence of NCDs, including malignant tumors, and the failure of

drug prevention and treatment of NCDs have been repeatedly demonstrated by the increasing case fatality rate [26]. Medications are ineffective in the treatment of many diseases, such as migraines [27]. Whether humans are unaware, or deceiving themselves, people need to clarify the mechanisms by which NCDs and malignant tumors occur. At present, many researchers have found the mystery, that is, the interference of people's psychological factors on the biological level of human body, and the correlation is gradually being verified [28]. This interference is caused by internal damage triggered by an abnormal psychological disorder, which is the cause of diseases.

The cause of acute infectious diseases is the invasion of pathogens to human body, and the removal of pathogens is the key to treatment. The cause of NCDs is bad mentality, and removing bad mentality is the key to treatment. However, the reality is that drug therapy is still the only means to treat disease in people's minds. Can drug therapy remove bad mentality? Scholars of traditional medicine and homeopathy will certainly not agree.

What is an allopathic therapy, i.e. conventional drug treatments, disease can be reversed in the body has not been scientifically documented, such as Alzheimer's disease, unfortunately, therapeutic approaches to date have yet to find a treatment plan [29]. Yet conventional healers blindly use a wide variety of drugs, while accusing homeopathic medicines of being ineffective and inferior to placebos. Admittedly some proponents of homeopathy also don't know that the essence of homeopathy is not the effect of the medicine itself, but the fundamental role played by the improvement of bad mentality. Moreover, the effect of this treatment is not repeatable and cannot be investigated and analyzed by evidence-based medicine, were overall statistically non-significant [30]. They are still arguing in confusion. One should know that the treatment of non-etiological causes is certainly non-scientific, no matter how expensive the drug is.

## 4. Effectiveness of Drug is Worth Exploring

Researchers and ordinary people have long believed that drugs are played as an important role in the treatment of various diseases. For thousands of years, people have afraid of the disaster caused by the lack of medicine, hoping that there is a cure for every disease, and constantly inventing new drugs [31]. For acute infectious diseases, antibiotics do need to be used if those are caused by bacteria; However, many of the acute infectious diseases are caused by viruses, and it has been found that there is no drug to combat against the virus, antibodies generated after

vaccination or natural pathogen exposure are essential mediators of protection against many infections [32]. It has long been believed that the causes of NCDs are unclear and symptomatic treatment can be only carried out, and the so-called long-term drug treatment is actually aimless and is being paid attention to, such as, reduction of inappropriate medications [33, 34]. It is safe to say that all long-term drug treatments for NCDs act as placebos, biologically injurious placebos at that [35]. All drugs are toxic, and there is no any assist on the improvement of biological function.

There are two kinds of placebos, one is a placebo without drugs, which is pure placebo unquestionably; the other is the one containing pharmaceutical component. What is a placebo, as long as people think that it can cure the disease, it is a placebo, because there is no any effect in all drugs have on eradicating diseases. Placebos with no pharmaceutical component are no effect on biological function, while placebos with chemical components are absolutely destructive for biological function, and all drugs in clinical use fall into this category because all drugs are labeled with side effects and potential adverse effects [36]. No any drug can be used to improve biological function, only nutrients, such as sugars, fats and proteins, as well as various vitamins and micronutrients, contribute to the enhancement and improvement of biological function.

So far, there has been no clear answer as to whether drugs work. Many scholars doubt the effectiveness of the drug. Dr. David Sackett, the founder of evidence-based medicine, had seen the powerful self-repair ability of organisms, and expressed doubts about the effectiveness of drugs, and proposed to use randomized controlled trials to confirm the effectiveness of drugs. Because the biological revolution has extraordinary power to do good [37]. In fact, the hope that drugs can be played as a therapeutic role in correcting biological abnormalities is wishful thinking and does not actually exist. Even if symptomatic drugs for improve symptoms, these drugs are affecting certain biological functions.

Drugs actually acts as functions and effects of placebo, what less well known is that placebos are widely used not only in the treatment of NCDs, but also in the treatment of acute infectious diseases [38]. Because many acute infectious diseases are caused by virus invasion, there is no drug that can fight the virus. The disappearance of the virus is a self-destructive process, about a week or so. Antiviral drugs are discredited because viruses have no cell wall, so antibiotics that interfere with cell wall synthesis are ineffective in treating viral infections [39]. Bacterial infections are treated with antibiotics, while these medications are ineffective against viral infections [40].

Both acute infectious diseases and NCDs are a process of inflammation, which takes a period of time to subside,



and is a process in which inflammatory cells participate in and self-repair in the body. Drugs are likely to be ineffective to the subside of inflammation, these drugs often have severe side effects [41]. In the process of self-repair, organisms need peace of mind, adequate nutrition, and without drug interference. Both poor mindset and drug are harmful to biological function, and when poor mindset is corrected and improved by the placebo effect of the drugs, the benign effect of the placebo takes effect. If the mentality is not improved, coupled with the toxic effects of the drugs, the condition can be worsened. In other words, biological function can only be improved by good mentality, and any drug is destroying biological function, especially chemical drugs, and most results have been disappointing [42]. The pharmacological effects have been actually lost in many heat-treated drugs and are equivalent to placebos without pharmaceutical ingredients, and the medication principle still lacked a scientific explanation [43]. During the epidemic, many lives were saved through the use of heat-processed placebos rather than western medicine, however, Chinese herbal medicine is believed for playing a role [44]. Whether the heat-treated Chinese herb is a drug or a placebo, it is a question worth considering.

Therefore, some scholars have proposed that the placebo effect is the core of medicine [45]. It is not known whether a placebo with or without drug components is played as a role in the treatment of the disease, and it needs to be confirmed by human self-healing-controlled trials. It can be said that there is not any help in chemical drugs to improve biological function, and there is also an impact on biological function with symptomatic treatment. It is possible that plant-based drugs can improve biological function, but there is no laboratory data to confirm this. Biological function cannot be affected by highly diluted chemical drugs; the improvement of biological function cannot be promoted also. So far, drug trial cannot be able to monitor how biological function improves, and it is impossible to do so. However, with the application of many drugs, impairment of liver, kidney and heart function can be detected [46, 47]. It should be said that all drugs are acting as placebos, and symptomatic drugs are also acting as placebos in terms of alleviating symptoms. Whether the drug treatment is scientific is a very acute problem, which involves the future direction of medical treatment. Philosophy talks about causality, science talks about empirical evidence. Attempts to eradicate the disease with drugs violate the causal relationship, and the efficacy of the drugs also suggests a mistake in the treatment strategy.

## 5. Raise Awareness of Biological Functions

We should believe that hundreds of millions of years of biological evolution human beings have great power in resisting disease, and the most important role in the process from disease to health is the ability of the organism to repair itself. However, the human body's ability to repair itself is often ignored, or is despised. Since ancient times, people have hoped that drug can be used for reducing illness and prolong life, and when people get sick, they also hope that a drug will immediately relieve the disease. A variety of treatment methods was pioneered with the variety of diseases, and even a single difficult disease can be cured by an expert. The introduction to medical practice of chemical agents for fighting human cancer some 30 years ago brought hope to a field of medicine previously shrouded in despair and impeded by superstition [48]. It is understandable that people believe that miraculous effects can be produced by certain drugs. Whether biological function is played as a major role or drug therapy in the recovery process of the organism from disease to health is worth pondering.

The human body is a living organism, the organs, tissues and cells of the human body are playing a variety of biological functions. The basic nutrients are most needed for the improvement of biological function, such as sugar, protein and fat, need to be ingested every day, but cannot ingest too much, can be excess burden on the organ. The adverse effects can be produced with reduction of physical activity and lack of diet on biological function. In the state of disease, the biological function of the human body can be declined, but the function of self-repair always exists.

The continuous maintenance and increase of biological capacity in the process of living is a process that adapts to the natural environment. The enhancement of human resistance is a process of gradual adaptation, and the establishment of immunity is also a process of gradual adaptation. With the invasion of a virus, the human body can only establish one kind of immunity, and the occurrence of NCDs is nothing to do with the pathogen and does not involve immunity, immunity is at the core of major theories related to invasion biology [49].

The organism has the ability of self-survival and self-repair. The biological functions of organs, tissues and cells are played independently, with information communication between them, energy support between each other, and organizational integration of unified biological functions [50]. The play of biological functions of organisms is often interfered with, pathogens are omnipresent, bad information from the brain often affects biological functions, and it is likely that biological functions can be affected and damaged every day in some persons. However, the organism's ability to self-repair is extremely strong, and this repair is the recovery process of inflammation. Because all diseases are inflammatory

processes, the recovery of inflammation is the healing process of disease.

No matter mild inflammation or severe inflammation, there is a self-healing process. Acute infectious diseases are caused by one-time invasion of pathogens, and with the support of biological functions, the repair time is very short [51]. But for many NCDs, inflammation occurs superimposed, because the cause of inflammation is from the brain, the cause appears repeatedly and frequently, is depression and anxiety and other bad mentality. As bad information from the brain is repeatedly, the inflammation caused by it also superimposed, the inflammation can be serious to the extent of malignant changes, the repair ability of the organism is unable to cope, cannot be helped by any drugs at this time. The use of toxic chemicals to block the development of cancer, the biological function of normal tissues can also be severely affected. It is likely that the chemical agent's role is not to block the development of cancer tissue, but to help the bioremediation function by affecting biological function and blocking bad messages from the brain, cognitive decline is prevalent in patients treated with drugs against cancer [52].

Many scholars have identified this problem in the current study, and several cancer associations in the United States advocate non-drug means to prevent and treat cancers (most serious NCDs). Recommendations were made for mindfulness-based interventions (MBIs), yoga, relaxation, music therapy, reflexology, and aromatherapy (using inhalation) for treating symptoms of anxiety during active treatment; and MBIs, yoga, acupuncture, tai chi and/or qigong, and reflexology for treating anxiety symptoms after cancer treatment. For depression symptoms, MBIs, yoga, music therapy, relaxation, and reflexology were recommended during treatment, and MBIs, yoga, and tai chi and/or qigong were recommended post-treatment [53].

This force that can improve biological function is mainly the internal energy of living organisms. Although all organisms obtain the energy they need through intake, the rational operation of this energy can perform normal biological functions. There are inevitable contradictions between organisms and organisms, there will be emotional changes, an impact can be produced by mental and emotional factors on biological functioning, closely related to disease. The non-drug intervention measures taken by people are to block the occurrence and development of the disease from the cause of disease. Only by removing the cause, only by eliminating interference, can it be conducive to the play of biological functions. To change the way of life is to reduce social interference, to correct psychological disorders is to reduce their own psychological interference, and the normal play of biological functions is carried out in a state

without interference [54].

## 6. Psychological Adjustment can be Played by Homeopathy Actually

Psychological adjustment is the heart of homeopathy, requires "affection in your heart" [55]. More than two hundred years ago, the pioneers of homeopathy concentrated the connotation of homeopathy on the study of drug dilution, but did not really pay attention to the theoretical problem of the role of psychological adjustment in homeopathy. This theoretical inadequacy has been come under intense attack from opponents who argue that the advocates of homeopathy are trying to confuse patients with fake drugs that are more useless than placebos, and that much of the data in the homeopathic literature is unreliable due to interpretation errors, insufficient numbers, and confirmation bias [56]. However, no one has collected the data in psychological changes, and in fact, when the state of mind gets better, the disease can be also improved.

It is true that there is not any pharmacological effect in homeopathic preparation. When patients eat these drugs, they are actually playing the role of psychological comfort, and the improvement and recovery of the disease is not the role played by drugs. This may be the case as the truth, without understanding the connotation of homeopathy, the comfort of doctors, the comparison of walnuts and beans, the shaking of drugs accompanied by rituals, the care of nurses, etc., all played an irreplaceable role in alleviating diseases. This "spiritual healing power" is intended to bring an "out - of - tune" spiritual life force in a sick person back to the "normal state" by causing an "artificial disease" [11].

On the basis of understanding the connotation of homeopathy, the role of psychological adjustment should be put in the core position. Homeopathy should not be euphemistically referred to as complementary and alternative therapies; it should be a very reasonable treatment. Because NCDs are caused by mental ill-health, correcting bad mentality is the rational, and mental health should be placed in the main position for human health standards [57]. Psychological factors and health are inextricably linked, disease can be caused by psychologically unhealthy, through psychological training, psychological counseling and health can not only improved by psychological adjustment, but also diseases can be prevented and treated. Homeopathy that ignores psychological factors is not sound, and although patterns of utilization of complementary and alternative medicine (CAM) in the community have begun to be described, few studies have addressed the relationships between dispositional psychological factors and the use of CAM

[58].

There is a need for a change of mindset and an increased awareness of homeopathy, especially of psychological adjustment. At present, most people think that the drugs researched and developed for a long time are credible, and the expensive drugs can be able to play a good effect. People should also be aware that the trustworthiness of drugs actually is played as a psychological comforting role, including the medical professional's manner and speech [59]. In reality, the persistence of many difficult NCDs and the emergence of a large number of organ damage cases are prompting us to use drugs cautiously, the efficacy of drugs for NCDs is questioned, and researchers have found that people who take drugs are worse than non-users, many patients benefit from palliative care [60, 61].

Homeopathy has been accepted by many people, and several guidelines of WHO are summarized by scholars [62]. So far, psychotherapy is still not well understood, whereas, from the current literature's interpretation of homeopathy, it is mostly understood from the angle of diluting medicine, so that many people have prejudice and misunderstanding of homeopathy. In fact, the psychological adjustment of homeopathy is to improve the biological function of the human body from a biological perspective, and any drugs and various therapies are acceptable if they contribute to the improvement of biological function.

## 7. Effects of Drug are Vague

Human beings are suffered from diseases, serious illness, as well as incurable diseases. In order to relieve and remove diseases, human beings have invented many ways for coping with illness, and drugs are one of them. Symptoms can be removed with medication such as pain, sleep can be promoted by drugs, excitement can be increased by drugs, bacteria can be killed by drugs. Similarly, tumor cells can be killed by drugs, and so on. People are also trying to develop drugs for extend life, improving biological function, and removing the cause of disease.

At the beginning, human beings were helpless against diseases caused by pathogens invading the human body, and the worldwide epidemic brought great disasters to human society. The dealing means has been increased against pathogens by the advent of antibiotics, and human defenses against pathogen invasion has been improved by the invention of vaccines. However, the greatest threat in the world today is NCDs, and the hope is that the suffering caused by NCDs can be relieved by drugs, such a panacea that will not only relieve the symptoms but also eradicate the disease, but in fact, such a panacea does not exist [63]

For centuries, before the advent of chemicals, humans have been using a wide variety of herbal based medicines. The symptomatic treatment of drugs is indisputable, can relieve pain, promote sleep, especially the effect of narcotics can be immediate. The effect of hormones is also very obvious, to relieve a series of problems caused by the disease in a short time, but the side effects are great. All kinds of drugs are being developed and used by doctors. It is found that with the progress of society, there are more and more diseases, more and more strange diseases, more and more malignant tumors, no more and good drugs can cope with the various refractory diseases, the treatment of these diseases is a challenge, and the treatment results are frustrating [64]. In fact, many diseases have not been well treated under the action of drugs, so people have begun to doubt the effectiveness of drugs, and traditional drugs have been diluted, i.e. homeopathy and alternative therapies, and so on.

People are debating whether traditional drugs or homeopathy are working. That is, it has long been thought that drugs play some role at the cellular level, contributing to the remission of disease. The role of traditional drugs has always been a fog in front of us.

Most researchers do not know exactly what effect drugs play in the human body, and some scholars have discovered the mystery [65]. Moreover, the process from disease to health is the process of self-repair of the organism, and no drug can replace the self-repair ability of the organism. The pathological basis of all diseases is inflammation, although the types of diseases are different, but all occur of inflammatory response in different parts of the body. After inflammation occurs, the process of self-repair has been begun, and external factors only play an auxiliary role, such as supplementing nutrition and reducing interference. There is no repair function in all therapeutic drugs, symptomatic treatment drugs also. Inflammation is recovered by self-repair, one-time inflammation can be repaired quickly, and repeated overlapping inflammation is difficult to repaired, and usually have a dismal outcome [66]. Due to the repeated occurrence of the cause, inflammation also occurs repeatedly, and repeated superposition of inflammation, cancerous can be caused, on the contrary, reducing the pathogenic factors can slow down the deterioration. Do not believe that inflammation and tumors can be removed by drugs, drugs with a killing force on tumor cells are also toxic to normal biological tissues and organs. There is no drug that can be penetrated into the lesion, the lesion cannot be removed by drugs, even the tumor cells. Combined drug use and targeted therapy are likely to be illusions, because cancer tissue has a blood supply, the drug can enter any tissue with blood supply. Anti-cancer drugs are toxic and there is an inhibitory effect on the

function of organs and tissues throughout the body, and it is impossible to kill tumor cells in a targeted manner, because all drugs cannot selectively enter cancer tissues, and the so-called targeted therapy is impossible to do. The damage of the drug to the tissues and organs of the whole body shows that there is no targeting. Cancer cells divide quickly and grow rapidly, but they also have a short life cycle and self-destruct. The effect of anti-cancer drugs is mainly to inhibit the central nervous system, the bad information is reduced from the brain, inflammation contributing factors are reduced around the cancer tissues, and the inflammation has been subsided, and the cancer tissue can be gradually disappeared. At present, some scholars have found that anticancer drugs are with obvious inhibition on the central nervous system, and then people's cognitive ability is reduced [67]. Due to the reduction of adverse information from the brain, after the central system is suppressed, it is conducive to the recovery of the disease, but the overall function of people is decreased, and life cannot be maintained for a long time [68].

To be sure, in the treatment of NCDs, symptomatic drugs are credible, but there is no good action on biological function; Drugs to eradicate disease are not to be trusted, because the cause of NCDs is already clear, it is caused by bad mentality, and getting rid of bad mentality is the only good solution; The drugs that correct the bad mentality are credible, but there also is unfavorable impact on biological function.

## 8. Epilogue

Although there is a history of more than two hundred years for homeopathy and a great role in the treatment of diseases has been played, it is still considered to be related to the metaphysics. It is not that the mechanism of homeopathy is not fully understood, but that the scientific use of drugs and drug substitutes is not understood from the perspective of etiology. Whether the drug treatment is scientific, is a very acute problem, which involves the future direction of medical treatment. To be sure, the direct biological effects of both in drug treatments and homeopathic treatments cannot be exerted. The main effect is the placebo effect, in which adverse information from the brain is reduced and self-repair function is promoted. The greatest advantage of homeopathy is that it reduces the damage to biological functions, whereas allopathic damage to biological functions is enormous and even fatal.

## Abbreviations

NCDs Non-communicable Diseases  
MBIs Mindfulness-based Interventions

CAM Complementary and Alternative Medicine

## Data Availability Statement

Much of the evidence by searching in this paper comes from the research results of clinical investigators, and the content and information in this paper need not be confidential and can be shared.

## Ethical Approval

This article does not contain any animal studies conducted by any of the authors.

## Informed Consent

Informed consent was obtained from all individual participants in the study, and there were three authors of the paper who had no interest relationship with each other.

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## Conflicts of Interest

The authors declare that the research was conducted in the absence of any commercial or financial relationships. This study did not receive any corporate sponsorship, no funding.

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