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Allergy desensitization based on allergens dynamization method

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Abstract

Many people are suffering from different kinds of allergies. The paper describes allergy desensitization techniques based on the allergen dynamization method. Dynamization is used in homeopathy for remedy preparation. The method involves repeated dilution and succussion of water with substances containing allergens. Several cases of insect bites, pets, indoor and outdoor air-borne, and food allergies are reported. The described method is simple, yet effective for curing allergies of different origins.

Keywords: Allergy, allergen dynamization, allergy desensitization, potentized remedies

1. Introduction

Allergy is an immune response of the human body to various substances, which don't affect others exposed to the same environment. Millions of people suffer from different types of allergies, including pharmaceutical drugs, food, animals, insects, etc. ^[1]. Modern medicine (allopathic) approach for treating allergy symptoms includes general immunosuppression using pharmacological drugs. More advanced methods start with skin injections to identify allergens based on the skin allergic response ^[2], followed by subcutaneous or sublingual immunotherapy. In subcutaneous immunotherapy, the allergens are injected into the skin, commonly known as "allergy shots". In the case of sublingual immunotherapy, the allergens are given in the form of drops or tablets, which are kept under the tongue for a couple of minutes before they are swallowed. In certain cases, allergen injections can cause severe life-threatening reactions, i.e. anaphylaxis ^[1]. In rare cases, the same applies to allergy shots and even drops ^[3], since they contain active ingredients, i.e. the allergens, which cause allergic reactions in the first place. Some of the possible mechanisms of specific immunotherapy are discussed in reference ^[4]. These methods are based on isopathy or treating disease using the cause or a product of the same disease. The author was tested for allergies using the skin injection method, which showed that he's allergic to dogs, cockroaches, oak trees, and pollen.

The homeopathic treatment approach is based on the principle of letting like be cured by like. Hippocrates (460-377 BC) said: "By similar things a disease is produced and through the application of the like is cured". The theory and practice of treating diseases using homeopathy were developed by Samuel Hahnemann (1755-1843) ^[5]. Homeopathy, which in translation from Greek means "similar to disease", is based on the following principles:

1. *Similia similibus curentur*, let like be cured by like.
2. Homeopathic pathogenetic trials, or provings using healthy people.
3. Potentized or dynamization remedy.
4. Single remedy. Only one homeopathic remedy is given at one time.

Potentized or dynamization remedy means that it has been prepared according to homeopathic pharmaceutical standards and has gone through a series of dilutions and succussions. Dilution followed by succussion is a single dynamization cycle.

Homeopathic remedies are labeled with the active ingredient, which has been diluted in water, alcohol, or other substances with a specific ratio multiple times. These remedies are prepared using either decimal dilution ratio, which are labeled X or D, or centesimal dilution ratio, which are labeled C. For example, *histaminum* 12X means that the main ingredient is histamine, which was diluted using a decimal dilution ratio, followed by 10 succussions. This process of decimal dilution followed by 10 succussions was repeated 12 times using a new container for each dynamization cycle (12 separate new containers total, Hahnemannian dilution, H). Korsakovian dilution (CK) uses the same container for all dynamization cycles, rather than a new container for each cycle.

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The Korsakov method for remedies preparation using the same container significantly simplifies the procedure compared to the original Hahnemann method, which uses a separate container for each cycle. The starting material is called mother tincture and is often preserved in alcohol. A review of homeopathic principles and history can be found in reference [6].

This paper was written because of the incredible results observed by the author in multiple cases of allergic reactions. The first case was when his 4-years old daughter's allergy to mosquito bites vanished in a couple of days after taking a 4X remedy prepared from a mosquito in 2010. These experiments have been repeated multiple times with different people, including the author. The method has been successfully extended using other sources of allergy. Described experiments are anecdotal and don't have control studies, so one can argue that there's no cause and effect between taking a remedy prepared from substances containing allergens and complete alleviation of allergy symptoms. At the same time, it is common knowledge that the symptoms of allergic reactions are individual, specific to certain allergens, and typically don't go away on their own for a long time. Significantly reduced time to allergy symptoms alleviation when taking a remedy compared to not taking anything is establishing the cause and effect relationship.

2. Allergens dynamization method

2.1 Insect bites

The author's daughter was bitten by mosquitoes in Terracina, Italy in 2010 and developed an allergic reaction to mosquito bites. The sites of mosquitoes' bites were inflamed and itchy with skin hypersensitivity. The author witnessed how a mosquito was placed in water and how this water was dynamized to prepare a 4X mosquito homeopathic remedy. An instructional video can be found here [7]. The water with a mosquito was diluted in a decimal ratio and succussed by hitting the glass bottle with this water over a hard surface 10 times. This process was repeated 4 times. *Mosquito* 4X water remedy was given to a 4-years old child in a teaspoon three times per day. Within two days all the symptoms associated with mosquito bites allergy disappeared, including skin hypersensitivity.

The same experiment with mosquitoes was repeated by the author in Beijing, China in 2010. The author developed an allergic reaction to mosquitoes' bites in Beijing, China, which was manifested by itchy red blisters. *Beijing mosquito* 4CK water remedy prepared using the Korsakov method and taken three times per day in a tablespoon got rid of these allergy symptoms in two days.

A 2-years old girl was bitten by mosquitoes in Terracina, Italy in the summer of 2011. Her body was covered with inflamed red dots from these bites. These red dots turned brown within a couple of hours after drinking the mosquito 4CK remedy once and completely disappeared the next day. The fact that it was a 2-years old child eliminates the placebo effect since she didn't know what was in the water, or why her mother was giving it to her to drink. The girl drank the remedy directly from the plastic bottle, in which it was prepared using the Korsakov method.

In 2011 the author was bitten by *Ceratopogonidae* (no-see-ums or biting midges) in Florida, USA. The bite was in the left foot and eventually resulted in cellulitis. The foot became swollen and hot, and the puss started to come out of

the bite site after a week of suffering. No-see-ums are vectors for pathogens, including *Mansonella* or filarial worms [8, 9]. Their larvae can block lymphatic drainage, which is probably why the foot was swollen with lymph. The culture test of the puss performed by the USF Physician's Group revealed methicillin-resistant *Staphylococcus aureus* (MRSA). The author originally tried the *Florida mosquito* 4CK remedy, which didn't help, pointing no connection with the placebo effect. A single tablespoon dose of *Ceratopogonidae* 4CK remedy, prepared using the Korsakov method, provided relief within hours, the leg swelling disappeared, and the bite site healed within days. The author contacted classical homeopathic doctor Pierre Fontaine, who wrote a white paper about treating MRSA using classical homeopathy [10]. Dr. Fontaine is the reason why this case is well documented with tests and medical diagnosis. *Ceratopogonidae* 4CK remedy provided relief to several people bit by no-see-ums in Florida and Puerto Rico.

2.2 Airborne allergies

The author spent part of his sabbatical in China in 2010. In October of 2010, he developed a severe allergic reaction after staying in a hotel at the University of Science and Technology Beijing campus for about a week. The allergy symptoms included running nose, itchy eyes, and severe sneezing. When sneezing, pain traveled down both arms. The author was about to change the ticket and return to the US early.

In order to obtain allergens, the author came up with an idea to wipe the air conditioning (AC) vent in the hotel room with a wet paper towel, which was then folded, and placed in a cup of water. An *AC dirt* 4CK remedy was made from the water where the folded paper towel was floating using the Korsakov method. The remedy taken in a tablespoon three times per day provided complete symptoms relief in two days.

The same approach can be used for outdoor allergies because wiping outside window glass or mosquito net can capture outdoor allergens. The advantage of the described allergy desensitization method is that there's no need to know or test what exactly is causing the symptoms if the allergens are captured with a wet paper towel. There's no need for doctor visits, injections, and it's free. Several people chronically suffering from airborne allergies reported symptoms alleviation after two days of taking the corresponding remedy two-three times per day.

Another interesting case was the tobacco smoke allergy. A female was allergic to tobacco smoke and had to constantly wear a mask in China, where many people smoke in public places. Tobacco smoke 4CK remedy taken twice a day in a tablespoon provided relief, eliminating the need to wear a mask in about a week. A 2-liter plastic bottle was filled with 1 liter of water, and tobacco smoke was blown into the bottle. A burning cigarette was also placed into the bottle. Although the bottle was shaken, tobacco smoke was still seen in the bottle. Water from this bottle was used as a starting material to prepare this remedy using the Korsakov method.

2.3 Pet allergies

Some people, including the author, are allergic to pets, primarily cats and dogs. In this case, the source of mother tincture for making potentized remedy can be a brush with

pet fur placed in water. Several happy pet owners got rid of allergies and now enjoy their pets allergy-free. The remedy from pet fur was prepared using the Korsakov method, diluted 4 times.

2.4 Food allergies

Some people, including the author, are allergic to certain foods. The author was allergic to citrus, sauerkraut, and pickles until he was 16 years old. The same allergen dynamization method can be used for food allergies. A teenager was allergic to apples and peaches. He described his allergic reaction as “itchy teeth” after eating either apples or peaches. *Peaches and apples* 4CK remedy provided relief in about a week, taken three times per day in a tablespoon. Similarly, other foods can be used for potentized remedy preparation. Typically, food allergy sufferers know what they are allergic to, and thus can make appropriate remedies themselves.

3. Discussion

The described allergens dynamization method is utilizing ideas borrowed from homeopathy. However, in theory, it violates the first principle of classical homeopathy that similar cures similar. One may argue that in this case, the captured cause of allergy provides a cure when potentized, based on the isopathy principle where the cause is the cure: *aqualia aqualibus curentur*, and not that similar cures similar. These arguments are somewhat deceiving because the allergens are homeopathically potentized, and are thus not the same, but similar. For example, homeopathically prepared histamine, *histaminum* 12X, provides an opposite effect of histamine, proving that the actions of histamine and *histaminum* 12X in the human body are not the same. Modern allopathic medicine treatments, such as immunotherapy and vaccinations are based on this *aqualia aqualibus curentur* principle, and we can sometimes see their devastating results in terms of anaphylactic shock, vaccine injuries, etc. The detailed discussion of this subject is beyond the scope of this paper, but the historical review can be found in reference ^[11].

It should be noted that classical homeopathy sometimes relies on nosodes (from the Greek *nosos*-disease and *eidōs*-like), i.e. potentized remedies made from the disease agents or products ^[12]. Examples include *psorinum*, *tuberculinum*, and *sypilinum*, etc. However, in classical homeopathy, they went through rigorous provings and are prescribed based on the simillimum principle and not to cure the same condition caused by pathogens and disease agents. In-depth arguments about the corresponding principles can be found in reference ^[13]. The remedies used in this paper have not been subjected to provings, like in classical homeopathy.

There are commercially available potentized remedies for allergy relief, specifically indoor and outdoor allergies. However, they may not contain the allergen an individual is allergic to. They didn't provide relief to the author, for example. Thus, it is more effective to make allergy remedies from materials obtained from the environment of the person suffering from allergies. In the case of acute allergic reactions, homeopathic *histaminum* available commercially provided instantaneous relief to the author, in addition to specific potentized remedies described in this paper.

The starting materials containing allergens made people suffering from allergies noticeably weaker in applied kinesiology muscle tests ^[14], while potentized remedies from

allergens made them much stronger. However, there was no difference for the people not suffering from allergies.

In order to avoid acute allergic reactions in certain cases, it is better to use higher dilutions of allergens based on the minimal dose principle followed by homeopathic histamine. Higher dilutions are less likely to cause acute allergic reactions. The author also used 6CK, 12CK, 30CK, 60CK, 100CK, and 200CK remedies. Although classical homeopathy uses exact decimal and centesimal dilutions, the dilution ratio in described experiments was not always exact and varied from cycle to cycle. The dynamization process used in this paper included 40 continuous succussions ^[7], instead of 10 firm downward strokes on a book in classical homeopathy ^[15]. These variations in remedy preparations didn't seem to affect the results of allergy symptoms alleviation. The same applies to the amount of remedy taken and the time it was taken.

Multiple experiments utilized the captured allergens, whether it was dust containing specific mold or pollen, mosquitoes, cat fur, and dandruff, or even food. The use of a single bottle for dilution and succussion cycles and approximate dilution proportions make the described allergy desensitization method available to the general public. Also, pharmaceutical manufacturers can produce and market corresponding remedies for allergy relief. In order to avoid possible life-threatening reactions, such as anaphylactic shock, it shouldn't be used without proper medical supervision.

While the author is convinced of the described allergy desensitization method efficacy, based on the personal experience and experience of people with different allergies, more research is needed to widely apply the described method in practice. Additional research is needed to explain the action mechanisms of the described allergy desensitization results from the scientific perspective.

4. Conclusions

The paper describes the allergy desensitization method based on the allergens' dynamization using potentized remedies preparation process from homeopathy. Different types of allergies are addressed, including insect bites, airborne, pet, and food allergies. The simplicity of the preparation method makes it readily available to the general public and practitioners.

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