

# ENVIRONMENTAL SUSTAINABILITY THROUGH HOMOEOPATHY

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## Abstract

“Earth provides enough to satisfy every man's needs, but not every man's greed”. As per this famous quote by Mahatma Gandhi, the Mother Nature provides us for all our necessitated needs and even more than that. But undue exploitation of the natural resources by humans permanently damages the Earth's environmental ecology. This in turn imposes innumerable environmental diseases over the humans again. As the remedial search humans once again starts disturbing the nature for new drug research using harmful chemical use through the pharmaceutical companies. Homoeopathic system of medicine may be a solution for this by its eco-friendly medicinal sources and manufacturing procedures.

**Key words:** Eco-friendly medicinal sources, environmental sustainability, environmental ecology, etc.

## 1. Introduction

Environmental pollution occurs when pollutants contaminate the surroundings; which brings about changes that affect our normal lifestyles adversely. Pollutants are the key elements of pollution which are by and large waste materials of different forms. Pollution disturbs the ecosystem and the balance in the environment. With modernization and development in human lives pollution has reached its peak; giving rise to global warming and human illness. The three pillars of sustainability namely, are social sustainability, environmental sustainability, and economic sustainability says that for the complete sustainability problem to be solved all three pillars of sustainability must be sustainable. Of the three pillars, the most important one is environmental sustainability. If this is not solved, then no matter how hard we try the other pillars cannot be made strong because they are dependent on the greater system they live within the environment.

## 2. WHO on ecosystem

The declining condition of the natural environment is beginning to affect the health of populations in many parts of the world. As a result, health care professionals and organizations need to consider the long-term environmental costs of providing health care and to reduce the materials and energy consumption of the health care industry. This may seem a surprising conclusion, given that average human health has, for the most part, improved in recent decades despite environmental decline. As indicated in the World Health Organization's 50<sup>th</sup> anniversary report, the average life expectancy at birth worldwide has increased rapidly from 46 years in 1958 to an unprecedented 66 years in 1998, the

rate of death among children under 5 has decreased, more people than ever before have access to at least minimal health care services, safe water and sanitation, and new vaccinations and medications await wide distribution. In the long-term, human health requires a healthy global ecosystem. About 25 per cent of health problems are already environmental in origin. There is no realistic way to replace declining natural ecosystem services (e.g. climate stabilization, water purification, waste decomposition, pest control, seed dispersal, soil renewal, pollination, biodiversity and protection against solar radiation) that are essential to health. Although public health experts recognize the significant role the environment plays in public health, it is less well recognized that personal health care services also depend significantly on and have consequences for the environment.

### 3. Health care and environment

Health care figures both as a solution to environmental decline and as a problem. Increasing health problems generated by environmental decline will require medical treatment. At the same time, health care services also damage the environment. Unique problems including the use of pharmaceutical and biological products with complex manufacturing processes, environmentally significant precursors and potentially toxic bodily by-products of medications, as well as complex and hazardous solid, air and water emissions, including toxic, infectious and radioactive wastes. The development of hospital waste management policy includes minimal waste generation, orderly collection precaution handling, systematic storage, proper transport, segregative treatment permanent disposal to improve health facility in a country.

### 4. Environment sustainability and homoeopathy

Preventing illness and protecting our environment should be mutually inclusive. To that end, Ecologically Sustainable Medicine (ESM) offers a clear agenda by codifying the tools and resources that lead to economically sustainable healthcare and environmental healing. Homeopaths can be persuasive spokespersons for this agenda because homeopathy is an excellent form of ESM and meets the requirements of a sustainable medical system. In homeopathy, the production of medicines creates little if any toxic waste and, in a spectacular, counter-intuitive leap, each drop of medicine generates one hundred drops of the next higher potency. Therefore, only a small amount of the original substance is required to create all of the homeopathic medicine we need. This has enormous potential for environmental sustainability. For example, to make the remedy *Ferrum metallicum* 200c, you begin with 1 gram of very thin pure copper. This solid is then triturated (i.e. ground in a mortar and pestle) together with 99 grams of milk sugar into a 1c remedy. One gram of this 1c is then further triturated with 99 grams of milk sugar to make 2c. One gram of the 2c remedy is triturated with 99 grams of milk sugar yet again to make a 3c. The 1c, 2c, and 3c strengths can then be stored in a pharmacy, serving as the master mixtures for a very large supply of medicine. Once one of these remedies has been created, it will not need to be made again, barring issues of accessibility and distribution. In ecological terms, homeopathic remedies never exhaust natural resources. There is negligible environmental impact and no

question of over-consumption. Remedies meet the criteria for both renewable and sustainable sources of medicine. Compared to the waste stream produced by pharmacological manufacturing and by hospitals, the waste produced by a homeopathic pharmacy is infinitely small. No waste is produced from the original material; it is all used. And no harmful chemicals or complex reagents are used in the manufacturing process.

## 5. A synergy with human health and global well-being

Contemporary eco-psychologists extend the concept of the collective unconscious to a global level, positing the existence of a world that is largely unconscious. Simply put, all phenomena in the world possess intrinsic unconscious characteristics that can be thought of as an inner, subjective nature. One of the ways that we access the unconscious world is through dreams. The homeopathic proving is another access, because the prover reveals the hidden nature of the medicine, just as a dream reveals the unconscious. The homeopathic method of drug development facilitates the expression of the inner state of any substance through the human vehicle, the prover. This is consistent with the experience of traditional shamanic healers. Homeopathy offers a powerful tool for accessing the inner nature of the world's material phenomena.

## 6. Connection with the web of life

Once we embrace the synergistic relationship between homeopathic remedies and global healing, it is easy to understand that participating in homeopathy enables both homeopath and patient to deepen their relationship with nature, encouraging ecological healing. This participation reinforces the value that species extinction and habitat destruction make absolutely no sense. We cannot afford to lose any species or habitat since extinction limits the potential development of medicines. For example, the development of a new homeopathic medicine from the redwood tree, *sequoia sempervirens*, brings a fascinating medicine without endangering the plant species.

## 7. Ecologically sustainable medicine

Homeopathy reaches beyond the boundaries of medical technology. It is a methodology embedded in a planetary whole. Any discussion of ecological healing and environmental health cannot afford to ignore the role of homeopathy. By avoiding the ecological repercussions of current mainstream medical practices, homeopathy supports a sustainable and clean ecosystem. Through their professional practices, homeopathic practitioners have an opportunity to contribute to environmental stewardship by helping to establish homeopathy as a catalyst for environmental healing. The need for such healing has never been more urgent. As the degradation of the natural environment continues to accelerate, homeopathy and its values offer profound insight into personal and global healing.

## 8. Conclusion

Bearing in mind the nature of the remedy in the healing equation, homeopathy provides a profound model for understanding the dynamics between human sicknesses and healing substances. In homeopathy, nature itself is the source of healing. Evidence shows that homeopathy works on animals and plants, not just humans, thus the potential for large-scale ecological healing is significant. Healthy community depends on striving to support environment and patient safety contributing to preservation of water and energy, prevent air, water and land pollution with reduce- reuse – recycle strategy.

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