

## EVALUATION OF HOMEOPATHIC EDUCATION & TREATMENT PLAN

### Return from Samia District, Kenya

Bearing in mind that the trustees of 'Uzima in our Hands' had many other priorities besides that of carrying out a pilot homeopathic First Aid Training, the training of five teachers in basic Homeopathic First Aid achieved some success. The most striking event to occur on our trip, however, was the doubling of orphans in need from approximately 100 to 200, which meant that all our available resources were overstretched, in terms of finance, shoes, clothes, and medicines and medical equipment. The reason for the significant doubling of orphaned children was mainly due to the fact that word had got around that at least one meal a day would be available to children who attended 'Uzima'. Consequently, a steady increase of children on a daily basis had been witnessed for the past few months, many very young children walking over five miles to school each day for food before the commencement of the 'rainy season'.

In a sense, this was an encouraging development because it showed that 'Uzima' was making a positive impact on alleviating hunger and poverty for the neediest children, most of who had been orphaned due to the impact of HIV/AIDS in Samia District. At the local church service in Nanderema on the first Sunday of our visit, we were poignantly reminded by an elder in the congregation that it was in 1973 that the *wazungu* (Europeans) had promised the local people the construction of a Health Clinic or hospital. The community of Nanderema and Samia District were still stoically waiting for this promise to be fulfilled.

### The delivery of Homeopathic First Aid Training

In the context of the stark poverty and deprivation experienced by the children of 'Uzima', homeopathic first aid training might not have appeared a priority to the Director of Uzima (Evans Barasa) and his principal teacher (Mr Laban). The reason that the trustees and staff were interested in this form of provision is that they saw it as a means of preventive health care, i.e. if teachers and parents could be educated into understanding and using homeopathic first aid, it may prevent acute symptoms and illnesses developing into dangerous or chronic ones.

Moreover, there were not sufficient conventional (allopathic) medical facilities or medicines available in the District to respond to the overwhelming health problems experienced by the local community due to poverty, poor nutrition, lack of clean water, and cerebral malaria, among other conditions. Accordingly, I offered to provide a one day course in Basic Homeopathic First Aid, which would be delivered over two days with the aim of enabling five members of staff to administer homeopathic first aid remedies to children with a host of symptoms and conditions ranging from 'head and tummy pains'; 'nausea,

sickness, vomiting'; 'cuts, bruises and abrasions'; 'burns and scalds'; 'coughs, colds and sore throats'; 'breathing and skin problems'; to 'fits' (epilepsy). Needless to say, the brief course was well received and my five teachers showed a competent grasp of the main indicated homeopathic remedies for all the above symptoms and conditions, and how to prescribe. (Please see 'Appendix A' for the First Aid Curriculum delivered).

What was even more significant was that by the end of our time with the children and staff of 'Uzima', some of the teachers were readily applying their knowledge and skills by treating the children's wounds, headaches and even skin conditions, for example, ringworm with topical lavender oil and Ledum 30c and a wound with Hypericum mother tincture, as needed. In addition, an even more remarkable event occurred when a teacher asked a 12 year old pupil to attend our class. When the girl in question consented to examination, it appeared that for two years she had been suffering from what appeared to be a right abdominal inflammation and swelling that needed treatment as it was causing her much pain and discomfort. When asked what prevented her seeking medical treatment, her parents had been advised that the diagnosis and treatment would cost Kshs.33,800 (or £128) which represented the annual income of a family of five, if the parent or guardian had been in employment.

Finally, what appeared to be the most obvious need in terms of First Aid was a well-supplied Kit with swabs, plasters, bandages, scissors and suitable antiseptic lotions. Fortunately, I had brought one with me which I donated to Jacinta Barasa, a teacher and wife of the Director of 'Uzima', who thereupon agreed to be the school's 'nominated first aider'.

### The way ahead

A great deal still remains to be done before 'Uzima' can begin to properly address the health and wellbeing needs of the orphan children. The first priority is nutrition because the children's diet was woefully lacking in protein, vitamins and minerals due to the effects of poverty as well as a lack of understanding that boiled maize (*ugali*) and beans could not provide a healthy balanced diet vital for health and prevention of illness and disease. I spoke to Evans Barasa, and Mr Laban, and explained that Pascali, the cook, could be encouraged to vary and improve the children's menu by cooking Sorghum (rich in proteins and vitamins) and brown rice (protein, vitamins and roughage), which was agreed.

Equally important alongside good food is clean water, and it is hoped that the generosity and support of our sponsors, including West Wight Rotary, will enable 'Uzima' to plans and implement the installation of a bore hole which will not only provide for the health needs of the children but also the cultivation of essential crops and herbs. In the same manner in which our sponsors have enabled us to provide the financial resources to buy food, shoes, pay teachers' salaries and build a classroom, we hope that the coming year

will enable the trustees of 'Uzima' to improve nutrition and access to standard and complementary medical care.

Finally, I would like to thank the trustees of 'Uzima', Evans Barasa and the staff of 'Uzima' for allowing me the opportunity and privilege of teaching a basic Homeopathic First Aid Course, as well as contributing to the happiness and wellbeing of the orphan children. I would also like to extend my grateful thanks to John Morgan of Helios Homeopathic Pharmacy for providing Free Homeopathic First Aid Kits, in addition to a significant number of other appropriate homeopathic medicines.

Hugh Harrison RCST RSHom

4<sup>th</sup> March, 2014

#### APPENDIX 'A'            'Symptoms, conditions and homeopathic medicines'

Following the explanation of the history, philosophy, practice and administration of homeopathy, including the 'vital force', 'dilution and succussion', the 'minimum dose' and the 'law of similars', we covered the following symptoms, treatment protocol & remedies:

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|---------------------------------|-----------------------------------|
| • Bruising, shock & fainting    | Arnica, Aconite & Ignatia 30c     |
| • Cuts, wound and abrasions     | Calendula & Hypericum 30c         |
| • Puncture wounds & snake bites | Ledum, Hypericum & 'Black Jack'   |
| • Burns and scalds              | Cantharis, Causticum & 'Ekakha'   |
| • Inflammation and swelling     | Belladonna & Apis 30c             |
| • Nausea, vomiting & sickness   | Nux Vom, Ipecac & Ars. Alb 30c    |
| • Diarrhoea                     | Ars. Alb; Podop; Aloe; Cham 30c   |
| • Bleeding & loss of fluids     | China Off; Acon; Carbo Veg. 30c   |
| • Splinters & infected wounds   | Silica, Cal; & Hep. Sulph.30c     |
| • Indigestion, bloating & wind  | Nux Vom, Carbo Veg & Pulsatilla   |
| • Coughs, colds & sore throats  | Bell., Bryonia & Merc. Viv.30c    |
| • Stings & animal bites         | Apis, Aconite, Ledum & Hyp.30c    |
| • Eye injuries & infections     | Bellis.p; Apis; Bell; & Ledum 30c |
| • Sprains and Fractures         | Arnica; Ruta; Bry; Symphytum      |
| • Headaches                     | Bell; Bry; Nat.mur; Gels. 30c     |
| • Malaria & fever               | Bell; China Off; Gels; 30c        |
| • Sleeplessness                 | Coffea 30c & lavender             |

A 'revision test' was administered at the end of the course and practical demonstrations continued through the week. Each participating teacher was given a Free Homeopathic First Aid Kit provided by Helios Pharmacy, Tunbridge Wells, UK.