



Ghana Homeopathy Project Newsletter

10 years on!

AN OVERVIEW BY GHP FOUNDER AND MENTOR LINDA SHANNON

The Ghana Homeopathy Project is now 10 years old and we are realising that another 10 years will probably be needed for our work to become fully self-sustaining!

It has been exciting to watch the project gradually emerge over the years to form our present structure. We now have three independent training centres in Ghana, each uniquely shaped by the interests, enthusiasm and vision of the people involved in Ghana, the UK and internationally.

Mafi Seva

In Mafi Seva village, Emperor Tsamenyi, now a well-trained and experienced homeopath (also director of a Primary Health Care Centre and effective Clean Water Project) is in the process of realising his vision of building a dedicated centre for village based homeopathic learning and treatment. Villagers arrive at Emperor's present clinic in a steady stream to seek homeopathic treatment, usually on the recommendation of a friend or relative.

Kasoa

In Kasoa, just outside Accra, the Premier International School of Homeopathy and Alternative Medicine runs a 2-year Certificate and a 4-year Diploma of training in Homeopathy. It was a joy to meet the PISHAM students again

on my last visit and see how they had grown in their clinical understanding and experience. A new training clinic has been opened in a deprived district of Accra, an area affected by the recent fire and flood that claimed many lives.

Kumasi

Very exciting is the one-off 4-year course in Kumasi - the vision of our Ghana partner Bonsu Boaten and UK based homeopath Lyn Clark - to train local people by means of both face to face teaching and via internet-based learning. To run regular Webinars in a country where it is 'lights off' (no electricity) almost a third of the time is no mean achievement. Each student has a UK mentor and the clinics are offering homeopathy at low cost. The Webinars have been a big breakthrough in our ability to transfer the knowledge of homeopathy.



Ehi outreach clinic with Dr Kalishankar Bhattacharyya

International links

We have been able to send six volunteer homeopaths to Ghana and to continue our program of training courses in Kolkata, with the Drs Bhattacharyya.



Kumasi students, seen here with Linda and Bonsu Boaten, celebrate the arrival of donated books

We have sent three shipments of homeopathic books and remedies to Ghana over the last year, enough to give the essential textbooks to our students and to create substantial libraries in each of the three centres.

Research

As a Project, we are committed to research and monitoring the effectiveness of our work. Thanks to a grant from the Homeopathic Research Institute, we are conducting a study into the efficacy of homeopathy for the mental health and well being of our clients based at Mafi Seva clinic. The first stage is coming to an end now, so analysis can begin and the research evaluation proper can commence in a few months time.

Our team

This has been a year of both consolidation and expansion. Our team has gained tremendously in capacity. We have two new committed members: Jacqueline Smith as Project Coordinator based in Ghana, and Lyn Clark as Kumasi Co-coordinator. Some of the Ghana students are taking a more active role as well. Hundreds of people, many experiencing financial hardship and inadequate health care, have benefitted from homeopathic treatment from professionally trained homeopaths.

Are we succeeding in the goal of helping homeopathy to take root in Ghana with all the benefits it brings to enhance health care options for people in need?

After a decade of hard work, sharing our passion for homeopathy with our Ghana partners, I can confidently answer yes.

Our vision for the next ten years is to make the Project fully self-sustaining and Ghana led. We will then have a complete and equal exchange of homeopathic knowledge and Ghana will be an emerging presence on the map of countries where homeopathy is an established health care option for its people ☀

An Exciting Future for GHP

*Since taking on her role as Project Co-ordinator, **Jacqueline Smith** has spent much of her time in Ghana and shares her 'on the ground' perspective*

Over the first year of my involvement in GHP I've seen some exciting advances in the activities undertaken by and for all involved with the Project. We've been reviewing organisational needs with plans to expand support in line with the GHP mission. All of this is possible only with the much valued contributions from our donors and supporters. At PISHAM the student body, while still growing, is beginning to reflect the quality of the curriculum offered. Young people representing not only Ghana and other African countries such as Nigeria and even from the United Kingdom, now choose to learn homeopathy at the School.



Jacqueline and Grace visit Mafi Seva with a group of PISHAM students and graduates

This year two of the present Ghanaian students, third-year student Lionel 'Noble' Kpogo and second year Kenneth Bedu won the chance to travel to India for two weeks to study with our associates of long standing, the Drs Bhattacharyya. The An Award, which has been running for three years and is sponsored by Belgian homeopath Dr An Debsyer, has become a sought after opportunity for students to prove their commitment to learning and practice in their own communities. They do this by incorporating the outstanding teaching and experience that they receive in Kolkata into their own practice, in the projects they submit to qualify and in sharing their experience with fellow students on their return. A trip brilliantly organised once again by GHP's Angie Metzger.



Angie, Emperor and Noble on the ferry across the Ganges to visit a Mother Teresa Mission that looks after disabled people, from babies through to the elderly. They went to see the centre and how homeopathy is used there

They were accompanied by Rebecca Sturgeon, a mentor on the recently initiated Webinar course in Kumasi with Kumasi Homeopathy Study Group (KHSG). This course is another piece of inspired organisation, this time from its founder Bonsu Boaten and GHP's Lyn Clark. The keen and committed students here, including teachers and nurses, are now nervously preparing for their end of first year exams. Trustees, international teaching staff and mentors all wish them and the PISHAM students good luck.

Emperor, director at Mafi Seva Water and Homeopathy Project, also participated on the Indian Study trip (for the fourth time) before returning to continue, quite literally, building his vision of a centre of excellence for homeopathic training.



Emperor attending to a patient with typhoid

After ten years of his own homeopathic study and intense practice in the Volta region, Emperor strongly wishes to leave a legacy of access to the continuing study and practice of homeopathy for future generations of local people. Like PISHAM in Accra, and now KHSG in Kumasi city, the centre in Mafi Kumase will work towards providing a four-year Diploma course in Homeopathy with student clinic and library and provision of outreach treatment. The six-room building has just had its roof added.



Outreach clinic at Mepe with Grace Rhoomes

Immense gratitude is due to all concerned for providing regular contributions of books, remedies, support, skills, experience and, crucially, finance; for this is what keeps those fires of inspiration burning and I'm honoured to have been invited to join and contribute to this exciting journey.

The future is bright with GHP ☀

“...it didn't take long for me to realise that I wasn't in Kansas any more.”

Julian Jonas, a Certified Homeopath practising in Vermont since 1991, has travelled frequently to India for homeopathic studies. The trip to Mafi Seva was his first to Africa.

“Unlike my own practice where many patients have chronic degenerative diseases, autoimmune illness or complex mental states often complicated by medical and dental interventions as well as multiple prescriptions, the people I saw in the village presented with conditions and histories that were less involved. There were fewer strands and influences to untangle, and overall responses to the remedies seemed to be more immediate.

Nevertheless, the vast majority of the people I treated presented with problems that were of a chronic nature.



An Explosive Remedy!

“One hot and slow afternoon at the clinic in Mafi Seva a taxi drove up with an old woman accompanied by three of her adult children. They explained that while walking in the fields about three years earlier, she had experienced a sharp pricking pain on the tip of the large toe of her left foot. It had immediately become quite inflamed, and she went to the hospital for treatment. The inflammation subsequently had subsided until about four months ago when with no apparent cause it re-emerged. This time, though, the inflammation spread and treatment at the hospital had proved ineffective.

They said she could neither move under her own power nor speak, and hoped that she might be examined in the car.

So, I slid into the back seat to take a look. She appeared to be in a semi-comatose state but aware enough to be experiencing pain as her face was in a grimace. The bottom of the toe in question was quite black as was an ulcerated area about the size of a human hand on the upper foot in front of the ankle.

There was no way to be sure, but it seemed reasonable to surmise the ‘pricking’ in the field was from the bite of a snake or some other poisonous animal.

One remedy well known for septic wounds and black discolouration, Gunpowder, came to mind immediately. Historically used for blood poisoning arising from cuts, snake bites or gunshot wounds, in homeopathic dilutions it has remarkable curative properties for all kinds of obstinate wounds or bad infections.

A week later, in the local market, her daughter approached us. Apparently, her mother had started responding to the remedy immediately. The wound was turning from black to red, the pain was diminishing and her mental capacity had returned to the extent that she was talking again. She said that although dubious at first, the family was very encouraged by the response to the remedy.”



Julian's full article, describing his first impressions and the people he met, is available on the GHP Website

The Indian Homeopathic Perspective

By **Lionel 'Noble' Kpogo** (PISHAM 3rd Year Student), recipient of the 2015 An Award

The opportunity to study homeopathy in India aided me personally and professionally. It was exciting, interesting, revealing and also challenging as I got to see the different methodology applied by professionals with the same training in another country and with cultural differences. I was overwhelmed by the continual exhibition of competence and experience of both doctors, Dr Kalyan and Dr Kalishankar Bhattacharyya and also Dr Dilip Bhattacharyya, whom I met for the first time. It was how they were able to answer every question as if reciting a poem - answers came so easily. They were very simple answers, straightforward and easy to comprehend. You saw the truth in what they were telling you. I appreciated Dr Dilip's passion for doing more research into the mental aspects of homeopathy.



Certificates were given to students at the completion of the course

I consider the doctors to be walking encyclopaedias and have learnt many new remedies such as *Myrica*, *Secale* and *Agaricus*, to name a few. *Secale* I now see to be like a homeopathic broad spectrum antibiotic. The clinics were wonderful and very educational. I feel it has been a real experience and would love to go back again. The cases we witnessed have added to my experience and knowledge as a homeopath.

The diet in India was challenging initially and influenced me to learn nutritional values and new recipes or how to adapt ones I know. I think in the future there could be a window of opportunity to help people change their diet a bit.

The doctors told us, for example, that over the years they have gathered the statistics to show that vegetarians do not suffer with anal fistulas and fissures. In countries where most of the foods are heavy with carbohydrates many people may not realise that they may have fissures or fistulas. If a patient comes I now have the best advice to check and assist them



Noble in clinic with Dr Dilip Bhattacharyya, Emperor Tsamenyi and Ken Bedu, colleagues from Ghana

into health.

This was a rich time for me and I feel that I have grown in so many ways. It has taught me the diplomacy to be able to promote teamwork. I intend to pass on the knowledge acquired on the course and will re-read, several times, what I was taught there to get more insight and understanding. From there I will start to implement it in each case that comes. Anytime a new patient is before me and I am taking the case, I will be able to look into all the dimensions and come out with the best remedy for the patient to restore them to health☀

The 2015 Homeopathic Research Institute International Conference in Rome



In July Jacqueline Smith won a grant from the the Manchester Homeopathic Clinic to attend the HRI conference and GHP helped to fund her travel costs, as it was seen as directly relevant to our ongoing pilot and future mental health research in Ghana.

Jacqueline writes:

As GHP Coordinator I appreciated the chance to meet, for the first time, individuals from other projects in Africa and representatives from key homeopathic organisations such as EECH and the British Homeopathic Association. The studies presented ranged from mental health and malaria to respiratory tract infections and cancer. There were papers on the ethics of conducting homeopathic research and provings (homeopathic pathogenetic trials) and also on laboratory based trials involving the use of animals – I chose not to attend the latter but results were made available in plenary sessions on the last day.

Most of the trials presented appeared to show statistically significant results. The closing presentation was by fellow Glaswegian and well-respected researcher Robert T. Mathie who, with colleagues, had completed a meta-analysis of available homeopathic research up to 2013. He reported their validity as generally poor and encouraged more stringent adherence to protocols and validity measures. He stated that the best research to undertake for the purposes of credibility on homeopathic terms were Random Controlled Trials of individualised homeopathic medicines.

Petter Viksveen of the University of Sheffield presented the results of such a trial - Homeopathy in Self-reported Depression: a pragmatic Randomised Controlled Trial. Results were statistically significant in those accepting the offer of homeopathic treatment in addition to their usual care alone. Outcome measures used were

the Patient Health Questionnaire (PHQ-9) and the Generalised Anxiety Disorder (GAD-7), with results being measured at 6 and 12 months. Interestingly, but not surprisingly, the most prescribed remedies were Nat Mur and Ignatia; with potencies of 30c and 200c used most often. My thanks to MHC and GHP for enabling me to attend this conference ☀

My thanks to MHC and GHP for their support in enabling me to attend this very worthwhile conference.

2016 Study Trip to India with Drs Kalyan, Dilip and Kalishankar Bhattacharyya

**ENQUIRIES TO ANGIE METZGER
EMAIL : METZANG@AOL.COM
TEL: 020 8830 6020**

This course will immerse you in Indian homeopathy and culture. You will gain confidence, knowledge and experience that will enrich your life and homeopathic practice for years to come. You will witness many cases of chronic disease including serious pathology and mental illness.

Drs Kalyan and Dilip Bhattacharyya, renowned homeopaths with 37 years experience, are known for their work on mental illness. They will be joined by the skilled diagnostician Dr Kalishankar Bhattacharyya who will share his expertise. The course will be held in February (exact dates to be announced) and will be based in a rural area just outside Kolkata.

The course will consist of a small group of participants sharing the wonderful experience of homeopathy in action and cross-cultural exchange.

Angie is looking forward to hearing from you

Kumasi Homeopathic Study Group

By **Bonsu Boaten**, Kumasi Co-ordinator and Manager of Resource Centre



It has been seven years since the Ghana Homeopathy Project started supporting us in Kumasi. We have come a long way since our first clinic on the 20th of June 2008 when Mel Duprés was our first visiting homeopath.

Since then we had a full time clinic for a year (about to be resurrected), homeopathic visitors from as far afield as India, USA, Ireland, Scotland, Austria, Israel, Australia, not to mention the UK, just to name a few.

The vision from the start was to train the next generation of homeopathic practitioners to serve the needs of the people in and around Kumasi. We are well on our way to achieving that dream.

The training

Our focus in Kumasi over the year has been the successful adoption of the Introduction to Homeopathy Course put together by Homeopathy for Health in Africa. With just a little over a month left to complete our first year of what is to be a four year training programme, students, tutors and mentors are very satisfied with what we have been able to achieve this year and our sincere gratitude goes out to the many people who have contributed in many diverse ways to make it all possible, especially to Lyn Clark, The GHP Kumasi Coordinator. We have been fortunate to have had a number of visits from inspirational and experienced homoeopaths such as Linda Shannon, Lyn Clark, Jacqueline Smith and Julian Jonas and we are looking forward to more from the experienced team of international homeopathy teachers lined up to grace us here in Kumasi before the end of the year.

We have been able to leverage modern communication technology to bring a truly international team of teachers and mentors together with webinars and Skype mentoring.

The library

Over the past few years we have received well over 500 books. Previously we had a selection of the best titles on display and available for borrowing but we have found a larger space and are proud to have all our books out on display as of July 2015. Now we are truly spoilt for choice.



The homeopathy community in the UK has made an immense contribution to our efforts to make the best of the available literature accessible to the homeopathic community here in Kumasi

Recently we were also able to get an inter - Ghana exchange going with Emperor Tsamenyi, who runs the clinic at Mafi Seva, making the trip to Kumasi. He shared much with us of his experiences using homeopathy in the Ghanaian set up. It was like a visit from our big brother and we are making plans to return his visit in the near future.

On the 15th May 1817 Thomas Edward Bowdich was the first Englishman to enter Kumasi. I find it very interesting that almost two hundred years later a great homeopathic legacy is being put in place by those who have followed in his footsteps ☀

The Trustees of Homeopathy in Africa

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Theresa Partington: Media and general support

The Benefits of Good Case-Taking (extract)

By **Samuel Tsamenyi**, Director of the Mafi Seva Homeopathic clinic



The homeopath must act like a detective to enable him to arrive at the right choice of remedy and even though homeopathy can depend on the way one perceives, one must follow all the laid down principles to achieve this goal. Our duty is to find out where the energy leaks are in the sick individual.

One must therefore allow the patient to give all the necessary available information about their symptoms in private without anyone interfering during case-taking.

The mind and body of a human being are linked - so physical and emotional aspects must be covered properly before arriving at a conclusion. When one becomes sick the mind cannot escape the effects of that illness whether acute or chronic. When talking about mental or emotional features we mean, for example, indifference, weariness or guilty feelings that can lead to depression.

It is sad if a practitioner has a remedy picture in mind while taking the case and says "It's all over!" before the case-taking is finished. A good case taker doesn't need much repertorisation to arrive at a remedy but a lazy physician will mess up and show his

inefficiency to the client.

A good homeopath will always observe his patient on entering for a consultation and continue to do so until everything is completed. For example, many patients will weep at points during case-taking and this makes the remedy selection easier.

Finally, materia medica knowledge is very important and most remedies must be at your fingertips. I work in a small rural clinic in Ghana and patients often come with conditions that require prompt attention. Without materia medica knowledge there is a possibility that the patient could die in front of you!

The full article by Emperor, including cases, is available on our website

Our thanks to ...

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The GHP(UK) team works in partnership in Ghana to develop Ghanaian Homeopathy through low cost clinics, education and clinical training
<http://www.ghanahomeopathy.org>

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