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SUMMARY:

Every day modern life inflicts a series of dysregulations on our fragile body, which continually struggles to ensure the overall balance of its own operating process. Melatonin is a neurohormone secreted by the epiphysis (pineal gland) which is responsible of a specific hormonal secretion.

This neurohormon can be seen as a "chrono-regulator" and its importance is demonstrated as alterations in circadian rhythms can cause numerous pathologies.

The homeopathic form of melatonin is useful as it acts as an infinitesimal fractal stimulus for the rebalancing of the system.

A clinical trial carried out on 140 patients presenting with different pathologies has proved that a specific biotherapeutic treatment has encouraged a better reaction to the therapy.

KEY WORDS:

MELATONIN, FRACTAL SYSTEM, CIRCADIAN RHYTHMS, CHRONO-REGULATOR.

MELATONIN CLINICAL TRIAL OF HOMEOPATHISED MELATONIN ON 40 CASES

We find ourselves, against our will, in the middle of a chaotic system with a basic dependence on initial conditions (law of all fractal systems).

The epiphysis, the regulating organ of the central nervous system, is still practically unknown today and many researchers are searching for its operating mechanisms.

The key to solving this problem is to investigate the complex solution of a set of fractal systems known as Man.

One mediator, which is also relatively unknown, has been identified in the unknown system of the epiphysis. It is known as melatonin.

This neurohormone acts in the body as a chrono-regulator, as it allows for the "phasing" of the entire biological system assigned to general hormonal function.

According to current research it can be regarded as a "starter".

As a result of these premises, we can legitimately link the collateral effects of the stress of modern life with the correct regulation of the secretion of this hormone.

If we accept the theory of fractal regulation - which, as you will remember, restores each biological development to its initial conditions - the use of a homeopathic dilution of melatonin that acts as a regulator at physical (dilution) and energetic (dynamisation) level follows on naturally from this.

PHYSIOPATHOLOGICAL REFERENCES

Melatonin, or N-Acetyl 5-Methoxytryptamine, is an indolic derivative of Serotonin.

It is a neurohormone secreted by the epiphysis (pineal gland) which is the most important neuroendocrine organ in the brain.

The pineal gland translates an external signal (eg. daily and seasonal variation in light and temperature) into a specific hormonal secretion which should regulate our endocrine functions.

Alterations in circadian rhythms cause the onset of numerous pathologies:
– emotional problems (serious depression)

- psychosomatic disorders
- immune deficiency
- dermatological pathologies such as psoriasis and vitiligo
- problems linked with appetite (bulimia, mental anorexia)
- sleep disorders
- problems with puberty
- initialisation mechanisms for cancer.

We can see that a vital list of phenomena require the general regulation of the body.

It is, therefore, interesting to regard melatonin as a “starter” which, depending on the gravity of the problem, has to regularise countless fragile mechanisms which ensure that our body is balanced.

There are already numerous arguments in favour of the clinical use of this hormone, but why should we homeopathise it?

There are two main reasons:

- using hypophysiological infinitesimal doses is equivalent to an infinitesimal fractal stimulus for trying to restore balance to the system
- in Biological Medicine, we need to work towards general regulation, both positive and negative.

In conclusion, we should add that general homeopathic clinical medicine contains countless methods which depend on circadian rhythm and on our internal clock.

Therefore, the use of immunological modulators, which is the essence of our clinical work, becomes a complete therapeutic methodology which, above all, strives for the adjustment and balancing of the human body which is being treated.

The aim is to find a link between basic immunological research and the principles of homeopathic clinical medicine. These arguments have led us to embark on a more detailed clinical study into the use of homeopathic melatonin, starting with a dilution of 4CH.

This dilution has been chosen as it cor-

responds to an intermediate point between allopathic stimulation and the classically homeopathic effect.

Homeopathic organotherapy teaches us that this dilution basically has a positive regulation function; however, our years of research into homeopathised cytokines has revealed a more important feature of this dilution: it has a clear physiological mediation effect - an “allopathic” effect which complies with every physiological mechanism described in all the scientific publications consulted.

CLINICAL TRIAL

The clinical trial was carried out on a sample of 140 patients presenting with various pathologies, all connected with a biological “phase displacement” resulting from significant stress (both recent and old episodes). The aim of this study is to examine the regularising effect of melatonin.

The following pathologies were studied:

- thymic regulation disorders (endogenous or exogenous depression, anxiety, hypersensitivity of the neurovegetative system)
- periodic cephalaea
- sycotisation disorders
- dermatological problems of psychosomatic origin
- problems linked to appetite when following a diet therapy
- regulation problems in the functioning of the immune system (allergy, autoimmunity).

In all the cases studied, melatonin was added to a biotherapeutic treatment - adapted to the picture of the different pathologies (in order to assess the efficacy of this neurohormone as a “starter”) - in the homeopathic picture of each patient, to enable us to obtain an interpretable clinical response. The results are quite encouraging and unexpected.

In fact, all the patients reacted clearly

better to the usual therapies, both in terms of quantity and quality.

Adding melatonin 4CH to the classical therapeutic schemes, gave us a more rapid regulation of toxicosis:

- resolution of intestinal constipation
- regulation of urinary problems
- regulation of appetite
- more restful sleep
- stimulation of mental state
- total disappearance of cephalaea linked to menstruation
- better relationship with the outside world, – definite reduction in stress from work and urbanisation.

In any case, a full desycotisation effect was achieved – sycosis being the scourge of the modern world.

These results illustrate that there is a neurohormone dysregulation mechanism at the base of the pathological connections of this diathesis.

This is one more step towards our goal and gives us more hope that we will combat the ills of our age – an age that has cast aside natural, biological rhythms to follow the questionable trail of progress.

INDIVIDUAL CASES

The clinical results of the study are also interesting for patients with stress, or endogenous or exogenous depression.

In these cases, the patients took the melatonin every day at all the “black” times of the day. The patients had been rebalanced after one month of treatment.

The oral administration of 10 drops of melatonin 4CH strengthens the effects of the basic homeopathic therapies, allowing for a better “mordanting” of the terrain and a more profound action of the classical treatment.

Applying melatonin’s properties to dietetics gives the product more effective “appetite suppressant” properties without collateral effects. For this application, the posology is 10 drops before

main meals, in order to regulate bulimia crises in those patients who are seriously unbalanced.

We shall now move on to neurodermatoses such as:

- psoriasis and psoriasis-type syndromes
- seborrhoeic dermatitis
- eczema

The short-term development of these pathologies can be favourably altered by taking 10 drops of melatonin 4CH, twice a day.

The standard therapy should be continued for one month.

In all the cases examined, the induced regulating effect lasted for at least three weeks after treatment had finished.

For those cases that re-presented with symptomatology, the manifestations were markedly less aggressive and were resolved once the treatment recommenced. In these cases, the treatment must be continued for at least another month.

The use of melatonin should definitely be combined with homotoxicological drainage treatment and a basic homeopathic therapy (complementarity effect).

POSOLOGY

The standard posology for Melatonin is as follows:

- 10 drops whenever there is a worsening of the “phase displacement” symptoms
- 10 drops, morning and evening, if the symptomatology has its origin in old problems.

CONCLUSIONS

We could sum up the trial of this new homeopathic modulator by saying that it fulfils the goals of modern physiology.

In the same way as it has already been established that Interleukin 1 is active in receptor sensitisation (as is Interleukin 4)

in doses of $10^{15}M$, we can only hope that the same can be said for compounds such as melatonin that should act as regulating neurohormones.

This is all as a result of the clinical trial, and although, admittedly, it is still incomplete, it does encourage new research to find theoretical confirmation of the clinical results.

We can, therefore, safely say that melatonin, even when diluted and dynamised to 4CH, is a rebalancing messenger of our internal oscillators.

In fractal physics, our internal oscillators can be regarded as paradoxical oscillators that never achieve the perfect balance.

Any homeopath knows that good health is the result of a series of unstable balances that, for the patient’s health, need a continual control effort, which appears to depend on a message known as melatonin.

2000 years ago, Herophilus spoke of the mysteries of the epiphysis, and Cartesio made it the seat of the soul.....so why not?

Article’s reference

MALZAC J. La melatonina – Sperimentazione clinica su 40 casi della melatonina omeopatizzata. La Med. Biol. Suppl. al N° 3/1995; 23-25.

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