

Old-fashioned medicine revived in new style

By Sharon Dargay
staff writer

Dr. Gurudharan Khalsa, looking more like an Indian guru than the family doctor, thumbed through a dictionary-sized volume of remedies in his Lathrup Village clinic.

"They used to tell us in medical school that if you gave someone a homeopathic dose of medicine, it wouldn't do anything because it wasn't strong enough."

"But the smaller the amount of matter, the more energy is released from it. The concept of vital energy is very important. Vital energy is what gives us health."

What may sound like far-Eastern mysticism, is the basis for a 170-year-old philosophy of medicine called "homeopathy."

Khalsa is one of a handful of Michigan doctors and dentists who practice the old-time therapy.

Developed in Germany, the therapeutic use of medicines that, given full strength to a healthy person, would produce symptoms of the illness

it is designed to cure. Allopathy, the system of medicine used by most physicians today, treats disease by inducing the opposite effects.

Homeopathy enjoyed equal stature with the allopathic system for many years, but nearly died out as technology began playing a bigger role in traditional medicine.

IT'S STILL practiced in Europe and Asia, and is gaining American adherents because of the renewed emphasis on holistic and natural medicine.

"There are more homeopathic practitioners today. In fact, there are a lot of Homeopathic Societies," Khalsa said. "If you go to one of the meetings, you'll notice that most of the doctors are in their 70s and 80s. Then there's a space of about 40 years, and the rest of the doctors are in their 30s."

His unconventional appearance — a flowing beard, white suit and turban — stems from his personal beliefs in Sikhism, an Indian religion.

His medical credentials are more traditional. The Perle resident holds an M.D. degree from the University of Maryland and completed a three-year family practice residency at Oakwood Hospital in Dearborn before serving as an emergency physician at Detroit General and Receiving Hospital. A member of the American Holistic Medical Association and the American Academy of Family Practice, he combines allopathy, homeopathy and a number of other therapies at his Lathrup clinic.

"I've always been interested in a holistic approach to health. I got interested in homeopathy after taking a course, and I spent some time with a homeopathic practitioner."

According to a spokesperson at the Oakland County Medical Society, homeopathy is a "philosophy" of treatment, not a "specialty" recognized by the American Medical Association. However, some specialists, such as al-

lergists or urologists, may use homeopathy.

"Doing classical homeopathy takes a long time. You can sit with a patient for up to an hour to get all of the symptoms," Khalsa said.

AFTER DETERMINING ALL of the patient's symptoms, the homeopathic doctor refers to a book of remedies to match the patient to a medicine that induces similar symptoms if given full strength. The medications, made from minerals and herbs, are diluted several times. They're designed to stimulate the body and bring its "vital force" back in balance.

Only one medication at a time is prescribed. The doctor observes its effect — and any possible side effects — before trying another remedy.

Khalsa said that although most persons want instant relief, classical homeopathy requires patience. He uses a combination of homeopathy, herbs, flower remedies, diet, kinesiology — a system of muscle testing — as well as some surgery and traditional medicine.

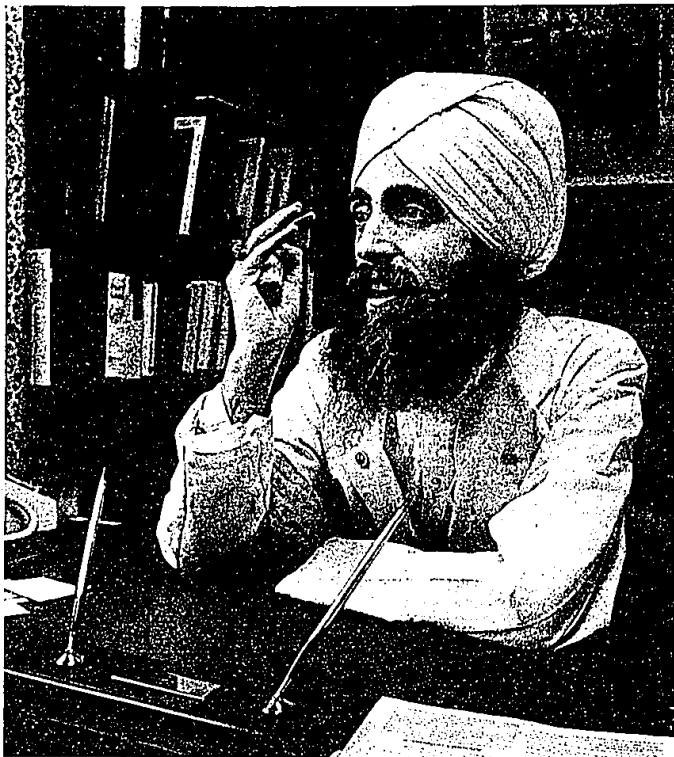
"Homeopathy works well with some acute illnesses, like earache, and with some chronic illnesses — non-specific things."

Although some physicians regard homeopathy as "quackery," Khalsa said more medical schools are including the study of unconventional therapies in their curriculums.

"It's becoming more open and environmental," he said. "I even have some doctors for patients, and they're not homeopaths."

"A lot more persons want to take responsibility for their lives. Scientific (allopathic) medicine gives a lot of power to the doctor."

Khalsa will sponsor a series of lectures on topics ranging from nutrition to infant massage. The programs begin at 7:30 p.m. every Tuesday at his clinic, 27330 Southfield. Admission is \$3.



MINDY SAUNDERS/STAFF PHOTOGRAPHER

Dr. Gurudharan Khalsa practices a form of medicine called homeopathy at his clinic in Lathrup Village.

Students enroll at Aquinas

Three Farmington area students have enrolled at Aquinas College in Grand Rapids as part of the 1982-83 freshman class. Among the class of 1983 are: Cecilia Kelly, a graduate of Our Lady of Mercy High School; Diane Michael, a graduate of Our Lady of Mercy High School; and Mark Orlando, a graduate of Farmington High School.

Aquinas is a career-oriented liberal arts college founded in 1922 by the Dominican Sisters of Grand Rapids. The college enrolls about 3,000 students in its regular and continuing education programs.

To Concerned Catholics

There will be a bus going to Lansing on March 8, 1983 to oppose confirmation of Sr. Agnes Mary Monsour. Please join us to support Archbishop Szoka. Leaving Livonia Mall (7 Mile & Middlebelt, in front of Crowley's) at 10:00 a.m. Returning 5:00 p.m. Cost \$8.50 Bring Bag Lunch. Reservations call 471-7951 — 535-0004 — 937-2363

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