HOMEOPATHIC MEDICINES

An Introduction to Pharmacists

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Disclosure: Christophe Merville is Director of Education and Pharmacy Development at Boiron USA.
**Speaker:** Christophe Merville joined Boiron, the world’s leading manufacturer of homeopathic medicines, in 1990. Since 2005, Dr. Merville has served as the pharmaceutical development manager at the company’s headquarters in Newtown Square, Pa. In this role, Dr. Merville has created educational training programs for pharmacists and retailers on homeopathy and Boiron’s medicines. The trainings cover homeopathy basics, women’s conditions and allergy symptoms, and have received exemplary feedback from users.

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HOMEOPATHIC MEDICINES
An Introduction to Pharmacists

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Pharmacist- 798-000-09-052-L01-P
Technicians- 798-000-09-052-L01-T

Target Audience: Pharmacists & Technicians

CE Credits: 1.0 Continuing Education Hour or 0.1 CEU for pharmacists/technicians
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Program Overview: Homeopathy is a medical theory and practice that developed in reaction to the bloodletting, blistering, purging, and other harsh procedures of conventional medicine as it was practiced more than 200 years ago. Remedies made from many sources—including plants, minerals or animals—are prescribed based on both a person's symptoms and personality. Patients receiving homeopathic care frequently feel worse before they get better because homeopathic medicines often stimulate, rather than suppress, symptoms. This seeming reversal of logic is a relevant part of homeopathy because symptoms are viewed as the body's effort to restore health. This program will provide pharmacists with an overview of homeopathic medication and describe the limits and advantages of homeopathic medicines.

Objectives:
• Answer basic questions about homeopathic medicines (safety, manufacturing, dosage) from your patients.
• List the limits and advantages of homeopathic medicines.
• List the indications of four homeopathic medicines.
At the end of this session, you will be able to:

- Answer basic questions about homeopathic medicines (safety, manufacturing, dosage) from your patients;

- List the limits and advantages of homeopathic medicines;

- List the indications of four homeopathic medicines.
Homeopathy in the world and in the US - regulatory aspects.
Pharmacology: 4 examples of homeopathic medicines
Manufacturing
Research on homeopathy
Dosage
Guidelines
Advantages and limits of homeopathic medicines
References
Conclusion
Homeopathy in the World

UK: 5 homeopathic hospitals operated by the British National Health Service

India: 25,000 homeopathic physicians

Germany: 6,000 homeopathic practitioners

France: 39% of the population uses homeopathic medicines, which are reimbursed by the National Health Care System

Homeopathy is also practiced in Canada, Russia, Mexico, Brazil, Italy, Spain, Belgium and many other countries.
The World Health Organization cited homeopathy as one of the systems of traditional medicine that should be integrated worldwide with conventional medicine to provide adequate global health care. (WHO Traditional Medicine Strategy 2002-2005)

Homeopathy is used by about 300 million patients and 400,000 healthcare providers worldwide. (OMHI - 2003)
Homeopathic medicines have been regulated as drugs since 1938. (Food, Drug and Cosmetic Act of 1938)

Most homeopathic medicines are available over-the-counter.

The FDA regulates the manufacturing process and distribution of homeopathic medicines.

The official compendium is the Homeopathic Pharmacopeia of the United States (HPUS), referenced in the United States Pharmacopeia, and recognized by the FDA.
Homeopathy is a therapeutic method

Homeopathic medicines are used:

**Alone, in first intent:**
- Viral pathologies, stress, anxiety, premenstrual syndrome, etc.

**In association with other medicines:**
- Treatment of the allergic terrain, treatment of the recurrences of ENT or urinary infections, etc.

**As complement of other therapies:**
- Treatment of nausea during chemotherapy, etc.
Pharmaco-toxicological properties (Pathogenesis)

On mucous membranes:
- intense dryness

On cardio-vascular system:
- congestive headache
- vasodilation (face, etc.)

On nervous system:
- hyperesthesia
- hallucinations, convulsions

Generally:
- high fever of sudden onset
- profuse sweating
- inflammatory syndrome

Atropa belladonna (Deadly Nightshade)
Pharmaco-toxicological properties (Pathogenesis)

On mucous membranes:
- intense dryness

On cardio-vascular system:
- congestive headache
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- high fever of sudden onset
- profuse sweating
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Examples of conditions that can be relieved by homeopathic preparations of Belladonna:

Fever:
- sudden onset, high fever
- red face, sweating
- dry mouth, thirst

Inflammation:
- red, hot, painful, swollen
  (sunburns, ...)

Congestive headaches:
- sunstrokes, hot flushes
Pharmaco-toxicological properties
(Pathogenesis)

On skin and mucous membranes:
- pink edema
- stinging, burning pain
- relieved by cold compresses

Generally:
- fever without thirst
- warm skin
- sudden inflammatory syndrome

Apis mellifera (Honeybee)
Homeopathic Pharmacology: Apis mellifica

Pharmaco-toxicological properties
(Pathogenesis)

On skin and mucous membranes:
- pink edema
- stinging, burning pain
- relieved by cold compresses

Generally:
- fever without thirst
- warm skin
- sudden inflammatory syndrome

Examples of conditions that can be relieved by homeopathic preparations of Apis mellifica:

Insect stings:
- pink edema
- stinging, burning pain

Inflammation:
- conjunctivitis,
- sore throat,
- sunburn,
- joint pains

Allergies:
- with edema, stinging pain, relieved by cold

With edema, stinging pain, relieved by cold
**Homeopathic Pharmacology: Gelsemium**

**Pharmaco-toxicological properties (Pathogenesis)**

- drowsiness, langor, prostration
- occipital headaches, diplopia
- fullness of head
- myalgia, incoordination, trembling
- emotional diarrhea, pollakiuria

**Main indications:**

- Nervous apprehension
- Flu symptoms
- Headaches

*Gelsemium sempervirens*  
(Yellow Jasmine)
Homeopathic Pharmacology: Nux vomica

Pharmaco-toxicological properties
(Pathogenesis)

- hyper-excitability, irritability
- hypersensitivity (noise, light, smells)
- digestive spasms
- desire for alcohol, coffee, spicy food
- worse in the morning and after meals

Main indications

- Spasmodic rhinitis
- Digestive troubles
- Irritability

Strychnos nux vomica
(Poison Nut)
# Homeopathic Pharmacology: Other examples

<table>
<thead>
<tr>
<th>Homeopathic Medicines</th>
<th>Symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Tabacum</strong> (tobacco)</td>
<td>Nausea, vomiting, relieved by fresh air</td>
</tr>
<tr>
<td><strong>Ipecac</strong></td>
<td>Nausea, vomiting with spasms and hyper salivation</td>
</tr>
<tr>
<td><strong>Coffea cruda</strong> (Coffee bean)</td>
<td>Sleeplessness, constant flow of ideas</td>
</tr>
<tr>
<td><strong>Arsenicum album</strong> (Arsenic trioxide)</td>
<td>Traveler’s diarrhea, food poisoning</td>
</tr>
<tr>
<td><strong>Rhus toxicodendron</strong> (Poison Ivy)</td>
<td>Cold sores, shingles</td>
</tr>
<tr>
<td><strong>Cantharis</strong> (Spanish fly)</td>
<td>Large vesicles, bladder infection</td>
</tr>
<tr>
<td><strong>Blatta orientalis</strong> (Cockroach)</td>
<td>Broncho-constriction, asthma attacks</td>
</tr>
<tr>
<td><strong>Histaminum</strong> (Histamine)</td>
<td>Allergy symptoms</td>
</tr>
</tbody>
</table>
The homeopathic medicines can be used in every clinical situation similar to the clinical picture induced experimentally by the “raw” substance

HOMEOPATHY = SAME SUFFERING
Limits

Two limitations

- The condition treated must be reversible
- The patient must be able to react to the disease
The clinical indications that are retained are those considered as:

- **Reliable**: verified by daily practice
- **Ethical**: coherent with current medical knowledge and the possibilities of other therapies
IDENTIFICATION - CONTROL

Botanical substances

Animal substances

Mineral substances

Alcohol + ultra pure Water

MACERATION (21 days)

TRITURATION

Lactose

MOTHER TINCTURE

FIRST DILUTION

CEDH
Dilution Methods

Decimal scale:
X scale: 10% dilution

Succussion or dynamization:
Calibrated at 150 times in 7.5 seconds

10% dilution in alcohol
Succussion

10% dilution in alcohol
Succussion

10% dilution in alcohol
Succussion

4X

30X
Dilution Methods

Centesimal scale:
- C scale: 1% dilution

Succussion or dynamization:
Calibrated at 150 times in 7.5 seconds

10% dilution in alcohol
Succussion

1% dilution in alcohol
Succussion

1% dilution in alcohol
Succussion

3C

1X 1C 2C 3C 30C
Homeopathy: a Scientific Reality

- Increasing number of Scientific Publications
- 20 Research Centers, 150+ International Publications
- Biological, Clinical and Physical Research
Research: Example of physical study

Thermoluminescence of ultra-high dilutions of LiCl and NaCl

Ultra diluted LiCl $^{15}C$ and NaCl $^{15}C$ ($10^{-30}$ g/cm$^3$) solutions
- Irradiated by gamma rays and X rays at 77K
- Rewarmed progressively at room temperature

Thermoluminescence spectrum is specific of the original salt and different from the control spectrum ("successed" pure water)

Rey L.R., “Thermoluminescence of ultra-high dilutions of lithium chloride and sodium chloride.” *Physica A*, 2003, **323**, 67-74
Action of Aspirin in Ultra-low Doses

5th Study\(^3\): mesenteric arteriole of laparotomized rat
1/15th second argon laser beam destroys 1 or 2 cells of the vascular intima.
Several dilutions of aspirin (from 100 mg/kg to 30C (10\(^{-60}\)))

Aspirin at high concentration (100 mg/kg) reduces platelet aggregation, decreases thrombus area and decreases the number of emboli.

Aspirin at ultra low dose (9C, 15C, 30C) increases platelet aggregation, increases thrombus area and increases the number of emboli and the duration of embolization.

\(^3\) Doutremepuich C. et al.: Thrombogenic properties of ultra low dose of acetylsalicylic acid in vessel model of laser induced thrombus formation *Thrombosis Research* 1994; 76: 225-229
Action of Potassium Dichromate 30C on intubated patients

50 intubated, critically ill patients (COPD, tobacco use)
Kali bichromicum 30C 5 pellets bid vs. identical placebo.

The amount of tracheal secretions was reduced significantly in treated group (p<0.0001).
Extubation was performed significantly earlier in treated group (p<0.0001).
Length of stay was significantly shorter in treated group (4.20 days vs. 7.68 days p<0.0001).

Selecting the dilution

Belladonna

Sunburns

Local symptoms

- 6C

Fever

General symptoms

- 9C

Agitation

Behavioral symptoms

- 12C

- 30C
Selecting the dilution

Nux vomica

Allergic rhinitis  Digestive spasms  Irritability

Local symptoms  General symptoms  Behavioral symptoms

6C  9C  12C  30C
## Selecting the form

### Solid forms for sublingual absorption:

<table>
<thead>
<tr>
<th>Form</th>
<th>Content</th>
</tr>
</thead>
<tbody>
<tr>
<td>Multi-dose tube</td>
<td>80 large pellets</td>
</tr>
<tr>
<td>Unit-dose tube</td>
<td>1 g small pellets</td>
</tr>
<tr>
<td>Tablets</td>
<td>lactose-based</td>
</tr>
</tbody>
</table>

### Liquid forms:

<table>
<thead>
<tr>
<th>Form</th>
<th>Content</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drops</td>
<td>20% alcohol</td>
</tr>
<tr>
<td>Liquid unit-doses</td>
<td>Purified water</td>
</tr>
<tr>
<td>Liquid unit-doses</td>
<td>Eyedrops</td>
</tr>
<tr>
<td>Syrups</td>
<td>NaCl 0.9%</td>
</tr>
</tbody>
</table>

### Other forms:

<table>
<thead>
<tr>
<th>Form</th>
</tr>
</thead>
<tbody>
<tr>
<td>Suppositories</td>
</tr>
<tr>
<td>Gels, ointments and creams</td>
</tr>
</tbody>
</table>
## Frequency

<table>
<thead>
<tr>
<th>Type</th>
<th>Description</th>
<th>Dosage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Multi-dose tube</td>
<td>80 large pellets</td>
<td>5 pellets several times a day</td>
</tr>
<tr>
<td>Unit-dose tube</td>
<td>1 g small pellets</td>
<td>1 unit dose per day, week, or once</td>
</tr>
<tr>
<td>Drops</td>
<td>20% alcohol</td>
<td>10 drops three times a day in 1 oz. water</td>
</tr>
</tbody>
</table>

- Take at the onset of symptoms
- Acute symptoms: higher frequency
- Decrease frequency with improvement
- Sublingual absorption
- Give children the same dosage as adults since the action is not mass dependant
- Take at the onset of symptoms for best results
- Increase frequency with acuteness of symptoms, decrease with improvement
- Take in a clean mouth
- Keep away from excessive heat (>115 °F)
Advantages of homeopathic medicines

Reliable: Regulated and Manufactured as Drugs
200 years of international track record of effectiveness and safety

Can be taken with no risk at the very onset of symptoms
No side effects and no drug interaction above 4C, 8X
Cost effective
Will not mask medical emergencies
Resources

- Homeopathic Materia Medica
  - Medicines Descriptions and Indications

- Therapeutic Books and CD Roms
  - Treatments for acute and chronic diseases

- Guides for self-medication

- www.cedhusa.org
Conclusion

Homeopathy: one possible therapy among others

• Safe and non-aggressive
• That stimulates, modulates or induces an individual and adapted individual reaction
• Addresses syndromes for which there is no satisfactory conventional treatment