Introduction to Homeopathy for the Primary Care Nurse Practitioner

Linda Goldman DNP FNP WHNP-BC
CANP Annual Conference
March, 2014
Dr. Goldman has the following information to disclose:

- **Financial Disclosure**
  - Speakers Bureau: Boiron USA - A company that manufacturers Homeopathic Medicines

- **FDA approved indications for use**
  - All medications discussed during today’s presentation will comply with the FDA labeling requirements for approved indications according to the Homeopathic Pharmacopeia of the United States (HPUS).
Objectives

By the end of this discussion the participant will be able to:

1. Differentiate homeopathy from herbal and other complementary and alternative modalities

2. Identify appropriate indications, side effects, and dosages of commonly used homeopathic agents

3. Analyze the regulations and production practices of companies producing homeopathic agents
Complementary & Alternative Medicine (CAM)

Definition:

“CAM is a group of diverse medical and health care systems, practices, and products that are not generally considered to be part of conventional medicine”

http://nccam.nih.gov/health/homeopathy/#q6060709
Complementary & Alternative Medicine (CAM)

- National Center for Complementary & Alternative Medicine (NCCAM)
  - Division of the NIH
  - Funding for research

- Centers for Disease Control CDC
  - www.cdc.gov

- Institute of Medicine (IOM) published review
  - www.iom.edu
Examples of CAM

• Nutrition
• Supplements
• Botanicals
• Homeopathy
• Manual medicine
• Acupuncture
• Energy work
• Mind/body therapies
• Relaxation
• Physical activity
CDC National stats reports – google “CDC CAM”

National Health Statistics Reports

Number 12 ▪ December 10, 2008


by Patricia M. Barnes, M.A., and Barbara Bloom, M.P.A., Division of Health Interview Statistics, National Center for Health Statistics; and Richard L. Nahin, Ph.D., M.P.H., National Center for Complementary and Alternative Medicine, National Institutes of Health

Abstract

Objective—This report presents selected estimates of complementary and alternative medicine (CAM) use among U.S. adults and children, using data from the 2007 National Health Interview Survey (NHIS), conducted by the Centers for Disease Control and Prevention’s (CDC) National Center for Health Statistics (NCHS). Trends in adult use were assessed by comparing data from the 2007 and 2002 NHIS.

Methods—Estimates were derived from the Complementary and Alternative Medicine supplements and Core components of the 2007 and 2002 NHIS. Estimates were generated and comparisons conducted using the SUDAAN statistical package to account for the complex sample design.

Results—in 2007, almost 4 out of 10 adults had used CAM therapy in the past 12 months, with the most commonly used therapies being nonvitamin, nonmineral, natural products (17.7%) and deep breathing exercises (12.7%).

Introduction

Complementary and alternative medicine (CAM) covers a heterogeneous spectrum of ancient to new-age approaches that purport to prevent or treat disease. By definition, CAM practices are not part of conventional medicine because there is insufficient proof that they are safe and effective (1). Complementary interventions are used together with conventional treatments, whereas alternative interventions are used instead of conventional medicine.

CAM use by adults & children

Where patients get information

- Health food store clerks
- Online sources
- Books
- Friends
- Health care professionals
Homeopathy

• Definition: Greek words homeo (similar) and pathos (suffering or disease)

• Samuel Hahnemann (1755-1843): principles of homeopathy formulated in late 1700's

(FDA 1995)
Homeopathy Regulations: USA

• Homeopathic medicines regulated as drugs by FDA
  – Food, Drug and Cosmetic Act - 1938
• Most available OTC - some by Rx only
• FDA Drug Good Manufacturing Processes
  – regulates manufacturing, labeling & distribution
• Homeopathic Pharmacopeia of the U.S. (HPUS)
  – referenced in the USP, recognized by the FDA

FDA (1995)
HPUS - 1250 homeopathic medicines monographs

- 84 most commonly used
- Most common use on label
- Which part of substance used
- Manufacturing processes
  - Good Pharmaceutical Manufacturing Practices per FDA
- Toxicities
Materia Medica

Reference for Homeopathic Medicines

- Lists substances
- Outlines uses
- Provings
- From the original works by Hahnemann
  - Organon of the Healing Art, 1833

www.watkinspublishing.co.uk

www.kb.se/aktuellt/pressbilder/Linnes-natverk
Similars

• *Disease symptoms can be cured by small doses of substances which produce similar symptoms in healthy people* (FDA 1995)

• “Principle of Similars” or “similitude”
Homeopathic Medicines

The principle of similars

- Sneezing
- Watery eyes
- Runny nose
Homeopathic Medicines

- Sneezing
- Watery eyes (Burning tears)
- Runny nose

Allium cepa
Homeopathic Medicines

Swelling from insect bites
Pink edema
Stinging, itching pain
Improved by cold

Photo: Emmanual Boutet
User:Emmanuel.boutet

Photo: Super Manu
File:Bee-sting-pigure-abeille-scale-2.jpg
Swelling from insect bites
Pink edema
Stinging, itching pain
Improved by cold

Apis mel.
Full Strength vs. Homeopathic Dilution

Full Strength

- Nitroglycerin
  - Vasodilation
  - Throbbing headaches

Homeopathic Dilution

- Glonoinum
  - Hot flashes
  - Headache
IDENTIFICATION - CONTROL

Botanical

Alcohol + Ultra Pure Water

Maceration (21 days)

Biological

TRITURATION

Mineral

Lactose

MOTHER TINCTURE

1st DILUTION
Homeopathic Dilutions:

Centesimal (C) Scale – 1% dilution

1% dilution

Succussion

1C 2C 3C 30C
Choosing the Dilution

<table>
<thead>
<tr>
<th>Type of symptom</th>
<th>Most appropriate dilution</th>
</tr>
</thead>
<tbody>
<tr>
<td>Local symptoms</td>
<td>Low Dilutions 6C</td>
</tr>
<tr>
<td>(eye strain, bee sting, sore throat)</td>
<td></td>
</tr>
<tr>
<td>General symptoms</td>
<td>Medium Dilutions 12C</td>
</tr>
<tr>
<td>(fever, fatigue)</td>
<td></td>
</tr>
<tr>
<td>General and behavioral symptoms</td>
<td>High Dilutions 30C</td>
</tr>
<tr>
<td>(anxiety, grief, sleeplessness)</td>
<td>and higher</td>
</tr>
</tbody>
</table>
Reading the Label

Arnica Montana

Strain = Latin name of the original substance

Dilution Level

Dilution Scale

C, CK or M: dilutions by 1/100
X: dilutions by 1/10
Medication Instructions

Take at the onset of symptoms
Take apart from meals - clean mouth - no mint
Allow to dissolve in mouth, under tongue
For young children may dissolve in water
Protect from excessive heat or cold (<32°F or >115 °F)
Clinical Homeopathy

• Individual medicines selected for individual patients based on specific signs & symptoms
• Evaluation
  – In-depth history
  – Physical exam
  – Diagnosis
  – Plan
    • allopathic prescription as needed
    • homeopathic prescription
Clinical Homeopathy

Emphasis on in-depth history

• Localized symptoms, sensations symptom analysis

• Aggravating & alleviating factors
  – Cold, heat, movement, position, time of day

• Other associated symptoms
  – Other accompanying & behavioral sx ROS
  – Patients specific reaction to condition

• PMH, Family history and terrain
Homeopathy vs. Herbals

- **Herbals**
  - Botanical based
  - No FDA regulation
    - Classified as food, (like supplements)
  - May have herb/drug interactions and side effects

- **Homeopathy**
  - May be plant, mineral or animal based
  - Classified as drugs by the FDA, listed in HPUS
  - No side effects or interactions in dilutions above 4C
Uses of Homeopathy

- Allergies
- Musculo-skeletal pain
- Respiratory infections
- Prevention skin burn after radiation
- Sleep disorders
- Anxiety
Common Springtime Complaints

• Allergies
• Trauma/injuries
  – Skin
  – Musculo-skeletal
• Sunburn and insect bites
Seasonal Allergy

- Symptoms
  - Spasmodic sneezing
  - Nasal congestion and discharge
  - Itching and watering of eyes
  - Urticaria and hives
Seasonal Allergy

Allergens trigger an excessive production of Histamine

• **Symptoms**
  – Nasal congestion
  – Itching and watering of eyes
  – Urticaria and hives
  – Hay Fever

• **Homeopathic Medications**
  – Apis Melifica 6c
  – Histaminum 6c
  – Sabadilla 6c
Apis Melifica

**Origin** – Whole Bee
- Phospholipase A2 / histamine / noradrenaline
  - Cause edema and inflammatory reaction

**Targets of action**
- Skin / mucus membranes

**Sensations**
- Stinging / burning pain
  - Improved with application of cold
Apis Melifica

• Clinical Indications
  – Inflammation and edema of skin and mucous membranes
  – Stinging / burning pain

Photo: Super Manu File: Bee-sting-piquare-abeille-scale-2.jpg
Histaminum

• **Origin** - Histamine
  – Mast cells
  – Basophils

• **Targets of action**
  – Skin / mucous membranes

• **Sensations**
  – Itching / Swelling
Research

Inhibition of human basophil degranulation by successive histamine dilutions

Belon et al, Inflammation Research, 1999; 48: S17-S18

- Multi-center trial
  - 4 centers
  - 1 independent coordinator

- Examined the inhibitory effect of histamine dilutions on anti-IgE induced basophil degranulation
  - Basophils incubated with histamine dilutions versus distilled water
  - Dilutions from 15th and 19th centesimal dilutions
Basophils demonstrated statistically significant ($p<0.0001$) reduced activation (i.e. degranulation) at all histamine dilutions.
Calendula Officinalis

- Asteraceae family
- AKA - Garden Marigold
- Anti-microbial
- Anti-inflammatory
- Useful for:
  - Lacerations
  - Abrasions
  - Burns

http://commons.wikimedia.org/wiki/File:2006-10-22Calendula05-02.jpg
Uses and Dilutions

• Topical - antiseptic wound treatment
  – Mother Tincture (water base not alcohol)
    • 10 gtts in 10cc H₂O and apply
  – Calendula ointment, lotion, cream (1x)

• Wounds in mouth (e.g. Apthos ulcers)
  – 30 gtts in ½ glass H₂O – mouthwash after meals
Side Effects and Interactions

Calendula

- Lower dilutions (1x) are used in the topical preparations (herbal concentration)
- Potential for allergic reaction
Calendula to prevent post-breast cancer radiation dermatitis

Calendula demonstrated statistical significance - 0.001 as being more effective than trolamine in preventing grade 2 or higher acute dermatitis during adjuvant postoperative breast irradiation.

Arnica Montana

- Compositae family – native to Siberia & Central Europe
- AKA Leopard’s Bane/ Mountain Daisy
- Useful for:
  - Muscle Aches/Fatigue
  - Edema & eccymosis from trauma

http://commons.wikimedia.org/wiki/File:Arnica_montana.JPG
Uses and Dilutions

- **Topical 1x**
  - Cream, Ointment, Gel
    - Bruises
    - Muscle aches/massage

- **Oral 6c – 12c post trauma (includes surg.)**
  - Muscle aches, bruises, edema due to injury
    - Begin to use as close to trauma as possible
Side Effects and Interactions

- Topical preparation is 1x and should be used on intact skin only
- Irritation if applied to open wound
Conclusions

- Variety of clinical applications
- Complimentary with conventional medicine
- Reliable and Safe
  - Manufacture regulated by FDA according to pharmaceutical standards
  - Negligible side-effects
  - No Drug-drug interactions in dilutions over 4c
References


