

# **Introduction to Homeopathy for the Primary Care Nurse Practitioner**

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Dr. Goldman has the following information to disclose:

:

- Financial Disclosure
  - Speakers Bureau: Boiron USA - A company that manufactures 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/#q606070>

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# Complementary & Alternative Medicine (CAM)

- National Center for Complementary & Alternative Medicine (NCCAM)
  - Division of the NIH
  - Funding for research
  - <http://nccam.nih.gov>
- Centers for Disease Control CDC
  - [www.cdc.gov](http://www.cdc.gov)
- Institute of Medicine (IOM) published review
  - [www.iom.edu](http://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

### Complementary and Alternative Medicine Use Among Adults and Children: United States, 2007

by Patricia M. Bames, 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.

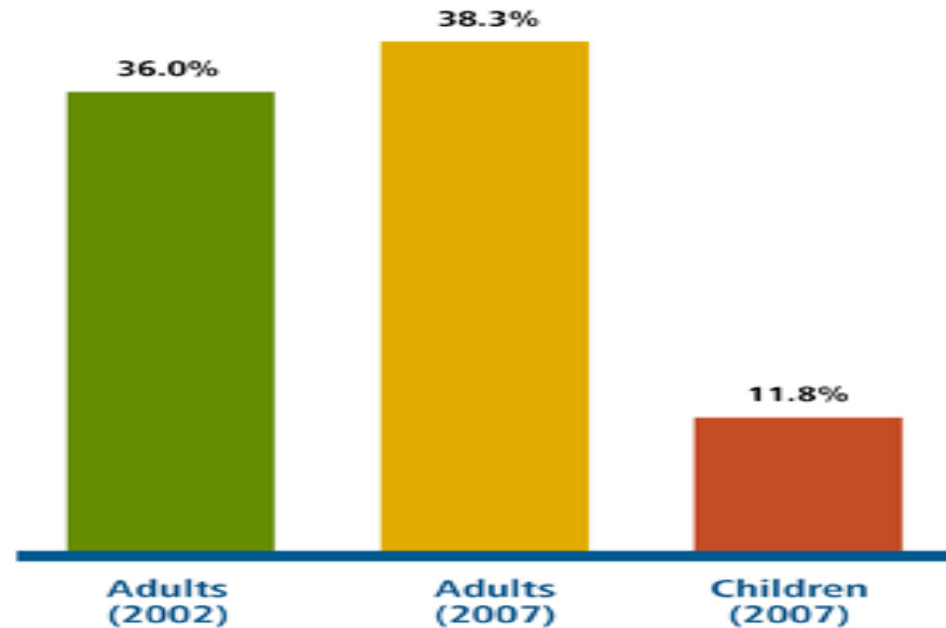
*Results*—In 2007, almost 4 out of 10 adults had used CAM therapy in the past 12 months, with the most commonly used therapies being nonvitamin, nonmineral, natural products (17.7%) and deep breathing exercises (12.7%).

#### 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

**CAM Use by U.S. Adults and Children**



Source: Barnes PM, Bloom B, Nahin R. *CDC National Health Statistics Report #12. Complementary and Alternative Medicine Use Among Adults and Children: United States, 2007.* December 2006.

Figure 1: CAM Use by U.S. Adults and 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*

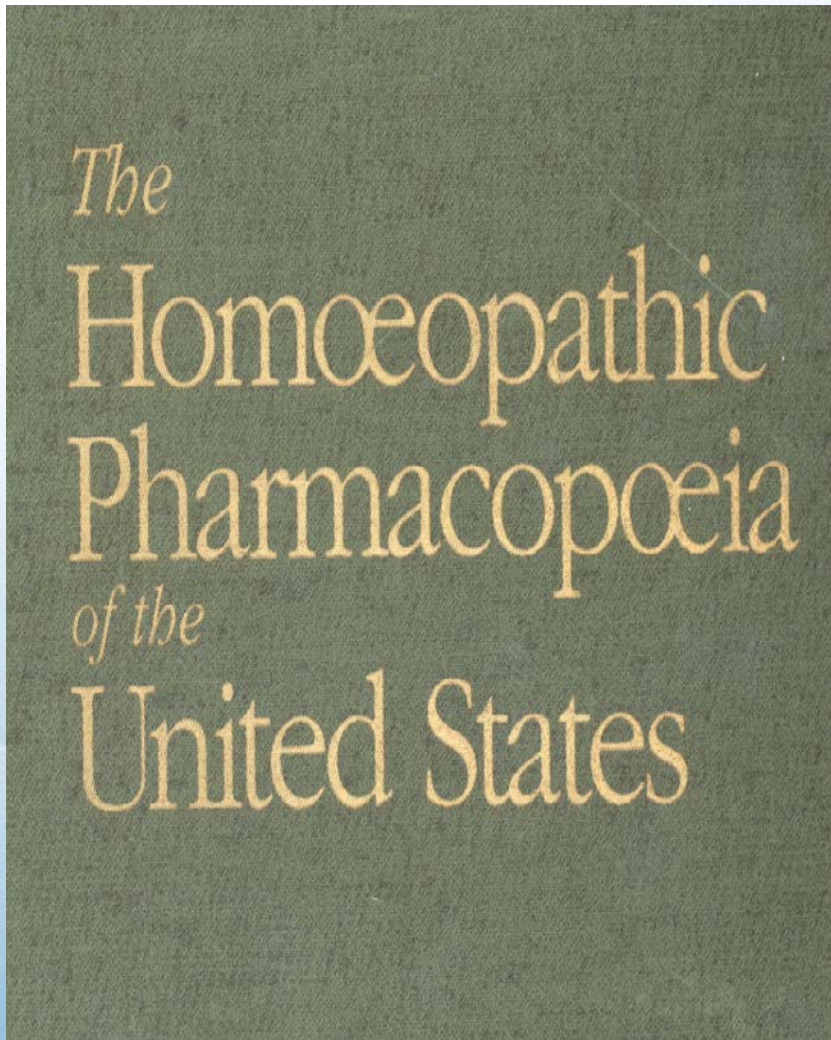
# Homeopathy Regulations: USA

- 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)

<http://www.fda.gov/ICECI/ComplianceManuals/CompliancePolicyGuidanceManual/ucm074360.htm>

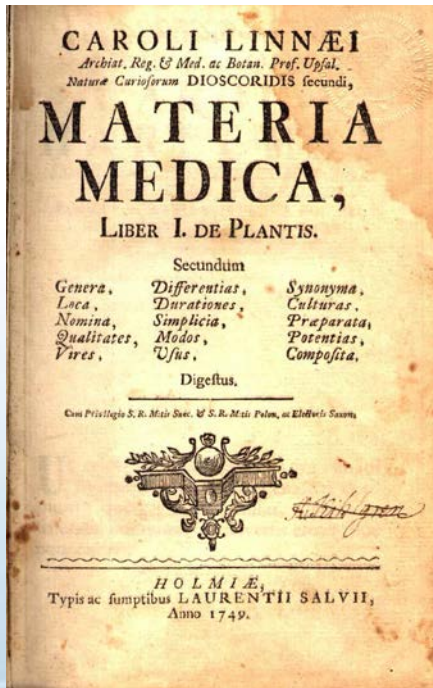
# **HPUS - 1250 homeopathic medicines monographs**



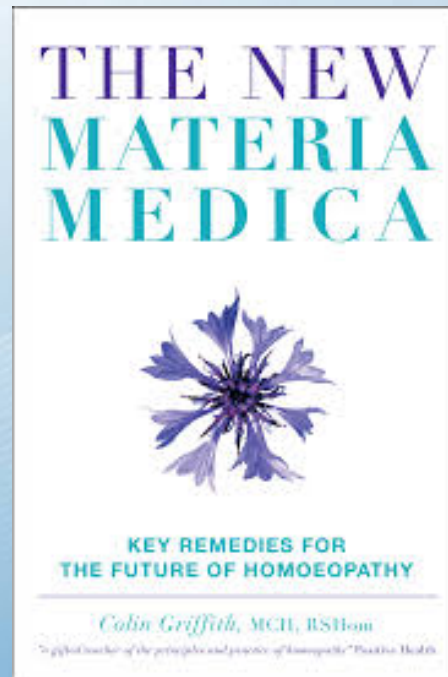
- **84 most commonly used**
- **Most common use on label**
- **Which part of substance used**
- **Manufacturing processes**
  - **Good Pharmaceutical Manufacturing Practices per FDA**
- **Toxicities**

# Materia Medica

## Reference for Homeopathic Medicines



[www.kb.se/aktuellt/pressbilder/Linnes-natverk](http://www.kb.se/aktuellt/pressbilder/Linnes-natverk)



[www.watkinspublishing.co.uk](http://www.watkinspublishing.co.uk)

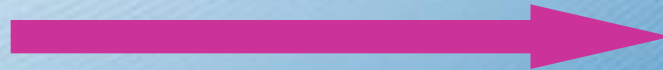
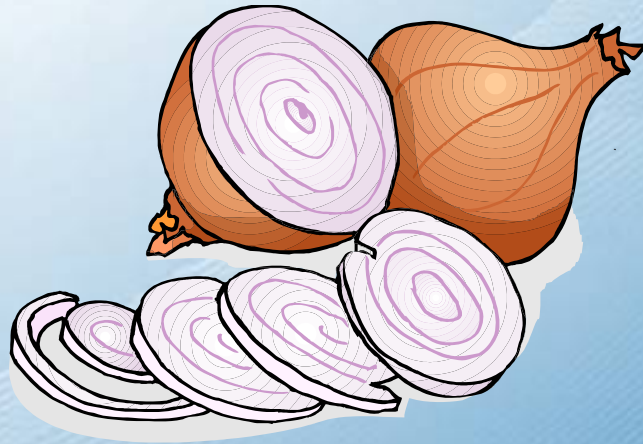
- Lists substances
- Outlines uses
- Proving
- From the original works by Hahnemann
  - Organon of the Healing Art, 1833

# Similaras

- *Disease symptoms can be cured by small doses of substances which produce similar symptoms in healthy people* (FDA 1995)
- *“Principle of Similaras” or “similitude”*

# Homeopathic Medicines

The principle of similars



- Sneezing
- Watery eyes
- Runny nose

# Homeopathic Medicines



**Allium cepa**



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



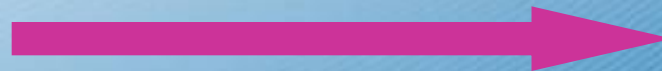
# Homeopathic Medicines



Photo: Emmanuel Boutet  
User:Emmanuel.boutet



Photo: Super Manu [File:Bee-sting-piqure-abeille-scale-2.jpg](#)



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

# Homeopathic Medicines

Photo: Super Manu [File:Bee-sting-piqure-abeille-scale-2.jpg](#)



**Apis mel.**



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

# Full Strength vs. Homeopathic Dilution

## Full Strength

- **Nitroglycerin**
  - Vasodilation
  - Throbbing headaches

## Homeopathic Dilution

- **Glonoinum**
  - Hot flashes
  - Headache

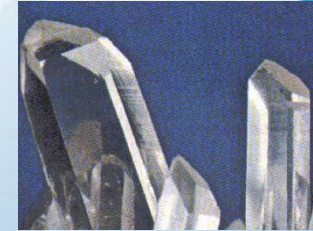
# Botanical



# Biological



# Mineral



## IDENTIFICATION - CONTROL

Alcohol + Ultra  
Pure Water

Lactose



**MACERATION**  
(21 days)

**TRITURATION**

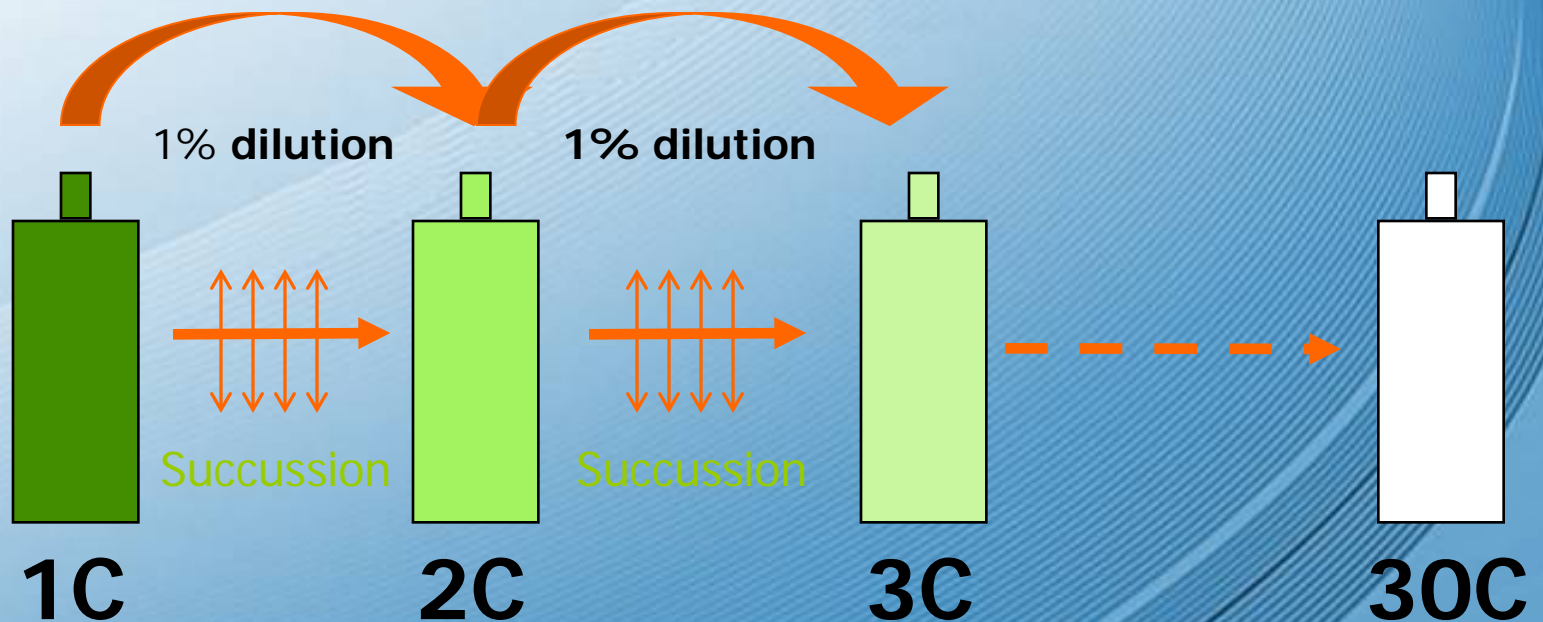


**MOTHER TINCTURE**

**1st DILUTION**

# Homeopathic Dilutions:

## Centesimal (C) Scale – 1% dilution



# Choosing the Dilution

Type of symptom	Most appropriate dilution
<b>Local symptoms</b> (eye strain, bee sting, sore throat)	<b>Low Dilutions</b> 6C
<b>General symptoms</b> (fever, fatigue)	<b>Medium Dilutions</b> 12C
<b>General and behavioral symptoms</b> (anxiety, grief, sleeplessness)	<b>High Dilutions</b> 30C and higher

# Reading the Label

**Arnica Montana 6 C**

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

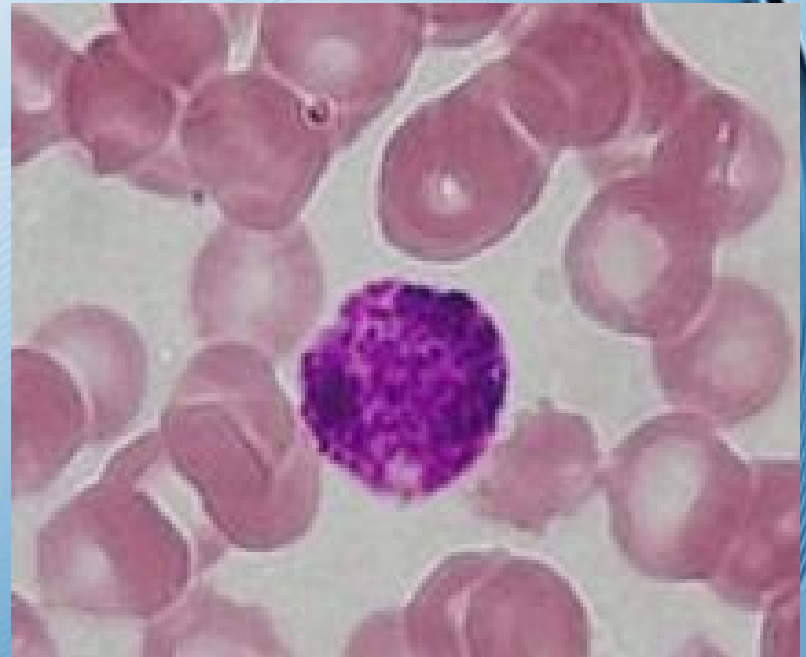
- **Clinical Indications**
  - Inflammation and edema of skin and mucous membranes
  - Stinging / burning pain



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

# Histaminum

- **Origin - Histamine**
  - Mast cells
  - Basophils
- **Targets of action**
  - Skin / mucous membranes
- **Sensations**
  - Itching / Swelling



# Research

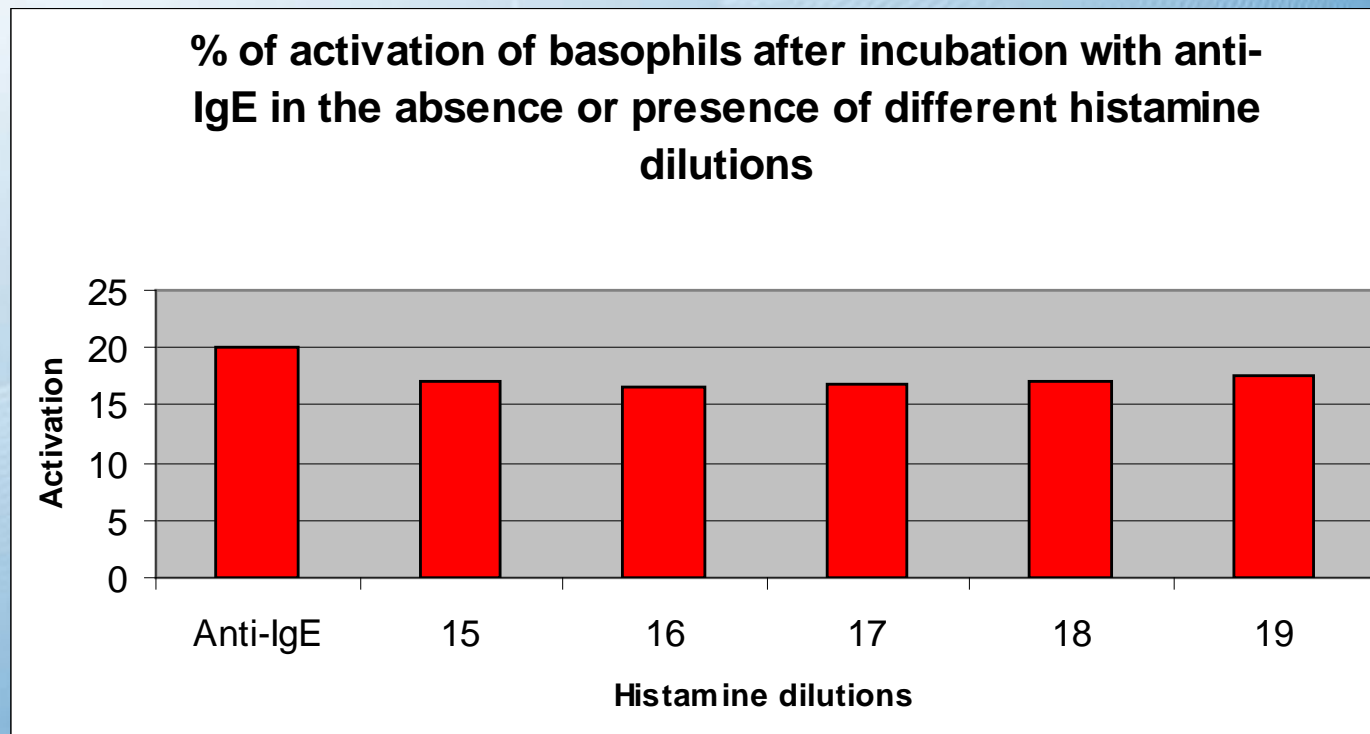
## Inhibition of human basophil degranulation by successive histamine dilutions

*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 15<sup>th</sup> and 19<sup>th</sup> centesimal dilutions

# Research

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 H<sub>2</sub>O and apply
  - Calendula ointment, lotion, cream (1x)
- Wounds in mouth (e.g. Aphthos ulcers)
  - 30 gtts in ½ glass H<sub>2</sub>O – 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.

- Pommier, P., Gomez, F., Sunyach, A., D'Hombres, A., Carrie, C., & Montbarbon, X. (2004). Phase III RCT of Calendula Officinalis Compared with Trolamine for Prevention of Acute Dermatitis During Irradiation for Breast Cancer. *Journal of Clinical Oncology*. 22: 8, 1447-1453



# Arnica Montana

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



# 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

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