

Introduction to Homeopathic Medicines

Disclosure:

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V2 10/14

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introduction

What should pharmacists know, and why?

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objectives

ACPE#: 0104-0000-20-020-L01-P Contact Hours: 1.0 CEU
Initial Release Date: 9/12/20

Following this knowledge-based presentation, **the pharmacist** participants will be able to:

- 1) Answer basic questions about homeopathic medicines (safety, manufacturing, dosage) from your patients;
- 2) List the limits and advantages of homeopathic medicines and
- 3) List the indications of four homeopathic medicines (Belladonna, Gelsemium, Apis mellifica, Nux vomica).

ACPE#: 0104-0000-20-020-L01-T

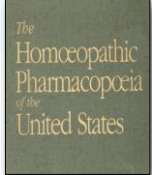
Following this Knowledge-based presentation, the **pharmacy technician** participants will be able to:

- 1) Identify a homeopathic medicine;
- 2) Answer basic questions about homeopathic medicines (safety, guidelines, dosage) from your patients and
- 3) List the limits and advantages of homeopathic medicines.

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regulatory status

Homeopathic medicines have been regulated as **drugs** since 1938. (Food, Drug and Cosmetic Act)



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


The official compendium is the Homeopathic Pharmacopoeia of the United States (**HPUS**), referenced in the United States Pharmacopoeia, and recognized by the FDA.

About 1280 strains are described: origin, preparation, control, OTC and Rx levels.

General pharmacy: guideline for manufacturing and control.

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regulatory status



Most homeopathic medicines are sold over the counter (OTC)

But a few require a prescription:



Some strains are toxic: low dilutions are Rx only. (*Arsenicum, Mercurius*)

A few strains are controlled substances for all dilutions (*Opium, Coca, Morphinum*)

The indications must fall into OTC categories (*FDA regulation*)

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regulatory status

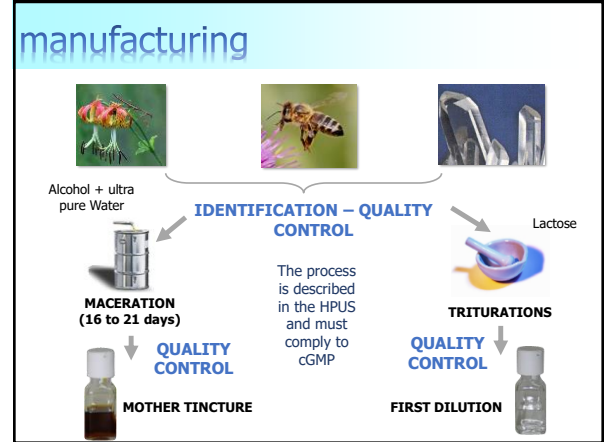
<p>Generics</p>  <p>1 medicine</p> <p>Usually pellets or tablets</p>	<p>Brand-named medicines</p>  <p>Single or multiple ingredients targeting a set of symptoms</p> <p>Any form (syrups, topicals, drops, eye drops, suppositories, etc.)</p>
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Look at the samples of homeopathic medicines, read the packaging, open them!

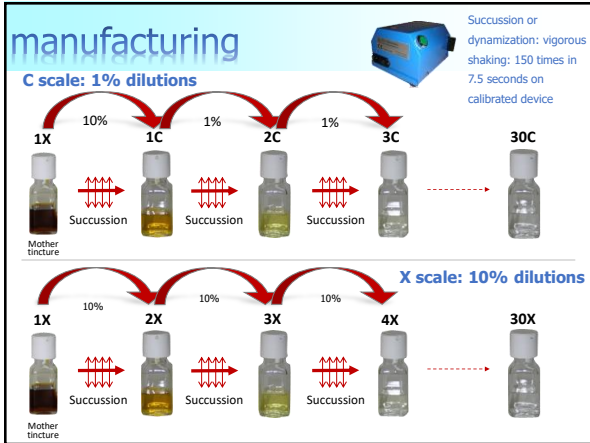
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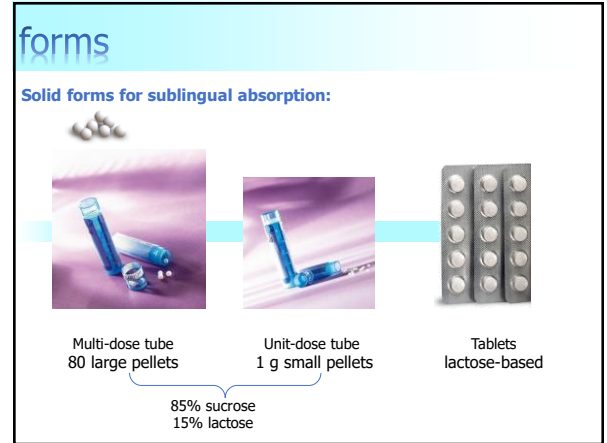
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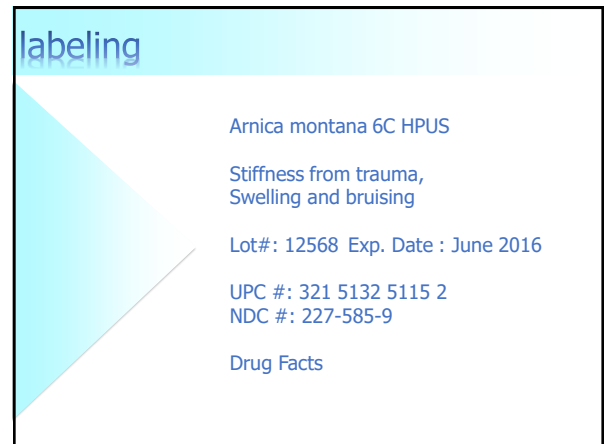
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pharmacology

- On mucous membranes:
- intense dryness
- On cardio-vascular system:
- congestive headache
- vasodilation of face
- On nervous system:
- hyperesthesia
- hallucinations, convulsions
- mydriasis
- Generally:
- high fever of sudden onset
- profuse sweating
- inflammatory syndrome

Atropa belladonna (Solanaceae) Pharmaco-toxicological properties (Pathogenesis)



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pharmacology

- On mucous membranes:
- intense dryness
- On cardio-vascular system:
- congestive headache
- vasodilation of face
- On nervous system:
- hyperesthesia
- hallucinations, convulsions
- mydriasis
- Generally:
- high fever of sudden onset
- profuse sweating
- inflammatory syndrome

Examples of conditions that can be relieved by homeopathic preparations of **Belladonna**:

Congestive headaches:
- sunstrokes, hot flushes

Inflammation (skin and mucous membranes):
- red, hot, painful, swollen (sunburns, ...)

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

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pharmacology

- On skin and mucous membranes:
- pink edema
- stinging, burning pain
- relieved by cold compresses
- Generally:
- fever without thirst
- warm skin
- sudden inflammatory syndrome

Honeybee Pharmaco-toxicological properties (Pathogenesis)



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pharmacology

Examples of conditions that can be relieved by **Apis mellifica** (homeopathic preparations of the entire insect)

Insect stings:
- pink edema
- stinging, burning pain

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

With edema, stinging, burning pain relieved by cold applications

Allergies:
- hives, hay fever

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selecting the medicine

Homeopathy is a therapeutic method using homeopathic medicines.



Selecting a homeopathic medicine is based on:

The patient's set of symptoms (functional, etiological, clinical, biological, and factors of aggravation or improvement).

The existence of a pharmacologically active substance that causes similar symptoms in high doses. (Principle of Similars)

Homeo: same Pathos: suffering

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scope of homeopathic treatments

Homeopathic treatments can be used:

Alone, in first intent:

- Viral pathologies, stress, anxiety, premenstrual syndrome
- When a pre-existing condition or treatment precludes the use of another medicine.

In association with other medicines:

- Treatment of the allergic terrain,
- Treatment of the recurrences of ENT or urinary infections.

As a palliative therapy:

- Treatment of nausea during chemotherapy

The treatment must always make ethical sense!

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selecting the dilution

Low similarity

High similarity

Local symptoms

Local and General symptoms

Local, General and Behavioral symptoms

6C 9C 12C 15C 30C

The level of similarity (between the patient's set of symptoms and the drug's pathogenesis) determines the choice of the dilution.

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selecting the dilution

Belladonna

Low similarity

High similarity

Local inflammation

Fever, profuse sweating

Restlessness
Hypersensitivity to noise
High fever- Profuse sweating

6C 9C 12C 15C 30C

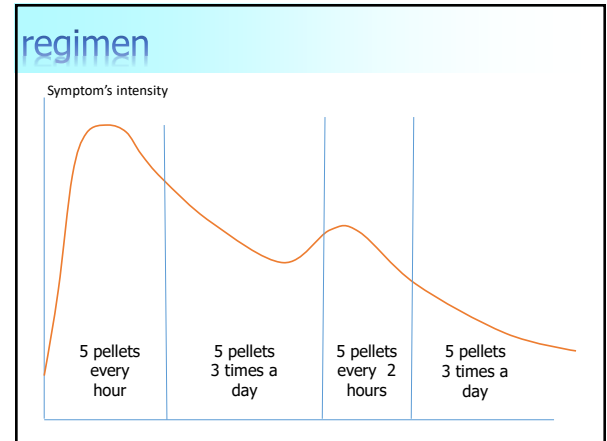
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regimen

- Start as **soon** as possible.
- Adjust frequency according to intensity of symptoms and decrease frequency with improvement.
- Dose is not body-weight dependent: children receive the same dose.
- Brand-named drugs: dosage is in the drug facts.

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research

More than 5.000 references in PubMed

- Physical studies
- Biological studies
- Clinical studies
- Observational studies
- Pharmaco-economical studies
- Pharmaco-epidemiological studies
- Meta-analysis

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Clinical Research

Research Study on Kali bichromicum 30C in COPD

Frass M., et al Influence of Potassium dichromate on Tracheal Secretions in Critically Ill Patients. *Chest.* 2005; 127; 936-941

- Prospective, double-blind, placebo-controlled randomized study on 50 patients affected with Chronic Obstructive Pulmonary Disease.
- Patients receive 5 pellets Potassium dichromate 30C twice daily or an identical placebo.
- In treated group, tracheal secretions were significantly reduced ($p < 0.001$)
- Length of stay was significantly reduced (4.2 ± 1.61 days vs 7.68 ± 3.60 days, $p < 0.001$)

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Clinical Research Clinical Research on Arsenic Poisoning

Kunda Bukhsh, et al. Can Homeopathic Arsenic Remedy Combat Arsenic Poisoning In Human Exposed to Groundwater Arsenic Contamination?. *eCAM*. 2005;2(4)537-548

- Double-blind, randomized clinical study on villagers from Bangladesh are exposed to arsenic-contaminated ground water.
- In group I (n=55), during the first 11 days, the concentration of As in the urines of treated patient was superior to the placebo group. They receive either Arsenicum album 30C or an identical placebo.
- In group II (n=48), all patients received the verum for 10 days, then stopped for 15 days. 3 cycles were completed. Blood concentrations of As declined on 30th day.
- Toxicity denoting enzymes showed steady decline and were normal 2 months after administration of the drug.

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safety

Above 4C or 8X, the risk of side effects is very low.

Some topicals include **mother tinctures** (sensitization, dermatitis, etc.)

Adverse drug events are rare, and usually mild and short-lived

Interactions

- very low risk from 8X or 4C and above
- do not mix topicals on the skin

Contra indications

- ethical principles (i.e. replacing a prescribed treatment with self-medication)
- use common sense!

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resources

Center for Education and Development of Clinical Homeopathy (CEDH)
www.cedhusa.org: continuing education, books

National Center for Homeopathy
www.homeopathycenter.org

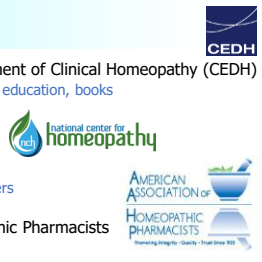
list of physicians, manufacturers

American Association of Homeopathic Pharmacists
www.aahp.info

position statements regarding use of homeopathic medicines for chronic conditions, bioterrorism, avian flu, weight loss, etc.


seminars for manufacturer and compounding pharmacies

Manufacturers websites (Boiron, Hyland's, etc.)



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conclusion



Homeopathic treatments can be used in many different cases: self-medication, complementary therapy, palliative care.


Beware of false or outrageous claims, and very low dilutions.

Ongoing research looks at possible modes of actions.

Being informed, and competent, is the best way to keep your patient's trust and better inform them about their choices and their health.

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Reasons to Know Homeopathy



- Required, standard knowledge
- Competitive edge
- Preferred OTC Choice

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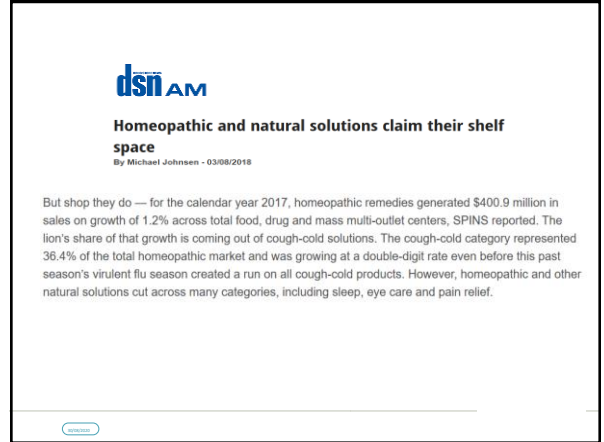
CHAIN PHARMACY TODAY

 9,000+	2020 USA	 9,000+
 1,800 +	Kroger Albertsons Safeway	 2,400 +

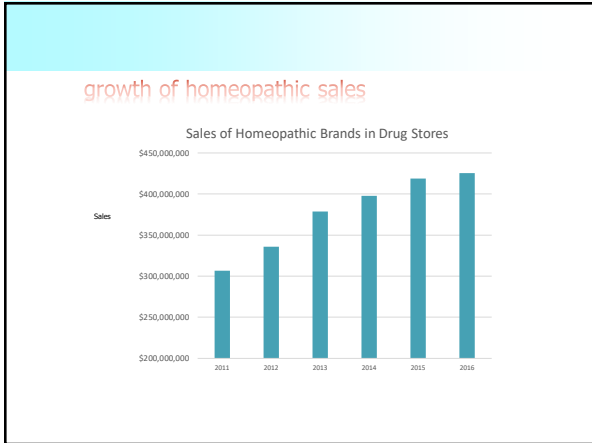
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BORN

- Pharmax
- SANTA MONICA HOMEOPATHIC CO.
- MED APOTHECARY, INC.
- BIGELOW CHEMISTS, INC.
- People's Pharmacy
- Wilbur Chemists
- CENTRAL COMPOUNDING PHARMACY
- MIND AND WIN CLINIC
- CARL'S PHARMACY
- CAPITOL DRUGS-SPD
- SAVEDMART
- TRIBECA PHARMACY
- REFURM PHARMACY
- DREAM FIELDS PHARMACY
- O'BRIEN PHARMACY
- PASTEUR PHARMACY
- STONER PHARMACY, INC.
- APPLE DRUGS
- JOHNSON COMPOUNDING & BUNGEON PHARMACY

INDEPENDENTS

- CLSON PHARMACIES, INC.
- WESTON HILL BOX PHARMACY
- THE REACH PHARMACY
- JOSEPH PHARMACY
- MEDICINE WORLD
- LONVILLE NATURAL PHARMACY
- LOCATEL HEALTH & WELLNESS
- ROSE WEST PHARMACY
- IVINE MEDICAL CENTER PHARMACY
- FEDCO PHARMACY
- MICAGNA DISPENSARY
- SUNSHINE PHARMACY OF NY, INC.
- METRO INTEGRATIVE PHARMACY
- CAPITOL DRUGS-WHD
- DRUG MART
- MADIRA DRUGS
- HERBAL PATH NAT PHARMACY #2
- NATURAL PHARMACY (THE)
- MEDICINE TO GO PHARMACY
- WEST MAIN PHARMACY

PLUS 446 other US Independent pharmacies

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1999: (3) Retailers Selling Homeopathic Medicines

- B-Alive Health Food
- Kristina's Natural Market
- Tower Health Foods

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2020: (60) Pharmacies (+ Health Food) Stocking Homeopathic Medicines

Clovis, Fresno

Rite Aid 1155 SHAW AVENUE CLOVIS, CA 93612 Directions	Target 700 SHAW AVE CLOVIS, CA 93612 Directions	Walgreens 2180 SHAW AVE CLOVIS, CA 93611 Directions	Rite Aid 424 EAST 2800th AVENUE FRESNO, CA 93720 Directions	Rite Aid 2025 L STREET AVENUE FRESNO, CA 93720 Directions
The Vitamin Shoppe 1205 Hamilton Ave Clovis, CA 93611 (539) 324-8898 Website Directions	CVS 10 SHAW AVENUE CLOVIS, CA 93612 Directions	Walgreens 1113 HENDERSON AVE CLOVIS, CA 93611 Directions	Walgreens 4855 W WILLOW AVE FRESNO, CA 93720 Directions	Walgreens 302 N 25th AVE FRESNO, CA 93703 Directions
Walgreens 1130 HENDERSON AVE CLOVIS, CA 93611 Directions	Walgreens 322 W SHAW AVE CLOVIS, CA 93612 Directions	SPROUTS FARMERS MKT 850 HENDERSON AVENUE, SUITE CLOVIS, CA 93612 Directions	Target 695 W Henderson Ave Clovis, CA 93611 Directions	Walgreens 180 WEST SHAW AVENUE, FRESNO, CA 93701 Website Directions
CVS 1485 HENDERSON AVE, CLOVIS, CA 93611 Directions	Walgreens 205 W SHAW AVE CLOVIS, CA 93612 Directions	Walgreens 2700 SHAW AVE CLOVIS, CA 93611 Directions	CVS 2133 SHAW AVE CLOVIS, CA 93611 Directions	CVS 102 W PROMISE FRESNO, CA 93720 Directions
 <p>...plus 37 more</p>				

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Homeopathic Medicines in CVS, Clovis



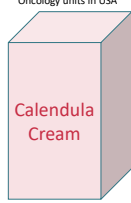
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Homeopathy in Hospital and Oncology Units


Cancer Treatment Centers of America



Over 300 hospital Oncology units in USA



Calendula Cream




Nausea associated with chemotherapy

Radiodermatitis

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Calendula Officinalis (Garden Marigold Homeopathic cream)

Prevention Acute Radiation Dermatitis—Breast Cancer



Patients and Methods
254 patients with 126 patients using Calendula extracts on irradiated areas

Results
acute dermatitis **significantly lower with the use of calendula*
**less frequent interruption of radiotherapy*
**significantly reduced radiation-induced pain.*

Calendula cream was more difficult to apply, but self-assessed satisfaction was greater.

Conclusion *Calendula Cream is highly effective for the prevention of acute dermatitis of grade 2 or higher and should be proposed for patients undergoing postoperative irradiation for breast cancer.*

Oncology Nurse Society – American Society of Clinical Oncology

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Thank You

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