Introduction to Homeopathic Medicine for the Pharmacy Professional

Posttest/Rationale

1. Homeopathic medicines are regulated by the U.S. Food and Drug Administration (FDA) under the
   A. Affordable Care Act (ACA)
   B. Health Insurance Portability and Accountability Act (HIPAA)
   C. Federal Food, Drug, and Cosmetic Act (FDCA)***
   D. Dietary Supplement Health and Education Act (DSHEA)

Correct Answer: C
In the U.S., homeopathic medicines are regulated as drugs under the Food, Drug, and Cosmetic Act (FDCA). DSHEA regulates products like vitamins, minerals, and herbs, etc.

2. A woman, 32 years of age, will be having surgery next week. Her surgeon suggests Arnica montana to reduce postsurgical pain and bruising. She asks your opinion. You reply
   A. Arnica is never used to relieve those symptoms
   B. Arnica cream can be used on open wounds
   C. Take as directed away from meals and strong flavors***
   D. It is made from a honeybee

Correct Answer: C
Homeopathic Arnica montana is often suggested by surgeons and other providers for pain, swelling, and discoloration from bruising. It should never be applied to an open wound. Take sublingually or place on the buccal mucosa (dissolved in the mouth) away from meals and strong flavors.
3. The following statement is TRUE about homeopathy:
   A. A system of medicine that uses serially diluted and succussed (or shaken) substances to relieve symptoms***
   B. It is a 200-year-old branch of herbalism
   C. Most preparations are available only from homeopathic practitioners
   D. It is the same as vitamin therapy

Correct Answer: A
A system of medicine that uses serially diluted and succussed or shaken substances to relieve symptoms defines homeopathy.

4. Your patient has heard that homeopathic medicines can help with common, self-limiting symptoms and wants to know more about them. You explain that a basic principle of homeopathy is which of the following:
   A. Like cures like***
   B. Opposites attract
   C. Law of dissimilar
   D. Laws of hot and cold

Correct Answer: A
A basic principle of homeopathy relates the following: A substance that produces certain symptoms in healthy people can cure the same symptoms in the sick when prepared in a homeopathic dose. “Like cures like.”

5. Your patient has decided to use *allium cepa* for her minor hay fever symptoms and wants to know more about it. You tell her that homeopathic *allium cepa*
   A. Is made from sautéed onions and garlic
   B. Can be used for seasonal allergy symptoms of clear, burning, running nose, and watery eyes***
C. Should be used instead of other over-the-counter (OTC) medications
D. Must be limited to chronic symptoms only for patients not taking prescription medications

Correct Answer: B

Allium cepa (homeopathic preparation of onion) matches this patient’s symptoms as follows: clear, burning, and watery eyes, and running nose – “like cures like.” The law of similar states that substances that, in large doses, can create illness, can, in minute doses, stimulate the body’s nonspecific adaptive healing response.

6. Homeopathic medicines have very little chance of interacting with conventional medications because
   A. They are made from natural ingredients
   B. They suppress the body’s own defense system
   C. They are expensive
   D. They are very dilute – sometimes diluted $10^{-6}$ or more***

Correct Answer: D

Because something is natural does not always mean there is no effect on drugs or conditions that are preexisting. Most microdose dilutions are too dilute to have physiological or metabolic interactions with pharmaceutical medications.

7. Your patient of 20 years asks you about his arthritis. His friend feels better when taking *rhus toxicodendron* homeopathic pellets under his tongue. Which one of the following would be the most appropriate response:
   A. It may help joint pain and stiffness symptoms that improve with heat and movement***
   B. It should be taken during ingestion of the largest meal
   C. Arthritis relief only comes from creams and ointments
D. *Rhus toxicodendron* is only helpful in emergency situations

**Correct Answer: A**
*Rhus toxicodendron* may be indicated for arthritis symptoms that become worse when staying still, improve with movement, and improve with the application of heat. In an emergency, seek medical advice and care.

8. **Which of the following is TRUE about the difference between a 6C and 30C homeopathic medicines:**
   A. 30C is more dilute than 6C***
   B. There is no difference
   C. 6C is a higher potency than 30C
   D. 6C is $100^{-6}$ and 30C is $100^{-30}$
   **Correct Answer: A**
   30C is diluted 1 part in 99 parts 30 times.

9. **Which one of the following is most accurate regarding the description of homeopathic medicines:**
   A. Another form of aromatherapy from herbs
   B. Given in large doses (more than 10Gm)
   C. Best given at the onset of symptoms***
   D. Ineffective for symptom management
   **Correct Answer: C**
   Homeopathic medicines should be given more frequently at the onset of symptoms, reducing frequency as symptoms subside.

10. **Which one of the following is most accurate regarding research on homeopathic medicines:**
    A. Show varied conclusions and an overall high safety profile***
    B. Was done exclusively on animals
C. Does not exist
D. Was only done in Europe in the 1900s

Correct Answer: A

Research results are mixed, given the need to individualize treatment and because of difficulties understanding nano- or ultra-dilutions. Newer methodologies and technologies are being employed.