

Centre for Integrative Medical Training
In Association with the Centre for Integrative Care &
The Academic Department, Royal London Hospital for Integrated Medicine



Foundation Course in Medical Homeopathy

A Blended Course in Homeopathic Medicine for Healthcare Professionals

Part 5.7

Alternative routes of Remedy Administration

So far we have emphasised oral homeopathic treatment. But the principle of similars can also work when local disturbances are mirrored locally with the appropriate homeopathic similimum. Creams, ointments, gels, soaks / compresses, diluted tinctures, oils, and aqueous drops can all be effective locally as homeopathic stimuli.



In the last unit you reviewed a number of first aid treatments and in the next section you will consider wound care. With this in mind, remember that there are some helpful topicals that can be both soothing and healing for local injuries and superficial inflammatory problems

The simplest treatment of blunt wounds, for example, includes *Arnica* cream / gel, These can be used safely where there is no break in the skin.

Open contusions can be treated with *Calendula* mother tincture diluted with sterile water and applied as a soak. Superficial wounds in delicate tissues can also be treated subacutely with *Calendula* cream, if local hygiene is properly observed.

Calendula is sometimes combined with *Hypericum*, where there are local injuries to nerve-rich tissues and associated pain. 'Hypercal' is a proprietary mixture of these two remedies and this combination can also be made up as a sterile mouthwash.

Hypercal as an oral rinse is helpful after dental extraction to reduce pain and oral discomfort and inhibit bacterial infection. The patient can use it three or four times daily until healing is established.

Homeopathic podiatrists have routinely used *Calendula* in dressings / packs following local surgery and as part of skin care.

A Few Others

Tamus ointment is used principally for chillblains.
Krameria is a helpful mouthwash for mild stomatitis.
Graphites cream or ointment is helpful for keloids and keratosis.
Calendula and *Graphites* combined in a cream/ ointment base is helpful as a soothing emollient in some eczema,
Borax and *starflower* is also effective in some eczemas.
Berberis aquifolium is effective as a topical scalp application in some cases of scalp psoriasis (although treat systemically too).
Remember *Euphrasia* as eyedrops, and remember sterile sea water (sterimar) as an alternative to pharmaceutical nasal sprays in rhinitis (less suppressive and often more effective!)
See also *Rhus tox* and *Ruta* from Parts 1 & 2 of your studies.



Tamus communis
black bryony
- a topical for chillblains

Swelling

Swelling can relate locally to extravasations, fluid loculations, inflammatory or infective foci or, more generally, as oedema.

Oedema itself can be part of a systemic problem (cardiac, renal, biochemical, toxic, allergic ...)

It can also be a mechanical consequence of lymphatic obstruction (post-surgical, neoplastic etc)

Many of these conditions have remedy listings in the repertory and swelling can be repertorised from within the relevant chapter in 'particulars' of KENT / SYNTHESIS eg.



EXTREMITIES: SWELLING - (locality)

alternatively, swelling can be repertorised from GENERALS eg.

GENERALITIES: SWELLING - (tissue or organ)

Materia medica

There are over 200 different remedies associated with local or general swellings of various types and aetiologies.

Among the most prominent remedies for swelling are some that you are already familiar with: including:

Aconitum napellus (inflammatory), *Arnica montana* (traumatic), *Belladonna* (inflammatory), *Calcaria carbonica* (lymphatic / congestive) *Euphrasia officinalis* (allergic / inflammatory), *Hepar sulph* (infective), *Mercurius solubilis* (infective / inflammatory), *Rhus toxicodendron* (traumatic / inflammatory), *Pulsatilla* (lymphatic / inflammatory), *Sepia* (lymphatic / congestive), *Sulphur* (inflammatory / congestive), *Thuja occidentalis* (infective / proliferative)

We will now look at one more remedy associated with infective / inflammatory / allergic swelling.

The keynotes for *Apis mellifica* are provided overleaf.

Look through the description that follows and consign the main local modalities to memory.

Apis mellifica (honey bee)



SWELLING, OEDEMA, agg. HEAT.

Skin

- OEDEMA
- Erysipelas: sudden onset of rose coloured eruption.
- URTICARIA: with swelling; agg. night, amel. cold water.

Generalities

- STINGING, BURNING pains.
- agg. HEAT; touch.
- agg. Right side.
- amel. COLD APPLICATION.
- EDEMATOUS SWELLINGS.
- Sudden, rapid developing complaints.
- Ailments from suppressed eruptions, suppressed sexual desire.

Eye

- Inflammations with swellings, burning pains, amel. cold applications.
- Great swelling of conjunctiva, lids turned inside out.

Face

- Swelling around eyes, rose coloured.
- Flushed.

Throat

- Inflammation amel. cold drinks.
- Swollen uvula like a water bag, with burning pain, amel. cold.

Stomach

- THIRSTLESS.

Urinary

- RETENTION OF URINE. Acute KIDNEY FAILURE
- Cystitis: burning pain. Shrieking from pain.

Extremities

- Swelling, inflammation of joints. Rheumatism.
- Swelling of ANKLES (Med.).
- Heavy and powerless, as if paralysed.

Mind

- PASSIONATE, intense emotions, not easily expressed.
- High sexual interest. Even sexual mania.
- BUSY. Restless.
- Irritable. Quarrelsome.

Presentation



View a presentation on *Apis* by Dr Todd Rowe https://youtu.be/_VShHUDQnTo

SAQ



Without looking at the text, how many of the keynotes of *Apis* can you remember?

Mind

General, environmental and constitutional features

Local

Frequent pathological indications

Now read *Apis* in your *materia medica*:

Page 174 Boyd

Page 138 Vermeulen

Page 138 Clarke (Vol I)

Page 61 Boericke (2nd British ed)

Page 160 Neatby and Stronham

Page 51 Phatak

Page 36 Jouanny