

Centre for Integrative Medical Training
In Association with the Dundee NHS Homeopathy Clinic



Foundation Course in Medical Homeopathy

A Blended Course in Homeopathic Medicine for Healthcare Professionals

Part 1.5

Materia medica studies

Before you go on to study your first remedies of this Foundation course, we would suggest that you read chapter 4 *The Materia Medica*

in

Introduction to Homeopathic Medicine by Dr H W Boyd, which is the recommended companion text book for this course.



ACTIVITY: Watch the lecture on *Arnica montana* presented by Dr Matysia Kratimenos. <https://youtu.be/yhv-eqs2ZxQ>

Arnica montana (Leopard's Bane)



Regions most affected:
Blood vessels, nerves, muscles

Ailments from:
Mechanical injury (past or recent), shock

Generals:

- Sore, **bruised sensation**
- Tendency to **bleeding or bruising**
- Worse at night
- Restless - need to change position because **bed feels too hard**
- Head hot, body cold

Mentals:

- **Fear of being approached or touched**
- **Claims to be well when in shock or very ill**
- **Nightmares after an accident or fright**

Modalities:

- < **Injuries - accidents, shock or overexertion**
- < **Touch** / handling
- > Lying flat
- > **Changing position**

Clinical uses:

- Bruising, haematoma, or a bruised sensation after mechanical injury or exertion
- blunt injuries with mainly soft tissue involvement
- Gout with fear of touch or approach
- Hoarseness from overexertion of the larynx
- Retention of urine after labour
- Head injury
- Strokes (cerebral haemorrhages especially*)
- Post-operative swelling, bruising or bleeding (including dental extravasation)



Some video case studies presented by Dr Russell Malcolm
<https://youtu.be/yK5OOTZ4vjI>

Case study 1

Watch this on the video and make notes as you go along.

Mrs RB

Presenting problem:

Total hip replacement (Rheumatoid arthritis)

Video Transcript

Patient: The hip operation went very well and thank you for the tablets. I took them morning and night when I was in hospital, and before I went in [to theatre] and when I came out. I had no scarring, no inflammation, no bruising, nothing. Everybody, including the doctor was amazed at how well I'd recovered. In fact, I got home a couple of days earlier than I should have, so it was a marvellous recovery!

Case study 2

Mr LS

Presenting problem:

Submucous resection for chronic ENT problems

The husband of one of the nurses working in the homoeopathic outpatient department in Glasgow.

Chronic nasal congestion, recurrent sinusitis, septal deviation and polypus, due for ENT surgery (sub-mucous resection)

Told to expect facial bruising post-operatively. Although sceptical of homoeopathy, he asked his wife to suggest something to help prevent bruising.

Given Arnica 30c, three doses preoperatively, and six doses at two hourly intervals post-operatively.

The ENT ward had three other men on the same list for similar operations. Post-operatively Mr L.S. was the only patient in the ward who was not sporting two black eyes and substantial nasal swelling.



SAQ

Without looking at the text, how many of the main features of *Arnica* can you remember.

Mind

General or environmental

Local

Frequent pathological indications

Check your answers by referring back to the information on page 54.

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

Page 110 Vermeulen

Page 171 Clarke

Page 76 Boericke (2nd British ed)

Page 187 Neatby & Stonham

Page 65 Phatak

Page 44 Jouanny

Page 177 Boyd

Page 529 Vithoulkas