

Homeopathic Prescribing Pocket Companion

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Prescribing and dispensing homeopathic remedies

Prescribing a homeopathic remedy

It is interesting to note that the prescribing of homeopathy at the basic level is no different to orthodox remedies. The major differences are in the selection of the appropriate remedy for each patient (see Part 2).

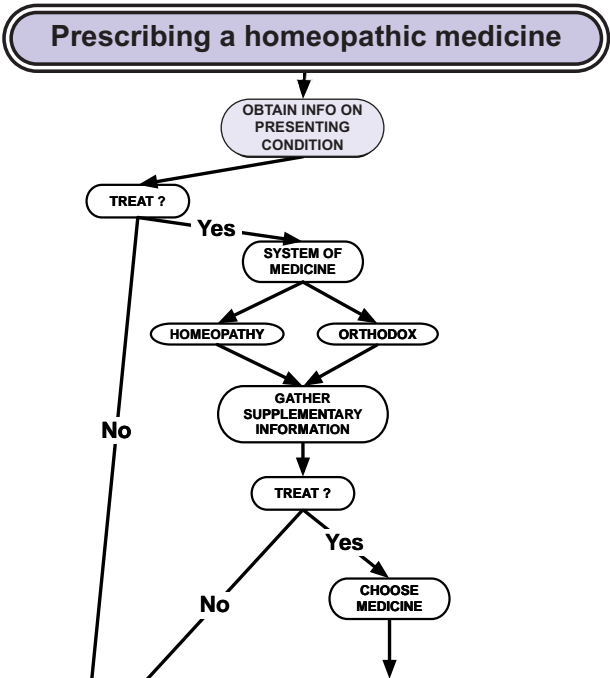
The prescribing process is summarised in Figure 4.1 and comprises the following eight steps:

1. Obtaining basic information on the condition being presented.
2. Taking a decision on whether to treat in the pharmacy or to refer.
3. Taking a decision to treat with homeopathy or orthodox methods.
4. Gathering supplementary information.
5. Deciding on a particular remedy.
6. Establishing the dose.
7. Providing the remedy.
8. Follow up.

Step 1: Gathering basic information

The problem of whether to treat or refer is one with which the pharmacist is entirely familiar. In order to take this decision in an informed manner some basic information is required and the questioning process described by the well known acronym WWHAM may assist the amplification of information proactively supplied by the patient.

Figure 4.1 Chart of prescribing procedures.



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Step 2: Deciding whether to treat or refer

With experience, and within the bounds of one's competency, the decision to treat or refer may be taken without an in-depth investigation. It will be based on a variety of factors including the severity and type of symptoms being presented, the length of time during which symptoms have been experienced and the patient's health status.

Step 3: Deciding on homeopathy or orthodox methods

Having decided to treat, the next question is whether to treat with homeopathy or allopathic (orthodox) methods. The patient might express a strong desire to be treated by homeopathy or there may be no suitable OTC allopathic product available. For example, requests for help with examination nerves can be effectively met with Argent Nit or Lycopodium and Nux Vom may be suggested with confidence to women suffering from nausea during the first trimester of pregnancy.

The prescribing charts included in the second part of this book will assist in identifying the most appropriate remedy. Homeopathy might also be indicated for patients with an existing extensive portfolio of medication where adding extra drugs might cause worries about interactions.

Homeopathy may not be appropriate in all situations – for example where the body is suffering a substantial deficiency or imbalance or there is infection present it will be necessary to deal with the cause of the problem directly as well as treat the symptoms on a local level.

Step 4: Gathering supplementary information

Before one can choose an appropriate remedy to counter prescribe, information must be gained from:

- The patient – signs and symptoms, both observed and reported.
- The practitioner's observational and listening skills.
- The practitioner's own knowledge and limits of competency.
- The prescribing charts (see Part 2) and/or other resources.

Another useful acronym when assessing a case is provided by the letters **LOAD**, standing for Listen, Observe, Ask and Decide.

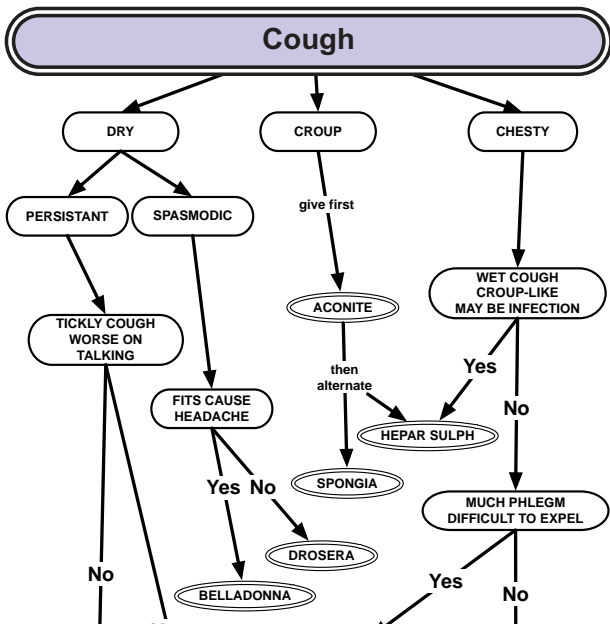
- **LISTEN** to what the patient tells you about his or her symptoms.
- **OBSERVE** the patient's general demeanour, appearance, temperament etc.

18 Cough

- For persistent coughs that seem unresponsive, a short course of Tuberculinum (Tub bov) 200c night/morning/night may be beneficial.
- A persistent cough, especially at night could be an indication of chronic disease or an allergy e.g. house dust mite (see Chart 3, Allergies).

Remedy	Better	Worse	Other
Aconite	Open air	In warm room and from dry, cold wind	Hoarse, dry, croupy cough
Ant tart	Sitting up	In evening, lying down	Hoarse cough with burning sensation in chest
Belladonna	Sitting up	In a draught, lying down	Tickling, short, dry cough
Bryonia	In cool	Activity, after eating and drinking	Dry, hacking cough
Drosera	When active	At night	Spasmodic dry, irritating cough
Hepar sulph	Warmth	In a draught, activity	Hoarseness, with loss of voice
Ipecac	Rest	Warmth	Frequent coughing. Croup. Often associated with





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