

Introduction to Homeopathic Medicines for Pharmacy Students

Final Quiz

1 - Homeopathic medicines...

- a. Are dietary supplements
- b. Are regulated as Drugs by the FDA
- c. Must be FDA-approved before being marketed

2 - Which statement is correct?

- a. Homeopathic are most often sold over-the-counter, but some require a prescription.
- b. All homeopathic medicines can be sold over-the-counter.

3 - Who determines the homeopathic medicine's indication?

- a. The Homeopathic Pharmacopoeia of the United States (HPUS).
- b. The Food and Drug Administration.
- c. The manufacturers, based on existing clinical studies and literature.

4 - Which statement is true?

- a. Homeopathic medicines are prepared from plants extracts.
- b. Homeopathic medicines are prepared from minerals, plants, animal organs, chemical substances, biological extracts or microorganisms.
- c. Homeopathic medicines are prepared from diluted conventional drugs.

5 - Which homeopathic dilution is the most concentrated?

- a. 1X
- b. 2C
- c. 3X
- d. 4C

6 - A mother calls you, very concerned, and tell you that her 3 year-old daughter swallowed the entire vial of Arsenicum album 30C. What is the most appropriate response?

- a. Ask her to call Poison Center as soon as possible.
- b. Tell her to watch for digestive symptoms and then call 911 if needed.
- c. Tell her to contact the manufacturing company and report the facts.
- d. Explain to her that there will probably be no consequences and why, to contact the manufacturer if any unexpected sign happens, and to keep drugs out of the reach of children.

7 - What determines the choice of a homeopathic dilution (i.e. 6C vs. 30C)?

- a. The intensity of symptoms.
- b. The principle of similars.
- c. The type of symptoms.

8 – Under which dilution would you check for possible interactions and be mindful of possible side-effects?

- a. 1X
- b. 4C or 8X
- c. 6C or 12X
- d. 15X or 15C

9 – What determines a homeopathic medicine's regimen (frequency of doses)?

- a. The principle of similars
- b. The acuteness of symptoms
- c. The type of symptoms

10 – Which statement is the most appropriate?

- a. Homeopathic medicines can be used to replace conventional treatments with side-effects, such as antibiotherapy or anti-tumoral treatments?
- b. Homeopathic medicines should be used in first intention, before using conventional treatments.
- c. In several cases, homeopathic medicines can be used to decrease side-effects of conventional therapy, or for the patient's comfort, or in cases when conventional medicines have a negative benefit/risk ratio.

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Final Quiz - Correction

1 - Homeopathic medicines...

- a. Are dietary supplements
- b. Are regulated as Drugs by the FDA**
- c. Must be FDA-approved before being marketed

Comments: The manufacturing and distribution of homeopathic medicines are regulated by the FDA, but the drug do not have to go through the same approval process as conventional drugs.

2 - Which statement is correct?

- a. Homeopathic are most often sold over-the-counter, but some require a prescription.**
- b. All homeopathic medicines can be sold over-the-counter.

A homeopathic drug is Rx only if its indication doesn't falls into one the OTC categories and/or its dilution is determined as Rx only by the HPUS.

3 - Who determines the homeopathic medicine's indication?

- a. The Homeopathic Pharmacopoeia of the United States (HPUS).
- b. The Food and Drug Administration.
- c. The manufacturers, based on existing clinical studies and literature.**

4 - Which statement is true?

- a. Homeopathic medicines are prepared from plants extracts.
- b. Homeopathic medicines are prepared from minerals, plants, animal organs, chemical substances, biological extracts or microorganisms.**
- c. Homeopathic medicines are prepared from diluted conventional drugs.

5 - Which homeopathic dilution is the most concentrated?

- a. **1X**
- b. 2C
- c. 3X
- d. 4C

1X is the raw material diluted 10 times. 2C is the raw material diluted 10 000 times, 3X is the raw material diluted 1000 times, etc.

6 - A mother calls you, very concerned, and tell you that her 3 year-old daughter swallowed the entire vial of pellets of Arsenicum album 30C. What is the most appropriate response?

- a. Ask her to call Poison Center as soon as possible.
- b. Tell her to watch for digestive symptoms and then call 911 if needed.
- c. Tell her to contact the manufacturing company and report the facts.
- d. **Explain to her that there will probably be no consequences and why, to contact the manufacturer if any unexpected sign happens, and to keep drugs out of the reach of children.**

A 30C dilution is too diluted to cause side or toxic effects, when an entire vial is absorbed. However, any unexpected reaction or adverse drug event (ADE) must be reported to the manufacturer (pharmacovigilance). The parent's natural anxiety could trigger unexpected symptoms. Also coincidental symptoms could be wrongly attributed to the homeopathic medicine, leading to a misdiagnosis.

7 - What determines the choice of a homeopathic dilution (i.e. 6C vs. 30C)?

- a. The intensity of symptoms.
- b. The principle of similars.
- c. **The type of symptoms.**

Local symptoms are best treated with low dilution, and general or behavioral symptoms with high dilutions.

8 – Under which dilution would you check for possible interactions and be mindful of possible side-effects?

- a. 1X
- b. **3C or 6X**
- c. 6C or 12X
- d. 15X or 15C

Low dilutions of toxic substances are usually on prescription only.

9 – What determines a homeopathic medicine's regimen (frequency of doses)?

- a. The principle of similars
- b. The acuteness of symptoms**
- c. The type of symptoms

The more acute the symptoms, the more frequent the dose.

10 – Which statement is the most appropriate?

- a. Homeopathic medicines can be used to replace conventional treatments with side-effects, such as antibiotherapy or anti-tumoral treatments?
- b. Homeopathic medicines should be used in first intention, before using conventional treatments.
- c. In several cases, homeopathic medicines can be used to decrease side-effects of conventional therapy, or for the patient's comfort, or in cases when conventional medicines have a negative benefit/risk ratio.**

Although there are some cases where homeopathy can be used instead of conventional treatments (ex: hormonal replacement therapy for hot flashes), in most cases, the decision must be made by the physician. There are instances (benign viral infections, colds, flu), where homeopathy can be used in first intent, but it must be reserved to self-limited conditions only, or used along with conventional therapy.