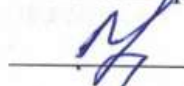


**ODESSA NATIONAL MEDICAL UNIVERSITY
DEPARTMENT OF DRUGS TECHNOLOGY**

APPROVE

Head of Department

 (Borisyyuk I. Yu.)

«29» august 2022 y.

**METHODICAL DEVELOPMENT
OF INDEPENDENT WORK OF STUDENTS (IWS)**


Course 3 Faculty Pharmaceutical

Course Homeopathic drugs

Topic № 6 " **Constitutional type of patient.** »

Methodical recommendations on IWS
developed by:

Head of Department

 (Borisyyuk I. Yu.)

The practical lesson was discussed at the
methodical meeting of the department
«29» august 2022 y.

Protocol № 1

Odesa – 2022

Methodical recommendations of IWS

Topic: Constitutional type of patient. - 6 h.

Objective: to get acquainted with the place of homeopathy in modern medicine, a brief historical essay on the development of homeopathy; Goering's healing law, treatment of acute and chronic diseases, homeopathic groups of drugs.

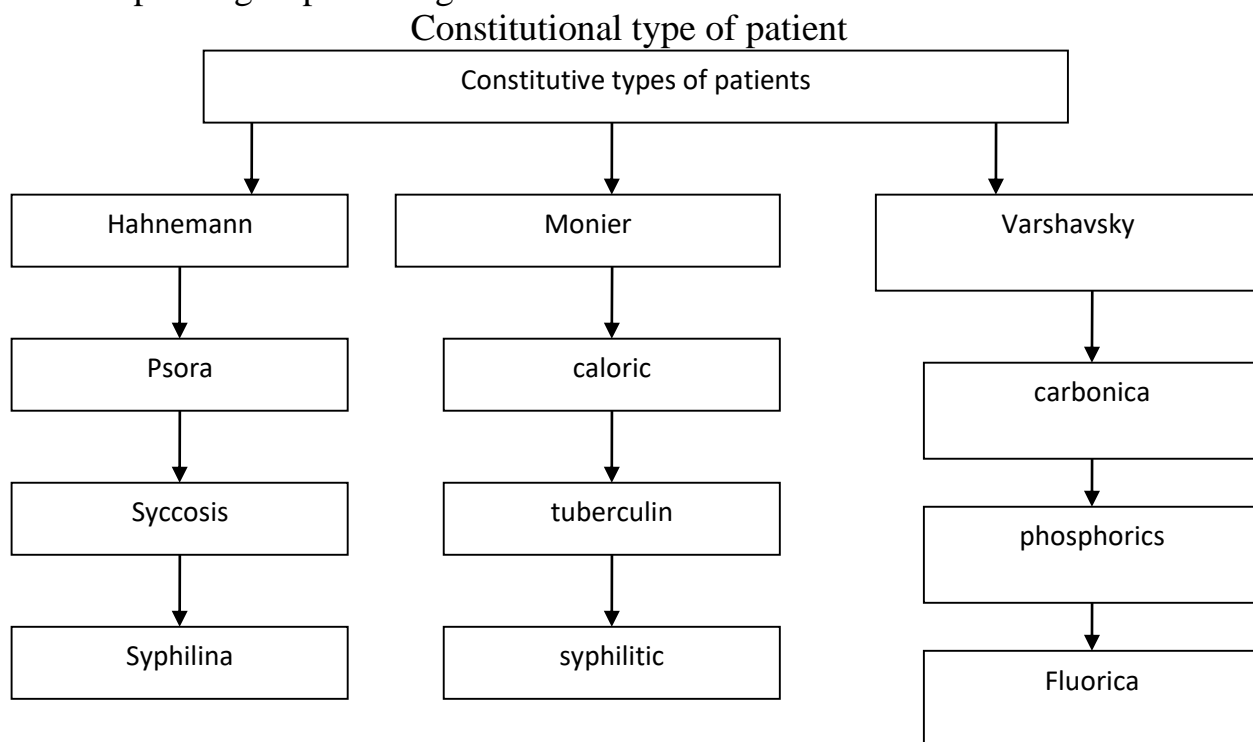
Basic concepts: homeopathy, allopathy, homeopathic remedies, principle of similarity, constitutional type.

Plan

I. Theoretical questions for the lesson:

1. Constitutional type of patient
2. Tests of homeopathic remedies .
3. Goering's law of healing.
4. Treatment of acute and chronic diseases.
5. Homeopathic groups of drugs.

1. Constitutional type of patient
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Hahnemann found that the same homeopathic remedy, properly selected and well - preserved , does not work equally well on different patients. In others, it is very effective for some and does not have the desired effect on others. Already at the very beginning of the practice of homeopathy S. Hahnemann and his followers carefully studied the physical and mental characteristics of these differently sensitive patients to the same drugs. It turned out that the groups of patients for whom a particular homeopathic remedy works especially

well, differ not only in the similarity of physique and various physical characteristics, but also in behavior, response to disease and other functional and psychological traits. So gradually formed the idea of constitutional types in homeopathy.

Homeopathic medicines began to be characterized not only from the standpoint of symptomatology of its effects on a healthy person (pathogenesis of drugs), but also taking into account the constitutional type. As a result, there was an idea of two similarities in homeopathic practice: the first similarity - between drugs and disease and the second - between drugs and patients. medicinal pathogenesis of a homeopathic remedy. Prescribing can be particularly accurate and, therefore, effective when the drug in its pathogenesis corresponds to the symptoms of the disease in this patient and is characterized by a concomitant constitutional type (coincidence of similarities).

In homeopathic practice, the classification of constitutional types is much broader and more detailed than in conventional allopathic rubrics. The number of such types corresponds to the number of homeopathic remedies with clearly defined constitutional features. Homeopaths understand the characteristics of patients such as Ignatius, Pulsatilla, hamomilla, platinum, Nux vomica, etc.

Hahnemann in his work "Organon" in 1811. provides data on three constitutional types of people:

1. **Psora** (healthy) - when the processes in the body are normal. In the case of disease, the body's response is slow and often local (eg, scabies).

2. **Sycosis** - the body reacts violently, the state of sycosis - hyperreactions of the body (eg, the growth of warts, cholera, etc.).

3. **Syphilis** is a pathologically distorted reaction of the body, with degeneration and destruction in the body, its organs and tissues (eg, syphilis, cancer, etc.).

The French author Monier gave a constitutional classification based on metabolic processes in the body.

1. **Calcara** - identical to psora, when the body is a normal metabolic process, a calm reaction of the whole organism to the stimulus.

2. **Tuberculin** - corresponds to sycosis or phosphoric type according to TM Lipnytsky.

3. **Syphilitic** - genetic, inherited (degenerative, destructive) form of constitution.

According to TM Lipnitsky, the basis of the constitution was the human skeleton (with its deformation):

- normal , dominated by normal potassium - calcium metabolism;
- phosphoric type, when, in his opinion, phosphorus metabolism predominates;
- perverted - fluorine (destructive , degenerative) metabolism, fluorine - phosphorus metabolism predominates.

VI Varshavsky proposes a scheme of distribution of basic homeopathic remedies, but by constitutional groups:

1. Carbon and ka	2. Phosphorics	3. Fluorica
Calcarea carbonika Antimonium krudum	Calcarea phosphorica Ferrum phosphoricum	Calcarea fluorica Mercury solub and l and s
Magnesium carbonika	Ignatius	Silicea
Graphite	Arsenicum album	Barite Carbonica
Hepar sulfur	Acidum phosphoricum	Phytolacca
Ipecacuanha	Sodium muriaticum	Potassium iodate
Belladonna	Silicea	Causticum
Sambucus	Pulsatilla	Potassium dichromicum
Dulcamara	Potassium muriaticum	Argentum nitricum
Sulfur	Sulfur iodate	Platinum
Lycopodium	Phosphorus	
Aconitum	Iodum	
	Iron metallicum	
	Iron phosphorus and cumin	

Along with homeopathic types of medicines and patients (the more they coincide, the more accurate the appointment), modalities must be taken into account. Modalities in homeopathy are understood as conditions under which the patient's existing symptoms appear or disappear, increase or decrease. We are talking about the time of day, sunrise or sunset , phases of the moon, seasons of the year, wind forces and directions , drafts , gloomy weather , changes in weather , being near the sea or near other bodies of water, etc. Given the deterioration or improvement of the patient's general condition and his complaints at rest or from movement (fast or slow), food intake and its composition, exposure to noise, light, music, thoughts of illness, fear, joy, sadness, anxiety, irritation, anger and etc. Attention is paid to the characteristics of sleep (time, duration, depth, position during sleep, well-being after waking up, etc.).

Tests of homeopathic remedies

Homeopathic remedies are prescribed according to the law of similarity. To establish similarity, the clinical picture observed in the patient is compared with the action of a homeopathic remedy. The effects of each drug are studied primarily through experimentation: testing the drug on healthy people (volunteers) and animals .

Drug tests are performed using "large" doses of drugs. These may be the first decimal dilutions (currently practically not used), and low, medium, and high hundreds.

Tests are performed on virtually healthy individuals of different sexes and ages, most often by the blind method, when testers and physicians who observe the testers do not know

how the substances are being tested. The drug is taken daily, 3 times a day for a long time (weeks and months). Observations are conducted throughout the period of drug administration and subsequently until the disappearance of symptoms. Describe the signs and feelings and objective symptoms. The observed changes in the state of health of the subjects are correlated with their constitutional features, mental properties.

The data obtained from different individuals, brought together, are compared with each other, and are the main components of the medical picture (medical pathogenesis). In addition to the results of tests in the development of drug pathogenesis use information from pharmacology on the side effects of drugs used in traditional medicine, toxicology on the effects of harmful substances on the body and information on the effects of various substances on animals. In addition, the drug pathogenesis may include symptoms of exacerbations that occur in patients treated with homeopathic remedies.

At homeopathic treatment short-term deteriorations of a condition established by S. Hahnemann quite often arise. Usually there are symptoms observed in the patient in the past or inherent in his relatives. Side effects of drugs used in traditional medicine differ from drug exacerbations in homeopathy in their stability and increase in side effects with continued medication. Drug exacerbations with the right choice, in contrast to side effects, tend to decrease and disappear, despite the continued use of drugs in the same dose. Similar exacerbations are observed in the treatment of conventional traditional remedies in this field of medicine.

According to homeopaths, the appearance of exacerbations in patients is often an indicator of inadequately prescribed treatment.

Thus, the main task of experimental research on healthy people is the study of homeopathic medicines and the detection of mental, individual and general symptoms. Experimental studies of homeopathic medicines on animals and isolated cells of organs and tissues are conducted only in order to obtain additional data to the results of tests on healthy people. The results of experimental animal studies characterize only the pathognomonic and somatic symptoms of homeopathic medicines. Other symptoms necessary for the appointment of homeopathic medicines (individual, mental, general), in animal experiments can not be detected.

Choice of dilution , dose , duration of medication

Usual dilutions used (liquid or rubbed): D3, D6 (SZ), D12 (Sb), C12, C18, SZO, C50, C100, C200, C500, C1000, C10000; from M-dilutions -, M5, M10, CM1, from - LM1, LM2, and to LM30. Low dilutions (distributions or potencies) in practice are considered to be from tincture to the sixth hundredth dilution , medium - from the 6th to the 12th, high - above the 12th, very high - from the 100th to the 1000th and above. In the case of non-toxic products of plant origin , matrix tincture is used: 1 drop of active substance per 99 drops of alcohol. In our country, not all doctors resort to high dilutions of drugs, and abroad , homeopaths often prescribe high distributions. In France, only the hundredth scale is used, in English-speaking countries, the hundredth scale is predominant , and in Germany, the decimal scale is mostly used.

Experienced homeopaths believe that lower potencies , up to D6 (X6), are best; at higher levels of C-potency act faster.

Kharkiv homeopaths are characterized by the use of low and medium dilutions (from the initial drug to the 30th dilution); for Kyiv homeopathic school - high dilutions (up to 1000th); for Moscow and St. Petersburg doctors - both, but more often - low.

Some physicians believe that the number of potentiation steps in achieving a potentiating effect plays a greater role than the quantitative ratio between the starting material and the carrier substance.

Dose in homeopathic practice means the number of drops or tablets. Toxicologists' observations indicate that severe intoxication causes changes in tissues and organs, moderate poisoning leads to dysfunction, and mild poisoning causes only mental symptoms. Accordingly, homeopathy has the following rule:

—With mental symptoms taking into account the constitutional features of the person or when the similarity between the symptoms of the disease and the drug is complete - it is useful to use high and very high dilutions; at neuralgias it is better not to apply cultivation below 30. The following rule follows from medicinal properties of not yet diluted medicines. Toxic drugs can be used only in dilutions that are higher than their aggressive dose - D12.

It is essential to understand that there is optimal drug potency for each patient. And it is most effective to prescribe the drug in the highest potency, to which when tested by the method of R. Foll there is a stable reaction. If the doctor does not have the opportunity to prescribe a homeopathic drug in high potency, then in this situation it is necessary to use the same drug in low potency.

If the patient has hyperreactivity (allergic or hyperergic reactions, autonomic lability, perverted sensitivity, vascular permeability, diathesis, idiosyncrasy) should be recommended WHO or higher dilutions and only in the minimum dose. Low dilutions are recommended for sluggish autonomic reactivity, medium - for the balance of vagus and sympathetic nerves.

Finally, another dose selection rule takes into account the patient's body tone. The experience of homeopaths shows that in the final phase of the disease the body's capabilities are exhausted, so patients in a weakened state should not receive high dilutions of drugs.

One drop of high-dilution medication is enough for mentally ill people in the arousal phase, and depression requires 5-8 drops. G and peergic patients with wide pupils, excited, should receive small doses: 1 drop or 1 drop. One high-dilution tablet corresponds to about 5-8 drops of the same drug dilution. Allergic patients with narrow pupils respond best to moderate drug dilutions. In acute cases of diseases, organotropic drugs can be given in large dilutions 2-3 times a day.

At chronic diseases the use of means in the rising dilutions justifies itself: SZO, C50, C100, C200, C1000.

It is necessary to know the time of action of various potencies of homeopathic remedies.

Potencies differ from each other:

a) the time of action of the homeopathic remedy:

> potencies X2, HZ act minutes and can be appointed if necessary every 20-30 minutes

;

> potencies 3, 6 last about 4-6 hours, can be administered 2-3 times a day;

- > potencies 12 last about 8-12 hours, they are prescribed 1-2 times a day;
- > potencies 30 last about 24-30 hours and can be administered once a day ;
- > potencies 50 last about 120-150 hours , can be administered twice a week;
- > potencies 100 last about 48-72 hours , can be prescribed once a week;
- > potencies 200 are valid for up to 2-3 weeks and can be administered once 2-3 times a week;
- > potencies of 1000 are valid for 1-2 months and can be appointed once a month;
- > potencies of 10,000 are valid for up to 6 months.

b) the higher the potency, the deeper and stronger it acts on the painful process in energy, molecular (material) terms, and most importantly - the higher the potency of the homeopathic drug, the higher its effect on the spirit. In general, the following provisions can be taken as a rule :

> in acute diseases use lower potencies with frequent use (for example, after 1 hour), and in chronic - high potencies with liquid intake (1 - 2 times a day, a day or less);

> high dilutions have effects for weeks and months, and low - for hours;

If possible, a break in medication should be taken once a week.

There are special rules for some homeopathic remedies. Thus, snake venom, acids, tonics are taken in the morning, and preparations of iodine, arsenic, strychnine are taken in the afternoon or at night.

Homeopathic remedies are best taken 30 minutes before meals or 30 minutes after meals. Adults are usually prescribed 6-8 drops or 6-8 granules under the tongue at one time , taking into account different biorhythms, which should be absorbed in the mouth. Powders are dosed "on the tip of a coffee spoon" (the dose of one dose is approximately 0,2 r).

Correction of the number of granules is carried out during treatment. First, the patient should be prescribed a smaller number of grains and the appropriate potency of the drug, so as not to give the body too much energy, which can cause exacerbation of the disease.

Questions for self-control

1. The concept of homeopathy and its basic principles.
2. State regulation of production of homeopathic remedies
3. Features of prescribing homeopathic recipes.
4. Nomenclature of homeopathic medicines.
5. Goering's law of healing. Treatment of acute and chronic diseases. Homeopathic groups of drugs.

Approximate tasks for the study of theoretical material

1. *Make a dictionary of basic concepts on the topic*
2. *Fill in the orientation card for independent preparation of the student with the use of literature on the topic (the need to include in the guidelines of the orientation card is decided by the staff of the department):*

Basic and tasks and	In the fairy tale	Answers
1	2	3

<i>Explore:</i>		
Potency	Define the term.	
Dynamization	Define the term.	
Homeopathic medicine	Define the term. Drug cycles.	

II. Practical work (tasks) that will be performed in class:

Formation of professional skills:

1.1. content of tasks

1. Characteristics of homeopathic matrix tinctures.
2. Technology of production of homeopathic matrix tinctures according to SPU.
To prepare a matrix tincture of fresh vegetable raw materials according to the SPU, you first need to determine?
3. Quality control of homeopathic matrix tinctures .
4. Participating homeopathic medicines remedies are represented by both new substances and new homeopathic remedies. Make a scheme " Homeopathic medicines".

1.2. recommendations (instructions) for performing tasks (professional algorithms, orientation maps for the formation of practical skills, etc.);

Complete an individual task set by the teacher:

Describe the best technology.

Fill in the front of the homeopathic matrix tincture written control passport.

- 1) Characteristics of raw materials-
- 2) Technology-
- 3) Registration of matrix tincture -

1.3. requirements for the results of work, including before registration;

According to the course of the practical lesson to design an individual task in a workbook.

- 1) Characteristics of raw materials-
- 2) Technology
- 3) Registration of matrix tincture -

III. Test tasks for self-control

1. Dynamization comes from the word "Dynamis", which means:

A - * **strength (potency)**

B - dilution

B - multiplication

G - shaking

D - improvement

2. Dynamization is:

A - * **increase in the strength of drugs**

B - homeopathic exacerbation

B - life force

G - shaking

D - medicine

3. Designation of the word "proving" in homeopathy:

A - * **test**

B - infection

B - diagnosis

G is a symptom

D - distribution

;. How many main paragraphs, according to which homeopathic medicines are prepared, are given in the section "Technology of preparation of homeopathic medicines" of the homeopathic pharmacopoeia V. Schwabe:

A - * **9**

B - 12

B - 10

D - 25

D - 5

5. Homeopathic medicine is a grain of sugar or a drop of alcohol-water solution with dynamic information applied to it:

A - * **about the original product**

B - about the reaction product

B - about the catalyst

G - about the excipient

D - about the substance dissolved in the alkali solution

6. If the amount of the prescribed drug is not indicated in homeopathic prescriptions, the following shall be released:

A - * **10,0 г**

B - 5,0 г

B - 1,0 г

G - 20,0 г

D - 50.0 g

IV. Individual tasks for students on the topic of the lesson - to present in the form of presentations or VTS.

Goering's law of healing.

Constitutional types.

Scheme of VI Warsaw on the distribution of basic homeopathic remedies by constitutional groups.

According to TM Lipnytsky, the basis of the constitution was the human skeleton (in its deformation). Describe the constitutional types according to TM Lipnitsky .

Hahnemann in his work "Organon" in 1811. provides data on three constitutional

types of people. Which exactly.

Recommended literature

Main:

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