



HOMEOPATHIC MEDICINE AT HOME

by Maesimund Panos, Jane Heimlichm & Robert Mendelsohn
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Chapter 1

Homeopathy is a system of medicine whose principles are even older than Hippocrates. It seeks to cure in accordance with natural laws of healing and uses medicines made from natural substances: animal, vegetable, and mineral.

1. The laws of _____ enables the physician to select the one medicine (the simillimum) that is needed by matching the symptoms of the individual to the symptoms the remedy induces.
2. The second law, the law of _____, refers to the method of testing a substance to determine its medicinal effect.
3. When the proving is completed, all the symptoms that the provers consistently experience, such as dizziness, loss of memory, and _____, are listed as a characteristic remedy picture in the Materia Medica, a prescriber's reference.
4. Homeopaths do not use _____ as subjects for testing medicines, since they do not react to chemicals as human beings do.
5. The third law of homeopathy, the law of _____, refers to the preparation of a homeopathic remedy.
6. Each remedy is prepared by a controlled process of successive dilutions alternating with _____ (rigorous shaking), which may continue to the point where the resulting medicine contains no molecules of the original substance. These small doses are called _____; lesser dilutions are known as low potencies and greater dilutions as high potencies.

7. The higher the dilution, the _____ the potency of the medicine.
8. Trace elements, present in barely measurable amounts in the body, are essential for its development and _____. The human body manufactures only fifty to a hundred millionths of a gram of thyroid hormone each day, yet a small excess or deficiency in this already “infinitesimal” amount can seriously affect the health of the individual.
9. A potentized remedy does not contain sufficient matter to act _____ on the tissues, which means that homeopathic medicine is nontoxic and cannot cause side effects. In over 150 years, no homeopathic remedy has ever been recalled.

Note: Numerous theories have been offered as to why homeopathic remedies work. A 1954 newspaper report describing the research of the late Dr. William E. Boyd of Glasgow contained this explanation: “The power of the solution does not depend solely on the degree of dilution but on a special progressive method in its preparation; the energy latent in the drug is apparently liberated and increased by a forceful shaking of the liquid at each stage of the process.”

10. When the body is threatened by harmful external forces, the vital force, or defense mechanism, produces symptoms such as pain, fever, mucus, cough. These symptoms, although unpleasant for the patient, have a purpose: to restore harmony or _____.
11. Fever _____ many viruses that attack the body. Mucus is produced in the respiratory tract to surround and carry off irritating material. A cough expels mucus that would otherwise hinder breathing.
12. A homeopathic physician regards symptoms as a healthy reaction of the body’s defense mechanism to harmful forces; such symptoms need to be _____ rather than interfered with.
13. Because symptoms that reflect the body’s condition are constantly changing, homeopaths regard disease, or disharmony of the body, as a dynamic condition. We treat the patient according to the _____, not according to the “disease”.
14. We believe that all parts of the body are _____, and therefore we treat the patient as a whole person, rather than concentrating on one organ or one part of the body.

15. Homeopathy is scientific medicine; its rules were developed by following the procedures of the scientific method. Homeopathic medications are prepared according to an exact process and prescribed according to the law of _____.

Chapter 2

First impressions: The first 3 pages of chapter 2 discuss the importance of not rushing patients, getting all information, what they don't say and how to get to the bottom of their symptoms

16. The *Materia Medica* is a description of the symptoms that each medicine has produced in _____ people. These symptoms are expressed in the provers' own words rather than in the medical jargon of the time. That is why it is important for me to encourage my patients to speak freely about their feelings.

17. The sick person is always ultra-sensitive to his similar remedy. Just as a tuning fork responds by resonating to the properly struck note, so the individual given the similar medicine responds with an _____ of all symptoms.

18. True or False? An aggravation generally lasts a week or two and is followed by improvement.

19. A close doctor-patient relationship is essential to homeopathy. We treat the patient, not the disease, which means getting to know every patient as an _____ - knowing that persons feelings, thoughts and family situation. You can describe this approach as either "holistic" or a return to the old-fashioned family doctor.

Chapter 3

20. The Homeopathic Home Remedy Kit contains _____ remedies.

21. Granules are in powder form and are the safest way to administer a remedy if the patient is _____.

22. Homeopathic remedies are derived from what 3 sources?

A: _____

B: _____

C: _____

23. Monkshood (Aconite) is useful in the _____ of inflammation or fever and is indicated by the sudden onset of violent symptoms, especially after exposure to dry, cold wind. The patient who needs Aconite is fearful, restless, and thirsty for cold drinks.
24. Red Onion (*Allium cepa*) will help the person with a beginning cold who looks as if he has been peeling onions - frequent sneezing and the eyes stream, _____ discharge irritates the nose. The person may also have laryngitis, with a raw sensation extending into the chest.
25. Tartar Emetic (*Antimonium tartaricum*) will benefit the person who has bronchitis and a wheezing cough; _____ in the chest makes a rattling bubbling sound as if the patient were drowning in his own secretions. He or she is pale, has a cold sweat, and looks sick.
26. Spanish Fly (*Cantharis*) relieves the frequent, painful urination that occurs in _____. It also alleviates the pain of burns and scalds.
27. Yellow Jasmine (*Gelsemium sempervirens*) is a remedy to consider if the person feels dull, heavy-lidded, complains of aching and chills, is not thirsty and wants to be _____. *Gelsemium* is often needed for flu, head colds, tension headache.
28. St. John's Wort (*Hypericum perforatum*) is called the "Arnica of the nerves" because *Hypericum* heals injured parts rich in nerves, such as fingertips and toes. It also helps _____ injuries, even old ones.
29. Magnesia Phosphorica (phosphate of magnesia) is a remedy called "homeopathic aspirin" - easing spasmodic pain that is relieved by _____, such as leg cramps, menstrual cramps, or colic.
30. The remedies in the homeopathic household kit are _____ potency. "Potency" refers to the number of times that a homeopathic remedy is diluted and succussed (rigorously shaken) or triturated (ground).
31. If you're a reasonably healthy person, your defense mechanism can shake off a minor ailment if given a chance. So, unless this ailment makes you very uncomfortable, don't _____ with your body's curative powers by taking medicine- whether it's a pain killer, tranquilizer, or a homeopathic remedy.

32. Medicine should be taken in a _____ mouth. Free of food, drink, tobacco, smoke, toothpaste, mouthwash, mints or any matter except plain water. It is best not to wash down the dose with water; allow it to be absorbed directly through the mucous membrane of the mouth. (Hold the dose under the tongue).
33. The best time to take the remedy is in the morning before breakfast and before brushing the teeth. Put nothing in the mouth except water _____ minutes before or after the dose.
34. True or False? Homeopathic remedies have indefinite shelf life if handled and stored properly.

Observation: The key to prescribing

The essence of homeopathy is building resistance, or stimulating the body's defense mechanism by selecting a remedy whose characteristics or "drug picture" matches the totality of the symptoms.

Chapter 4

35. Among the most useful preparations for _____ use are Arnica tincture, Calendula officinalis succus (a liquid preparation containing minimal alcohol), Calendula ointment, Hypericum tincture, Ledum tincture, and Urtica urens tincture.
36. Your first thought in treating a bruise should be _____. It is made from a plant called leopard's bane that grows in the mountains. When pain is intense, it should be used every 15 minutes until pain subsides. Arnica should not be used if the skin is broken.
37. _____ is made from a plant called St. John's wort which has special healing powers for parts rich in nerves such as fingertips, toes, spine, palms, or soles.
38. Ledum is another remedy that acts on bruised _____.When a bruise persists longer than seems reasonable and the injured part remains cold and numb, this is an indication for Ledum. The keynote for Ledum in any problem is: "relieved by _____".
39. When a sprain causes joints to become hot, swollen, and painful, Rhus toxicodendron, made from the _____ plant, will help.
40. What other two homeopathic remedies should you consider when treating sprains?
A: _____ B: _____

41. A wound is a break in the skin, and often soft tissues beneath the skin are damaged as well. _____ officinalis, prepared from tall, wild marigold, “the herb of the sun,” is the chief homeopathic medicine for wounds.
42. One of the most widely used homeopathic remedies for bee stings is Apis mellifica, made from whole _____. Apis symptoms are: burning stinging pains, a rosy swelling rather than bright red, puffiness rather than firm, hard swelling, and worse from heat.
43. If you are planning to backpack or live in an area infested with venomous creatures (poisonous spiders, scorpions, and snakes), it would be wise to obtain which 5 preparations:
- A: _____
- B: _____
- C: _____
- D: _____
- E: _____

Chapter 5

44. Treatment of asthma is a difficult, complicated medical problem, and should be handled by a physician. While waiting for professional help, you may be able to relieve the symptoms with one of these 4 homeopathic remedies:
- A: _____
- B: _____
- C: _____
- D: _____
45. Food poisoning is caused by contaminated food or toxic substances such as poisonous berries or mushrooms. The defense mechanism responds to the presence of these dangerous substances, attempting to expel them by vomiting, often accompanied by cramping and weakness. _____ vomiting, give Arsenicum album (in it's homeopathically potentized state, it is a safe and effective remedy).
46. _____ is often referred to as “the Arnica of the eye.” It will relieve pain of an eye injury and diminish inflammation (only temporarily given the foreign object remains in the eye).

47. Suppressing a fever opposes the healing process. However, choosing a remedy will support them, not “paralyze nature’s functions”. _____ patient prefers to lie still; worse from the least movement- whether swallowing or turning head or even moving eyes. Very thirsty; drinks large quantities of water. Usually pale and quiet.

48. Which two homeopathic remedies would you give to a sunstroke victim?

A: _____ B: _____

They should be cooled off as quickly as possible by pouring liberal amounts of cool water over skin. Or place a cold compress on the person’s head and body. No alcohol or caffeine.

49. Which two homeopathic remedies would you give to a victim of heat prostration (excessive exposure to heat plus dehydration): A: _____ album B: _____ metallicum

Unlike sunstroke, the victim’s pulse is not bounding and seldom exceeds 100 beats per minute; the skin is cold and clammy.

50. Going to the dentist can be a frightful experience for many. If you are experiencing tenseness during your dental visit, what 3 remedies would you recommend?

A: _____

B: _____

C: _____

Chapter 6

There are many homeopathic remedies indicated for colds. Make you selection carefully as too many remedies in succession are like contradictory orders from a control tower to a pilot; they confuse the defense mechanism. To prevent future colds, consider one of the precepts of holistic health: illness is a signal that some aspect of your life deserves attention and reform.

51. Dulcamara is the reverse of _____, the cold coming on when the weather or temperature suddenly changes from hot to cold.

52. Vitamin A seems to be beneficial for _____ covering and lining the nose and throat as well as the urinary and intestinal tracts. Take at least 20,000 or 25,000 units per day. **Note:** For 2-4 weeks

53. Many people over the world have _____ the flu by taking the homeopathic “cold and flu” tablet. Dosage: one tablet every 2 to 4 weeks throughout flu season. This tablet is made from the combined strains of influenza virus from the major flu epidemics since 1918.

54. For remedies to help a cough, Ferrum Phos is recommended for a short, painful cough from irritation or _____ in the windpipe.

Chapter 7

55. Eating or drinking too much or eating contaminated food are some common causes of vomiting. Colocynthis (bitter cucumber) should be taken when _____ pain in the abdomen causes the patient to double up. Pressure and warmth applied to the stomach ameliorate the situation.

56. China should be used when the stomach feels full of gas that won't come up or go down. The person's midsection feels _____.

57. The ancient Egyptians used the aloe vera plant as a purgative. North American Indians, when in need of a cathartic, brewed the leaves of the _____ plant.

58. Children who are constipated often need: _____

59. Arnica, which deals with damaged tissue, is useful for hemorrhoids that develop after _____.

Chapter 8

60. What three remedies does Dr. John H. Clarke, an english homeopath, call the ABC's of childhood?

A: _____

B: _____

C: _____

61. Allergy problems often crop up during the baby's first or second year. Babies are often allergic to cow's milk, house dust, or dog hair. An allergy may be signaled by dark rings under the eyes, sometimes called the "allergic shiner"; perpetual cold; or by such diverse symptoms as colic, diarrhea, or a _____.
62. If your baby shows key symptoms - red face, hot skin, with cold extremities and restlessness - then _____ is the remedy.
63. If your baby has a sore throat and swollen neck glands, think of Mercurius virus. The baby who needs this remedy is _____, smells sick, and may have diarrhea along with a cold. The child is worse at night, apt to be trembly, and may drool more than usual.
- Colic is a general term meaning spasmodic pain in the abdomen. In the infant, it usually means a digestive upset as evidenced by the baby's crying, doubling up as if in pain, and passing intestinal gas with temporary relief.
64. The keynote for Colocynthis is that the child's abdomen feels better from _____.
65. "You cannot please the child who needs _____ - you cannot soothe him. Just give him his remedy, and his disposition will improve."
66. Podophyllin is the remedy for diarrhea-watery, _____ stools, forcibly expelled; immediately upon eating or drinking or being bathed; occurs most often in early morning.
67. When it comes to a diaper rash, aside from letting your baby crawl with a bare bottom and soaking in the tub between changes, a soothing and healing ointment of _____, which has a lanolin base, will help.
68. As a teething remedy, the baby who needs Calcarea carb may have a _____ deficiency where increasing this vitamin doesn't help due to lack of assimilation.
69. Calcarea phosphorica has similar symptoms- delayed teething, delayed closure of fontanelles. When choosing between the two (calcarea carb or calcarea phosphoric), the _____ makeup of your baby will be a determining factor.

Chapter 9

70. True or False? If your child should swallow a strong corrosive or a poison containing kerosene or gasoline, Do Not induce vomiting with syrup of ipecac.
71. When a burn requires a dressing, its important to keep the dressing _____ to prevent it from sticking to the burned area.
72. For a burn requiring a protective _____, use Urtica urens ointment which is made from stinging nettle, which can quickly relieve the burning, stinging pains that it causes.
73. Homeopaths have three fine croup remedies that have relieved this condition for more than 150 years. They are:
A: _____
B: _____
C: _____
74. Rarely do we need more than _____ in treating croup.
75. When combating tonsillitis, Apis mellifca is indicated where there is stinging pain and rosy _____ of the swollen tonsils. You may see little areas on the tonsils where _____ secretions are gathering. The child isn't thirsty and has an aversion to being touched.
76. How many homeopathic remedies are recommended for Measles (7-day measles): _____
77. Chicken pox is usually a mild disease, but occasionally a child may be very ill with it. Incubation period is 2-3 weeks AFTER exposure. _____ is indicated when itching is extreme. Extreme mental and physical restlessness marks the patient.
78. Wart are caused by a **virus** that enters the body through any minor break in the skin. There, it causes skin cells to grow into a lump. Causticum is for the painful wart near a _____ or fingertip.

79. Enuresis is not considered a problem until the child is of school age, commonly after 5 or 6 years of age for girls and six for boys. Boys are more apt to be bed wetters. _____ often fits the child who has dreams or nightmares when urinating.

80. If an _____ emotional upset causes a child to grieve or feel anxious or fearful, Ignatia will help.

81. Which remedy is given for a delayed or suppressed menses, provided that the young women is not pregnant? _____

82. Antimonium tartaricum has often cleared obstinate cases of acne in which there is much formation of _____. Hepar sulphuris will abort painful boils that develop pus, or quickly bring them to a head.

For a girl with severe acne, dermatologists sometimes prescribe an oral contraceptive pill, which contains the female hormone estrogen and tends to limit the production of sebum. This action interferes with the hormonal balance of the body, a risky and suppressive interference.

83. Mononucleosis is an infection of the _____ system that lasts from two weeks to four months. The disease is communicable from just before symptoms appear until fever and sore throat are gone. A homeopathic remedy, Cistus canadensis is frequently indicated in mono cases.

84. James Tyler Kent, whose Repertory is a “must” for every homeopath, describes Ignatia as “helpful for the suffering that results from _____ affections or anger.”

Chapter 10

85. For an acute headache characterized by a sudden, violent headache all around the head like a band, or in the forehead like a bursting pain, which remedy is indicated?
_____ nappellus

86. Which remedy is suited for symptoms referred to as a “sinus headache”
_____ bichromaticum

87. Morning sickness can be alleviated by using homeopathic remedies. If even the thought of food makes you nauseated, think of _____ autumnale. This is made from meadow saffron.

88. If you are suffering from varicose veins, Hamamelis, in both internal and _____ form, will relieve the pain.

89. Consider Arsenicum when you're sleepless from anxiety or _____.

90. Pulsatilla is like a broken record- the person is sleepless from _____ thoughts.

A shift in hormones occurs after childbirth, coinciding with a "let-down" feeling after the high of pregnancy and delivery. A new mother often feels unable to cope with her new responsibility, which compounds the problem.

91. The woman who has been irritable since giving birth may benefit from Kali carbonicum. She is _____ and weak, unlike her usual self, and sensitive to every change in weather. If you feel weepy and sigh a great deal, consider Ignatia, known as the "_____ remedy."

92. The best cure suggested for a breast infection is a hungry baby and a dose of Phytolacca decandra. This remedy, made from _____, cures the majority of breast infections.

93. If you are troubled by any of the symptoms of menopause, you may have considered taking _____-, the female sex hormone administered to women whose own natural supply of this hormone is waning. Our own defense mechanism is well equipped to make necessary adjustments without the interference of a drug whose purpose is to block the normal action of the body. Taking estrogen is a risky and expensive way of postponing the inevitable readjustment that Nature has decreed.

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