



# Faculty of Homeopathy

**PRIMARY HEALTH CARE EXAMINATION (PHCE)**

**Core Guidelines 2017**

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# Faculty of Homeopathy

## PRIMARY HEALTH CARE EXAMINATION

### SECTION 1

#### 1. The examination

The Primary Health Care Examination is a preliminary examination for statutorily registered healthcare professionals that entitles successful candidates to become Licenced Associates (LFHom) of the Faculty of Homeopathy. **Specific guidelines are available for dentists, nurses and podiatrists on request from the Faculty's Education & Quality Officer.**

The Primary Health Care Examination is accredited by the Faculty of Homeopathy. Through its Academic Board, the Faculty of Homeopathy monitors the standard of the examination and curriculum. The Academic Board includes representatives of all UK based Faculty-accredited teaching centres – Bristol, Glasgow and London.

The examination paper consists of 100 multiple choice questions. The duration of the examination is a maximum of two hours although many people finish the exam in less than the allotted time.

#### 2. Entry criteria

The PHCE is open to healthcare professionals who hold a qualification that is registrable in the UK, or hold a qualification registrable in an EU country where they practice. When you apply to sit the examination, it is your responsibility to supply the Faculty with details of your professional registration.

#### 3. LFHom qualification

If you pass the PHCE, you may apply to become a Licenced Associate of the Faculty of Homeopathy. Once your application has been accepted, you may use the letters LFHom followed by a suffix denoting your profession e.g: LFHom(Med); LFHom(Osteo); LFHom(Pharm); etc.

The examination paper is adapted to meet the needs of specific groups of healthcare professionals. There are papers for dentists, doctors, nurses, midwives (who take the same paper as nurses), pharmacists, podiatrists and veterinary surgeons. The qualification LFHom is awarded to overseas candidates provided that their qualification is registrable within the UK.

If you become a Licenced Associate, your continued use of the qualification LFHom depends on your fulfilling these two requirements:

- i) you do not allow your Faculty membership to lapse.
- ii) you fulfil the Faculty's Continuing Professional Development requirement. For LFHoms, currently, this is a minimum of 12 hours per year attendance based activity and self-directed study, averaged over three years. Further details will be supplied to you once you become a Licenced Associate member.

#### 4. Aims and scope of the PHCE

As interest in and demand for homeopathy grows, it is important that healthcare professionals are able to give informed guidance to patients and clients. If you pass the examination, you will have knowledge and understanding of:

- i. what homeopathy is
- ii. what it can achieve
- iii. what its limits are
- iv. how it integrates with contemporary health care
- v. when a patient would benefit from referral to a specialist
- vi. how to act supportively while a patient is under specialist care
- vii. how to use homeopathy in a specified number of targeted clinical situations integrated with normal professional practice in day-to-day patient care.

Attendance at a foundation course accredited by the Faculty involves receiving a minimum of 30 hours of teaching. In addition you will normally need a further 120 hours of private study.

Success in the examination denotes a basic level of competence which will enable you to augment your existing professional skills through the practice of sound, basic homeopathy. It does not equip you to analyse and treat chronic or complex cases other than by the circumscribed use of the particular targeted applications defined in the curriculum. Neither will you be able to take referrals from other colleagues. At all times you are expected to practise within the scope and limits of responsibility of your normal professional practice. These limits are fully described in the syllabus on pages 7 to 20.

#### 5. Faculty-accredited training

The examination is based upon the syllabus studied in the Faculty-accredited foundation course. You may apply to sit the PHCE without having undertaken Faculty-accredited training, although it is strongly recommended that you complete the foundation course to avoid the risk of failure in the examination.

#### 6. Results

After the examination, the Faculty of Homeopathy will let you know (i) whether you have passed or failed and (ii) your mark. Results are sent by email within approximately one month of the examination. **Results cannot be given out by telephone.**

If you wish to appeal against your result you must write to the: Education & Quality Officer, Faculty of Homeopathy, CAN Mezzanine Building, 49-51 East Rd, London, N1 6AH or email [education@facultyofhomeopathy.org](mailto:education@facultyofhomeopathy.org) within one month of receipt of your marks.

#### 7. Regulation of standards and safety

If you become a Licenced Associate (LFHom), the Faculty will ensure safety and quality of clinical care by requiring that you adhere to certain professional standards and remain within the normally recognised limits of practice and competence of your professional discipline. You are also bound to practise within the limits of your homeopathic competence at LFHom level.

If you breach the above, the Faculty may implement its disciplinary procedures which may include those of your professional regulatory body. The Faculty may withdraw your Licenced Associateship.

## 8. Further study

LFHom level training is limited to familiarisation with homeopathy and targeted clinical competence. For those who wish to move towards the goal of more advanced clinical practice, this level of qualification can be used as the first step in on-going training. Chiropractors, doctors, dentists, midwives, nurses, osteopaths, pharmacists, physiotherapists, podiatrists and veterinary surgeons may study towards the Faculty's Membership examination and, if successful, use the letters MFHom(Chiro), MFHom, MFHom(Dent), MFHom(Midwife), MFHom(Nurse), MFHom(Osteo), MFHom(Pharm), MFHom(Physio), MFHom(Pod) and VetMFHom. In addition, pharmacists and podiatrists may take an intermediate diploma examination and if successful use the letters DFHom(Pharm) and DFHom(Pod). If you would like further information please contact the Faculty of Homeopathy at the email address on page 6.

## 9. Practical details

Administration is undertaken by the Faculty and queries, application forms and fees should be directed to the Faculty Education & Quality Officer at [education@facultyofhomeopathy.org](mailto:education@facultyofhomeopathy.org) or at the address on page 6. **Application forms must be submitted by the published closing date.**

The examinations are held at Faculty-accredited teaching centres and by Faculty-accredited course providers in Belfast, Bristol, Glasgow, London and locations overseas. Examination sittings and closing dates for applications are listed in the Faculty examinations calendar which can be viewed on the Faculty website or in the Faculty magazine *Simile*.

### Overseas students

Candidates whose native language is not English may use a foreign language dictionary. Dictionaries will be scrutinised by the invigilator before the exam.

### Withdrawals

Notice of withdrawal from the examination must be given by email to the Education & Quality Officer at [education@facultyofhomeopathy.org](mailto:education@facultyofhomeopathy.org) or in writing to the address on page 6. The examination fee less a 50% administrative charge will be refunded when notice of withdrawal is received up to 30 days before the examination is due to take place. No other refunds will normally be made. The Faculty will consider a full refund for withdrawals due to illness or will transfer an application to a later sitting.

### Transfers

Candidates may transfer their application to a future sitting provided that they notify the Faculty in writing / by email before the published closing date for return of applications. **A 10% administrative fee will be charged.** Candidates may not transfer their application more than once unless they have obtained special approval from the Education & Quality Officer.

### Re-sitting the examination

Candidates who fail the PHCE may re-sit the examination during the following exam season - for example a candidate who fails the examination in the spring may re-sit it during the autumn. Candidates cannot apply to re-sit the examination at another centre during the same season. Candidates are also limited to no more than three attempts at the examination, unless they can give good reasons for further attempts and are supported by their teaching centre. Please note that if the examination is cancelled for reasons beyond the Faculty's control, candidates will be allowed to take the exam at the next available sitting. Candidates who re-sit the examination pay a reduced examination fee.

### Membership

The first year of membership is included in the examination fee; thereafter a separate fee is payable to the Faculty for this and must be paid annually to maintain LFHom status.

### Faculty contact details

Faculty of Homeopathy, CAN Mezzanine, 49-51 East Road, London, N1 6AH.

Tel: 020 3640 5903 Email: [education@facultyofhomeopathy.org](mailto:education@facultyofhomeopathy.org)

Website: [www.facultyofhomeopathy.org](http://www.facultyofhomeopathy.org)

## A. Syllabus outline

### BASIC PRINCIPLES

A basic understanding of historical and contemporary development, concepts and evidence including:

- Auto-regulation, hormesis, similars and minimum dose.
- Sensitivity in the ill person, individualisation, totality of symptoms.
- Materia medica sources: toxicology, provings, clinical.
- Outline of the theory of chronic disease and miasms.
- Scientific evidence: clinical data, trials and meta-analyses, laboratory experiments.
- Integration / relationship to other forms of care including conventional medicine and herbalism.
- Self-healing and placebo responses.

### PHARMACY

Sources and preparations including:

- Mother tincture, trituration, succussion, serial dilutions
- Dilutional scales: X (D), C, LM
- Low & high potencies
- Hahnemannian & Korsakovian methods
- Biophysical models
- Prescription writing

### CONSULTATION & CLINICAL SKILLS

A basic understanding of the consultation, history taking and case analysis in homeopathic care:

Perspectives of the illness:

- Presenting problem
- Aetiology
- Diagnosis & pathology
- Patients' disease reactions: the clinical picture
- Constitutional / fundamental reactions
- Constitution
- Biographical & past history including family history
- Typology & drug types
- Basic understanding of the concept of layers
- Concepts of acute and chronic case management

History taking and analysis:

- Understanding and categorising symptoms and their modalities
- Keynotes, totality, essence, strange rare and peculiar reactions
- Hierarchy of symptoms
- The repertories: their development and content, and their role in case analysis

#### **THERAPEUTICS AND CASE MANAGEMENT**

A basic understanding in the following topics:

- Clinical applications of low & high potencies
- Speed of responses
- Repetition of the dose
- Changing dosage
- Changing remedy
- Schools of practice including Classical, Pluralistic, Complex and proprietary mixtures
- Clinical reaction patterns
- Acute, chronic and incurable cases
- Initial reactions - aggravations
- Direction of cure (Hering's law)
- Suppression
- Isopathy and tautopathy
- An introduction to nosodes

#### **GENERAL CLINICAL APPLICATIONS**

Materia medica as listed, in the context of, the specified clinical conditions, modified by the boundaries of each professional discipline

Legal and ethical aspects of homeopathic prescribing within the context of different healthcare professions, including non-medical practice.



## Learning objectives and outcomes

### **1. TARGETED CLINICAL APPLICATIONS**

Students will acquire the materia medica knowledge necessary to enable effective prescribing of a limited range of homeopathic medicines giving reliable results in a limited number of specified clinical applications in Primary Care.

*OUTCOME: Students will be able to apply their materia medica knowledge to prescribe the named medicine effectively in given clinical conditions.*

### **2. KEY CHARACTERISTICS**

Students will be able to recognise the key characteristics indicating named medicines in specific clinical conditions.

*OUTCOME: Students will know the essential outline of the clinical picture on which a prescription for the named medicine in the specified clinical conditions will be based.*

Students will be able to differentiate between named medicines indicated for the same specified clinical condition. Students will understand the significance of detailed symptomatology in making the differentiation of the homeopathic prescription in individual patients.

*OUTCOME: Students will be able to identify the key individualising characteristics of the named medicines.*

### **3. DIFFERENTIATION OF MEDICINES**

Students will be able to differentiate between the indications for the use of a number of named medicines in specified clinical conditions.

*OUTCOME: Students will be able to differentiate between the symptom pictures of the named medicines in the specified clinical conditions. Minimal symptom picture only required of secondary medicines, shown in brackets.*

## C. Primary Medicines A-Z

### Materia medica listed by medicine name

(Medicines for comparison and differentiation are shown in relation to each targeted clinical application)

#### ACONITE

Targeted applications	Differentiation	See also
CROUP		
URT; CORYZA	Allium, Ars alb	
SHOCK	Arn	
ANTICIPATORY ANXIETY [PANIC, FEAR]	Arg nit; Ars Alb; Gels	
FEVER	Bell; Ferrum phos	

#### **Key characteristics**

Acute conditions. Sudden or violent onset. Intense fear (death)

Restlessness, excitement, agitation

Ailments from shock, fright, fear

Fever. Thirst

Ailments from exposure to cold, dry wind

Modalities: < violent emotions, cold dry wind, night, especially around midnight; > open air

#### APIS MELLIFICA

Targeted applications	Differentiation	See also
ACUTE MUSCULOSKELETALCONDITIONS	Bryonia; Puls; Rhus tox	
CONJUNCTIVITIS	Arg nit; Euphr; Puls	
ACUTE ALLERGIC REACTION		

#### **Key characteristics**

Swelling/oedema/heat

Hot, red, swollen, shiny, acutely painful skin / joint(s)

Red, swollen painful conjunctiva and/or lids

Oedema of face and/or eyes

Photophobia

Swelling eruptions and reactions to bites and stings

Stinging and burning pains

Acute dysuria, frequency, painful urging

Thirstless (in acute state)

Modalities: < heat, touch, pressure, afternoon; > cool air, cold applications

**ARGENTUM NITRICUM**

Targeted applications	Differentiation	See also
ANTICIPATORY ANXIETY	Acon; Gels; Lyc	
CONJUNCTIVITIS	Apis; Euphr; Puls	
GIT: DYSPEPSIA	Lyc; Nux	
DIARRHOEA, NERVOUS	Ars alb; Gels	

**Key characteristics**

High energy

Impulsive and hurried

Anxiety, anticipatory; phobia – with restless agitation

Diarrhoea; sweat; palpitation; flatulence (burping)

Purulent, acrid conjunctivitis

Pains like splinter

Modalities: < heat, stuffy, stress, sweets; > cool, open air, motionFood: Desires sweets AND salt, < sweetsTemp and weather: hot, craves fresh air > cool air**ARNICA MONTANA**

Targeted applications	Differentiation	See also
TRAUMATIC SHOCK	Acon	
TRAUMA: PRE/POST-OP, DENTAL, POST-PARTUM; OVER-EXERTION (CRAMP)	Staphys, Bellis	Rhus; (Hyp); Symph
BLEEDING	Ferrum phos; Phos	

**Key characteristics**

Bruising

Soft tissue damage

Capillary bleeding

Soreness

Stiffness

Mental state: denies problem, resents interference / being examined. Aetiology of trauma

Modalities: < touch, avoids touch; jarring, motion; > lying, rest

**ARSENICUM ALBUM**

Targeted applications	Differentiation	See also
CONSTITUTIONAL PICTURE		
HAY FEVER; CORYZA	Euphr	
GIT: D AND V	Arg nit; Gels	

**Key characteristics**

Anxiety: insecurity, health, trifles, worrier

Agitated, restless; fastidious

Burning pains > warmth

Acrid, scanty, watery (nasal) discharges; nasal discharge alt. with obstruction; sneezing.

Very chilly

Modalities: > warmth, hot applications, hot food, motion; < rest, midnight to 2 am; all cold, incl. cold food and drink, exertion

Food: Thirst warm drinks, small amounts. Desires: sour things; Averse: fat; < fruit

**BELLADONNA**

Targeted applications	Differentiation	See also
FEVER	Acon; Ferrum phos	
ACUTE OTITIS	Cham; Ferrum phos; Merc; Puls; (Hepar)	
PHARYNGITIS	Lach; Lyc; Merc; (Hepar)	
ABCESS	(Hepar)	
SUNSTROKE		
TEETHING	Cham	

**Key characteristics**

Acute conditions. Suddenness, intensity of onset

Red, hot and dry. Thirst +/- High fever

Intense, throbbing, burning pain. Bright red face (flushed), ear drum or throat

Dilated pupils. Throbbing head. Febrile convulsion. Jerks and spasms

Oversensitiveness - all senses. Irritability.

Night terrors, hallucinations, delirium, confusion

Modalities: < draft, light, noise, touch, haircut, jarring

Food: Desires lemons

**BRYONIA ALBA**

Targeted applications	Differentiation	See also
ACUTE MUSCULOSKELETAL CONDITIONS	Apis; Puls; Rhus	

**Key characteristics**

Irritable, wants to be left alone.

Joints red, swollen, hot

Stitching or bursting pains. Dry, thirsty

Modalities: < least motion; touch; heat; eating; > pressure; lying on painful side; cool, open air

Food: Thirst for large amounts, cold drinks

**CALCAREA CARBONICA**

Targeted applications	Differentiation	See also
CONSTITUTIONAL PICTURE	Baryta carb	

**Key characteristics**

Anxiety/depression: fearful state of mind, < being observed, sense of duty

Family cares

Characteristic morphology. Slow, sluggish – mind and body

Overweight, chilly, sweaty

Constipation (feels better for it)

Lymphadenopathy

Delayed development

Modalities: < cold, physical and mental exertion, pressure of clothes, milk, dentition

Food: Desires eggs, ice cream, sweets, indigestible things; averse coffee, meat. < milk

**CHAMOMILLA**

Targeted applications	Differentiation	See also
TEETHING	Bell	
ENT: ACUTE OTITIS	Bell; Ferrum phos; Merc; Puls; (Hepar)	
COLIC	Coloc	

**Key characteristics**

Frantic, angry, intolerance of pain; ugly, cross, quarrelsome; capricious children

Twitchings and convulsions during teething

Modalities: < evening/night, anger; > warm wet weather, being carried

Food: < Coffee

**GELSEMIUM SEMPERVIRENS**

Targeted applications	Differentiation	See also
ANTICIPATORY ANXIETY	Acon; Arg nit; Lyc	
URT: FLU	Merc	
DIARRHOEA, NERVOUS	Arg nit; Ars alb	

**Key characteristics**

Weakness. Anxiety, anticipatory, stage fright; phobia

'Paralysis' of mind, voice or body; heaviness, tremor, incoordination

Flu: shaky, listless, heavy, drowsy, dull, headache; thirstless

Gradual onset, low grade fever

Modalities: < damp weather, heat, thinking of symptoms; > sweating, urinating, open air, motion

**IGNATIA AMARA**

Targeted applications	Differentiation	See also
EMOTIONAL AILMENTS	Nat mur; Staphys	

**Key characteristics**

Grief - silent, sighing, then sobbing

Volatile, changeable emotions. Disappointed love

Contradictory/paradoxical symptoms. Extreme aversion to tobacco smoke

Sensation of a lump, especially in throat. Spasms / twitching muscles

Modalities: < emotions, grief, fright, touch; > lying on affected part, swallowing

Food: < coffee, tobacco; > cold food

**LACHESIS**

Targeted applications	Differentiation	See also
PMT AND MENOPAUSE	Nat mur; Puls; Sep	
ENT: PHARYNGITIS	Bell; Lyc; Merc; (Hepar)	

**Key characteristics**

Anger, jealousy, tirades, loquacity. High libido

Bloating, < tight clothes. Purplish discolouration

Flushes of heat. Left sided. Hot. Intolerance of tight clothes especially around neck

Pharyngitis: L sided, < warm food/drinks, < liquids cf solids

Modalities: > free discharges, e.g. onset menstrual flow, cool air; < after sleep/waking, morning, heat (sun), alcohol

**LYCOPODIUM CLAVATUM**

Targeted applications	Differentiation	See also
ANTICIPATORY ANXIETY	Arg nit; Gels	
GIT: FLATULENCE	Arg nit	
ACUTE DYSPEPSIA	Arg nit; Nux	
ENT: PHARYNGITIS	Bell; Lach; Merc; (Hepar)	

**Key characteristics**

Anxiety, anticipatory, lacks confidence, but performs well – conscientious, irritable, hypochondriacal

GIT symptoms: heartburn, fullness, distension, flatulence (belching, passing flatus; both ameliorate) Pharyngitis: R sided, > warm drinks

Impotence

Modalities: < 4pm - 8pm, eating; > after midnight, cool air, motion, urinating, belching

Food: Desire sweets; < Onions

**NATRUM MURIATICUM**

Targeted applications	Differentiation	See also
CONSTITUTIONAL PICTURE		
EMOTIONAL AILMENTS	Ign; Staphys	
PMT AND MENOPAUSE	Lach; Puls; Sep	

**Key characteristics**

Grief, ailments from grief – can't cry or weeps alone, < consolation; hides feelings

Irritable, resentful, critical, dwells on upsets; self-doubt/self-criticism

Greasy skin and hair. Cold sores

Modalities: < sympathy, sea air, exertion, before menses, morning and forenoon; > fresh air, gentle exercise

Food: Desires salt or averse salt. Aversion to fat and slimy food. Thirsty

Temp and weather: Desires fresh air; chilly but intolerant of heat

**NUX VOMICA**

Targeted applications	Differentiation	See also
CONSTITUTIONAL PICTURE		
GIT: DYSPEPSIA	Arg nit; Lyc	
OVER-INDULGENCE	Staphysagria	

**Key characteristics**

Anger, irritability, impatience, hard working (workaholic), hard living, fastidious, desires stimulants

Driving, efficient type A personality. Oversensitive: noise, smells, light

GIT symptoms: indigestion, nausea (> vomit), spasmodic pains, constipation

Modalities: < early morning, dry cold, open air, uncovering, high living, stimulants, slight causes; > warmth, rest

Food: Desires alcohol, spices, fat, tobacco

Temp and weather: Chilly; intolerant of wind, < wind

**PHOSPHORUS**

Targeted applications	Differentiation	See also
CONSTITUTIONAL PICTURE		
URT: COUGH	Ipecac	
BLEEDING	Arn; Ferrum phos	

**Key characteristics**

Sympathetic, affectionate and very sensitive to others' feelings

Desires company; > reassurance and consolation

Anxious; Fears - something will happen, imaginary things, dark, thunderstorms

Cough: tickling, < cold air, talking; painful laryngitis. Burning pains > cold.

Tendency to bleed

Modalities: < lying on left side, emotions, cold, evening; > eating; sleep

Food: Desires cold food, cheese, ice-(cream), salt, spices. Thirst for cold drinks

**PULSATILLA NIGRICANS**

Targeted applications	Differentiation	See also
CONSTITUTIONAL PICTURE		
URT/ENT: ACUTE CATARRH	Merc	
OTITIS MEDIA	Bell; Cham; Ferrum phos; Merc; (Hepar)	
CONJUNCTIVITIS	Arg nit; Euphr	
ACUTE M/SKEL CONDITIONS	Apis; Bryonia; Rhus tox	
PMT AND MENOPAUSE	Lach; Nat mur; Sep	

**Key characteristics**

Timid, shy, weepy, desires company and consolation/affection; changeable moods, obstinate, flirtatious

Symptoms changeable, wandering joint pains. Onset of symptoms at puberty

Catarrh, snuffles – profuse, bland, yellow/green (and all discharges). Conjunctivitis. Styes - upper lid

Modalities: < warmth, twilight, rich foods, fat; > cold, continued gentle motion, open air; after crying

Food: Thirstless. Desires pastry and rich food, cold food. Averse to fat, hot food < bread, fat, fruit, pastry, rich food

Temp and weather: >open air, < heat, and stuffy/warm rooms



**RHUS TOXICODENDRON**

Targeted applications	Differentiation	See also
ACUTE M/SKEL CONDITIONS	Apis; Bryonia; Puls; (Ledum)	

**Key characteristics**

Joint pain and stiffness: any joint

Restlessness. Cold sores

Modalities: < cold and damp, rest, beginning to move, over exertion; > continued motion, heat

Food: Desires milk

**SEPIA**

Targeted applications	Differentiation	See also
CONSTITUTIONAL PICTURE		
PMT AND MENOPAUSE	Lach; Nat mur; Puls	

**Key characteristics**

Depressed, 'black cloud', apathetic, irritable, put-upon, weary/worn out, averse loved-ones; < consolation

Libido low or lost. Never well since child birth

Sensation of stasis; varicose veins

Pelvic bearing down pain. Sweaty. Sallow complexion.

Modalities: < cold air, before menses, before storm; > dancing, strenuous exercise, warmth, thunderstorm

Food: Desires vinegar, pickles and acids. Aversion to meat, fats and rich food which <

**SILICA**

Targeted applications	Differentiation	See also
CONSTITUTIONAL PICTURE		
ABCESS, SUPPURATION	Hepar sulph	

**Key characteristics**

Anticipation anxiety, fastidious.

Recurrent URTI / chest infections, enlarged lymph nodes

Sweats: Foot sweat foul. Chilly, cold clammy sweat

Later stages of suppuration: aids resolution.

Splinters, foreign bodies: aids expulsion

Modalities: < cold air, drafts; suppressed sweat; > warmth

Food: < mother's milk; dislikes warm food

**STAPHYSAGRIA**

Targeted applications	Differentiation	See also
TRAUMA: SURGICAL, INVASIVE, -OS-COPIES, -OTOMIES	Arn; (Hypericum); (Ruta)	
EMOTIONAL AILMENTS	Ign; Nat mur	

**Key characteristics**

Ailments from anger, grief and disappointed love, 'mortification' and humiliation, anger, suppressed anger/indignation  
 Incised wounds, surgical trauma, invasive procedures: cystoscopy, sphincterotomy, etc.; pre-/post-op care  
 Cystitis after intercourse; Recurrent styes

Modalities: < Emotions, anger, instrumentation procedures

Food: desires tobacco, stimulants, sweets; aversion to milk

**SULPHUR**

Targeted applications	Differentiation	See also
CONSTITUTIONAL PICTURE		
SKIN SYMPTOMS: red, itching, eczema	Nat mur	

**Key characteristics**

Lazy, selfish, philosophical, opinionated, untidy, hoarding

Redness of orifices. Hot feet - has to stick them out of bed

Faint sinking feeling (in abdomen) about 11am

Eruptions: itchy (< scratching, washing, at night), hot, red, excoriated

Conjunctivitis, blepharitis and styes: burning, itching, hot, red

Diarrhoea - driving out of bed in the morning, eructations like bad eggs

Modalities: < 11 am, bathing, becoming overheated, overexertion, standing, milk, >dry, warm weather, open air, motion

Food: Desires fat, sweets, highly seasoned food, alcohol; hungry at 11am. < milk.

## D. Secondary target medicines A-Z

For 'usefulness' in targeted clinical applications only

MEDICINE	APPLICATION	KEYNOTES - FOR DIFFERENTIAL DIAGNOSIS
<b>ALLIUM CEPA</b>	<b>Coryza, Hay fever</b>	URT and conjunctiva: Watery eyes; excoriating watery nasal discharge; sneezing; rasping, spasmodic cough Modalities: < evening, warm room; > open air, cold room
<b>BELLIS PERENNIS</b>	<b>Pelvic injury, surgery. Breast injury / cancer.</b>	Pain/bruising following episiotomy, caesarian section, hysterectomy. Breast cancer at site of old injury.
<b>CANTHARIS</b>	<b>Insect bites (inflamed), burns</b>	Burning vesicular eruption
<b>CARBO VEG</b>	<b>Collapse, fainting, weakness Indigestion, eructations</b>	> cool air, being fanned < rich food
<b>COCCULUS INDICUS</b>	<b>Nausea and vomiting</b>	Nausea with vertigo < lack of sleep
<b>COLOCYNTH</b>	<b>Colic</b>	Cramping pain - > pressure, doubling up, warmth Diarrhoea: watery, < after eating/drinking (Ailments from) Anger
<b>CUPRUM METALLICUM</b>	<b>Cramp, night</b>	Cramp in the calves and feet at night
<b>EUPHRASIA</b>	<b>Conjunctivitis, hayfever, coryza</b>	Acrid tears, bland nasal discharge itching eyes, photophobia Modalities: < evening, indoors, warmth, light; > open air, dark
<b>FERRUM PHOSPHORICUM</b>	<b>Fever (cf Belladonna) Acute otitis media (cf Chamomilla, Pulsatilla) Bleeding (cf Phosphorus)</b>	Early stages of febrile illness & inflammation Slow onset. Full, soft, flowing pulse. Flush/pallor Dull red ear drum Thirsty, sweaty, shivery Modalities: < exertion, open air, jarring; > gentle motion
<b>GRAPHITES</b>	<b>Eczema Skin cracks</b>	Eruptions oozing yellow sticky exudate Hard rough skin Cracks behind ears, canthi, corners of mouth, hands < chilly, cold

<b>HEPAR SULPHURIS CAL-CAREUM</b>	<b>Septic states: abscess, otitis, pharyngitis</b>	Sudden, intense, foul discharge, offensive sweat, chilly, extremely irritable, oversensitive, thirsty. Helps abscess to mature/discharge. Sensitive to drafts
<b>HYPERICUM PERFORATUM</b>	<b>Injury, crush or puncture wounds</b>	Damage to sensitive/nerve-rich tissues; penetrating wounds; spinal injuries. Centripetal spread of pain
<b>IPECAC</b>	<b>Cough causing vomiting Nausea &amp; vomiting, hyperemesis gravidarum</b>	Cough: wheezy, spasmodic, causing vomiting, < movement Nausea, constant; vomiting (doesn't relieve) - nothing ameliorates, clean tongue < smell of food, movement; salivation
<b>ISOPATHIC MEDICINES - HOUSE DUST MITE MIXED POLLENS AND GRASSES</b>	<b>Homeopathic immunotherapy</b>	
<b>KALI BICHROMICUM</b>	<b>Acute catarrh</b>	Sticky, stringy catarrh; maxillary sinus pain, root of nose
<b>LEDUM PALUSTRE</b>	<b>Injury; puncture wounds; eye injury; insect bites, stings Acute musculoskeletal conditions</b>	Painful joints, > cold, pale; ascending progression. Chilly patient, symptoms > cold
<b>MERCURIUS SOLUBILIS</b>	<b>Mouth ulcers Pharyngitis, tonsillitis Influenza Teething: sweaty, salivation ++</b>	Fever: sweat ++, offensive, < heat and cold, tongue swollen and indented, metallic taste Offensive sweat, breath, discharges. <u>Modalities:</u> < night, sweating, lying on right side, when heated, drafts, damp cold; > moderate temperature, rest
<b>RUTA GRAVEOLENS</b>	<b>Injury/strain: tendon, periosteum, joint</b>	Temp and weather modalities as Rhus tox
<b>SABADILLA</b>	<b>Hay fever</b>	Profuse watery nasal discharge and sneezing; < cold room, cold drinks; > warm room, warm food and drink
<b>SYMPHYTUM OFFICINALE</b>	<b>Fractures; injury to bone, periosteum. Injury to eye and orbit</b>	Pain from bony metastases in cancer

## E. Sample PHCE questions

1. **The sensation of a lump in the throat (globus hystericus) is a feature of which of the following medicines?**
  - a) Carbo vegetabilis
  - b) Ignatia
  - c) Natrum muriaticum
  - d) Phosphorus
  
2. **Which of the following statements is FALSE?**
  - a) Nosodes are very deep acting medicines
  - b) Nosodes can be prone to cause aggravations
  - c) Nosodes provide good prophylaxis as travel immunisations
  - d) Nosodes should not be repeated frequently
  
3. **Hierarchy of symptoms means:**
  - a) The more symptoms of a particular type you have, the more important they are
  - b) Every case must have symptoms at all levels before you can prescribe accurately
  - c) Symptoms are related to the central nervous system
  - d) Symptoms are evaluated according to a set order of importance
  
4. **Which of the following groups best represents the picture of *Sepia*?**
  - a) Hyperactive and playful
  - b) Friendly and submissive
  - c) Tired but stimulated by activity
  - d) Aggressive and dangerous
  
5. **Which of the following is a typical feature of *Arsenicum album*?**
  - a) Restlessness
  - b) Aggravation by warm applications
  - c) Midday aggravation
  - d) Profuse salivation
  
6. **In waiting room fear, which one of the following is best indicated?**
  - a) Gelsemium
  - b) Ignatia
  - c) Lachesis
  - d) Nux vomica

## **F. Further information**

If you have a general enquiry, or would like to know more about:

- your Faculty membership**
- how to apply for the exam**

please contact the Education & Quality Officer at the email address on page 6.

The exam calendar, details of accredited teaching centres and course providers and more information about the Faculty can also be found on our website [www.facultyofhomeopathy.org](http://www.facultyofhomeopathy.org).



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