

Centre for Integrative Medical Training  
In Association with London Integrated Medical Health Education



# Pre-membership Course in Medical Homeopathy

A Blended Course in Homeopathic Medicine for Healthcare Professionals

---

## Unit 55

Therapeutic Pointers for Week 11

## Homeopathy & Breast Care

### Mastitis

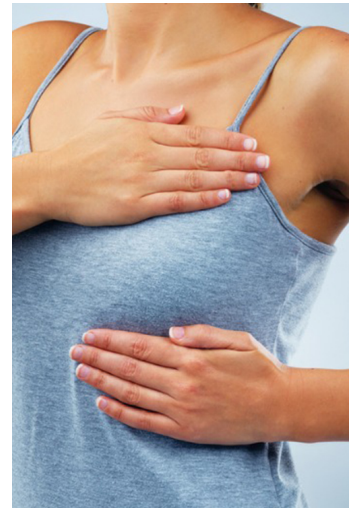
Mastitis usually occurs in conjunction with lactation.  
Fissures or abrasions of the nipple are a predisposing factor.

If the acute inflammation does not resolve - either spontaneously, or with treatment - abscesses may form in the breast.

One of the conventional treatment difficulties lies in the fact that while a woman is breast-feeding antibiotics are, at best, controversial and at worst mis-prescribed or completely contra-indicated.

Acute mastitis, however, usually responds well to homeopathic treatment.

*Phytolacca* is the most commonly indicated acute mastitis remedy:  
The breast is hot to touch and the tissues are hard and tender. There may be a visibly swollen area with a bluish or marbled appearance. The axillary or parasternal lymph nodes may be actively tender and very firm to palpation.  
If there is evidence of cellulitis following superficial injury, then *Streptococcinum* nosode can be given alternately with *Phytolacca*.



Rubric

**CHEST:** Inflammation, mammae

*Acon. anan. Apis Bell bell-p Bry. bufo Cact. calc Carb-an. Carb-v Carbn-s. Card-m. Cham. Cist. clem. Con. Crot-t. cur.dulc. Hep. lac-c Lach. Lyc. Merc. Phos. Phyt. plb. Puls. rhus-t. Sil. Sulph. ust. verat-v*

- bruises, from: *Arn*
- chronic: *fl-ac*
- nipples: *arn. Cadm-s. calc. cann-s. Cham. petr. Phos. pic-ac Sil. sulph*

## ***Supporting Routine Self-examination and Specialised Investigation***

Breast Care Diagnostics have improved greatly in recent years along with better population education on the importance of regular self-examination.

There are corollary issues relating to mental well-being, particularly when a patient discovers a lump or irregularity.

Early medical imaging and reassurance, where appropriate is very important, but while women wait for their mammogram / bloods / specialist review they require to be supported in ways that improve sleep and reduce anticipatory anxiety.

Some of the commonly useful remedies are:

*Phosphorus* can be important for the excitable woman who is full of imaginings.

*Arsenicum album* for those who display restlessness with fear and who are difficult to reassure.

*Aconitum* for those waking overnight with sudden panic.

*Ignatia* for those whose primary concern is for the wellbeing of others and who are silent about their own health concerns.



## ***Fibrocystic Change***

Patients with benign fibrous or cystic change, in whom malignancy has been excluded, can be treated with remedies that have the relevant affinities for breast tissue, look also under **Generalities** - Glandular affections (exocrine), Cysts.

## ***Breast Swelling & Mastalgia***

The Indicating Rubric can be found as follows: **CHEST**: Swelling, Mammae  
When selecting a remedy, the timing of symptoms and their modalities are important to note.

*Apis* (puffy swelling, ameliorated by cooling air / water)

*Arnica* (bruised or aching pain, defensive about boistrous approach from children, dogs etc - averse to knocks and hugs)

*Bryonia* (painful with motion of eg walking, > tight support clothing)

*Clematis* (puffiness, tender in the glandular regions of the breast)

*Cyclamen* (cyclical swelling < menses, after)

*Dulcamara* (inflammatory swelling / mastitis)

*Helonias* (cyclical swelling, < menses)

*Hepar sulph.* (pain, exquisitely sensitive to touch)

*Lachesis* (tenderness << for tight clothing or local pressure, perhaps bluish)

*Phytolacca* (mastitis, hard tender tissues, blue / marbled appearance, glands firm and tender to light pressure, undramatic fever but seem toxic.)

*Pulsatilla* (swelling prior to periods, tender puffy breasts, urinary flow can increase when period starts, breast tenderness > following diuresis)

*Sabina* (post-partum or menopausal mastalgia with swelling and increased vaginal bleeding)

*Vipera* (swelling after surgery esp. with lymphoedema following Lymph node clearance)

## Breast Cancer

Integrated Cancer Care is discussed in more depth next semester. Most women elect for conventional diagnosis and treatment and for many of these patients homeopathy is used supportively to improve resilience and reduce drug side-effects.

At this stage you may wish to look over Ann Clover's outline paper on Complementary Cancer care:



[https://www.dropbox.com/s/c0byc5fqvtdttug/Week\\_12\\_Day\\_3\\_Supplement\\_Breast\\_Cancer\\_Ann\\_Clover.pdf?dl=0](https://www.dropbox.com/s/c0byc5fqvtdttug/Week_12_Day_3_Supplement_Breast_Cancer_Ann_Clover.pdf?dl=0)

Some Rubrics

CHEST: cancer, mammae

GENERALS: cancerous affections, scirrhus

Consider:

*Arnica & Bellis-p* for surgical support

*Staphisagria* for post-surgical distress

*Hepar sulph* and *Sycotic co* for post operative wound infections

*Radium brom* or *x-ray* potencies for local side-effects of radiotherapy

*Ipecacuanha* for mediastinal side effects of radiotherapy

*Amylenum nitrosum* for crash menopause with 'volcanic' dry flushes

*Sanguinaria canadensis* for crash menopause with drenching sweats

These latter two remedies can be useful in patients who are on oestrogen blocking drugs eg Tamoxifen. A suitable maintenance dose is usually 12c bd.

Other flushing remedies with characteristic symptomatology include:

*Antipyrinum*

*Capsicum annuum*

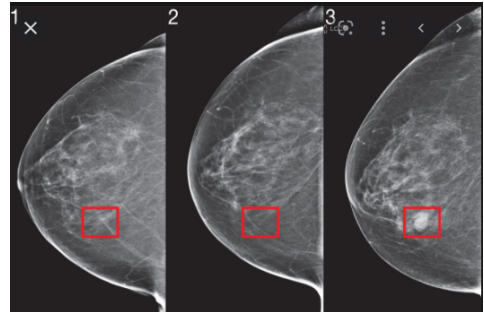
*Glonoinum*

*Lachesis*

*Pilocarpine*

*Sepia*

*Sulphur*



AI is now being applied to mammogram interpretation