

DOSAGE, POTENCY AND REPETITION IN THE HOMOEOPATHIC SYSTEM OF MEDICINE

DR. MANMOHAN SINGH, D.H.M.S., M.S.C., PH.D., Ludhiana

Maximum labour is devoted to the selection of appropriate remedy in the homoeopathic system of medicine. For speedy recovery, other important considerations in the clinical practices are: (1) amount of dose to be administered, (2) drug potency to be used, and (3) necessity and manner of repetition.

Experience has amply confirmed the opinion of Dr. J. T. Kent that the *Organon of Medicine* is usually incomprehensible to majority of homoeopathic physicians. An effort is made herein to explain the above three important aspects in simple and lucid manner.

DOSE

Homoeopathic dose is always similar to the case. It is simple in nature with no compounding or mixing. Further, it is administered in minimum quantity to cause the minimum aggravation in the diseased parts. Normally, four medicated globules constitute a dose for oral administration. In infants, it may be of two globules.

The medicated globules should be kept in well-corked bottles away from sunlight. Exposure to high temperature, moisture or desiccation is also to be avoided.

Medicated globules dissolved in clean water with some sugar of milk and sipped in small quantities at short intervals (5 to 15 minutes) give relief more quickly. This is due to larger contact of medicine with buccal, lingual and pharyngeal nerves through which the homoeopathic medicines act in the body. Mucosal richness of tongue, mouth and stomach help in quick absorption of medicine.

For treatment of three chronic miasms, recently erupted itch, chancre, figwarts, large doses are needed from the start using higher degree of dynamization daily (section 282, footnote 163, *Organon of Medicine*, 6th edition). Olfaction is adopted in case of higher sensitivity and unconsciousness.

POTENCY

Guarding against frequent use of high potency, Dr. Hahnemann cautioned that large dose of appropriate medicine in higher potency causes more harm to the patient than delivering good to him. Section 273 of the *Organon of Medicine*, 6th edition advises use of only one single and simple medicine at a time. During Hahnemann's time the medium potency (30c) was largely used. This eliminates risk of aggravation in majority of the cases. Extent of internal derangement is usually known little on the first visit of the

patient. Therefore, starting abruptly with high potency is not advisable. On the basis of experience of experts in homoeopathic system of medicine, the following guidelines are worthy of consideration:

(i) *Susceptibility*: That is responsiveness of the patient towards homoeopathic medicine. Generally individuals with faster growth rate or more energy need medicines in high potency. It is observed that the young ones including the children and the ones with strong constitution need high potency. The irritable and nervy temperaments are also positively correlated with potency of medicine. Dullheaded people, persons of less or poor memory, phlegmatic, sluggish, dumb, deaf and mentally retarded persons respond less to homoeopathic medicines. On this account they need more of medicinal substance to arouse the vital reaction in the body. This means that they respond better to low potency medicines.

(ii) *Type of disease*: Cases of predominantly mental symptoms and functional disorders need high potencies. Therefore, cases of gross disturbances in the function of body systems like circulatory, digestive, reproductive etc. demand thoughtful considerations for high potency. Rapid sinking of vital force in fatal diseases and in acute diseases, like dysentery, cholera, influenza, whooping cough etc. respond better to low potency.

(iii) *Type of medicine*: Experience suggests use of nosodes and mineral source drugs in high potency. Medicines prepared from plants and biochemical substances are usually given in low or medium potency. With this consideration, the most frequently used medicines like Bacillinum, Morbilinum, Pyrogenium, Graphites, Sulphur, Zincum etc. should be given in 200 or higher potencies while, Acon., Nux v., Puls., Acids, Kali bi., etc. in medium or low potencies.

(iv) *Compatibility of medicine with the disease*: More the medicine is near to totality of symptoms and covers a large number of peculiar, uncommon and characteristic symptoms, the higher is the potency chosen. Partially indicated remedies are given in medium or low potencies.

(v) *Past history of the case*: It is important to know the past history of the case in as detail as possible. Excessive drugging with massive doses or unwarranted high potencies in initial stages of illness reduce vitality of patient considerably. Such cases need low potency medicines. After drug effects of previous medicine pass off, medium or high potency medicine is required to be administered. Potency should be gradually raised after the previous one has exhausted its course and the case moves towards favourable direction.

REPETITION

With changes incorporated in the 6th edition of the *Organon of Medicine*, the following considerations have to be kept in mind:

(i) In chronic cases, when amelioration is observed after administration of a medicine, recovery occurs in 40 to 100 days. There is no need to repeat

the medicine with the same unmodified potency as it may hinder the progress of recovery. In acute diseases, the dose may be repeated daily, four hourly or even after five minutes depending upon gravity of the case. Medication in chronic cases needs very careful and scientific considerations according to the derangements in the invisible interior. Many cases are seen spoiled through unscientific and reckless medication.

(ii) In chronic cases after a low potency medicine has been used for a week or two, high potency can be repeated daily by modifying the potency.

(iii) For modifying a potency of an indicated remedy, 3 to 4 medicated globules are crushed in about half a gram of sac. lac. This powder is dissolved in 300ml water. Addition of 40ml absolute alcohol to the solution acts as a preservative. The liquid is stirred well and given 10 to 12 succussions. One dose (about 5 to 10ml) of this dynamised liquid potency is to be administered to the patient.

(iv) In case a patient shows any untoward sensation after taking the medicine, it has to be checked. The potency as prepared in para (iii) may be further modified by mixing 5ml of it in 40ml water. If sensitivity is yet indicated the potency may still be further modified by mixing 5ml of this modified liquid in 40ml of water. Such modifications may be continued till the patient stops showing any further sensitivity.

This modified potency can be administered daily for 7 to 14 days. Everyday before administering the dose (5 to 10ml), the medicine should be further dynamised by giving 2 to 12 succussions.

(v) If the modified potency of a medicine as described in (iii) above does not show any sensitivity on administration, it may be continued for 7 to 14 days with a dose (5 to 10ml) daily after giving 2 to 12 succussions to the liquid. The succussions will raise the degree of dynamisation and the potency thus changed will bring the cure nearer.

(vi) Repetition in chronic cases with successively higher potencies involving modification of potencies is a delicate procedure which demands very keen observation during the course of treatment. Repetition is needed only when no new symptom appears but the old and earlier symptoms appear in succession.

(vii) It has been established and accepted as uncontroversial finding that each modified dose of the same higher potency medicine modifies the vital force (vital principle) to a certain extent which acts upon the remaining part of the disease to effect a speedy cure. Thus the recovery period of 40 to 100 days through unmodified high potency medicine is cut short considerably.

(viii) It has been repeatedly proved that vital force will remain unaffected for any favourable change if the modified high potency medicine in dry globule form is repeated in how-so-ever number of times. This mistake is common with those who have not read or understood the *Organon of Medicine*. As a result of this technical illiteracy with some homoeopathic physicians, the chronic patients who continue suffering frequently remark

that homoeopathic treatments are effective in the first instance but not with the repetitions.

It is quality of similar medicine and not the quantity which is important in homoeopathic system of medicine. Dr. Hahnemann laid special emphasis on this aspect vide, section 247 of 6th edition of the *Organon of Medicine*.

(ix) The vital force does not accept the repeated doses of the same high potency medicine in globule form. The good expected of it had already been brought about by its earlier dose. Through further medication with unmodified doses, the remaining symptoms of this medicine will start appearing in the patient making him further sick through medicinal aggravation.

(x) In case the recovery has not occurred after treatment described in para (iv) or (v), the case is to be re-examined. If still the same remedy is indicated, three or four globules of next higher potency is to be administered in the same manner described in para (iii) above. This procedure is continued till recovery. In case of homoeopathic aggravation noticed by reappearance of earlier symptoms, the dose (2 to 4ml) is to be reduced and repeated at longer intervals (2, 3 or 4 days).

(xi) On re-asc-taking if some other remedy is indicated first it is to be administered in medium potency for about three days. When further improvement is not observed, it is to be administered in higher potency. In case recovery has not occurred and still the same remedy is indicated, it is to be administered in modified form as already discussed.