

## SELECTION AND USE OF POTENCIES

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After the difficult problem of finding the *similimum* is solved by studying the symptomatology of the patient with the aid of Repertory and analytical study of the *Materia Medica*, the problem of selecting the suitable potency of the medicine to be administered in a particular case presents itself to every careful Homœopath.

Unfortunately no set rules or definite principles about the selection of potency were laid down by our Master, Samuel Hahnemann, either in the *Organon of Medicine* or in his Lesser Writings, or elsewhere. In fact the Master used the 30th potency as the highest in general. The potentiation of the Homœopathic Medicines to higher attenuations was a later development by his disciples; and Homœopaths in Europe even now use low potencies 3x to 30th and generally do not go beyond the 200th potency. Attenuations above 1000 upto M.M. and D.M.M. were developed in the U.S.A. by eminent Homœopaths like Drs. Swan, Fincke, Kent and others, who found them much more effective and deeper acting especially in chronic cases.

Hence the young Homœopath of modern times and even those with some experience are bewildered by long array of potencies and they are often at a loss to understand which potency to use in a particular case. It is a pity that majority of Homœopaths generally adopt a particular range of potencies for their use in practice in a purely arbitrary manner—some using the lower potencies such as 3x to 12x, and 30th as their highest, rarely going to 200th, while others use above 200th and 1000 and shun the lower potencies as worthless stuff.

Truly speaking it is not possible to cure majority of cases satisfactorily without having at one's command the full range of potencies of most of the polychrest remedies. At any rate every successful homœopath must possess 30, 100, 1000, and 10M, 50M, C.M., potencies in his stock, if he really means to fulfil the mission of healing the sick.

Guiding principles for selection of potencies in a particular case can be gathered from some portions in the footnotes of the Organon of Medicine by Hahnemann, Kent's Homœopathic Philosophy, Kent's New Remedies and Lesser Writings, and the writings of the Master's noted disciples, such as, Drs. Hering, Nash, Farrington etc.

For understanding the modus operandi of various potencies on the human body one must have a clear idea of the vital force or dynamis, the cause of disease and its cure as enunciated in the Organon of Medicine. To put it in a nut-shell, the Life force or Dynamis, which keeps the body functioning in a healthy state, is affected and altered by disease force, which is generally as subtle as the life principle itself. Not only that, the life principle or dynamis has also various planes of action in the physical body from the most gross to the most subtle part of the physical vehicle and higher bodies, particularly the etheric body (Pránái kosh) in which the life principle (Prán) works to maintain the physical vehicle in a healthy state. As such unless and until the medicinal dose is adjusted to the plane of action of the disease force, perfect cure of the disorder is not possible. The higher attenuations have thus opened a way for reaching the most subtle states of the vital force in human body which operate, and are the cause of all chronic diseases.

The ideal dose or potency in a particular case is that which does not produce any aggravation of symptoms but only starts amelioration, because we do not seek to produce aggravation. No law is established for aggravation and amelioration by particular potency. It is only by study of records and practical experience that we can learn which potency gives best action in particular diseased state. But the sensitivity of a particular patient is also a material factor. According to Dr. J. T. Kent, the best action of a medicine is indicated by slight aggravation of symptoms, as in the first few hours in an acute disease or in the first few days in a chronic case, followed by quick amelioration of symptoms. Too high a potency produces an unnecessary aggravation and it will not perform the best curative action because the dynamis will be greatly shocked by it. So it is never wise to give too high a potency at the very outset.

After more than 35 years of practice of homœopathy and careful observation of the working of various potencies and deep study of authorities, the following suggestions can be safely laid down by me for guidance about selection and use of various potencies:

1. Every physician should have the full range of potencies noted above made on centesimal scale. Selection of potency for a particular case depends upon the nature of disease, age of patient his vitality and powers of reaction, cause of disease and length of illness.

2. From 30 to 10M potencies will be found useful in very sensitive patients, women and children, and in acute diseases.

3. From 10M. to C.M. potencies all are useful for chronic diseases in persons not so sensitive to actions of high potencies.

4. In sensitive women and children and acute diseases, it is well to give the 30 or 200 potency at first, permitting the patient to improve in a general way after which 1,000 may be used and when improvement ceases, 10M potency may be given.

5. In persons suffering from chronic diseases 10M. potency may first be used and continued without change so long as improvement lasts, when 50M., C.M., may be used in succession after each has ceased to give further improvement. In this way the patient can be held under the influence of the simillimum until fully cured.

6. If a remedy is only partially similar it will not act in one or two potencies only after which the symptoms will change calling for a new remedy.

7. Many chronic cases require a series of carefully selected remedies to affect a cure, if the remedy is only partially similar but the ideal in prescribing is to find the remedy similar enough to hold the case through a full series to the highest, each time the patient will report that the new potency acted as did the first one. The patient can feel the medicine when it is acting properly.

8. Crude drugs and potentized remedies are opposite in action. This principle can be usefully employed in cases where

sick states are brought about by misuse of crude drugs. Similarly when the sick body is unable to assimilate essential elements from food materials or crudely administered drugs, such as, Calcium, Sulphur, Iron etc., a higher potency of the said medicine will enable the system to assimilate the necessary materials from food-stuffs taken by the patient.

9. Metallic remedies and Nosodes show their best action in high and highest potencies. They should never be used below the 200 potency in any case.

10. Keep to milder potencies (200 to 1000) as long as they work. It is not well to jump to high potencies all on a sudden. Go gradually, say from 200 to 1000, then 10m. and so on, you can then repeat the series beginning with the lower potencies & do good work.

11. By close observation of the patient and working of particular potencies on him his susceptibility can be determined and then it will be possible to select the most suitable potency for him to affect a cure in the quickest way.

12. In delicate patients and those suffering from organic disorders in which organs have been partially or wholly destroyed it is dangerous to use high potencies or deeper acting remedies e.g., in a patient, who needed Sulphur 10 or 20 years back, it will be fatal for him to be given that remedy in a high potency now.

13. Some medicines are particularly dangerous under certain conditions e.g., Sulphur, Phosphorus, Hepar Sulph and Silicea in tubercular cases and Kali Carb in chronic cases of gout and rheumatism as they may even kill the patient if correctly indicated. In such cases they should not be used in high potencies or in the very low potencies. The safest potencies in such cases are 30th, and 200th according to the vitality of patient.

14. The repetition of the dose should also be done carefully and not in an arbitrary way as it is generally done, every two or three hours for 30th, every week for 200th and so on by the routinists. The dose should be repeated when the action of the former dose has been fully exhausted; for I have seen that even 30th potency sometimes acts for a month or two in

a single dose in many cases. Belladonna should not be repeated especially in high potencies as the repetition is likely to kill the patient. A single dose generally does all the work that is needed.

15. As a rule two doses or three of the same potency give the best result, thereafter one must go to the next higher potency to get the best curative action.

16. It is a mistake to mix different potencies e.g., decimal and centesimal scales. Stick to one scale and one manufacturer for the sake of the uniformity of results.

17. It is wrong to think that homœopathic medicines cannot do any harm. If wrongly used or repeated, they can kill patients faster than bullets.

18. Some medicines show opposite action in low and high potencies e.g., Merc. Sol., Hepar Sul, and Silicea promote suppuration if used in low potencies from 3X to 30 whereas they cause healing of wounds and ulcers when used in potencies higher than 200. Hence the potency needed in a case of a particular patient will be governed by the type of action desired in the case in hand. One should be careful about this matter during his study of *Materia Medica* and make a special note of such remedial actions of particular remedies.

19. The indiscriminate use of any one potency is likely to bring reproach on our art. They all, from the 30 to the million have their places, but no single potency is enough for demands made upon it by diseases of different individuals, as the sensitivity of each is different from the other. Then the nature of the disease also makes a difference. Patients with heart disease or T.B. are likely to have their sufferings increased and end hastened by the use of highest potencies. They do better under 30 and 200 potencies.

20. Sometimes very sensitive patients will do well on a high potency if they have been prepared for it by the use of a lower one. Sometimes patients recover from their symptoms for a while under 1000 and then the remedy ceases to act and even a repetition is followed by no effect. Then 10,000 would produce very beneficial effects and make the cure permanent. Give necessary doses at long intervals until repetition

gives no effect. Then go to the next higher potency upto the highest. In this way the patient can be put upon a series of potencies to keep up prolonged curative action lasting for several years which is needed in deep-seated chronic diseases.

21. It has been found that in acute digestive disorders specially in women and children, lower potencies from 30 to 200 give a satisfactory result. High potencies are needed only in chronic conditions of the digestive apparatus such as prolapsus of anus, blind piles etc.

22. Nervous disorders and mental derangements are never cured till high potencies are used. Lower ones, even upto 200 give only temporary results.

23. In times of great sufferings for immediate relief of patients there is no better way than to take the symptoms of the case and select the remedy capable of producing similar symptoms. It is not proper to give morphine or other stupefying agents thinking that they allay human sufferings. Even at this moment the true similimum gives the best results.

24. In consumptives, in the last stage, when the hectic fever is in full blast the night sweat, the constant burning thirst, diarrhoea, the constriction of chest and suffocation, Dr. J. T. Kent advises the use of Phosphorous very high in a single dose but never to be repeated. An aggravation will follow but it will soon pass off if not meddled with leaving the patient free from fever and he will go on till death, many times comfortably.

25. At the time of approaching death its pangs can be relieved by the use of Lachesis, Carbo Veg., Arsenic, Secale and Tarentula Cub. according to symptoms presented in 30 potency.