Posology in Homoeopathy

- Potency selection
- Repetition of doses
Potency selection is closely related to Susceptibility

- **What is Susceptibility?**
  - Reactivity of organism to external and internal influences eg climate, infection, chemicals etc
  - Quality/capability to receive impressions and power to react to these impressions.
  - It differs from person to person as well as time to time in the same person
Susceptibility during health and disease

- Health – Normal susceptibility
- Death – Destroyed completely
- Incurable disease – Partial susceptibility
- Disease – Increased or decreased susceptibility
- Cure – Restoration of normal susceptibility
Susceptibility elicited in disease

- **DISEASE-**
  - When a person has low susceptibility or low reactivity, more pathological changes are seen and symptoms are not well developed. Common general symptoms are produced which lack characteristic features.
  - When a person has High susceptibility or high reactivity, more functional dynamic changes are produced. Highly characteristic symptoms, Clear PQRS symptoms produced.
Susceptibility in provings (artificial disease)

- PROVINGS - In a proving the remedy produces an artificial susceptibility. The train of symptoms which follows represents the reaction of the susceptible organism to the specific irritant or stimulus administered.
  - When remedies proved in low potencies and mother tincture - Common General symptoms produced which are not sharply differentiated and non individualistic. Specific sphere of action of the remedies can be elicited.
  - When remedies proved in medium to higher potencies – Finer more characteristic individualistic features elicited. More generalised action seen.
### Susceptibility and Potency selection derivation

- The finer, more peculiar and more characteristic the symptoms, higher the susceptibility and higher the potency and vice versa.
The Key to Homoeopathic potency selection boils down to finding the susceptibility of our patient.

What factors determine the susceptibility?
Susceptibility depends on following factors

Nature of the **constitution** - physical constitution, psychological temperament
Nature of **disease** - seat of disease, nature of disease, stage of disease
Nature of the **remedy** - remedy reactivity, duration and depth of action.
Nature of Constitution and Susceptibility

- **Age** –
  - Children, Older, etc

- **Constitution and Temperament** -
  - Sensitive, quick to act and react, impulsive and intelligent, excited, imaginative etc
  - Sluggish, dull, slow to act, more muscular power, addicted to lots of stimulants etc

- **Habit and Environment**
  - Occupation - creative pursuits, sedentary life, exposure to chemicals, habit forming drugs etc

- **Idiocyncracy** – excessively high susceptibility.

- **Miasm of individual** – Psora ----> Syphillis.
Nature of Disease/ Miasm of disease and Susceptibility

• Seat of disease –
  – Dynamic vs fixed disease
  – Developing organs in growing kids, pregnant women as compared to degenerating organs in older people.
  – PNEI system as related to other systems.

• Type and cycle of disease -
  – disorders that involve rapid development hyperactive tendencies, allergenic responses, and nervous irritability are more reactive than those of a slow, progressive, and insidious nature.

• Pathological conditions–
  – Gross pathology and Terminal conditions could destroy susceptibility - no potencies work, but only crude doses
Nature of Remedy and Susceptibility

- Kingdom
- Potent vs inert remedies in crude forms.
Treatment of very low susceptibility

- Deficient reaction or diminished susceptibility may exist in a case or appear during treatment and constitute a condition requiring special treatment. This is especially true in the treatment of chronic diseases, where improvement ceases and well selected remedies do not seem to act.
- Under such circumstances it may sometimes be necessary to give a due of what is called an "intercurrent remedy."
- Boenninghausen mentions as appropriate in such cases: Carbo veg., Lauroc., Mosch., Op., Sulph.
- To these may be added the typical nosodes: Medorr., Psor., Pyrog., Tuberc., Syphil., and also Thuja. The choice of any particular one of these remedies must be governed by the history and symptoms.
Treatment of excessively high susceptibility

- Excessive reaction or irritability, is a condition sometimes met where the patient seems to suffer an aggravation from every remedy, without corresponding improvement. There is a state of general hypersensitiveness.
- For such a state, Bœnninghausen recommends Asar., Cham., Coff., China, Ign., Nux v., Puls., Teuc. and Valer.
Evolution of Potencies during Hahnemann's time

- In the 4\textsuperscript{th} Edition of Organon and in the First edition of chronic diseases, he introduced the theory of VF and doctrine of Chronic miasms and mentions that the Highest potency was Immaterial 30c potency.
- In the 5\textsuperscript{th} Edition of Organon and the third, fourth and fifth editions of chronic diseases – He is still using the 30\textsuperscript{th} potency as his highest and is worried about aggravation. Worked with predominantly three potencies - 6C, 15C, 30C.
- In the 6\textsuperscript{th} Edition of Organon – LM potencies introduced.
Kent's potencies

- Kent was not only an exponent of medium and high potencies but was also the preceptor of a generation of high potencists. It was because of his students that high potencies came into vogue in England. Kent is still considered the person who has influenced the use of high potencies the most among the homeopathic community. Kent has written:

- "After 30 years of careful observation and comparison with the use of various potencies, it is possible to lay down the following rules: Every physician should have at command the 30th, 200th, 1M, 10M, 50M, CM, DM, and MM potencies...

- In acute diseases, the 1M and 10M are most useful. In the sensitive woman and children, it is well to give the 30th and 200th at first, permitting the patient to improve in a general way, after which the 1M (and 10M) may be used in a similar manner.

- In persons suffering from chronic sickness and not so sensitive, the 10M may first be used, and continued without change so long as improvement lasts; then the 50M will act precisely in the same manner."
Potencies and later homeopaths

- Nash was also strongly in favor of medium and high potencies.
- Pulford writes: The low curative remedies range from 30X to 200C potencies, especially for acute cases which do not rely on, nor are part of a deep chronic malady. The medium curative remedies range from 200C to 10M potencies in subacute cases all of which rest upon some deeper dyscrasia. The higher potencies range from the 10M up for the chronic curable cases.
Potency and later homeopaths

- H R Roberts advises that if the symptoms are very similar, we can go as high as we wish. The less sure we are of our similarity, the lower our potencies. As a rule when there is pathology, medium or high potencies may be dangerous.
- Sir John Weir, quoting from his 35 years of experience says that low potencies should be used for physical illness, external conditions, skin conditions etc. When mental symptoms are found, high potencies are needed.
**Potency and later homeopaths**

- Yingling, that remarkable homoeopathic obstetrician, writes, "There is no question but that the crude or very low potency will cure when homoeopathic to the diseases condition. Experience teaches and proves this beyond a doubt. But the experience as fully and completely proves and establishes the fact that the high and higher potencies act more promptly and efficiently and will cure cases, especially of chronic diseases, that the crude cannot touch. It is erroneous to suppose that the high potencies excel in the treatment of chronic cases and are not efficient in the acute stages of disease. My experience goes to prove that the high potencies are more reliable and efficient in the acute cases and will abort sickness or restrict it to a few days, whereas the crude would require many days or weeks to accomplish the same."

- Hubbard says for the diseases of psychic origin the high potencies should be employed. Functional diseases too with subjective symptoms respond well to high potencies. Acute disease, even with pathological changes, will also need high potencies, while in acute crisis of chronic diseases such as cardiac asthma, medium or low potencies would be preferable. In chronic cases, it is safe to begin with 200C. She prefers high potencies in cases with marked mental symptoms. She also writes "In desperately ill cases, where the fight for life is active, in acute diseases, the high potencies are indicated; In chronically incurable cases, unless the vitality is very good and pathology not yet too extreme, low or medium potencies are suitable"
Rules by P. Sankaran

- When in a case, the symptoms of the patient are very well matched by the symptom picture of the drug and especially if the mental symptoms are present and clearly marked, then a high potency seems advisable.
- a) Where the symptom matching is poor due to paucity of symptoms or (b) when the prescription covers only a superficial or local condition e.g. a skin condition such as a wart or (c) where pathological symptoms predominate, e.g. as in cancer, congestive cardiac failure, etc. or (d) where only a palliation is aimed at because the patient is incurable and has a very low vitality, low potencies seem more advisable.
Rules by P sankaran

- Children appear to tolerate high potencies well due to their vitality while old persons may not tolerate high potencies so well.
- When the patient is oversensitive to drugs, it is wise to use a low potency.
- When the reaction is poor and a reaction remedy is prescribed to promote reaction, e.g. Carbo veg., a high potency is to be preferred.
- Probably intelligent and sensitive patients and those engaged in mental occupations need higher potencies while the dull and the backward and those engaged in physical work may need the lower ones. Extending this idea, it seems that the less highly evolved animals may need lower potencies.
Rules by P Sankaran

- Certain medicines seem to act better in particular potencies. For instance, drugs like Apocynum cannabinum, Sabal serrulata, Ornithogallum umbellatum, Hydrocotyle asiatica, Passiflora incarnata, Crataegus oxycantha, Adonis vernalis, Strophanthus hispidias, Carduus marianus, Blatta orientalis, etc., seem to act better in O.
- Nosodes seem to act better in high potencies, e.g. 200 and above.
- Certain potencies may produce certain effects, e.g. it is said that Silica given in low potency promotes suppuration, whereas if given in high potencies it aborts suppuration.
Vithoulkas guidelines

"Patients who have weak constitutions, old people, children with severe pathology eg known malignancy or very hypersensitive people should initially be given potencies ranging, roughly, from 12 X to 200.

Oversensitive patients … are very reactive to both low potencies and high potencies. Consequently it is better to restrict initial prescription to 30 or 200 in such patients.

If a case seems relatively curable and free of physical pathology, higher initial potencies may be tried, ranging from 30 to CM. The primary guiding principle here is the degree of certainty, which the homeopath has about the remedy.

Medicines such as Lachesis, Aurum, and Nosodes have strong tendency toward physical pathology. For this reason, they should usually be restricted to lower potencies (30 or 200) unless the individual case is demonstrated to be quite free of physical pathology."
Rajan Sankaran's views on Potency

- Patients describe symptoms at various levels.
- Every person dwells predominantly in one level and describe clearly and easily only that level.
- The potency depends on the level at which a person experiences phenomena including disease in everyday life.
Rajan Sankaran's Levels

- Level 1 - Name
  - Symptoms of the structural pathology, no characteristic symptoms locally or generally. Only common disease symptom.
  - Potency - 6C
- Level 2 - Fact
  - Symptoms of local structural pathology. Local characteristic symptoms but generals are not prominent.
  - Potency - 30C
Levels

- Level 3 - Emotions
  - Characteristic symptoms both locally and generally. Pathology has functional symptoms.
  - Potency - 200C

- Level 4 - Delusion
  - Symptoms of basically general affecting the whole being. Symptoms either intensely mental eg fears, anxieties or hormonal with prominent dreams interests, hobbies.
  - Potency - 1M
Levels

• Level 5- Sensation
  – Characteristic nerve sensations generally and in parts. The mentals are a direct expression of the source of remedy. Gestures very prominent. Sankaran has seen basically kids expressing this level in real life, rarely adults, could be in insane people.
  – Potency - 10M

• Level 6 - Energy
  – Express pure energy. Sankaran has not seen this level in experience yet.
  – Potency – 50 M
Divya Chabbria's potency chart

- Provings of the same remedy in different potencies by Divya.
- Potency chart
Factors homeopaths rely on for potency selection

- 1. Certainty about the remedy chosen
- 2. Kingdom of the medicine (source)
- 3. Age of the patient
- 4. Gender of the patient
- 5. Occupation of the patient
- 6. Sensitivity of the patient
- 7. Vitality of the patient
- 8. Nature of the patient
- 9. Type of disorder - Functional or Pathological.
- 10. Severity of Pathology
- 11. Acute or Chronic nature of the disease
- 12. Clarity and abundance of mental symptoms
- 13. Type of response desired - palliation or cure
- 14. Level of proving
- 15. Nature of drug
- 16. Miasm of the patient
Posology is Individualistic

- Attempts have been made to lay down rules governing the dose based upon a pathological classification of diseases; as, for example, that the lower preparations should be used in chronic disease with tendency to disorganization of tissues and in acute diseases; or that the high potencies should be used in purely functional and nervous affections; but these classifications are not reliable.

- **Best way** is to determine the degree of susceptibility of the particular patient at a given time.

- Thus the whole matter of the dose, like the selection of the remedy, resolves itself into *a problem of individualization*,
Repetition of doses

- In Par. 245 of Organon Hahnemann gives this general rule: "Perceptible and continued progress of improvement in an acute or chronic disease, is a condition which, as long as it lasts, invariably counterindicates the repetition of any medicine whatever, because the beneficial effect which the medicine continues to exert is rapidly approaching its perfection. Under these circumstances every new dose of medicine would disturb the process of recovery."
The duration of action of a remedy *which acts* varies, of course, with the nature and rate of progress of the disease. In a disease of such violence and rapid tendency toward death as cholera, for example, the action of the indicated remedy might be exhausted in five or ten minutes and another dose be required at the end of that time. In a slowly progressing chronic disease, like tuberculosis, the action of a dose of a curative remedy might continue for two or three months. Between these two extremes are all degrees of variation.

The only rule which can be laid down with safety is to *repeat the dose only when improvement ceases*. To allow a dose, or a remedy, to act as long as the improvement produced by it is sustained, is good practice; but to attempt to fix arbitrary limits to the action of medicine, as some have done, is contrary to, experience.
• Genius of Homeopathy- Stuart Close
• The Principles and Art of Cure homeopathy – H.A Roberts
• Hahnemann's advanced methods – David Little- www.hpathy.com
• Homeopathic potency selection –Dr Manish Bhatia
• The sensation of Homeopathy and Sensation Refined – Rajan Sankaran
• Free association Seminar- Divya Chabbra.