

LM Potencies

During my training to become a homœopath, in spite of excellent teaching, I felt fear and confusion – fear about using an inappropriate remedy or potency; fear of aggravation, suppression, of making my patient worse. Confusion about where to begin and how to proceed, to make my patient better.

At college we were given an assignment to compare aspects of Hahnemann's and Kent's philosophies. What I found through my study of the 6th edition of the *Organon** and a comparison with Kent's Lectures on Philosophy was that much of this fear and confusion seemed to stem from Kent. Kent talks about aggravation from the higher potencies producing "tremendous turmoil" such that the patient "will run off and leave you". Lecture XXXIV, XXXVII. He tells us that high potencies if repeated too often or too soon in treatment or provings can produce lifelong "poisonings" and homœopathically produced miasms. Yet he says there are no fixed rules on dosage, potency and repetition and that "I hope some day to be able to discover the principles". XXXIV.

In addition, Kent's theory that all disease flows from the innermost to the outermost, from 'primary' or 'cause' to 'ultimate', from will and understanding to the body, forms a basis for fears of suppression and also even more disturbingly, for a judgmental and far from 'unprejudiced' philosophy, ie that disease begins in the mind or soul, that the evil in man's will and understanding is the cause of disease in the body – "As the life of man or as the will of man so is the body of man" II, III, IV, V, XIX. For Kent "The human race today walking the face of the earth is but little better than a moral leper". XIX.

In contrast, in Hahnemann I found clear guidelines for confident treatment of our patients, leading to gentle, rapid improvement in health, and a benevolent, purposeful, life-enhancing basic philosophy.

Hahnemann had found that centesimal potencies could act "with intense, even dangerous violence... without bringing about the permanent, gentle counteraction of the vital principle", whereas the LM method "produces medicines of the highest power and the mildest action". Paragraph 270f. There seems to be no mention of suppression through the use of our remedies, only palliation which I understand Hahnemann to be saying we cannot do if we follow the rule of symptom similarity – Paragraphs 69, 70, 291.

Hahnemann describes disease beginning at the level of the vital force, and disease as a reflection of the untuned vital force, not of the evil soul or will as in Kent. Instead of a complex hierarchy of symptoms, we prescribe on what is most characteristic, striking, truly distinctive of the patient, always including mental and emotional symptoms because they are always present, often most easy to observe and particularly characteristic, not because of a theory of cause and effect – Paragraphs 153, 154, 178, 192 193, 210, 211.

Finally, I found Hahnemann's world view seems to be that of "the homœopath who loves mankind, who respects

mankind and counts even the lowliest of men as his brother" – Paragraphs 285, 137.

My purpose here is not to criticise the use of centesimal potencies. I know that for the majority of homœopaths they work extremely well and extremely successfully. My reason for writing is to share with anyone who has a resonance with my own feelings, my journey from fear and confusion towards love and courage.

I give below the guidelines I have extracted from the *Organon*, from my practice, with thanks to John Morgan. In practical terms, in chronic prescribing I place one granule of the remedy into a 200ml bottle of water and ask my patients to take one teaspoon daily for a week, two teaspoons for 2nd week, three for 3rd week and four for 4th week, shaking the bottle five or six times (following Robin Murphy's suggestion to start with five). For sensitive patients I begin with half teaspoon, or by diluting further – one teaspoon into half a glass of water, again increasing weekly. I try and explain the process clearly and simply: I ask my patients to stop taking the remedy and contact me if they feel worse in any way, and to contact me after two weeks if they feel no different. I arrange a follow-up consultation in four weeks time.

*Kunzli, Naude & Pendleton Translation.

With Thanks to Madeline Evans and Carol Wise.

Guidelines for the use of LM Potencies, taken from the 6th Edition of *Hahnemann's Organon of Medicine* (Kunzli, Naude & Pendleton Translation)

- 1 Carefully select the medicine "so that it is accurately homœopathic". 246'
- 2 Begin with "the lowest degrees" of potency. 246a.
- 3 "Potentize anew each time before it is taken" with about 8, 10 or 12 succussions of the bottle, reducing to 2 for sensitive patients. 248, 247a.
- 4 "The patient should take one or (increasing progressively) more coffee spoons or teaspoons" – in chronic diseases daily or every other day, for months if necessary; in acute cases hourly or as necessary. 248.
Dilute the solution further if the patient is sensitive. 248a.
- 5 "If the solution is used up (in a week or two) give a higher potency of the same remedy, if it is still indicated". 248.
- 6 Continue as long as steady improvement is felt and there are no significant new symptoms .248
- 7 Improvement is taking place if there is a "decline of the original symptoms without any new ones" or there is mental and emotional improvement with no worsening of old symptoms and without any new, unfamiliar symptoms. 254, 255.
- 8 Intensification of symptoms at the beginning of treatment indicates the doses are too large. 282. Reduce number of succussions, dilute further. 247a, 248a.
- 9 Aggravation is taking place if new symptoms not characteristic of the case appear, even if the patient says he

feels better. Stop the remedy and immediately give the new, now more homœopathically appropriate remedy. 248, 249, 250, 254, 256, 180, 181, 182.

- 10 Obstacles to cure should be removed, eg. coffee and other "errors of living". 260.
- 11 "The cure of very old diseases can be speeded up by daily rubbing (on back, thighs, lower legs) with the same medicinal solution", avoiding affected parts. 285.
- 12 Return of "one or more old, original symptoms to a moderate degree indicates cure is imminent" - this is the "homœopathic aggravation". Reduce the dose further and repeat at longer intervals or stop medicine for several days. If they are medicinal symptoms, they will go away within a few days or hours, if they remain, resume treatment in a higher potency. For sensitive patients increase the doses "far more slowly, by far smaller amounts". 248, 280, 281.

Note

1 - "because these doses are so small, if through human weakness (the true physician) chooses a medicine rather inappropriate to the disease, the harm done would be so insignificant that it would quickly be overcome and corrected by the life-force itself and by the counter-influence of a more similar remedy immediately administered in the same minute dose". 283 and see 163, 166, 168, 249a.

Anne Grey RSHom practises in Ilkley in Derbyshire.

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