

Colin B. Lessell

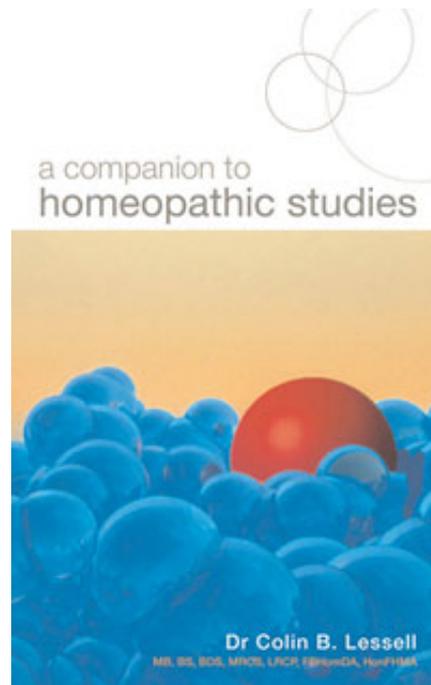
A Companion to Homeopathic Studies

Reading excerpt

[A Companion to Homeopathic Studies](#)

of [Colin B. Lessell](#)

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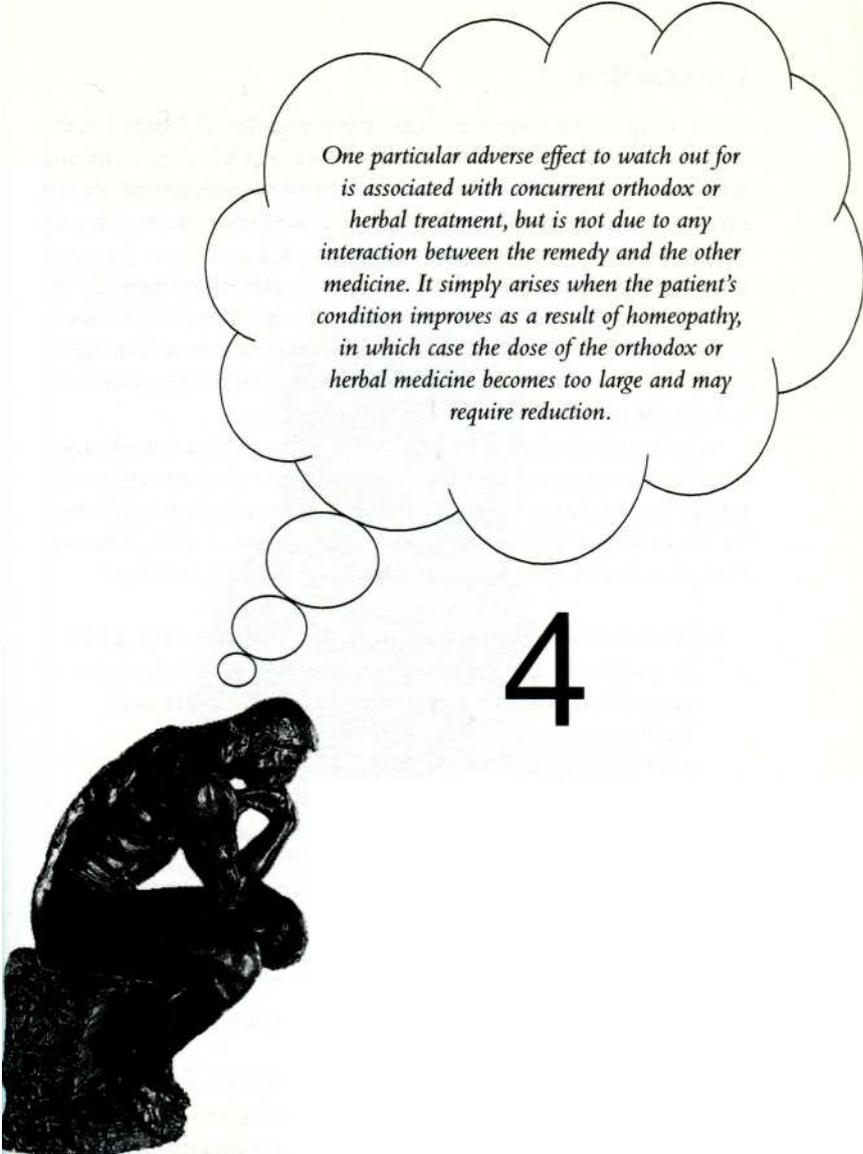
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One particular adverse effect to watch out for is associated with concurrent orthodox or herbal treatment, but is not due to any interaction between the remedy and the other medicine. It simply arises when the patient's condition improves as a result of homeopathy, in which case the dose of the orthodox or herbal medicine becomes too large and may require reduction.

4

Thinking about dosage and related matters

Introduction

In this chapter, we mainly examine the principles of dosage, i.e. the ways in which remedies may be administered, in what amounts, and with what precautions. A few additional tips on storage will also be given. Luckily for the busy clinician and retail pharmacist, who are largely concerned with fairly straightforward and basic prescriptions, there are a number of good books around which simplify the matters of both remedy selection and dosage. *The Complementary Formulary* (Lessell, 2001), for example, has been specifically designed for this purpose and is a most valuable asset where time allows for only brief consultation (even over the telephone).

In orthodox pharmacy, of course, the dosage of oral medication is a relatively simple matter of determining the amount required in milligrams in relation to weight or age, and when it should be taken. In homeopathic pharmacy, however, things are a little different. Here, the idea of dosage encompasses the following concepts:

1. The numerical potency of the remedy, e.g. 30c, D12, LM2.
In each scale of serial dilution, a higher potency may be regarded as being of greater intensity than a lower, and having a lesser content of unintelligible geometric information (see Chapter 2, *Impurities*, Example 1). The following definitions are useful, albeit somewhat arbitrary. (The term 'attenuation' will be found in older books.)
 - a. *Low* potency/attenuation: < 12c; <D12.
 - b. *Medium* potency/attenuation: 12c-30c; D12-D30; LM1.
 - c. *High* potency/attenuation: > 30c; >D30; LM2-LM30.
2. The means by which it is delivered, e.g. drops, tablets, pillules (see Table 4.1).
3. The material amount to be given, e.g. 1 drop, 1 pillule, 1 tablet.
4. The mode of administration, i.e. straight on the tongue or dispersed in a stated amount of water. If dispersed in water, whether all should be taken as a dose or some smaller quantity (e.g. 5ml). LM potencies are usually given in water; c and D potencies usually directly in solid form.

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A similar Chest to the above, but without the top drawer and its contents. Price £3 10s.

Figure 4.1

English advertisement for homeopathic remedies, 1875. From the *British Homoeopathic Medical and Pharmaceutical Directory* (London, Homoeopathic Publishing Co.).

5. Where administered in water, whether further succussion or dilution plus succussion is required as treatment progresses in order to increase the level of potency (so-called 'plussing').
6. The frequency of repetition — which is variable and flexible (see below, *Dose repetition*).

Except for reasons of safety and convenience, the age of the patient may be disregarded as far as dosage is concerned. Obviously a small infant should not be given a tablet without first crushing it. The weight of the patient can be similarly disregarded.

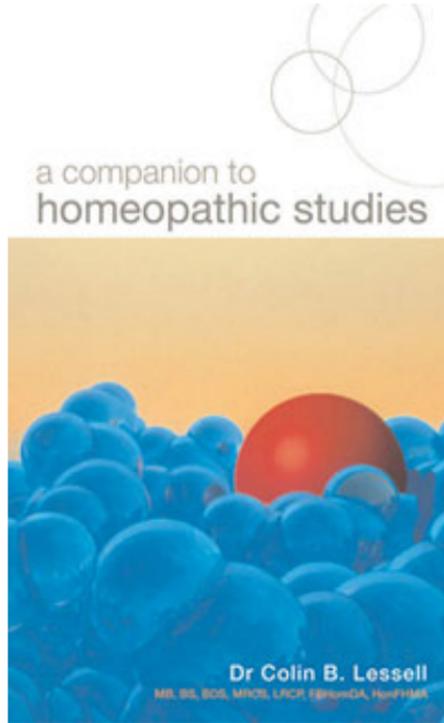
Mother tinctures

Most mother tinctures in homeopathic pharmacy are reserved for potentization. However, some are used topically, either diluted or undiluted. In diluted form they appear as lotions, creams, ointments, suppositories and eye drops. The occasional allergic reaction is, of course, to be expected. A few are administered by mouth (e.g. *Urtica*, *Cmtaegus*), usually in water, and it is important to check for possible adverse interactions with any concurrent orthodox or herbal medication (Lessell, 2001).

Mother tinctures should be stored in tightly stoppered bottles in a cool and dark area, but for no longer than 2 years from the date of manufacture. Glass is preferable to plastic, and neutral glass is preferable to soda glass. Some mother tinctures are prone to loss of solute by sedimentation. Should this occur, it is wise, in the interests of standardization, to avoid subjecting them to potentization, even though they may be perfectly satisfactory for other purposes.

Liquid potencies

The product of liquid phase potentization is termed a **liquid potency**. Each such product must be labelled correctly — e.g. *Euphrasia 6c* — since there is no standard or reliable method of assay for unlabelled potentized material. There are various avant-garde methods (e.g. pendulum dowsing), but these are hardly of any commercial value.



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