

## Review Article

### A Study of LM Scale Potency in Homoeopathic Practice

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#### ABSTRACT

Dr. Hahnemann wanted to rapid the time of cure with the more gentle way with less aggravation without harming the patient to achieve that he conducted the experiments the result of which is the process of potentisation, he introduced the centesimal scale first, but he was not satisfied with the results with centesimal scale, because of following reason.

Firstly the potencies were not acting sufficiently rapid; Secondly, they often tended to produce violent medicinal aggravations, especially among the more sensitive patients. Third the period of cure took quite longtime. Fourth, the duration and frequency of remedies were difficult to ascertain correctly, so he further experimented on potentisation the result of that is the LM or Q potency, he told that “this is the most perfect method”. The term Q means here is quinquagintamillesimal, Hahnemann observed that the aggravations are more with the centesimal scale potency as compared to that of LM scale, and he also observed that the cure has become much more faster with the LM scale compared to centesimal scale, but unfortunately most of the homoeopathic physicians are not aware of this scale of potency, because of long delay in the publication of the sixth edition of Organon, by that time most of the homoeopathic physicians were using centesimal scale potencies and got results from that, here I am trying to make the study on the efficacy of the LM scale potencies in our day to day practice and interpreting the results comparing to that the cases treated with centesimal scale potencies. Hence I conclude by this study that the LM potencies are much more rapid and effective than centesimal scale potencies with less aggravation in treating the cases in day to day practice.

**Keywords:** LM scale potencies, Efficacy, general practice



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#### INTRODUCTION

According to the testimony of all ages, no occupation is more unanimously declared to be a conjectural art than medicine.

Dr. Samuel Hahnemann

Medicine is not only a science, it is also an art. It does not of compound pills and plasters; it deals with the very process of life, which must be understood before they must be guided–Paracelsus. Sickness in man is like a heritage to him, it has not struck

mankind randomly like a thief but certain types of people at certain points in their lives have come down with different kind of ailments. To take hold of such a situation the search for both healing art and medicine is equally old as inheritance of diseases.

From time immemorial man has laid down his life in coming out with a healing touch. The Saga and apenance of Charka, Hypocrites and the like had made an epic of

medicine. There is no other better sacrifice made than this where Dr. Hahnemann also joined them, even though a little later, but only to bring a solace for the suffering sick with only an aim to eradicate the pain and agony.

Such an attempt in order to bring a medical science as a healing art and faced several twists and turns, victories and defeats.

The modern physicians base their treatment on a more materialistic concept of disease. The constitutional trade responsible for appearance or recurrence of the disease is forgotten and the sufferer remains open or susceptible for further attack.

Patients and their attendants through the physicians with high expectations for a better alternative system of medicine with frustration on the most dominating medical science. It is an understood fact that such sufferers seek a ray of hope in the better rating alternative system of medicine – Homoeopathy. “The art of medicine consists in amusing the patient while nature cures the disease” said a Physician by name Voltaire. So does homoeopathy which is based on nature’s law of cure.

Homoeopathy the benevolent science treats man and not the disease. The practice of this system is that it emphasizes on an unbiased and problems based approach to the entire range of clinical decision making process. This makes the physician a practitioner with cognitive ability to perceive the incidence, interpret their implication, decide on the best possible solution and clarify the outcomes.

“The physician’s high and only mission is to restore the sick to health, to Cure, as it is termed.”-Dr. Hahnemann

In accordance with those words of our master the aim, of each one of us to give a total relief leading to cure to the sick. The topic considered here, the efficacy of L.M. potencies in the day to day practice of physician.

Homoeopathic approach towards treating the diseases is safer and does not have any side effects; even in the long term treatment this study is an attempt to understand the essential nature of acute and chronic diseases and effectiveness of the homoeopathic treatment with fifty millisimal potency and

centesimal potency. The very foundation of Homeopathic practice considers not just a disease but an individual, as a whole.

The homoeopathic system presented to this world by our master was a boon to the whole mankind. His final thoughts regarding the use of fifty millesimal scale presented in his sixth edition of Organon was new to the Homoeopathic profession and hence controversial for many physicians.

## AIM & OBJECTIVES

### Aim

To determine the efficacy of indicated homoeopathic medicines in the homoeopathic practice.

To compare the efficacy of 50 Millisimal with centesimal potencies in the management of both acute and chronic cases in homoeopathic practice.

### Objectives

Highest ideal of cure is rapid, gentle and permanent.

Dr. Samuel Hahnemann

The study aims to study the History of L.M. Potencies. Preparation of L.M. Potencies.

To assess the utility of the L.M. Potencies in day to day practice, in various disease conditions.

Prescribing methods of L.M. potencies

## REVIEW OF LITERATURE

1“...by means of this method of dynamisation (the preparations thus produced, I have found after many laborious experiments, to be the most powerful and at the same time mildest in action, i.e., as the most perfected) the material part of the medicine is lessened with each degree of dynamisation 50,000 times, yet incredibly increased in power...”

According to Hahnemann, the principles of his “most perfected method” are:

1. Perfectly homoeopathic medication, selected with greatest care;
2. Highly potentised medicine (through the “new dynamisation process”, today called fifty millesimal);
3. Medication diluted in water and administered:
  - 3.1. In small dose adequate enough for performing a brief cure
  - 3.2. In repeated doses for as long as necessary

3.3. Initiating the treatment with the lower potencies

3.4. Gradually raising the potency every 7 or 14 days

3.5. Slightly altering the dynamisation before each dose, through successions applied to the medicinal solution phial.

1. The 50 millesimal scale of potencies give equally good results when giving lobule form, powder form, or in the form of mixture.

2. The 50 millesimal scale of potencies cannot be compared with centesimal scale of potencies nor they should be substitute done for other on the basis of calculation because the scales are altogether different in order and cannot be interchanged.

3. The medicine should not be stopped in case the patient say she is better but repeated in the next higher potency of the same remedy at longer intervals and slowly with drawn in acute cases.

4. In chronic cases if most of the symptoms are removed and you are repeating the remedy and by chance the former symptoms reappear or a few remaining symptoms become worse you have to stop drugging otherwise you shall waste your remedy and the patient will suffer.

5. Dr. Hahnemann has advised the 50 millesimal scale from 0/1 to 0/30, but he finds that certain remedies are useful up to 0/50 potency specially Nux vom and sulphur.

6. Certain remedies like Kali phos, Arg Nit, Dulcamara and China are found to be tardy in action when given in 50 millesimal scales. They are useful when given in the centesimal scale.

7. In certain cases he finds that 0/30 potencies do not act though indicated, but when they are given in 0/1 and 0/3 they have good results

Ironically, this has led to the dominance of centesimal potencies in contemporary homoeopathic practice whilst leaving to history the later and more advanced technique of LM potencies. The use of LM potencies provides many Positive benefits, these include:

±Regulation of homoeopathic aggravations by varying the potency with each dose

±shortening the healing process

±resolving the problem of choosing the correct potency

±The similimum can be found in the shortest amount of time

±The effect of in correct remedies will be mild

± Standardisation of procedures and results LM potencies are succussed before each Dose to avoid developing the symptoms of the remedy.

29A summary for Hahnemann's directions for the use of LM potencies.

1. The remedy must be homoeopathic §246

2. The remedy must be highly potentised i.e. prepared by the LM method §246

3. The remedy must be given in small doses i.e. dissolved in water before administration to the patient §246

4. The remedy must be repeated at suitable intervals §246

5. The potency must be altered before each dose i.e. raised by succession §246 The solution

Is to be succussed 8, 10, 12 times before taking one. Or (increasing progressively) more coffee or tea-spoons daily or every other day (for chronic cases), 2, 3, 4, or 6 hours for acutes. §248

6. Potency must start with the lower degrees (LM 1-6?) and proceed to the higher levels § 246 foot note

7. Even long acting remedies can be repeated § 248

8. Dosing is continued while there is steady improvement and the patient does not experience a symptom he has not had before. §248

9. If a new set of different symptoms are seen, then another more appropriate remedy must be looked for. § 248

10. If an aggravation occurs i.e. an intensification of the original symptoms, at the end of treatment, then the doses must be reduced in quantity and repeated at longer intervals, or stopped altogether to see if the symptoms will continue to disappear by themselves. In which case either no more medicine will be needed or continuation of the remedy if, after a certain period, symptoms continue. § 248

11. No dose of a highly potentised remedy

can be too small that it cannot be stronger than the natural disease, that it cannot at least partially overcome it and that it cannot start the process of cure. § 279

12. If one is sure that the remedy is correct! And there is no improvement then it is likely that a maintaining cause in the patient's way of life or environment is influencing his progress.

This must be removed to bring about a permanent cure. § 252

13. Aggravations or ameliorations of the psychic conditions and general demeanour of the Patients are a good indication as to the progress of the remedy. § 253

14. If the patient develops some significant new symptoms or symptoms of the remedy then this is an unfavorable response. § 256

15. Do not make favourites of certain remedies as the smaller lesser used remedies which might be more helpful will be overlooked. § 257

16. It is not necessary to give a patient more than one remedy at a time. § 273

17. If the remedy is homeopathically accurate then it becomes increasingly beneficial as its dose approaches the ideal degree of smallness for gentle action. § 277

18. It is only by experiment, experience and observation of the sensitivity of each patient that can determine the optimum size of dose to give. § 278

19. Do sing continues, increasing it progressively, until the patient, while feeling generally better, begins to manifest one or more of the old, original symptoms. § 280

20. Return of old symptoms is a good sign and the medicine is stopped as this is an indication that no more is needed as the symptoms are of the remedy. To verify this the remedy is stopped for a week or two. If the symptoms are of the remedy they will disappear in a few days and no more medicine may be needed. If traces of the original complaint remain then do sing should be continued from where it was left off.

§281

21. A homoeopathic aggravation i.e. an intensification of the original complaint, at the beginning of treatment, is a sure sign that the dose (i.e. the quantity of the dissolved

granule) is too large and must be reduced. § 282

22. If the smallest doses are given the even if the remedy is in appropriate the harm done is in significant and the appropriate remedy quickly puts the case in order. § 283

23. Very chronic problems can be speeded up by applying the same solution as that taken by mouth, externally to the back, thighs and lower legs.

#### METHODS OF PRESCRIBING:

3Dr Hahnemann: explained in aph 272 about the way of administering the scale he says, "Such a globule placed dry up on the tongue, is one of the smallest doses for a moderate recent case of illness. Here but few nerves are touched by medicine. A similar globule, crushed with some sugar of milk and dissolved in a good deal of water and stir well before every administration will produce a far more powerful medicine for the use of several days. Every dose no matter how minute touches on the contrary, many nerves".

1. Dry: how many globules? One

Where must the globules be placed? On the tongue.

In this way one of the smallest doses is prescribed.

In which kind of disease this dry method used? In recent moderate diseases.

What other qualities does dry administering have? The medicine will touch few nerves Hahnemann gives a relevant importance to the nervous system in the process of health and disease.

2. In water: the second way of prescribing the medicine is in water. This way of prescribing includes three steps:

2.1 One globule is taken and triturated with sugar of milk: one or two of these small globules are placed on a paper with 2 or 18 centigrams of sugar of milk. These globules are then crushed with a spatula or with the thumb.

2.2 Then the mixture is dissolved in water.

37prescribing the medicine in acute diseases: aph-248...in acute diseases every two to six hours and in very urgent cases every hour or oftener...only those who have not thoroughly read this aphorism may be alarmed with this instruction in acute

diseases. In case of heart attack, anaphylactic shock, intoxications for instance, the medicine must be given every 30 minutes, 5 minutes or with the necessary frequency; without for getting to modify the dynamisation degree every time.

Prescribing the medicine in chronic disease: aph-248... we give the patient one or (increasingly) several teaspoon doses, in long lasting diseases daily or every second day

In the paragraph 248 there is a detailed procedure of administering a medicine in LM potency for chronic diseases, let us analyse it by parts.

1. Give to the patient, one or increasingly several teaspoonful doses: note that it is state done or increasingly several teaspoonfuls, (prescribed in sometime). The dose is of 5cc which a teaspoonful contains.

2. Daily or every second day: it may be given daily, at night, one hour after the last meal, and then staying awake for one hour according to Hahnemann's instructions. Or the medicine might be given on every second day, twice a week, once a week, as required.

3. May be repeated daily for months with ever increasing success: again the instruction to prescribe the medicine even for months, if the individual case thus requires it. Note: with ever increasing success. This instruction precedes a statement by Hahnemann... every correctly chosen homoeopathic medicine, even those whose action is of long duration, may be repeated daily for months with ever increasing success...

It might be thought that only short acting medicines can be repeated daily, precisely due to their short action, but I think that the given explanation does not need any additional commentary.

Advantages and Superiority of New Dynamisation over Centesimal Scale:

321. With the disproportionate higher ratio between medicine and diluting medium, (1:50,000) many successive strokes of the vial filled two thirds with alcohol can produce a much greater development of power. But with so small a diluting medium as 100 to 1 of the medicine, if any successions by means of a powerful machine are forced in to it, medicines are then

developed which especially in the higher degrees of dynamisation, act almost immediately, but with furious, even dangerous, violence, especially in weakly patients, without having lasting, mild reaction of the vital principle. ---FN 155 to sec 270.

2. The new method described by me (new dynamisation) on the contrary, produces medicines of highest development of power and mildest action, which, however, if well chosen, touches all suffering parts curatively ---FN. 155 to sec. 270.

3. In acute fevers, the small doses of the lowest dynamisation degrees of these thus perfected medicinal preparations, even of medicines of long continued action (for instance Belladonna) may be repeated in short intervals. In treatment of chronic diseases, it is best to begin with lowest degrees of dynamisation and when necessary advance to higher, ever more powerful but mildly acting degrees --- FN 155 to sec 270.

In a very rare cases, notwithstanding almost full recovery of health and with good vital strength, an old annoying local trouble continuing undisturbed, it is wholly permitted and even indispensably necessary, to administer in increasing doses the homoeopathic remedy that has proved itself efficacious but potentised to a very high degree by means of many successions by hand. Such a local disease will often disappear in a wonderful way-Asterisk (\*) note to FN 155 to sec 270.

4. It is the most perfected method of potentisation what I (Hahnemann) have found after many laborious experiments and counter experiments, to be the most powerful and at the same time mildest in action. — FN 156 to sec 270.

5. Material part of medicine is lessened with each degree of dynamisation 50,000 times and yet incredibly increased in power.— FN 156 to sec 270

6. By this process of dynamisation, true inner medicinal essence is developed.--- FN 156 to sec 270.

7. The material part by means of this dynamisation dissolves in to its individual spirit like (conceptual) essence. In its crude state therefore, it may be considered to

consist really only of this undeveloped conceptual essence. --- FN 156 to sec 270.

8. By means of this potentiation, the crude drugs reach the full capacity to forcibly influence the suffering parts of the sick organism.— aph 270.

9. By means of such higher and higher dynamisation, crude medicine is changed and subtilised at last in to spirit like medicinal power, which in deed in itself does not fall with in our senses but for which the medicinally prepared globule, dry, but more so when dissolved in water, becomes the carrier, and in this condition, manifests the healing power of this invisible force in the sick body.---aph 270.

During the last four or five years, however, all these difficulties are wholly solved by my new altered but perfected method. The same carefully selected medicine may now be given daily and for months, if necessary in this way, namely, after the lower degree of potency has been used for one or two weeks in the treatment of chronic diseases, advance is made in the same way to higher degrees, (beginning according to the new dynamisation method, though therewith with the use of the lowest degrees). --- FN 132 to sec 246.

10. Though modification of every dose in its dynamisation degree there exists no offense, even of the doses be repeated more frequently, even if the medicine be ever so highly potentised with ever so many successions. It almost seems as if the best – selected homoeopathic remedy could be extract the morbid disorder from the vital force and in chronic diseases to extinguish the same only if applied in several different forms.— FN 133 to sec 247.

39The 50 millesimal scale of potencies differ from the centesimal scale in the following ways:

1. The mother tincture in the centesimal scale is a drop of the drug or one grain in weight according to liquid or solid form of drug taken for potentiation. Where as the mother tincture in the 50 millesimal scale of potencies in the solution of 1 grain of 3c of the medicine in 500 drops of diluent containing alcohol and water in the proportion of 1:4. Hence the strength of the

mother tincture is 1/500,00,00,00 ie, millesimal potency.

2. In preparing further potencies in the centesimal scale a drop of previous potency mixed with 99 drops of pure alcohol to keep the ratio 100: 1. Hence it is called the drop method of preparing potencies, where as in preparing 50 millesimal scales of potencies poppy seed sized globules saturated and dried are used to prepare further potencies. Hence it is called globule method of preparing the 50 millesimal scale potencies, “as one globule represents 1/500th of a drop of the centesimal dilution, we arrive at  $500 * 100 = 50,000$ .”

3. In preparing the centesimal scale potencies only 10 strong strokes or successions are given. Where as in preparing 50 millesimal potencies 100 strong strokes or successions are given.

4. Many glass methods ie, for each potency a fresh bottle and fresh stopper is taken and succession is carried out in 50 millesimal scale while in centesimal scale after 30 or 200 potency usually single glass method is followed.

40 In earlier instructions, I specified that a whole drop of a liquid in a given potency be added to 100 drops of wine

Importance of 50 Milesimals:

41 Hahnemann had no other alternative but to revise his Organon, fifth edition mainly for the following reasons:

1. To hasten the process of cure. Gentle and rapid ‘ideal of cure’ is not possible by medicine of centesimal scale or it takes a long time in many cases.

2. To avoid medicinal aggravation. The undesirable medicinal aggravation comes even after the well selected medicine is applied especially in weak patients, regarding which Hahnemann stated, “.....furious, even dangerous, violence.”

3. Even single dose of high potency continues to act for a long time.

4. Repetition of doses is not possible even if there are remanant of symptoms of disease in consequence of which the patient suffers for a long time.

5. The problems of application of doses and potencies still create chaos and confusion throughout the homoeopathic world.

6. If the selection of medicine is wrong, then after application of high potency of centesimal scale the disease condition becomes more worse.

7. So, “the highest ideal of cure” according to aphorism 2 of the Organon could not be properly materialized with centesimal potency.

33important hints regarding the appropriate appliance of Q-potencies:

Let me finally point to a couple of hints concerning the choice of potency and dosage. Given the precise indications supplied by Hahnemann himself, I shall limit myself to extensive quotations. The first issue is the one of the choice of potency. We should start treatment with the lowest possible degrees of Q —potencies, for instance Q1, Q1 or Q3 (annotation 132 to aph 246). Moreover, as regards the question of dosage and repetition, he asks (...) how small must be the dose of each individual medicine, homeopathically selected for a case of disease, to effect the best cure? Hahnemann claims that this is not the work of theoretical speculation. Rather, pure experiment, careful observation of the sensitiveness of each patient, and accurate experience can alone determine this in each individual case (aph 278). More specifically we potentize a new the medicinal solution (with perhaps 8, 10, 12 successions)from which we give the patient one or several teaspoonful doses, in long lasting diseases daily or every second day, in acute diseases every two to six hours and in very urgent cases every hour of oftener. Thus in chronic diseases, every correctly chosen homeopathic medicine may be repeated daily for months with ever increasing success. If the solution is used up it is necessary to add to the next solution of the same medicine if still indicated one or several pellets of a higher potency with which we continue so long as the patient experiences continued improvement without encountering one or another complaint that he never had before in his life.

For if this happens, if the balance of the disease appears in a group of altered symptoms then another, one more homeopathically related medicine must be

chosen in place of the last and administered in the same repeated doses (aph 248).

## METHODOLOGY

“The purest and highest method of applying the great treatment to humanity –the law of similaris”

Dr.E.A.Farrington

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