

Potency and Dose

Now that you have decided on the most similar remedy it's time to consider the potency and dose (or repetitions). When choosing potency there are several considerations:

1. How well does the remedy fit? If you are not certain about the remedy use low potency and reassess after several repetitions.
2. What is the vitality and immune system of your patient like? The intensity of symptoms can show you this. A child usually has a strong vitality, and a fever which is a strong immune response shows good vitality. Whereas a person with slow recovery time and low energy reserves shows low vitality. If you are unsure choose conservatively. Every family member will be different in their response to remedies and sensitive people are usually better with low potency.
3. If there is lots of physical problems and issues, take care, use low potency and maybe an organ support remedy. A homoeopathic consultation is recommended for cases such as these.
4. Match the potency and dosage with the pace and intensity of the disease. How long has it been going on? Is it functional (fever) or structural (arthritis)? The sudden onset of fever in a healthy child may need hourly repetitions of the chosen remedies (such as Belladonna or Aconite) to encourage a healing response. A chronic illness such as arthritis may need several weeks of a twice daily repetition of the indicated remedy. In the case of acute flare-ups the remedy picture of the acute symptoms may indicate a different remedy and respond to more frequent doses. Once the acute episode is over you can go back to the more constitutional remedy.

Potency scale:

6x This low potency is close to the starting or source material and contains tiny amounts of the original material. Useful when the vitality is low and there are chronic problems. Repetitions 3 – 4 times a day.

12x Like 6x - short term effect, therefore requires frequent repetition. May still have a profound effect in a sensitive patient. Rarely used in Australia.

6c Useful home prescribing potency. There is still some of the source material present in the

remedy and the action is broad; meaning a close remedy can still stimulate a healing response. Repeat 2 -3 times a day, or even more frequently in acute cases.

30c Reaches a higher and deeper level of the organism. Useful in both acute and chronic states, it works on the mental, emotional & physical levels. 1 – 3 times a day depending on the ailment, for long term use 2 – 3 x per week.

200c Powerful potency which profoundly affects the emotional and mental levels as well as physical. It can be good in accidents and acute prescriptions when you are sure of the remedy. Otherwise 1 dose per fortnight or month as needed.

M Considered to be gentler than 200c and not as rapid in action. To use this potency you should be very sure of the remedy choice. 1 dose usually holds for 1 – 6 months.

10M Symptom picture must be very clear and the homoeopath chooses this potency when there are many clear mental and emotional symptoms. A good and timely 10M prescription can complete the cure or ameliorate for months.

For more information read about dose, administering remedies and [Home Prescribing](#) on our website.