# Hahnemann's History of Potentization

By John Feissel, MA, CCHH

otentization is a basic principle of homeopathy, although it is not an original one. Potentization emerged as a part of homeopathy about a decade after Hahnemann's personal discovery of the Law of Similars. He made his famous experiment with Peruvian bark in 1790, and declared "similia similibus" in 1796,¹ but the first description of anything like potentization was not given until 1801.² Since potentization came about eleven years after Hahnemann's discovery of the Law of Similars, and was a subsequent outcome of the nascent homeopathic method, it is not absolutely essential for the practice of homeopathy. Once discovered, however, it quickly became a integral aspect of the science—so much so that it is a fundamental part of it.

Potentization is the typical method by which medicines are prepared for use in homeopathy, but we ought not to consider potentized medicines to be absolutely synonymous with homeopathic remedies. The first is a pharmaceutical drug resulting from a pharmacological method, and the second is what we call a medicine that most closely matches the symptom totality of the person and whose homeopathic effect is known after it has been observed to bring about the curative response. Most potentized medicines will be wholly dissimilar to a person's state, as only one will actually be homeopathic (i.e. similar), while a crude medicine can be homeopathic (similar) to a person's case. Hahnemann's discovery and initial understanding of the Law of Similars did, after all, come about using crude doses of medicines.

Even with this distinction, the evolution of potentization and of homeopathy can only be fully understood when considered jointly—not simply because homeopathy is the medical system that created potentization, but because potentization has proven to be the most effective way of executing the principles of homeopathy and bringing about the curative response. Likewise, the efficacy of potentized medicines is best achieved when using them in conjunction with the principles of homeopathy. Ultimately, homeopathy has been able to grow and succeed precisely because of the intimate relationship between potentized medicines and its principles.

Without potentization, homeopathy may have been effective, but it certainly would have been much more limited.

Potentization, like all parts of homeopathy, has a long and complex history; and like all parts of homeopathy, Hahnemann never stopped experimenting with potencies in terms of their degrees and modes of administration. Potentization arose out of the simple and humane desire to make medicine more effective and to reduce the poisonous levels of many common medications that caused as much suffering as the disease being treated. It quickly became a truly remarkable development in the history of pharmacology and medical practice, especially given the degrees to which medicines can be potentized (the MM, for example; but for Hahnemann, even the 3c was an incredible achievement). Currently, ongoing research is revealing the physical characteristics of potentized medicines. For example, the constituents of potentized medicines include nanoparticles of the medicinal substance bound with those of the glass and cork in which it was potentized.<sup>3</sup> The minuteness and increased surface area of this nanoparticle bond help create the radical bioavailability and holistic impact of the medicine. These studies show that Hahnemann was at the forefront of 21st century nanopharmacology back in the 19th century. Only now, over two hundred years later, are the material foundations of potentized medicines being discovered. A full understanding of potentization, however, will only be had by knowing its history and existence within the practice of homeopathy.

## The origins of potentized medicines

To understand what potentization is, we must refer to Hahnemann's explanation:

"The homeopathic system of medicine develops for its special use, to a hitherto unheard-of degree, the inner medicinal powers of the crude substances by means of a process peculiar to it and which has hitherto never been tried, whereby only they all become immeasurably and penetratingly efficacious and remedial, even those that in the crude state give no evidence of the slightest medicinal power on the human body.

This remarkable change in the qualities of natural bodies develops the latent, hitherto unperceived, as if slumbering hidden, dynamic powers which influence the life principle, change the well-being of animal life. This is effected by mechanical action upon their smallest particles by means of rubbing and shaking and through the addition of an indifferent substance, dry or fluid, are separated from each other. This process is called dynamizing, potentizing (development of medicinal power) and the products are dynamizations or potencies in different degrees."

This paragraph is the culmination of homeopathy's pharmacological history. How did it begin?

The precursor of potentization was Hahnemann's preparation of soluble mercury, *Mercurius solubilis Hahnemanni*, which he developed by 1787.<sup>5</sup> In the late 18th century, com-

mon methods for treating syphilis were to administer small to moderate internal doses of various mercurial preparations, or to apply large amounts of mercurial ointment, all of which frequently resulted in some degree of mercury poisoning without treating the disease. Wanting to find more humane and effective therapies, Hahnemann discovered that by making mercury thoroughly soluble, not only could poisoning be avoided, but cure could be effected. In this improved form,

Hahnemann's soluble preparation quickly dissolved within the body, thereby rapidly stimulating a healthful response which concluded in a fever that signaled cure was imminent. While this soluble mercury was not by any means potentized, it demonstrated the effectiveness of judiciously using small amounts of an easily absorbable medicine to effect a therapeutic response.

Following the success of his soluble mercury and his subsequent discovery of the Law of Similars, Hahnemann continued using small doses of crude substances. Then, about eleven years into homeopathy's existence, Hahnemann made an incredible leap with the diminishing of dosages. In 1801, he published "Cure and Prevention of Scarlet-Fever," in which he discussed the use of (relatively) highly diluted opium and ipecacuanha for treating children with scarlet fever. His use of opium involved giving one or two drops of a diluted solution of opium tincture. Each drop, he said, contained one five-millionth of a grain of opium, 6 which, as a dilution, is between a 3c and 4c. As a circumstantial act, Hahnemann shook

the opium tincture and the diluted solution "to promote the solution." It was merely an effort to mechanically secure the medicine's integrity as a solution, not to increase its medicinal strength. But with this combination of diluting and shaking, the medicinal action of this solution proved to be remarkably effective, as he stated, "I cannot imagine a more suitable mode of treatment, so rapid and certain in its results I found it."

The first true expression of potentization came later in 1801 in another article titled, "On the Power of Small Doses of Medicine in General, and of Belladonna in Particular." It is here that Hahnemann began to describe the dynamic relationship between dilution and succussion, as well as the dynamic relationship between medicine and organism. He wrote, if one grain of belladonna is "dissolved thoroughly in much (*e.g.*, two pounds of) water by rubbing, the mixture ... [is] made *very intimate* by shaking the fluid in a bottle for five

minutes."10 He then made this solution even more dilute to where there was only a millionth part of belladonna. Hahnemann asserted the minuteness of this diluted and vigorously shaken solution doesn't act atomically but rather dynamically, and in this liquid form makes greater contact with more points of the body than a solid pill does, thereby making a more thorough and dynamic impact.11 The dynamic power of this highly diluted and succussed liquid medicine was

especially seen when a person for whom that medicine was homeopathic (i.e. similar) was given frequent doses of it. Due to the state of susceptibility of the sick person, the frequent dosing of the liquid dynamic homeopathic remedy, despite its degree of dilution, could cause a violent reaction given its capacity to excite a response in the organism.

In this article, Hahnemann began to emphasize that this degree of effect is not just owing to the level of dilution, or to solubility, or even *similia similibus*, but to the dynamic character of the medicine achieved through the combination of dilution, vigorous shaking, and homeopathicity. The conclusion is that an organism, when ill, will respond curatively or excessively to a medicine when that medicine is homeopathic (i.e. similar) and has been made dynamic through dilution and vigorous shaking, as the dynamic state of the homeopathic medicine profoundly excites the vital force of the organism into action. With this article, the documented history of potentization begins.

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## **Perfecting potentized medicines**

Through continuous experimentation with dilution and succussion or trituration, Hahnemann established rules for how remedies are to be made. These rules emerged from the need to satisfy two basic purposes: to decrease adverse or aggravating effects, and to increase medicinal power. By diminishing the material structure of the medicine through great degrees of dilution, toxicity was removed and the medicine became easily absorbed by the body. With the application of friction by way of succussion or trituration, a higher degree of medicinal efficacy was created within the dilution—in part because the medicine was evenly distributed throughout the mixture, making it consistently available for the organism to take up with each dose, but more importantly because a dynamic change to the medicine took place, resulting in the actual increase of medicinal power.<sup>12</sup> Every substance contains medicinal power which is most thoroughly brought out by the application of friction to the diluted mixture; and the further one goes with the combined action of dilution and frictional agitation (succession or trituration), the greater the development of medicinal potency.<sup>13</sup> By 1827, this finding led him to make the 1:100 dilution ratio his standard for preparing remedies by serial dilution and succussion or trituration.<sup>14</sup>

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As Hahnemann delved further into this method and saw the increasingly dynamic action of his remedies, he had to adjust the way he made them to assure that cure was gentle. In addition to determining the best dilution ratio, he also had to discover the optimal number of succussions. He gave the example that when treating children for whooping cough, he saw that a drop of *Drosera* 15c, which had been made by applying 20 succussions at each step, given in a teaspoon of water, could be life threatening, whereas a pellet of Drosera 30c made with two succussions at each step cured perfectly.15 Along with the dilution ratio, the number of succussions helped determine the degree of a remedy's medicinal power—both in terms of its therapeutic capacity and the forcefulness of its action. The goal was to make remedies that were powerful enough to effect dynamic change, but gentle enough that the only noticeable impact was positive.

Due to the potential for creating too much force using the 1:100 ratio, Hahnemann used two succussions as his standard at least through 1833. He eventually discovered that when the remedy was prepared in a greater amount of liquid, the mixture could accommodate a greater number of succussions. In 1837, he instructed that, if the medicated pellets were added to water and given in divided doses (for example, a spoonful taken daily from a four ounce stock bottle), as opposed to a single dry dose, the remedy could not be potentized too much. With this insight and specific manner of use, he increased the number of succussions to ten. 17

Following this adjustment, Hahnemann decided to go further, not simply by diluting the centesimal in larger amounts of water, but by creating a larger dilution ratio to completely safeguard against the excessive aggravations of very high centesimal potencies.<sup>18</sup> In 1842, Hahnemann declared that remedies made in a 1:50,000 dilution ratio were the most perfect.<sup>19</sup> This even greater degree of dilution allowed for a hundred succussions against a solid surface without making the remedy too forceful—again, as long as it was administered in divided liquid doses. 20 The result was a potency that moved beyond all previous limitations: remedies given dry touched few parts of the organism, and lesser dilutions constrained the development of gentle medicinal power. The greater liquid dilution became extremely refined, enabling it to touch the organism in many places due to its minuteness and liquid state. This powerful effect from the higher attenuation and number of succussions, could act gently because of its being given in small, divided doses. The pursuit Hahnemann began in 1787 was fully realized by 1842 with the LM (Q) potency. We can only assume that, had he lived longer, even this most perfect potency would have been made obsolete by a better one.

### The minimum dose

Potentization also changed the way Hahnemann dosed his remedies. This change can especially be seen comparing his uses of crude medicines and potentized remedies. Between 1787 and 1801, Hahnemann used crude medicines in the smallest doses necessary to stimulate the curative response. Some of the most detailed accounts outlining these methods were those describing his treatment of venereal diseases using soluble mercury.<sup>21</sup> The severity of the case and the sensitivity of the person determined the dosage, but he always started with the smallest dose needed, administering it daily and changing it incrementally after short periods of time. For example, he might begin with 1/4 grain, then increase to 1/3 grain, to ½, to ¾, to 1, etc. Or he might start with 2 grains and increase to 3, then 4, then 5 grains. These small, steadily increasing doses of soluble mercury rapidly entered the body, quickly diminishing the symptoms and, when optimally therapeutic, brought about an artificial mercurial fever which indicated that cure was imminent. At this point, treatment ended. By ending treatment with the mercurial fever, Hahnemann

could observe if symptoms returned or if cure was permanent. Likewise, by administering one dose per day, he could see if the medicine was received favorably; if not, he would adjust the dosage by increasing, decreasing, or stopping it. At every step, he administered the least amount necessary to instigate healing.

This method of starting as small as possible and increasing in quantity continued after Hahnemann's discovery of the Law of Similars. As late as 1798 he administered increasing quantities of camphor for influenza; for example, one dose of 30 grains one day, then 36 the next, then 40 the next.<sup>22</sup>

With the use of potentized medicines, the dosing regimen completely changed. Instead of starting with the smallest dose then steadily increasing, treatment started with the

smallest amount needed to begin therapy, then continued with decreasing amounts, using quantities of medicine containing a millionth, quintillionth, and even decillionth of a grain,23 thanks to the increase in medicinal power through potentization. The quantity of medicine was reduced to an even more radical degree with the LM scale, since each successive potency is further diluted by 50,000; the LM3 is already reduced to a dilution of 1:1.25x10<sup>20</sup>. <sup>24</sup> (similar to a 10c at  $1:1\times10^{20}$ , but only as a dilution; the

LM3 is higher in potency). In addition, the minimization of doses was advanced through the use of secondary or tertiary dilutions (as done with liquid centesimals and the LMs).

Hahnemann's use of crude medicines was quantitatively opposite to his use of potencies: the former was increased in dosage, while the latter was decreased. But the purpose for each method was the same: over the course of treatment, the organism needs gently increasing stimulation to achieve cure. At the crude level, the body becomes more greatly affected with increasing amounts, while when using potencies, the body becomes more greatly affected with increasing degrees of potentization. The minimum dose is the smallest amount needed to begin this sequence of doses that delivers cure. In the case of using soluble mercury, the minimum dose started that series which eventually brought on the mercurial fever while avoiding mercury poisoning. With potencies, the minimum dose is that which begins and eventually fulfills the curative response while avoiding an aggravation. The intention for each dose is to use the least amount of medicine needed to gently spur the organism into curative action. This effort is

obviously more truly accomplished with potentization since the quantity of medicine needed is reduced with each successive, more highly potentized dose. In the end, Hahnemann concluded that the organism responds best when the remedy contains the smallest amount of dynamically developed medicine needed to catalyze the curative response, but in a potency that is not so high that it will be too powerful.<sup>25</sup>

The evolution of potentization and of the minimum dose complement each other, given that the reduction of the dosage needed to advance therapy was accompanied by increased medicinal power. And as the medicinal power increased, even less medicine was needed to cause the curative response. The degree of dilution and therefore of the minimum dose changed radically with the advent of potentization, and then again from the centesimal to the LM potency, with the lat-

OF THE SIMPLE AND HUMANE

ter being far more potentized due to the greater attenuation and number of succussions. As such, the LMs are given in an even greater dilution with the use of the additional glass of water that the spoonful of the stock solution is put into. The amount of medicine actually being administered is exceedingly minute, and yet, of course, very high in potency, thereby most fully achieving the minimum dose.

The development of potencies was largely done clinically, as Hahnemann contin-

ually sought to discover the most efficacious form of medicine in his practice. However, the effect of potencies was not only seen when used therapeutically, but also when used for provings.

## **Provings**

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The first symptom pictures that Hahnemann compiled were the effects of crude substances seen through poisoning, clinical experience, and provings. In some cases, these pictures presented fairly thorough descriptions of medicinal action, but as Hahnemann progressed further with the development of potencies, the superiority of potentized medicines for provings was obvious, which he summed up by stating:

"The most recent observations have shown that medicinal substances, when taken in their crude state by the experimenter for the purpose of testing their peculiar effects, do not exhibit nearly the full amount of the powers that lie hidden in them which they do when they are taken for the same object in high dilutions potentized by proper trituration and succussion, by which simple operations the powers which in their crude state lay hidden, and as it were dormant, are developed and roused into activity to an incredible extent."26

Looking at the materia medica, we can clearly see the difference between the drug pictures based on the action of crude substances and that of potentized medicines.

An excellent comparison is between Hahnemann's "Essay on a New Principle for Ascertaining the Curative Powers of Drugs," written in 1796 when he was still using crude medicines, and his Materia Medica Pura, when he used potencies. Hahnemann's discussion about Opium in the "Essay" is one of the longest entries at over four full pages.<sup>27</sup> His entry for Opium in the Materia Medica Pura spans 27 full pages.<sup>28</sup> His discussion about Nux vomica's symptom picture in the "Essay" is less than two full pages,29 while that found in the Materia Medica Pura is 45 full pages. 30 Likewise, Veratrum album consists of about two and a half pages in the former,<sup>31</sup> and 33 pages in the latter. 32 Many of his remedy descriptions from 1796 aren't more than a paragraph. The degree to which crude substances affect people pales in comparison to potentized medicines, evidenced by the extent to which the materia medica entries for specific medicines had grown.

The difference, however, isn't simply the number of symptoms, but the complexity. While the totality of symptoms of some of the 1796 descriptions paint relatively extensive pictures, we aren't given complete indications including modalities and minute details of the sensations until the later provings. For example, in the "Essay," *Nux vomica's* mental symptoms are anxiety, hysteria, hypochondria, and delirium, but there is no mention of its characteristic anger and critical nature. With regard to the anxiety itself, there aren't any details to speak of, while in the *Materia Medica Pura* anxiety has no fewer than 20 entries with various specifics about its manner, degree and circumstances. The mental picture for *Ignatia* in the "Essay" consists of "irascibility, sardonic laughter, giddiness," while the *Materia Medica Pura* entry has 52 detailed mental symptoms. 44

In 1796, Hahnemann knew his experiments were incomplete; he frequently conveyed this in his remedy entries. The very first line of his discussion about arsenic is, "The true nature of the action of *arsenic* has not yet been accurately investigated." He could see the potential of the medicines in these early experiments, and this potential was realized with potentization. As the provings demonstrate, a medicine's symptom picture and therefore application expands and deepens tremendously through potentization; the potentized medicine becomes something much greater than it is in its crude form. This is seen most strikingly with substances which show no medicinal effect in their crude state. Such examples are *Carbo vegetabilis, Lycopodium* and *Natrum muriaticum*, three of the deepest acting remedies, which in their provings yielded 1189 symptoms, 1608 symptoms, and 1349 symptoms respective-

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ly.<sup>36</sup> As seen through provings and subsequent medical use, potentization unleashes the medicinal power of substances, including those that are highly toxic or inert in their natural form. It makes virtually the whole of Nature accessible for therapeutic use, as long as it can be subjected to the potentization process.

## The nature of potentization

As early as 1801, Hahnemann stated that, due to the powerful action and the minute degree of the highly diluted and shaken remedies, the nature of potentized remedies is dynamic rather than physical, even when using medicines at the dilution level of a 3c. We know that molecules of the original substance exist at that dilution, but obviously the unprecedented holistically therapeutic effect of such a dilution made a profound impact on Hahnemann, presenting the first deep insight into the inner medicinal nature of substances. The ongoing development of homeopathy compelled him to go further with potentization until arriving at the LMs, about which he said that, with such a rapid diminishing of matter, the thirtieth potency (LM30) "ultimately dissolves into its individual spirit-like, (conceptual) essence."37 As such, the substance doesn't simply change in its material composition or structure. Rather, it is a complete alteration of the state of the substance, changing from something chemical to something wholly dynamic. Of course, Hahnemann recognized the existence of the physical components of substances, for he said that medicines are "effected by mechanical action upon their smallest particles by means of rubbing and shaking," and that it is these particles that are being affected when making the potency. But he didn't have the advantage of 20th and 21st century physics, so he didn't know the degrees to which matter can be reduced nor the explicit relationship that defines E=mc<sup>2</sup>, and therefore was left to use romantic language about spirit-like essences as he advanced the degrees of potentization. Despite this theoretical ignorance, Hahnemann was practicing Einsteinian physics: energy is transferred from succussion to diluted substance, thereby converting crude substance into vitalized medicinal power.

While the true physical nature of potentized medicines could not be wholly explained by the scientific knowledge of Hahnemann's time, the therapeutic results were irrefutable. The effect was dynamic to a fantastic degree, so the explanation had to be as well. To cause such a dynamic effect, the

remedies had to be dynamic in their very nature. Deep therapeutics could only come about by using a dynamic medicine to treat the dynamic inner nature of the organism: like cures like.<sup>38</sup> With the advancement of modern science and in particular physics, including the current studies about the physical construct of potentized medicines, it is archaic to talk of spirit-like essences; but regardless of what the empirical evidence is for the material composition of potentized medicines, the effect is still the same: it is dynamic in that the whole of the organism is roused to alter the entirety of its own condition, transforming itself from a state of illness to one of health.

We could then say that the nature of potentization is a transformative dynamic, as the process changes substances, and in turn a person's state of health, in an extreme way. As Hahnemann said,

"We hear daily how homœopathic medicinal potencies are called mere dilutions, when they are the very opposite, i.e., a true opening up of the natural substances bringing to light and revealing the hidden specific medicinal powers contained within and brought forth by rubbing and shaking." 359

The substance is altered to the degree that its natural condition and behavior are radically changed. A substance is no longer described in terms of coarse chemical or molecular structures, but rather in relation to its energetic quality, the presence of nanoparticles, and its being administered in infinitesimal doses. Provings and the subsequent therapeutic applications of potentized medicines show that the remedy symptom picture is dramatically increased to involve hundreds or even thousands of symptoms. This augmentation is not significant simply because of the numerical increase, but also due to the degree to which the whole person is affected, thereby most fully complementing the Law of Similars. The morbid depths that potentized remedies can reach is reflected by the extremity of their proving pictures and medical applications; and this depth is precisely what facilitates the removal of destructive tendencies from the body. In this light, the transformative nature of potentization is an expansive power, as it makes a substance become incredibly vast as a medicine and as a force, far beyond what it could be when in its crude state, enabling it to cause the most profound changes in a person's health.

## The power of Hahnemann

Of all the components of homeopathy, potentization is one of the most unique. Hahnemann wasn't the first to discover or utilize the Law of Similars or holistic perspectives, but he was the creator of potentization. Potentization was obviously the key to revealing the full potential of the medicinal properties of substances, and perhaps of the Law of Similars as well, given that potentized medicines most fully facilitate the holistically penetrating nature of homeopathy. Hahnemann

was able to arrive at this creation because of his meticulous wisdom and indefatigable drive to realize a method of medicine that not only improved on contemporary practices, but made them obsolete by actually curing illness rapidly, gently and permanently. The intensity of Hahnemann's dedication and intelligence generated immense power of insight and creativity; the discovery of potentization and of homeopathy stem from this power. Potency is both a literal and metaphorical testament to his conviction and ingenuity. Just as a true, dynamic cure is possible only through homeopathic use of potentized medicines, the creation of this dynamic medicine could only come from such a potent mind attuned to Nature's laws. But not just his mind. Hahnemann's resolute conscience motivated him not only to truly fulfill the physician's only mission—to cure the sick—but to deliver the true healing art as a public good, and never for personal gain or proprietary advantage,40 as evidenced by his freely sharing all his findings. The power he possessed expressed itself through his altruism and the creation of homeopathy. The world has been transformed because of it.

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John Feissel has worked at Hahnemann Labs in San Rafael, California for over 11 years. He has a Master's degree in philosophy and graduated from the Institute of Classical Homeopathy, San Francisco, California, in 2002 with a CCHH certification. In addition to his role at the pharmacy John has a part-time homeopathy practice and also works at a farm animal sanctuary as an animal caregiver. Contact him at johnfeissel@gmail.com.

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