

# About Potencies

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When the patient receives the simillimum  
in the appropriate potency  
a miracle happens

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## Foreword

Here you see the result of a great and thorough work: an important book in homeopathy's growth to maturity.

Margriet Plouvier has created an extremely workable overview of the functioning of different potencies by systematically and logically arranging her observations of the therapeutic effect after prescriptions.

This is a great support when we try to choose the appropriate potency for a case.

There are many theories about the use of the best potency, but until now it is more tradition and conviction that are determinative instead of systematic research. Being the pharmacist of a homeopathic pharmacy, I see many recipes every day; so I have an overview of many prescriptions. I also have knowledge of clinical and fundamental research in homeopathy: this research doesn't show any useful difference of result between D, C, K, or LM potencies.

Very little study has been done into the exact differences in functioning between the several potency-systems. It is impossible to have a preference based on clinical and fundamental research. Nevertheless I notice that doctors and therapist have their strong personal preferences.

This book shows the corresponding effect of potencies from different potency-systems.

For example: many prescribers don't know that C and K potencies worldwide are used as the same. One company potentises up to C200 according to the C system (1 in 100 in a new bottle for every next potency) and uses the K system (1 in 100 in the same bottle for every next potency) for the higher potencies. Other companies left out the character K. So 1M, 10M etc. are mostly mentioned: 1MK, 10MK and seldom 1MC. If the 1M is produced according

to the C system, we have to write 1000C!

Prescribers give sometimes recipes: C30, C200, MK and 10MK which is an illogical series. A better prescription would be 30K, 200K, MK and 10MK. Many prescribers use C potencies as well as K potencies and it is logical to expect that they probably work the same.

There is also a difference in the production of Q and LM potencies. Q potencies are made out of C3 that has been made from fresh plant triturations; LM potencies are made out of C3 trituration made from an alcoholic extract of the plant. Remedies made from insoluble substances have to be triturated until they are soluble. In these cases there is no difference between Q and LM. And finally: Q potencies have to be made from fresh plants; to produce D, C and K potencies this is not in every pharmacopeia obligatory.

The question is: what is most important? Is the difference in effect of the several potencies secondary to the choice of the simillimum in the potency appropriate to the case?

I hope this book helps prescribers to knowingly choose the potency. And I hope that we pay more attention to what binds us instead of what divides us. This book is a beautiful example.

For homeopathy as a medical system this book is a step forward on a long path of growth and development.

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## Acknowledgement

My introduction to homeopathy was by reading Gerhard Köhler's book *Das Lehrbuch der Homeopathie*. (*The Handbook of Homeopathy – Its Principles and Practice*.) I was gripped by the idea that remedy pictures resembled the character of patients.

I studied homeopathy and during my first years of practice I struggled with all the information about remedies, potencies and methods. I thank my teachers of the SHO Corine Bode, Arnold Deckers, Fernand Debats, René van der Reijden and Harry Bodde for their lessons and for the courses, also organised by them, with other teachers. Alphons Geukens, Tinus Smits, Nandita Shah, Deborah Collins, Massimo Mangialavori, Chaim Rosenthal and many, many others. Of course I learned from Vithoulkas, Sankaran, Sherr, Shore etc. most of the time by reading their books.

I am very grateful to many people who gave me the opportunity to learn from them and to grow as a human being, medical doctor and homeopath. My family, friends, colleagues, patients, and among them even children helped me by changing my mind, and to see things from another point of view.

I learned a lot in the interaction with my colleagues in Nijmegen: Hein van Berkel, Peter de Bruin, Christine Revet-Roth, Ruud Swagemakers, Hannie van de Ven, Huib Wijtenburg and Nelly Welling. I thank Han Blankert, Karin Hengel, Els van Hout, Loes Pardoel, Hannie van de Ven and Huib Wijtenburg who shared with me the experience of triturations and provings afterwards. I thank Alize Timmerman for her passion for the C4 and C5 triturations. I thank Frank Beijering for sharpening my mind by his ongoing disputes about this subject. Cases are very illustrative: without cases it is very difficult to explain the essence of remedies and potencies. I am very grateful to my patients who told me their experience of a remedy with a specific potency and who allowed me to present their cases in this book. I thank my friend Ivonne Timmermans for her ongoing questioning about potencies and for her idea to use other potencies and ranges of potencies, where we tried to deepen our knowledge and to solve a case. Never give up...



Over several years we studied the potencies in a group of colleagues: Peter de Bruin, Tossia Kossakowski, Hannie van de Ven, Nelly Welling and Huib Wijtenburg. We shared the knowledge and learned a lot from the experience with each other. I am very grateful for their devoted energy and their friendship. I thank Jenni Tree who corrected the text and adjusted the writing of the potencies. I thank my family and friends for their support and their patient listening.

# Introduction

Homeopathy as a system of cure is based on the law ‘*similia similibus curentur*’. At the end of the consultation we choose the right simillimum to cure the patient. The second law is about the potency. Following the teachings of Hahnemann homeopathic remedies are produced by potentising into X/D, C/K and LM/Q potencies. At the end of the consultation we define the chosen simillimum in the right potency. Many people have previously written about how to apply the potencies.

In aphorism 278 of the *Organon*, Hahnemann writes: “only based on the pure experiment, by careful observation about the response of the patient and with the right experience you are able to choose the right potency in every special case.” Hahnemann describes the production and the use of potencies in the *Organon* and *Chronic Diseases*. Boericke gives recommendations about the use of the potency at the end of every remedy picture described in his *Materia Medica*. Köhler, Kent and Vithoulkas taught us. Fernand Debats describes how to apply LM potencies in the Dutch journal *Similia Similibus Curentur* (SSC September 1996); and in *Homeopathic Links*, Volume 14 Autumn 2001, Gabriel Campuzano Piña has an article about LM potencies. Ewald Stöteker (*Hahnemann Begrijpen*) and Luc de Schepper (*Achieving and Maintaining the Simillimum*) recommend the use of LM potencies based on the 6<sup>th</sup> edition of Hahnemann’s *Organon*. In SSC September 1997 Marguerite Pelt gave her ideas concerning the application of the potencies. In an article in *Homeopathic Links* winter 2007, and in SSC December 2009, Frank Beijering describes his way of choosing the right potency with the use of a mathematical formula; the conclusion in his article is that the more seriously ill the patient is, the higher the potency that is needed to cure.

In *Homeopathic Links*, Volume 16 Autumn 2003, Rajan Sankaran shows us his ideas about the application of the potency based on seven levels. In The Hague Alize Timmerman organises triturations and provings of remedies; she discovered new information in remedies by triturating them to C4 and then potentising C4 into higher potencies. (Hahnemann advised to triturate into C3

and afterwards to potentise C3 into higher potencies). In his book *The Potency* Joe Rozencwajg introduced the Fibonacci Potencies. From the successful applications of the Banerji protocols and the enormous variety of application of remedies and potencies in the well-cured cases of many, many colleagues we learn that we need a deep investigation of the effect of the potencies.

In Wageningen, The Netherlands, April 1999, during a seminar about 'realms' or 'kingdoms' in homeopathy Chaim Rosenthal explained how the themes of the 'realms' could also provide ideas about the choice of the potency. According to his ideas: the word 'structure' is related to remedies of the mineral kingdom. The related potency to the word structure is 30C/K. If in a case the structure is to be restored: the structure of the mind, the structure of the tissues etc., the best potency to choose is 30C/K. The word 'function' and 'grow' is related to the plant kingdom. The related potency is 200C/K. If in a case the function is to be restored: the function of the liver, the generative function, the function of the mind etc., 200C/K is the best potency to apply. The words motion and emotion are related to the animal kingdom. The related potency is 1M. If in a case the emotional reaction is to be restored, the 1M potency is the best choice. The better explanation would have been: vegetative nerve system instead of the plant kingdom, and animal nerve system instead of animal kingdom. Nevertheless: the core of his idea was right and inspired me.

Searching for the appropriate application of the higher potencies as well, I described in my book *Aspecten van de Homeopathie* (2002) the system of the chakras as a useful framework. As with the ideas of Rajan Sankaran, this framework has seven levels. In the web magazine Interhomeopathy 2008 is a translation of this chapter of my book. Driven by curiosity, being inspired by colleagues' questions and by spontaneous answers of patients after their cure, I tried again and again to find the words that are linked to specific potencies. These words can lead us to the best choice.

## Characteristic words or language related to the potencies

3X*-6X, 3C, 4C	Stimulate Activate Enhance Encourage Push
12X-14X, 7C	Regulate Adjust
9C	Decrease Diminish Inhibit Restrain
LM/Q 1	Standard Objective Fundamental Factual Matter of fact, by definition Elementary Real Concrete
C/K6, LM/Q 2	Feel Sense Perceive Undermine
C/K 12, LM/Q 3	Body language Demeanour Automatic conduct
C/K 30, LM/Q 6	Human nature Character Personality Disposition Structure Basic delusion, structure of the mind

C/K 200, LM/Q 12	Familiar Habitual Usual Ordinary Common Custom Normal Parasympathetic and enteric nervous system	<i>Dysfunction/disorder of:</i> Digestive system Urine system Blood flow Growth and physical development Reproduction, the cycle of menses Sleep, dreams, coma
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**C/K 1M, LM/Q 18	Fight/Flight/Freeze Emotion Passion Will Command Control Prevail Orthosympathetic nervous system	<i>Blocked/suppressed functions or severe complaints of:</i> Digestive system Urine system Blood flow Growth and physical development Reproduction, the cycle of menses Sleep, dreams, coma
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**C/K 10M, LM/Q 24	Projection of emotion onto someone else Symptoms spread over two people
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C/K 50M, LM/Q 30	Projection of emotion onto a little group, the family Symptoms spread over a little group of people
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**C/K CM, 500M	Projection of emotion onto members of the family and to members of society Symptoms widespread
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\* X potency is the decimal potency in some countries written as D potency.

\*\* The potencies 1M, 10M etc most of the time are produced as K potencies.

## Frequency of the dose

During my study and during the period I have been practising homeopathy I have learned how to choose the simillimum, the potency and the frequency of the dose. Boericke offered advice for every remedy about the potency and the duration of time between doses, and that differs a lot: from six days up to 90 days. Kent and Vithoulkas advise to wait for a long time, warning not to disturb the process after the administration of a remedy. In the sixth edition of the *Organon* Hahnemann describes the use of LM potencies, which need more frequent dosage. The Banerji protocols describe C3-C200 one or more doses a day. I discovered that every teacher of refresher courses has his/her own system or theory about the frequency of the dose. During a course years ago a teacher told of a patient who took one dose a day for two months instead of taking one dose once(!), which was his prescription; the remedy worked perfectly!

### My personal experience

Once during a proving I took a dose of *Opium* C30 and afterwards I had a very emotional weekend. Throughout those days I had the tactile sensation of a child's sandy hand in my hand. At that moment I thought it was my sister's hand. My sister had died many years before; she burned herself to death after a long-lasting depression. After her death I noticed that I had no emotions and no feelings at all about accidents caused by fire. I was totally numb. In the beginning this was just a fact, but later it became a painful lack of senses. This senselessness wasn't changed after *Opium* C200 and higher potencies that I had used earlier. Neither during the proving did I notice a change. But one year(!) later for the first time I reacted very emotionally while watching a programme about the victims of a great fire on television! Some years later I heard that I was involved in a fire incident when I was two years old. This information explained to me why I had neither emotions nor feelings about fires. Another time I heard the history that was related to the tactile sensation of the sandy hand in mine. This emotionally suppressed event had happened when I was four years old. In the period of the *Opium* proving I participated in

other provings that we organised in a small group of colleagues. I always liked and still like to learn more about remedies by courses, by reading books and by provings. Homeopaths may criticise this behaviour, but I learned a lot:

1. Regardless of other remedies that I took, the *Opium* C30\* worked on the background; a closure was unlocked by the simillimum in the appropriate potency and the change went on smoothly. Thanks to my awareness I noticed it!
2. The restoration of senses after *Opium* C30 unrolled back in time: first the tactile sensation of a sandy hand in my hand related to the emotionally suppressed history when I was four years old; and second, the emotions about the fire that had happened when I was two.
3. Other remedies that I took during that time didn't spoil the case.

\* At that time I had no idea why *Opium* C30 had this effect and C200 and other potencies had not revealed the sensations. After a long learning period I now understand the essence of the potencies and I am able to describe this in my book.

While practising I learned from my own experience and from my patients' records that for me there is no strict system for every patient or situation where I should apply a remedy. Of course I have my system:

- I seldom use low X potencies; I give 6X and 12X once a day, but I am aware about patients, who are sensitive to proving the remedy!
- I give LM/Q\*\* potencies one dose a day in the beginning, but I advise the patient to lower the frequency when s/he feels better and confident to do so. I have seen patients who can lower the frequency after two weeks, but I also have patients who need to go on for a very long time.
- I give C/K6 and 12 twice a week in the beginning and have a follow up after four weeks.
- I give C/K potencies 30, 200, 1M etc. in the beginning once a week and have a follow up after four weeks. Here also I advise the patient to stop when the change induced by the remedy starts, and then to wait and see what happens.

\*\* I describe the use of these potencies in this book. I don't move sequentially up the LM/Q potencies from LM/Q1, LM/Q2, LM/Q3 etc. I always try to search for the best potency for the patient. Of course I don't always succeed in starting with the best potency; sometimes I have to change to a higher potency, sometimes a lower potency is better.

Sometimes patients have an unexpected reaction and they contact me. In my experience an aggravation happens when the given potency is too low. I advise the patient to make a solution of one dose in water and drink it after stirring vigorously. When this helps enough I advise them to stop the repetition of the remedy.

It is my experience that nothing changes in the patient, when the potency that I give is too high. When nothing is changed between the gift and the follow up and the chosen remedy is still the same, I give a lower potency.

I learned a lot from my patients who were stubborn enough to do it their way and who were honest enough to report their experiences! I also learned a lot from making 'mistakes', but to learn from making mistakes you have to make them....



## 3X-6X, 3C, 4C

Hahnemann writes about a primary action of medicines on our healthy state and a secondary action resulting in the opposite. One of his examples is the use of strong coffee. The primary effect of strong coffee is excessive vivacity; sluggishness and drowsiness is the secondary effect. In §66 Hahnemann describes that this antagonistic effect is not noticed after administration of minute homeopathic doses of the deranging agents. Rudolf Steiner, the founder of Anthroposophy and Anthroposophic Medicine, discovered that homeopathic potencies in low X potencies have a stimulating effect. We use this stimulating influence of low X potencies in organotrophic remedies to stimulate, for example, the functions of liver or kidneys.

### Characteristic words or language related to these potencies

- Stimulate
- Activate
- Enhance
- Encourage
- Push

### Stimulate

#### Case 1 *THYROIDINUM 4C AND TSH 4C*

In Organotherapy 4C is the stimulating potency. To stimulate the function of the thyroid in hypothyroidism *TSH 4C* and *Thyroidinum 4C* on alternating evenings worked well for a patient, but after two months she had palpitations and was very hurried. She stopped the medicines and the symptoms disappeared.

### Enhance

#### Case 2 *TARAXACUM 6X*

Remedies in 6X and 3C enhance the function of organs. A patient with fatty degeneration of the liver successfully used *Taraxacum 6X* daily to enhance the function of the liver. To enhance the detoxification of the liver and the kidney we give our patients organotrophic remedies in 3X, 6X and 3C.

## Encourage, activate

### Case 3 *SYMPHYTUM 6X* AND *CALCAREA PHOSPHORICUM 6X*

A woman aged 67 visits me with only one question: can I do something about osteoporosis? She has a pain in the coccyx extending to both her legs, right < left. Perspiration on the back and the back of the head. She dislikes milk and never drinks it. Four years before we 'closed' her file: after a period of struggle she ended with a divorce. Now she has the feeling that everything is in order and just this pain and the worry about the osteoporosis are bothering her.

I decide to keep it simple and describe *Symphytum 6X* and *Calcarea phosphoricum 6X*, both for daily use.

**Six weeks later:** She reports that the pain is gone and she is no longer concerned about the osteoporosis. She explains that *Symphytum* is the unknown plant that showed up in her own garden in May. Wandering in her neighbourhood she notices *Symphytum* along the roadsides.

About herself she mentioned: "During the last weeks I combined aspects of my dreams (these are always very vivid!) and snippets of memory and I remember my grandfather abusing me at the age of two. I looked back at myself standing at the quay, waiting for my father who came home with his ship. He was a sailor. I hear myself telling him: "Milou is dead." At that time I called myself 'Milou'.

From that time on a new period in her life started. The 'Milou' is back in life and develops. (Delusion newly born into the world, Delusion neglected, Delusion being nobody.) The pain in her coccyx disappears and the osteoporosis isn't that painful any more. On her own she stops taking the remedies.

## Analysis

*Symphytum* and *Calcarea phosphoricum* are recommended when broken bones fail to heal and there is not enough growth of callus. In youth the growth of bone is stronger than the decay. When growing old the balance between growth and decay of bones changes and the decay is stronger, because the osteoclastic cells are more active. I give *Symphytum* and *Calcarea phosphoricum* combined and both once a day in the case of osteoporosis to acti-

vate the osteoblastic cells and to stimulate the growth of bone. *Symphytum* 6X has an activating effect on the mind as well: the patient remembers herself as a little child after some weeks of taking *Symphytum* 6X, as if the little child were encouraged to show up. (*Symphytum*: Delusion newly born into the world, Delusion neglected, Delusion being nobody. Rubrics from *Synthesis Treasure Edition* 2009. F. Schroyens, from Peter Friedrich).

## Push

### Case 4 *SYMPHYTUM* 6X AND *CALCAREA PHOSPHORICUM* 6X

A six-year-old child broke his thigh six weeks before his winter holiday. His mother felt sorry for him that he couldn't enjoy skiing. With the use of *Calcarea phosphoricum* 6X and *Symphytum* 6X both once a day the thigh healed quickly. During this holiday he broke his leg again and came home in plaster. This time *Calcarea phosphoricum* 6X and *Symphytum* 6X was helpful again. During the summer holiday he broke his arm and he had a plaster bandage for the third time. His mother gave him *Calcarea phosphoricum* 6X and *Symphytum* 6X immediately. Unfortunately the broken bones were badly positioned and he needed an operation. After the operation the surgeon told his mother that there was an enormous growth of callus and it was a hard job for him to loosen the broken parts and repair the bone.

## Analysis

In this case the repeated use of *Calcarea phosphoricum* and *Symphytum* in 6X led to the growth of too much callus. In young children the growth of bones is a normal manifestation and normally in children broken bones in the arms heal quickly. So there was no need to stimulate callus growth. Nevertheless I learned from this case the stimulating, pushing activity of 6X potency.