



DOSE AND REPETITION IN HOMOEOPATHY: AN ORGANON-BASED REVIEW

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ABSTRACT

The doctrine of minimum dose and repetition is a fundamental principle of homoeopathic therapeutics. Based on Hahnemann's concept of disease as a dynamic disturbance of the vital force, the curative effect of a remedy depends on its similarity rather than its quantity. The *Organon of Medicine* emphasises the administration of the smallest effective dose and careful repetition based on the patient's response. The evolution in the 6th edition introduced modified repetition through LM potencies and the split-dose method to ensure a gentle and continuous cure. The views of Kent, Close, and Roberts further stress individualisation and cautious repetition. This article reviews the philosophical basis and clinical application of minimum dose and repetition in homoeopathic practice.

KEYWORDS

Homoeopathy; Posology; Minimum Dose; Dose Repetition; Organon of Medicine; LM Potency.



INTRODUCTION

The doctrine of dose and repetition is a fundamental component of homoeopathic philosophy and practice. In Homeopathy, after the similimum has been selected, the physician's primary responsibility is to determine both the appropriate potency and the optimal frequency of dose repetition. Inappropriate repetition may either fail to stimulate the vital force or interfere with the curative process.

"If the supposed seeker after truth is not willing to seek truth where it is to be found, namely in experience, then he may leave it undiscovered; he cannot find it in the multiplication tables."

-DR S. HAHNEMANN

Even before founding Homoeopathy, Hahnemann gave up his medical practice because he feared that the prevailing methods of treatment might harm his patients. In those days, medicines were administered in large and powerful doses, which could easily turn life into death, creating new ailments and chronic diseases that were often more dangerous than the original illness. ⁽¹⁾

WHAT IS DOSE IN HOMOEOPATHY?

A homoeopathic "dose" refers to the particular preparation of medicine used, the quantity and form of that preparation, as well as the number of administrations of the medicine. In short, the homoeopathic "dose" is a combination of potency, quantity, form and number of administrations of the medicine. ⁽²⁾

PART 1: PHILOSOPHICAL FOUNDATION OF MINIMUM DOSE ⁽³⁾

Dr Hahnemann describes disease not as a material entity but as a dynamic derangement of the vital force in aphorism 11. Further in aphorism 16,

"Our vital force, as a spirit-like dynamics, cannot be affected and altered by morbid influences on the healthy organism except in a spirit-like (dynamic) manner."

Here, he clarifies that the vital force, as a spirit-like dynamics, can be affected only in a dynamic manner. If disease is essentially dynamic, it logically follows that the curative agent must also operate dynamically rather than materially. Thus, the doctrine of minimum dose originates from the metaphysical understanding of disease.

"A weaker dynamic affection is permanently extinguished by a stronger one if similar to it in kind"

Here, Dr Hahnemann declares that a weaker dynamic affection is permanently extinguished by a stronger one if similar in kind. The emphasis here is not on quantity but on quality and similarity. The



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curative superiority of the remedy lies in its dynamic resemblance and slightly greater intensity. This establishes that the medicinal stimulus need not be material in quantity but only dynamically superior and similar. (apho.26)

PART 2: DOCTRINE OF MINIMUM DOSE ⁽³⁾

“The suitability of a medicine for any given case of disease does not depend on its quantity but solely on its power of producing symptoms similar to those of the disease.”

Here, Hahnemann clearly states that the suitability of a medicine does not depend upon its quantity but solely upon its homoeopathic appropriateness to the case. Simply, the effectiveness of a medicine does not depend on how much of it you give, but on how closely it matches the patient’s symptoms. It’s not the quantity (dose) that decides whether the medicine will work. What really matters is whether the medicine can produce symptoms similar to those of the disease in a healthy person. If the medicine’s symptom picture closely matches the patient’s symptoms, it is suitable—even if given in a small dose. (Apho. 275)

“For this reason, a medicine, even though it may be homeopathically suitable to the case, does harm in every dose that is too large.”

The danger of excessive dosing is explained here. Dr Hahnemann warns that even a homeopathically suitable medicine does harm if given in too large a dose. He observed clinically that large doses tend to produce violent aggravations or accessory medicinal symptoms that complicate the natural disease picture. (Apho. 276)

In Aphorisms 277 to 279, he reinforces the doctrine that the smallest possible dose capable of exciting a gentle curative reaction is the ideal. These passages collectively emphasise that the physician’s art lies in minimising the quantity while maximising the dynamic effect.

PART 3: SINGLE DOSE AND THE WAITING PRINCIPLE ⁽⁴⁾

“Every dose of a medicine acts for a certain period of time; hence, it should be allowed to exhaust its action before a new dose is given.”

Hahnemann advises that each dose of medicine should be allowed to complete its action before another is administered. The rationale behind this instruction is that the medicinal stimulus, once applied, continues to act upon the vital force for a definite period. Premature repetition might either unnecessarily aggravate the patient or interfere with the natural curative process. This principle gave



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rise to what later became known as the “single-dose and wait” method, widely adopted by many classical practitioners. (Apho. 245)

PART 4: REPETITION OF DOSE⁽⁴⁾

Dr Hahnemann explained that the three conditions are to be fulfilled to achieve a rapid cure:

- Similimum: the medicine selected should be perfectly homoeopathic.
- Minimum dose: medicine should be given in the minutest dose, so as to produce the least possible excitation of the vital force, and yet sufficient to effect the necessary change in it.
- Repetition: the minutest yet powerful dose of the best selected medicine should be repeated at suitable intervals.

He also added that the dose of the same medicine may be repeated several times if necessary, until recovery ensures, or until same medicine ceases to do good, and repetition can be continued till different groups of symptoms arise and thus demands different remedy. (apho 246)

In acute cases, the remedy can be repeated every 4,8,12,16, and 24 hours. In severe cases, even hourly repetition is also allowed. In chronic diseases, we can repeat the remedy at intervals of 7, 8, 10, 12, or 14 days.

According to the nature of the remedy, he also guided us that deep acting remedy have a longer duration of action and, hence, are repeated less frequently, and short acting remedy have a shorter duration of action, and hence, their repetitions are more frequent. He also added that medicine in lower potency required frequent repetition and in higher potency required infrequent repetition. (apho 247)

EVOLUTION IN THE 6TH EDITION⁽³⁾

In the 6th edition, he made a great departure from the previous instruction.

For acute diseases, he said, the remedy can be repeated frequently depending on the intensity of the disease.

In chronic diseases, a single dose of an appropriately selected homoeopathic remedy at times completes the cure within 40,50,60,100 days. But the physician aims to achieve a cure in a rapid manner. It must be a matter of great importance to the physician as well as to the patient that, if possible, this period (40,50,60,100 days) should be decreased to one-half, one-quarter, and even still less so that a much more rapid cure might be obtained. But Dr Hahnemann said that “the degree of every repeated dose



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deviates somewhat from the preceding.” This concept laid the foundation for: LM potency, Split-dose method, Water dosing. (Apho. 246)

An identical dose should not be repeated without modification, as the initial administration has already acted upon and sufficiently stimulated the vital force. Once this response has occurred, the organism is less receptive to the same unaltered potency of the remedy. Hence, the succeeding dose is changed slightly every time, and its potency is somewhat higher. Now, the vital principle will be altered or stimulated again, and thus the cure is brought nearer (Apho. 247).

Aphorism 248 further elaborates this principle, emphasising that such modification permits a more continuous and gentle curative process.

This procedure of improving the dose and potency with every repetition can be followed in acute diseases, every 2 to 6 hours, or even more often. In very urgent cases, every hour or oftener. In chronic diseases, the ever-increasing dose can be repeated either every second day or may be repeated daily for months as long as the patient experiences continued improvement.

This shift from passive waiting to controlled repetition marks one of the most significant developments in homoeopathic posology. Hahnemann realized that if the same unaltered dose were repeated, the vital force might resist it as an identical stimulus. By slightly modifying the potency through succussion, each dose becomes dynamically new, maintaining its curative influence without provoking undue reaction.

DR JAMES TYLER KENT’S VIEW ON REPETITION OF DOSE ⁽⁵⁾

James Tyler Kent was one of the strongest advocates of cautious repetition and high-potency prescribing in homoeopathy. His views on repetition are mainly discussed in *Lectures on Homoeopathic Philosophy*, particularly in the lectures on “The Second Prescription.”

“So long as the remedy is acting, do not interfere.”

Kent firmly emphasized that a remedy should never be repeated as long as improvement is progressing. Kent advised that repetition should be done only when there is a clear relapse — meaning the return of the original symptoms after improvement. He warned that slight fluctuations or temporary discomfort do not justify repetition. If new symptoms appear, the remedy may be incorrect rather than requiring repetition. Kent was a strong supporter of high potencies (200C, 1M and above). He believed that higher potencies act deeply and for a longer duration. Therefore, they should be repeated rarely. In



acute conditions, Kent allowed more frequent repetition due to rapid disease progression. However, he maintained that repetition should stop immediately once improvement begins.

STUART CLOSE'S VIEW ON REPETITION ⁽⁶⁾

In his work *The Genius of Homoeopathy*, he clearly states that there can be no fixed rule for repetition applicable to all cases. Repetition depends upon:

- The nature and stage of the disease
- The vitality of the patient
- The potency administered
- The response observed after the first dose

He advised that as long as improvement continues—especially general improvement—the remedy should not be repeated. However, when improvement ceases and symptoms relapse, repetition of the same remedy may be indicated. Close also emphasized that high potencies act longer and therefore require longer waiting, while lower potencies may need closer repetition in certain clinical conditions.

H.A. ROBERTS'S VIEW ON REPETITION ⁽⁷⁾

In *The Principles and Art of Cure by Homoeopathy*, he states that repetition must always be individualized.

Roberts taught that:

- Highly sensitive patients require higher potencies and infrequent repetition.
- Patients with low vitality or advanced pathology may require lower potencies and cautious repetition.
- The remedy should not be repeated while improvement continues.
- Repetition is indicated when improvement ceases or relapse occurs.



CONCLUSION

The principles of minimum dose and appropriate repetition are essential to Homoeopathic practice. In the Organon of Medicine, Dr Hahnemann gives clear advice on giving the smallest effective dose and repeating it only when needed, based on the patient's response. Later interpretations by Dr Kent, Dr Stuart Close, and Dr Roberts stress the importance of careful observation, Individualization, and thoughtful repetition of remedies. In the 11th observation, Dr Kent advised that if the old symptoms reappear and persist, a repetition of the dose is often necessary. Therefore, a proper understanding and application of the dose and repetition allow the Homoeopathic physician to achieve a gentle, quick, and lasting cure while preventing unnecessary aggravation.

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