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## Efficacy of LM Potency in Day Today Homoeopathic Practice

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### ABSTRACT

Homeopathic consultation as an ideal model of general practice, the modern history of general practice is marked by extensive professional rhetoric that emphasizes the centrality of the interpersonal relationship between doctor and patient. In this context, the incorporation of homeopathy into common practice can be viewed in many ways. The drugs prescribed in the drug system are prepared by defined pharmaceutical procedures according to monographs contained in standard homeopathic pharmacopoeias and are used to treat a wide range of disorders. Homeopathic pharmacy as a field of research is very important to ensure the quality of homeopathic medicines, which doctors use for successful practice. Therefore, it is important to ensure accuracy in the preparation of medicines, especially in terms of their quality.

The study provides information on the effectiveness of homeopathy in all diseases treated in practical practice.

**Keywords:** LM Potency, 50 Millicimal Potency, Homoeopathic Treatment, Homeopathy and Homeopathic Pharmacy.

### Introduction

Homeopathy is based on "natural laws" and is as fundamental and eternal as the sun and the moon. It is a branch of medical therapy based on certain fundamental principles.

Homeopathy emphasizes the study of the effect of medicines on healthy human beings, because homeopathy recognizes that it is thanks to the knowledge of their effect on humans that we can find the correct perception of their applicability in case of illness.

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Homeopathic pharmacy as a field of research is very important in ensuring the quality aspect of homeopathic medicines that doctors rely on for successful practice. Therefore, it is important to ensure accuracy in the preparation of medicines, especially in terms of their quality.

One of the misconceptions we hear from our patients is that "homeopathy takes a long time to work". For chronic conditions it is fine but for acute conditions people preferred to go to an allopath and get treated. After treatment by an allopath, a patient with an acute episode is brought back to a homeopath for a complete cure by boosting immunity, and so homeopathic treatment continues to survive with the common belief that homeopathy is safe and good for boosting immunity and a complete cure.

Hahnemann wanted to speed up the treatment as much as possible in this time frame. All his life he experimented with the aim of improving the homeopathic system of medicine for the benefit of the patient. He felt that his great discovery was LM potency.

### Review of Literature

The 50 millesimal scale or LM potency was introduced by Dr. by Hahnemann in the 6th edition of the Organon of Medicine in aphorism 2701. Potencies prepared by this method are named Dr. by Pierre Schmidt as "50 millesimal potency", as a material component of the drug. is said to decrease 50,000 times for each degree of dynamization.

In India and Bangladesh, the potency prepared by this scale is indicated as 0/1, 0/2, 0/3 and m/1, m/2, m/3, etc. In the West, it is indicated as 1/0, 2/0, 3/0 etc. Numerator "0" symbolically represents the poppy-sized globule used in each dynamization.

To achieve LM1 potency, dissolve 60 mg of the 3c trituration of the substance to be potentiated in 20 mL of 15% ethanol. Transfer 1 drop of the solution to a small vial, add 2.5 ml ethanol 86% and shake thoroughly 100 times. Moisten 100 g of granules of size 1 evenly with the solution, after impregnation in a closed container, the granules are air-dried, they represent a potency of LM 12.

Dr. R. P. Patel: I have tried Hahnemann's method of administration and my own

ways and I am always successful. The easiest way according to my observations that I found is:

A. Prepare one dose in 2 grains of sugar of milk with 2 pills (No. 10) of the selected potency of the chronic disease remedy.

B. Dissolve 2 pills or even 1 pill (No. 10) of the selected potency of the selected remedy in one ounce of water and ask the patient to take a teaspoonful or 10 drops or one dram in ½ ounce of water every ½ or ¼ to 1 hour after mixing . according to the severity of the disease. In chronic cases, once a day.

C. Dissolve one dose (2 pills) of the selected strength of the indicated remedy in one ounce of water, and ask the patient, after mixing, to take ½ ounce in the morning and half an ounce in the evening, in moderate cases where there is no immediate danger.

Dr. Hahnemann: For the same reason, the dose of homeopathic medicines is increased the amount of liquid in which it dissolves when administered to the patient, although the actual amount of the drug remains the same. For in this case, when the drug is taken, there is a much larger surface area of sensitive nerves responding to the medicinal effect. Although theoreticians may imagine that the effect of the drug should be weakened by diluting it with a large amount of liquid, experience says just the opposite. In all cases where medicines are used homeopathically.

#### **Dr. Hahnemann:**

But chronic diseases, on the other hand, a single dose a properly chosen homeopathic remedy sometimes completes even with a slowly progressive improvement and provides help with such a remedy in such a case can naturally be achieved within 40, 50, 60, 100 days. However, this is rarely the case; besides, it must be of great importance to both doctor and patient that if possible this time should be reduced to a half, a quarter, or even less, so that a more rapid cure may be obtained. And this may very happily be effected, as I have lately and oft-repeated observations thought, under the following conditions; firstly, the medicine selected is at most perfectly homoeopathic, secondly, if it is highly potentized, it is dissolved in water and administered in small doses as experience as the most convenient and definite intervals to effect the cure as quickly as possible, but with care that the degree of each dose should be somewhat they deviate from the previous and the following.

"what did I say in the 5th edition of the Organon, by a long trace not in this paragraph, to prevent the unwanted reaction of the vital energy of all the experience I justified then? But within the last four or five years all difficulties have been completely solved by my new modified but improved method.

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### **FIFTY MILESIMAL SCALE**

This scale was introduced by Hahnemann in Aphorism 270 6th edition of the Organon of Medicine, published in 1921. Hahnemann called it - "Revived dynamization".

Dr. Pierre Schmidt and Dr. Charles Pahud popularized this method. Since the publication of the French translation of the 6th edition of the Organon by Pierre Schmidt of Geneva and his articles in the British Homeopathic Journal, July - October 1954: "The Hidden Treasures Of The Last Organon", the attention of homeopaths has been drawn to these changes. . Pierre Schmidt called these potencies the "fifty millesimal potencies".

Potencies prepared according to this method are designated by the prefix "0," symbolically representing "medicamens au globule," or by the letters "LM," representing "fifty millesimals."

• 0/1, 0/2, 0/3, ... 0/30 [in India and Bangladesh] DOSE PREPARATION FOR LM POTENCY

In the 6th edition of the Organon of Medicine, Hahnemann mentions the preparation of an aqueous solution of LM potency. The basic reason for using a medicinal solution is to make it easier to adjust the dose of the drug to the sensitivity of the constitution.

#### ***Development of LM potency***

After 36 years of increasing the effectiveness of centesimal drugs, Hahnemann decided to increase the dilution ratio instead. Hahnemann left the 1/100 centesimals dilution behind and began searching for a potency to fill this gap in homeopathic therapeutics.

After countless experiments, the founder decided on a dilution ratio of 1/50,000 coupled with a potency of 50 Millesimal. I have reviewed 100s of Hahnemann's cases from the LM period (1840-1843) over the past 2 years.

One of the first things one notices is that Hahnemann used both the centesimal and LM potencies in the medicinal solution with the addition of a diluting glass during these 3 years.

The LM potency is first obtained from the trituration of 3c (1:100x100x100). Another 1 grain of this trituration is placed in 500 drops to make a LM/0 solution (ratio 1 to 501).

Then 1 drop is taken from the LM/0 solution and added to 100 drops of diluted and aspirated 100x.

This becomes the LM 0/1 potency, the first tier of the LM apothecary (100x100x100x500x100x500 = LM 0/1). The C's of the 5th Organon (1833) were made with 10 indentations by hand, although many modern potencies are made with 10 to 40 or more indentations by machine.

As for the amount of original medicinals in LM 0/1, it is a similar amount found in the 6c potency, although its healing abilities are greatly expanded due to the larger dilution medium.

A mere comparison of the amount of original substances found in C and LM potencies does not show differences in their intrinsic healing properties. The LM pharmaceutical solution is then used to moisten 500 small poppy-sized pellets. One LM 0/1 pellet is further diluted to a minimum of 3 and 1/2 oz to create a medicinal solution. After aspiration, 1, 2 or 3 teaspoons are taken from the medicinal solution and further diluted in a glass for diluting water.

From this diluting glass, 1, 2, 3 teaspoons are given to the patient as a dose. The final liquid batch was diluted two more steps than the dry batch. The final amount of parent substance administered to the patient is more diluted than dry

pill because it was dissolved in a medicinal solution and stirred into the diluting glass.

This final amount of the original substance in the teaspoon of solution given to the patient still needs to be calculated into the equation.

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## HISTORICAL REVIEW

Hahnemann completed the 6th edition of the Organon in 1842 while in active practice in Paris, but it did not see the light of day until 1921, long after his death in 1843 due to various unavoidable reasons. In the 6th edition, he made many changes, until then the most significant of which relate to the preparation of homeopathic medicines in the mother form and subsequent potencies, as well as their administration to patients.

These valuable changes went unnoticed for some time and lay like the hidden treasure of the 6th year, brought out by the serious study and diligence of some dedicated homeopaths. But these changes did not come suddenly; they were slowly developed over several years of experimentation and observation out of sheer necessity.

While there are many advantages to the usefulness of LM potency, we should also keep in mind some disadvantages.

Organon of medicine Dr. Hahnemann went through various editions in the years 1810-1843. Each edition had to admit something new or reject something that did not conform to the law of nature.

Even Dr. himself Hahnemann started with low potencies such as 30c. He slowly and steadily built up the potency, as experience taught him, leading to a "rapid gentle and lasting cure."

In the 4th edition, he introduced the use of a single dose of 1 poppy seed of the drug, but warned against repeating the same drug if the 1st dose improves the symptoms. This is called the "WAIT AND WATCH METHOD" (Aphorism-242-245).

In 1833 he published his 5th edition of the Organon. This edition was also referred to as "LIMIT BREAKER". On the advice of his 1st pupils Dr. Gross & Stapf encouraged the use of high potencies above its former limit of 30c. Another of his disciples, Julius Caspar Jenichen, a layman with enormous physical strength, experimented with high potency. He wrote about the Arsenicum 8000c, which was produced by the faithful strength of his arm and carried out with 165,000 strong strokes.

He communicated this to Von Boeninghausen, who trusted Jenichen's powers, as Von knew the unusual strength and endurance required to produce them according to the master's strict instructions. He concluded that it would take many years to fully confirm Jenichen's potencies. In the 5th edition, Hahnemann made 3 important changes.

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### LM potency is the newest therapeutic system of homeopathy:

1. LM potencies have the advantage of being the gentlest of all methods of performing homeopathy. With this potency, the 'Ideal of Healing' can be materialized.
2. LM potency is the most flexible of all methods of performing homeopathy. We can easily adjust the dose so that the dosage is individual for the patient.
3. This potency is best for the treatment of hypersensitive people who approve all medicines.
4. It is also best for the treatment of chronic diseases, severe pathologies and miasmata, especially active miasmata with discharges and hyperallergic reactions.
5. The highest development of power. In this new method of dynamization, the material component of the medicinal substance is more reduced, but the grinding, pounding and suction, etc., are increased many times. Thus the latent and abiding nature of material substances is fully developed in this way. Hahnemann says that "the highest development of strength and the mildest action."
6. Medicines with LM potency are milder in reaction. It can be safely administered even in most fatal cases without fear of dangerous and violent medical deterioration.
7. Frequent repetition is permissible even for long-lasting correction. Can be repeated if necessary. Even long-acting medications can be administered safely.

8. It can be applied using the olfactory method. To avoid drug-induced aggravation, LM potency can be administered through olfaction.
9. Least amenable to antidotes. This potency gives full freedom to both physician and patient from the tyranny of centesimal potency. If the selection is found to be incorrect, a new well-selected drug may be given without the antidote of the previous one.
10. The course of treatment can be minimized to a half, a quarter or even more less than the Centesimal potency. It cures acute and chronic patients surprisingly in the fastest possible time.
11. Can boldly face any challenge with another medical school.

Master Hahnemann gave clear instructions regarding the dosage of LM potencies. Take 4 oz. new clean bottle (never use old or used bottles). Insert one or two pellets of LM potency and add about 20 drops of dosing alcohol for preservation and stabilization purposes, then fill the bottle 3/4 with distilled water or clean boiled and cooled water. Now the medicinal solution is ready for use. It is recommended to aspirate the medicinal solution 8, 10 or 12 times according to the sensitivity of the patient (8 series for a very sensitive patient, 10 for a less sensitive patient and 12 times for the least excited and sensitive patient). 7 doses per potency can be used from this solution. Take a spoonful of the prepared solution and place in a glass containing 4 ounces of pure water, from which take off one or two teaspoonfuls at a time, and pour off the remaining liquid.

The above preparation is very useful in every kind of disease, both acute and chronic conditions. However, this is very difficult and somewhat confusing for patients. Therefore, for convenience, I used the fifty million potency in a special way. I have often and quietly verified its effectiveness over the past years on hundreds of patients of various age groups and genders in various disease states. So I can safely say that this dosing method is silent and effective. It is very effective, convenient, easy to prepare, dispense, handle and consume. There is no unpleasant taste. A faint taste of tender coconut water is present in this solution, so everyone likes to consume the medicine, especially children. The only downside is that the correct order with this small dosing bottle is not very convenient.

### ***Preparation***

Take a new clean 5ml dropper bottle (eye milk bottle) and put one or two pellets of the desired LM calculus potency into it. Then add a few drops, say three to five drops of rubbing alcohol for preservation and stabilization purposes, then fill the bottle with clean boiled and cooled water. The dosing solution is now ready for use. This healing solution can be used according to the intensity and necessity of the condition.

### ***Management***

For acute and chronic conditions, apply 2 drops directly to the tongue. In very urgent cases, apply the drops sublingually.

For even greater effectiveness, add two drops of the solution to a teaspoon of clean water and serve. This can cause the medicine to touch more nerves in the tongue instead of taking two drops directly. However, the effectiveness of this method is still being monitored. It is recommended to aspirate the medicinal solution 8, 10 or 12 times according to the sensitivity of the patient (8 times for a very sensitive patient, 10 times for a less sensitive patient and 12 times for the least excited and sensitive patient).

### ***Repetition***

- Very urgent cases - take the medicine every hour or more often.
- Acute illness – the drug is repeated every two to six hours.
- Chronic disease – the drug is repeated daily or on alternate days.

### ***Measures***

To achieve the effectiveness of LM potency in full swing, take care of the following:

- Start the treatment from the lowest possible degree of potency and gradually increase the potency higher.
- Never mix or alternate more than one medication at a time, instead use only one medication.
- Use a new bottle for each new dose and potency.
- Protect the product from strong smelling substances, extreme heat and cold.
- Never store the medicine in the refrigerator.
- Keep at least an hour gap between the medicine and the food you have to take.

**Advantages**

- The total amount of drug is reduced compared to conventional LM delivery type.
- The end result is the minimum amount of drug and the maximum effect of the drug.
- Very convenient and simple method of dosing and consumption.
- As effective as conventional LM dosage type.
- Safe to use for all types of diseases, whether acute or chronic.
- Equally effective in all age groups and in both sexes.
- Pleasant smell and taste, everyone likes to consume.
- The medicinal effect begins as soon as the medicine touches the tongue.

**Disadvantages**

1. Medicines must be administered in liquid form to avoid the decomposition of water and rectified alcohol.
2. Standard quality bottle and cork are necessary for long-term preservation of medicinal solution.
3. Repeated administration of a partially indicated drug may bring relief from the main complaints of the patients, but the overall condition of the patient will not improve, because the dose of the drug will not cover the underlying cause and the sum of the symptoms.
4. In a simple and uncomplicated chronic disease of dynamic pathology, it is easier to observe the effect of the drug by administering a single dose of centesimal potency. But this is not possible with a drug of 50-millesimal potency scale.
5. The complexity of the way to take the drug and the regulation of the so-called deterioration, even if very mild, lead to a lack of enthusiasm in many of us.

**Discussion**

I took this topic as the first prescription is the most important decision made in homeopathy, the subsequent prescription is very likely the most difficult. And this is extremely important in case management.

The study was conducted at the IPD and OPD Hospital attached to the Post Graduate School of Homeopathic Medicine. All cases were randomly selected from OPDs with complaints irrespective of diagnosis.

All cases were prescribed with homeopathic medicine after case collection which was done according to the principles of homeopathy.

This study shows that the prevalence of male to female ratio, male cases were 16 (53%) and female cases were 14 (47%)

The age group included in the study showing age group above 41-50 years had the maximum number of cases 08 (27%), age 31-40 years of the study population, other age group involved Years were 16 cases (53%) and age group 21-30 years . there were 6 cases (20%).

Regarding miasm, there were 12 (40%) psoric cases, 10 (33%) sycotic cases and 08 (27%) syphilitic cases. The predominant miasma was psoric.

Study result after homeopathic medication, after administration of constitutional homeopathic medication in 30 cases 24 Patients showed good improvement and relief i.e. in 80%. Some patients showed slight improvement and they were 4 patients with 13% of patients in the study. The patient who did not improve after the homeopathic constitutional remedy was 2 patients with a rating of 7% of the study population.

**Summary and conclusion**

After the literature study, clinical studies, data collection, data classification, data presentation, and data analysis in the dissertation, it is time to conclude several interferences identified from the study.

1. In practical practice we encounter various clinical ailments and homeopathy in LM potency can be administered with various benefits.
2. Potency 50M can be made according to Hahnemann's instructions for a wide variety of chronic diseases
3. 50M potency in distilled water has been a useful prescription for chronic and acute ailments.
4. Overall, in the 50M potency study, 24 patients achieved good improvement, 4 achieved moderate improvement and 2 patients achieved poor improvement.
5. Preparation of 50 M potency through distilled water is effective, safe, easy to consume, easily available, cost effective.

6. During the study, no complications or adverse effects of the drug were observed during the preparation of the mother solution in distilled water in 50M potency.

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