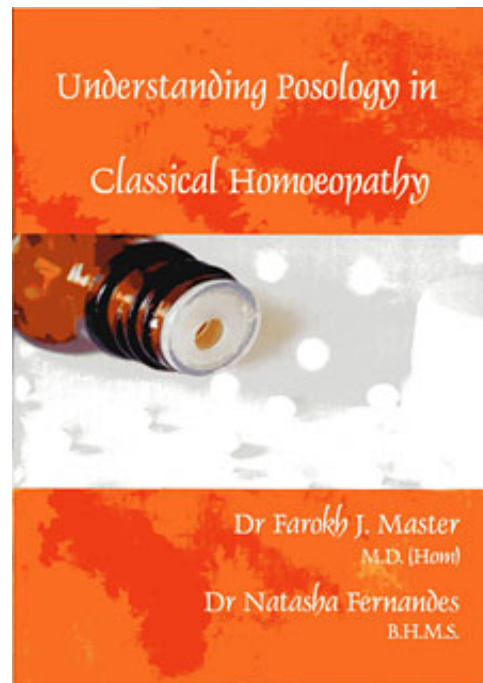


Master / Fernandes

Understanding Posology in Classical Homoeopathy

Reading excerpt

[Understanding Posology in Classical Homoeopathy](#)
of [Master / Fernandes](#)



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Plussing Method

In some chronic cases, when we increase the potency of the remedy administered, we observe that there is an aggravation of the existing symptoms of the patient. To avoid this aggravation, and facilitate an improvement, it is advisable that we use an attenuated dose of the previous potency by subjecting it to further succussions.

For e.g. if we increase from 200 to 1M, we see in some cases there is a transient but intense aggravation. To avoid this, if we prepare an attenuation of this medicine, we can avoid this aggravation.

In 1837, Hahnemann in his Theory of Chronic Diseases, pg. 159 states that

'I have, therefore, lately found the following mode of administration preferable with careful patients. From a mixture of about five tablespoonfuls of pure water and five tablespoonfuls of pure French brandy - which is kept on hand in a bottle, 200, 300 or 400 drops (according as the solution is to be weaker or stronger) are dropped into a little vial, which may be half-filled with it, and in which the medicinal powder of the pellet or pellets of the medicine have been placed. This vial is stoppered and shaken until the medicine is dissolved. From the solution, one, two, three or several drops, according to the irritability and the vital force of the patient, are dropped into a cup, containing a spoonful of water; this is then well stirred and given to the patient, and where more especial care is necessary, only the half of it may be given; ...It would be still better if instead of the cup a vial should be used, into which a tablespoonful of water is put, which can then be shaken five or six times and then wholly or half emptied for a dose'

Preparation of Plussing dose as per Homoeopathic Health Center's (Bombay) instructions:



Dissolve 1 globule in an 8 oz. pure water - this is the STOCK SOLUTION



Add 27 drops of Pure Alcohol/brandy/cognac/grain alcohol (ethanol)



Succuss the stock solution between 5-10 times depending on the sensitivity of the patient as judged by his susceptibility



1 teaspoonful of this stock solution is put into 4oz of distilled water/Evian/Vittel

1 teaspoonful from 4 oz cup is one dose, given in frequency as needed

1 teaspoon = 5 ml 4 oz = 118 ml
1 tablespoon = 15 ml 8 oz = 236 ml

Five Cup Method

This is a time tested method of administration of remedies as introduced by Dr. Hahnemann. This method of administration of medicine brings about quicker, gentler cure without aggravation.

1. Take equal quantities of water (preferably $\frac{1}{2}$ to $\frac{3}{4}$ th) in five cups



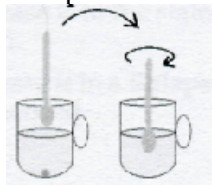
2. Put one pill of the required medicine in the first cup.



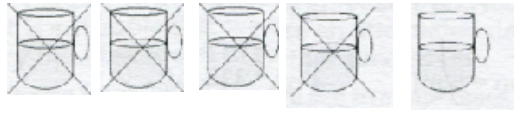
3. Stir the medicine in the first cup 10 times with a clean spoon.



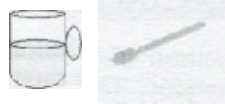
4. Lift the spoon vertically straight from the first cup and add it to the second cup.



5. Now stir it for ten times in the same way in the second cup.
6. Repeat the procedure given above till the 5th cup.
7. Discard the fluid in the first four cups.



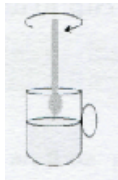
8. Finally, from the last cup (5th cup) take the dose of the medicine as prescribed e.g. 1 teaspoonful a once/twice/thrice a day.



9. Refrigerate the fifth cup with a lid.



10. Every time a dose is taken from the fifth cup, it has to be stirred ten times, which enhances its medicinal properties.



Stir 10 times before every dose