

Dosage, Duration & Potency - "Less is more"

- 3-4 drops or pills on the tongue 3 4 times a day are enough. In acute problems, these can be taken at shorter gaps and as the patient gets better the gap should be increased. These should be stopped as the cure is achieved. Liquids, pills, powders are all the same.
- Dilutions 6, 12, 30 give quick/short acting relief and dilutions like 200, 1000 give slower but long-acting relief. A good doctor advises medicine potency and frequency based on the depth of the disease. Children are normally given lower dilutions like 6,12 or 30
- Dilution Q is the mother tincture which is diluted to make higher dilutions like 6, 12, 30, 200, 1000 etc. A higher number means diluted that many times e.g 1000, means mother tincture is further diluted 1000 times. In homoeopathy higher dilutions i.e. less medicine is more powerful.
- The mouth should be neutral e.g. on waking up without washing/brushing your mouth or just before sleep. At other times keep at least 20 minute gap between any food, drink or other intake. Onion, garlic, coffee etc. are usually avoided because their taste lingers on the tongue and overpowers these mild medicines.
- Alcohol based medicines can be diluted in a spoon of water and taken or given by dropper to young children or elderly persons. Alcohol based medicines also have a very long shelf life.