"CLINICAL EXPERIENCE AND EFFICACY OF Q POTENCY COMPARED IN THE SAME PATIENTS WITH THE CENTESIMAL SCALE"

(Supported By Short Videos)
(P- Varia)

Gustavo Raúl Pirra, M.D.
President – Homeopathic Medical College
Professor - Homeopathic Medical Association of Argentina (AMHA)
Buenos Aires, Argentina
rgpirra@hotmail.com
www.enbusquedadelpensamientooriginal.com

Abstract.

This work is about some patients experience taking the same medicine, first in "CH" and then in "Q" potencies. Big differences were found.

After many years of practice with "CH Homeopathy" (unique dose or plus prescriptions), I made the translation of the 6th edition of the Organon, from the original language into Spanish, compared with the manuscript.
When I introduced the Q or LM potency in patients, they accessed a deeper transformation (physically, mentally and spiritually) than with the Centesimal scale. Less aggravation and faster changes were observed. This approach reveals a change in feeling life more frequent than using CH treatment, which surprised me a lot.

During all his life's practice, Hahnemann always *"preserved the basic principles of homeopathy"* but modified the preparation and prescription, in order to "*shorten healing times of chronic diseases and looking forward the minimum homeopathic aggravation*".

This is raised in the latest edition of Hahnemann's Organon and for me, is a "new paradigm in Homeopathy", fully understood during the observation of patients' evolutions.

Key Words.

Q or LM Potency - Comparison CH and Q Potency - Clinical Case - Patient's evolution - Organon 6th Edition -

Introduction.

One of the first patients I treated with LM o Q potency, told me that he felt a big difference between the previous way of taking "Phosphorus" (it was in unique dose and placebo) with globs, and this one, with drops.

He said: "…at the beginning of the treatment, I felt that the effect was similar to a train when it 'starts moving - , and after some time this energy movement began to decrease and then a new dose was required". "With Q potency the effect continues all the time without that first sensation".

This case helped me to open my mind, so I could listen in a different way, patient´s evolution under Q potency treatment (in the way that Hahnemann proved), and led me to a new understanding stage of the effect.
During the observation of the clinical evolution, this "new paradigm in homeopathy" appears.
In the study of the Organon Sixth Edition, Hahnemann reveals a big limitation using the centesimal scale, which is specifically explained on §270 Note F:

> *"…But when in such a scarce dilution in medicine like 100:1, many shakings are applied with a powerful machine, so the medicines are produced in a violent way that becomes dangerous, especially in the highest dynamization levels; above all in weak ill people, without consequence soft and permanent reaction of the vital principle. Nevertheless, the way I prescribe, produces a medicine of great power and soft effect."*

That is why he proposed reducing the succussion to 2, in the preparation of the remedy dynamization (as it is explained in the Introduction of "Chronic Diseases" 2nd Edition - Volume III).

Always looking for the lowest dose (looking for less aggravation), and after approximately 36 years using the centesimal scale with different variants, is in the 6th Edition of the Organon, where he also suggests that after <u>*succussioning the solution 100 times,*</u> ***each drop is partitioned into 500 grains***:

> *"One of these globules is taken, (100 of them weigh one grain, approximately 1/15 grams) in order to dynamize it with 100 drops (alcohol), then the relation changes into 1:50.000 and even more since 500 globules cannot admit a drop for their full wetting."* (§270 Note F).

The relation is 1/50.000 because **a grain is diluted in 100 drops** (1/100) and then <u>succussioned 100 times</u>. As one of these drops impregnates 500 grains that means that **each drop is partitioned into 500 parts**.

This is the way the Q potency preparation is set up: 1:50.000 in each dynamization.
The use of the Q new dynamizations, let us avoid what in the evolution of the treatment with centesimal, has been named by patients *"The Handsaw Effect";* which was well-illustrated in the lecture I presented during 70ª LMHI Congress, held in Paris.

When patients are taking CH remedy, sometimes they complain because after the *unique dose they get worst* (initial agg), and after an improvement, the symptoms return. When taking the new CH dose, usually there is an initial aggravation which is followed by a quick improvement, as "expected" for their good evolution, but not as desired by them.

"*The Handsaw Effect"*, does not exist in the Q prescription because the improvement is continuous. **That's why in order to achieve these results, it is essential to make a continuous increase of the dynamization one by one.**

To me, another important moment was when I read "Chronic Diseases 2nd Edition", the Preface of Volume III (1837), which deals with "The Technical Aspects Of Homeopathy".

> *"…Experience has shown me the same as to the best of my followers, that in disease (including the acute, semi acute, chronic and the most chronic ones), it is more helpful to use the homeopathic drug or potency, only in the form of dissolution and administer it in divided doses to the patient. Dissolve the remedy in 7 to 20 tablespoons of water and administer during acute or semi acute conditions every 6, 4 or 2 hours, and if the danger is imminent, every hour or every half hour, one spoon at a time. The solution without any addition, or even in weak subjects or children, reduces this dose to a small portion of spoon (one or two teaspoons of tea or coffee)..."*

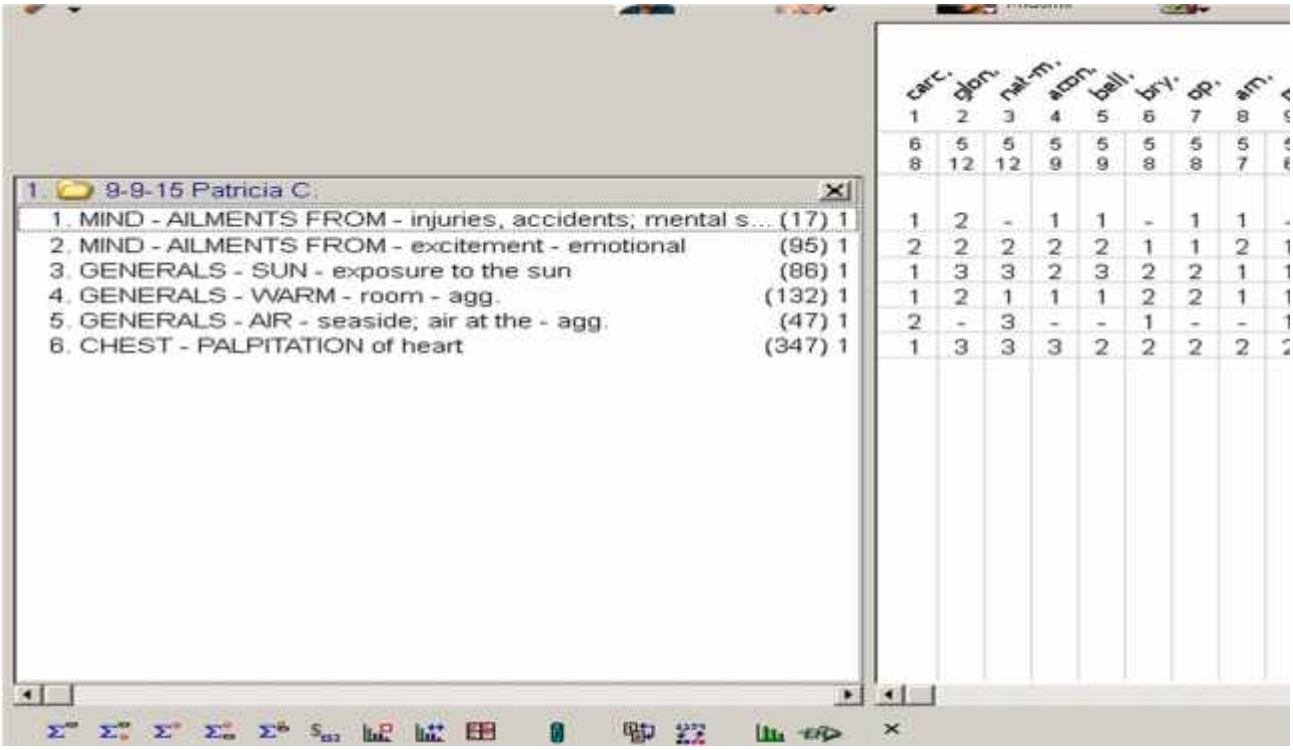
For a better comprehension, I suggest reading the complete introduction of III, IV & V volume of chronic diseases.

Development.

For this lecture, I have selected patients that also show different aspects of the Q potency evolutions.

Patricia C.

After 9 years of Homeopathic treatment, Patricia suffers a traffic accident. This noxa made old and new symptoms appeared.



From the hierarchy and repertorization, arised: Carc, Glon, Nat-M, Acon, Bell, Bry
After compare materia medica Glonoinum is prescribed in CH scale at the beginning and in Q potency afterwards.

This case showed me again a difference between the SAME REMEDY (Glonoinum) in CH - globs and in Q potency – drops.

Video 1 - Patricia (Glonoinum)
Doctor: I would like you to tell me the difference you noticed when changing from Glonoinum CH in globules to Q potency? What do you feel?
Patricia: I feel fine, much quieter. The tiredness and nervousness I used to have disappeared. To me, **it was like taking two different medicines**. I did not feel that CH made me either well or bad, but the point is it did not **solve those problems of restlessness and intranquility** I had been feeling. When I turned to Q, my life changed. Something I did not mention before (during the interview) is that **as I add a tea spoon a day, it makes a difference**. **The more I increase, the bigger the difference is**. With the other, it was like being on a plateau.
Doctor: What about the anguish and sleeping problems?
Patricia: The **anguish is gone, I feel really quiet**. I can sleep everywhere! I am fine, I am happy.

Before coming to the congress I had control of her evolution and this improvement remains.

Vanesa Q.

Was born on 6-5-77.
Works in security, divorced. Has a 5 year old child.

2-7-13
Consultation is related to her anguish.
Some of her phrases were:

- "Very distressed", "I cannot do it
- "I am very ashamed of my body"
- "I am very jealous of my family, I feel judged by everybody all the time"
- "Very guilty. I hope everyone else does the same to me as I do to them; but that does not happen".
- "I keep the anger inside. It goes to the stomach and to the chest."
- "My dad promises and does nothing"
- "I wish cheese, bread, milk".
- Bruxism, sleeping.- Sugar aggravates.- Thirst little or absent.- Feet and hands cold and dry.

- Ailments from disappointment, - Ailments from suppressed anger, - Jealousy, - Lack of confidence, -.Dictatorial attitude… were taken for repertorization:

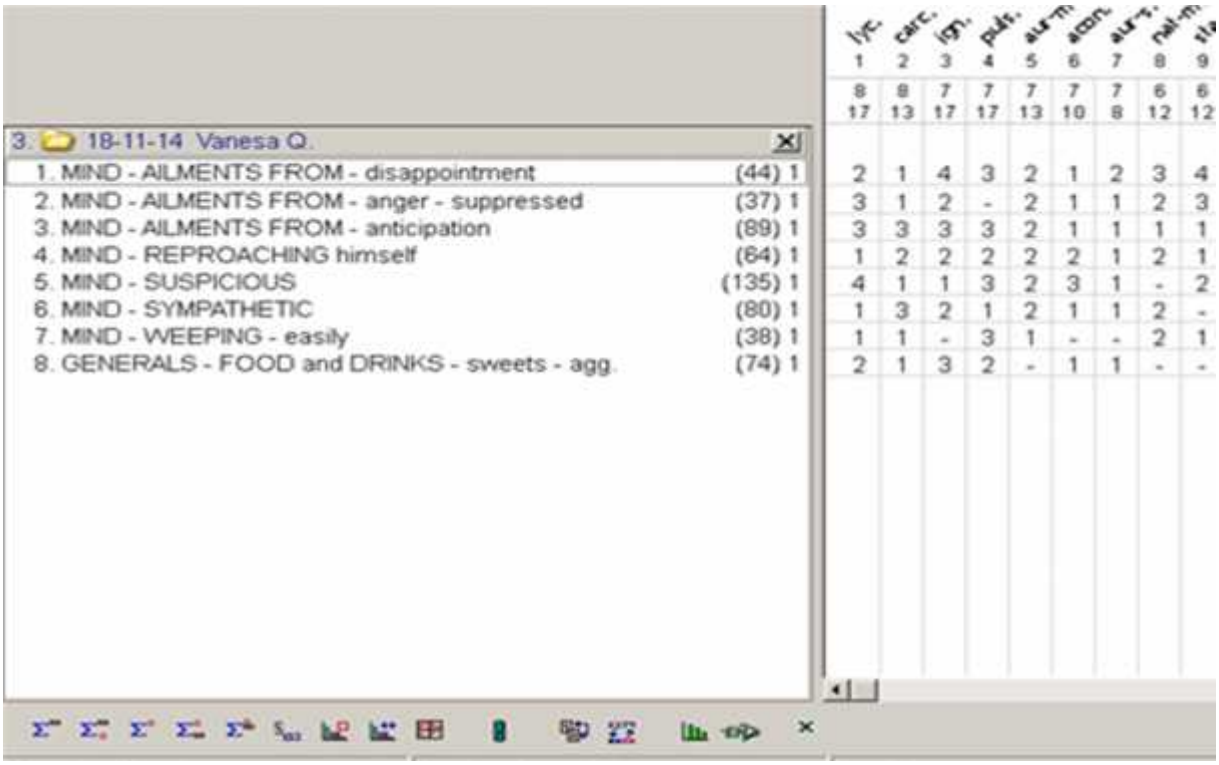
And **Nat M, Lyc, Ign, Carc, Puls, appears within it. Lycopodium was prescribed.**

In successive consultations, different dynamizations of Lycopodium in CH scale were prescribed. That improved it, but did not heal.

18-11-14 Return to the consultation and said:

- "I stopped taking the medication."
- "I do not sleep well, I wake up several times".
- "I feel so tired, very hysterical. Less patience"
- "Headaches, behind eyes, worst right eye".
- "Very insecure. I do not feel capable of doing things."
- "Anger remains inside causing stomach pain."
- "I'm eating inside. I feel like a machine, I'm not happy."
- "I do not agree with what I have."

A new repertorization was made:



And looking into Materia Medica, Carcinocin was given.

17-2-15 She came back and said: "No important improvement is shown"

So in this moment a new interview was made. All mentioned symptoms were revealed, together with symptoms appearing during treatment. With the "*Historic and Permanent Symptom*" that are still remain and also the new ones, a new repertorization was made. Then the remedies were compared against Materia Medica.

Pulsatilla 200 is prescribed in single doses, with Sacarose Lactis.

29-3-15

- "My character is different"
- "I do things without waiting for people's acceptance"
- "Talk to my mom without reproaching her"
- "Irritability is gone" "Quiet dreams, before were about the end of the world",

She receives in different occasions, Pulsatilla in unique doses, up to 5-4-16 were the 10.000 dose is prescript.

24-5-16

- "I create stories where the others do not choose me; or which are about another woman, not me"; "Always thinking that I am alone"; "When I am alone I lose control, I need the company"; "Jealous of my partner, family and friends. I speak and cry."

During consultation Pulsatilla was confirmed. I decided to give it in Q Potency.

19-7-16 *Now* Taking Pulsatilla 3LM

- "Better. I ended a relationship of years that was not doing me any good." ; "I'm looking for myself"; "I want someone who chooses me, not to try to keep me" ; "I began speak at work, I'm not afraid to speak out" ; "I changed the places I used to go, where I wanted to belong."

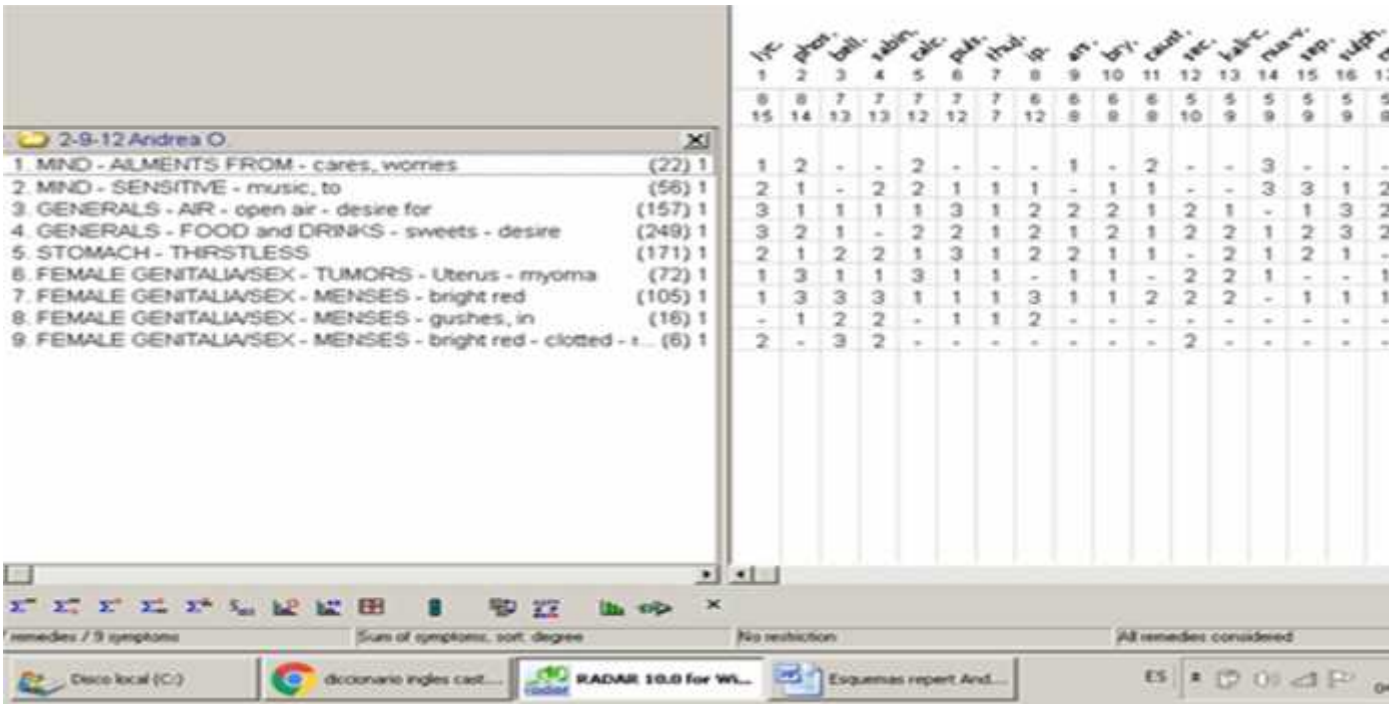
Same remedy was prescribed but always increasing dynamization one by one of Pulsatilla in Q Potency.

Video 2 - Vanesa Q. (Puls)
Doctor: What difference did you notice when changing from the medicine in globules to Q potency?
Vanesa: It made a big difference. I felt much more self-confident. I realized I could do things that most of the people could and which I used to think I couldn't. **I started to talk, to speak out**, to take control over things I was not able before, and **to say no when I felt like saying no. Also, the fear to be alone vanished**.
Doctor: You took Pulsatilla in globules over more than a year and started to take LM drops, 2 months ago, right?
Vanesa: Yes
Doctor: What about the evolution?
Vanesa: Around 15 days later, I started to feel the change given a lot of things I personally had to undergo and I could successfully work out, define and close. **Suddenly, everything cleared up. Even my mood changed.** I started to sleep well and emotionally I felt... I do not know whether I felt like I was another person, but **my view changed**. Certainly, while taking the globules I was not able to solve anything.
Doctor: Thank you very much.

Andrea O.
Was born in 19 -07- 70. Piano teacher.

2-09-12 Consultation for Metrorrhagia - Pain during menstruations – Fibroids in uterus.

- She said that due to the severity of Metrorrhagia, she was told to perform a hysterectomy.
- Since she began to menstruate started with intense pains.
- From the last two years, began with more pain and very abundant menses with large dark clots.
- Great fatigue. Sleepiness during the day; "It's hard for me to talk. That's why I quit therapy."
- "I live worried about fulfilling everything, but when I couldn't, I get sick."
- "I cannot tolerate a closed room. I open the windows even at night, sleeping, and even in winter. It changes my mood to be outdoors, improves everything. Also music makes me very good. I prefer to be alone. "I wish chocolate candy, cakes. "Thirst is little, I forget, even with fever".



Possible remedies according to repertorization: Lyc, Phos, Bell, Sabina, Calc, Puls. But with Materia Medica comparison, Sabina 6 CH is chosen twice a day.

2-12-12

- "Big change in everything."
- Decreased pain during menstruations.
- Returns a headache that she had years ago (RSA).
- "I sleep a lot"
- Anger. "I could say everything I thought"
- No more hemorrhoids.
- Less worried about tomorrow. I'm here, today"

She successfully received Sabina in the ascending Hahnemanian CH scale (meaning an increase of 3 dynamizations each time).

3-4-13 Four month later in balance:

"I cannot believe such a fast change, I recovered a lot of energy."

Continues up to Sabina 24 CH, improving physically.

*Two years later in **15-12-14** "Episodes of nervousness appeared", with out coming back symptoms. This was a god occasion to change to Q potency.*

31-5-15 By changing from "globules to drops", she told me:

- "More relaxed, more communicative."

- "I speak out more, I am more sociable."
- "Menstruation are painless and with no headaches before it."
- "No more constipation."
- "The difficulty continues to appear but I have more energy and desire to do things all day."
- "Better mood, more decided to talk."
- "I do not isolate myself."
- "I don´t have 'ups and downs, that were frequently before".

30-8-15 While taken Sabina 6 LM:

- "I'm much better, **I feel calm"**
- "Dizziness is gone"; **"I can concentrate during all day".** Symptoms that weren't talk before by the patient.

25-10-15

- No gushing. "I was fine. When the pain was about to come I took the medicine more often and it disappeared."

22-5-17

- "More desire to go out with my friends"
- "I often dream that I move to another house"
- "I do physical activity. I felt dependent before."
- Consulting a Cardiologist to control her HTA evolution, who suspended anti HTA (bisoprolol). **Now she is taking Sabina in Q potency.**

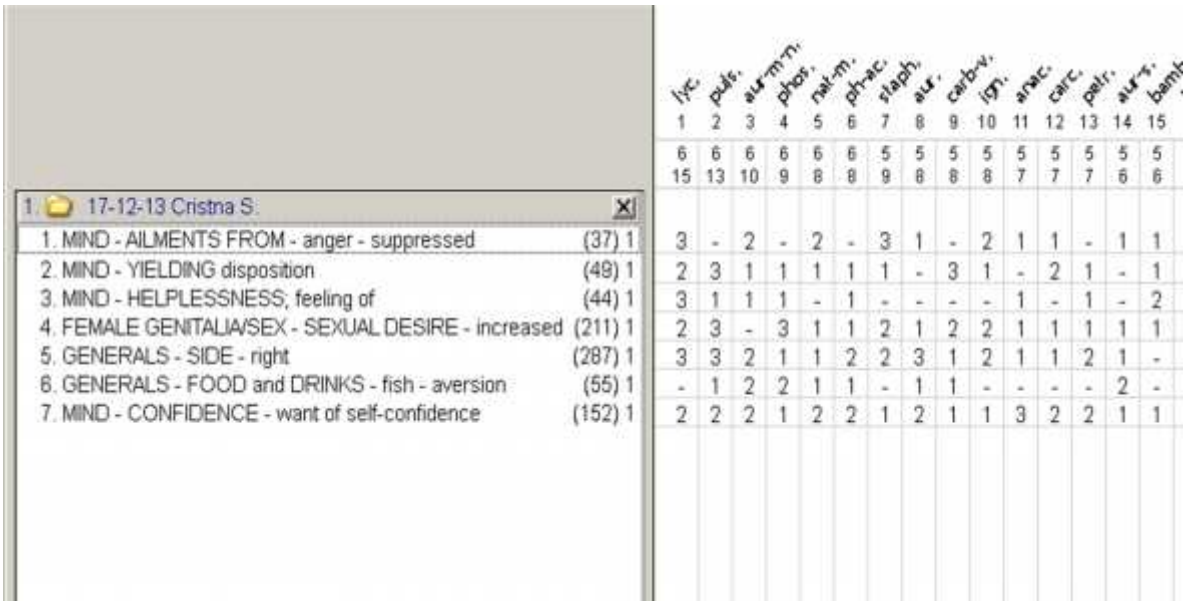
<u>Video 3 - Andrea O (Sabina)</u>
Doctor: Please tell me about your experience with Sabina
Andrea: It was a huge change for me as regards my fibroid, the reason why I came to you for the first time. They were big and traditional medicine said they would continue growing. They did not only stop growing but also their size was reduced.
Doctor: What had the gynecologist told you?
Andrea: She had referred me to a surgeon to see my case, since they had apparently grown so much that they would not stop growing.
Doctor: What kind of surgery were they going to do?
Andrea: They were going to remove my fibroids. Since I was over 40, they were going to remove my whole uterus with the fibroids, if not it was going to be more complicated
Doctor: When did the menstruation pains start?
Andrea: Since I was 12 when I started menstruating. I twisted in bed with pain; I took some analgesics to feel better. Then I started to take them before menstruation in order to avoid the pain episode
Doctor: What about you menstruations nowadays?
Andrea: No pain, I can't believe it. It meant a big change to me
Doctor: And fibroids?
Andrea: They are smaller, a totally manageable size for my age and my menstruation is normal
Doctor: Tell me about the difference between taking the medicine in globules and then in LM drops
Andrea: I started with the globules and felt it worked after 15 days. During the process I started taking them in the morning but then I needed to take them again in the afternoon.

When I changed to LM drops, I took them in the morning and noticed that the effect lasted longer. I felt much more relaxed.
Doctor: And what about your change of mood?
Andrea: I usually talk about this with my work mates because I am the kind of person who listens to the others rather than speaking about her. Now, they notice I'm more communicative and sociable
Doctor: Thank you.

Cristina S.
Was born in 13-03-55.
Social Psychologist. Working in an Import Company.

17-12-13
Consultation for Hip Osteoarthritis - Herpes Zoster
Her own words were:

- "I cannot be subjected to things I do not want"
- "I am working on what I do not like."
- "Crisis with my marriage"
- "I have a tendency to submission"
- "Scary. I very angry before. I swallowed the scolding and that produced acidity"
- "With the death of my dad I failed the support structure."
- She has another love relationship.



1. 17-12-13 Cristna S.		lyc.	puls.	aur-m-n.	phos.	nat-m.	ph-ac.	staph.	aur.	carb-v.	ign.	anac.	carc.	petr.	aur-s.	bamb
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
		6 15	6 13	6 10	6 9	6 8	6 8	5 9	5 8	5 8	5 8	5 7	5 7	5 7	5 6	5 6
1. MIND - AILMENTS FROM - anger - suppressed	(37) 1	3	-	2	-	2	-	3	1	-	2	1	1	-	1	1
2. MIND - YIELDING disposition	(49) 1	2	3	1	1	1	1	1	-	3	1	-	2	1	-	1
3. MIND - HELPLESSNESS; feeling of	(44) 1	3	1	1	1	-	1	-	-	-	-	1	-	1	-	2
4. FEMALE GENITALIA/SEX - SEXUAL DESIRE - increased	(211) 1	2	3	-	3	1	1	2	1	2	2	1	1	1	1	1
5. GENERALS - SIDE - right	(287) 1	3	3	2	1	1	2	2	3	1	2	1	1	2	1	-
6. GENERALS - FOOD and DRINKS - fish - aversion	(55) 1	-	1	2	2	1	1	-	1	1	-	-	-	-	2	-
7. MIND - CONFIDENCE - want of self-confidence	(152) 1	2	2	2	1	2	2	1	2	1	1	3	2	2	1	1

Lycopodium 3 LM is prescribed and progressively increased to 28 LM.
Increasing improvements in her symptoms.

9-10-15

- The evolutions were very good.

Then guiding symptoms of the consultation came back.
Was this a final aggravation?
When Lycopodium is discontinued, the symptoms do not disappear, but some of them increased.

Returned to goat feces, eliminate flatus, stomach acidity, sensitive skin with burning, dry skin, rheumatic type pains, and worsen her changing from heat to cold.
Hot weather aggravates. Obsessive thinking: "I'm still an affectionate dependent".
Demanding affection. Feeling empty "I no longer exist".
Platinum 200

6-3-17

- "Platinum works very well for me. It makes me more spontaneous. More Fluid."
- "I have more contemplation with the other people".
- "The stomach acidity was only during a few days."

But the improvements are very short, which require repeating the dose and increasing it.
That is why I decided to change to the Q potency increasing it "one by one".

Video 4 - Cristina S. (Platina)
Doctor: What difference did you notice between the micro doses of Platina 200 you used to take and the LM you are taking now?
Cristina: With micro doses the effect lasts some days and then goes down. Suddenly I came back to the previous state I used to be in, like anger. And with LM drops the effect remained and of course I kept discovering more things about myself with much more clarity.
Doctor: What other effects did it have on you?
Cristina: Clarity and spontaneity. It is like removing a mental curtain that prevented me from flowing.
The angers were swept away and basically I feel a sensitivity and openness to the outside. It makes me stop thinking about what I have to do and just do it. I have decision taking instead of staying stuck, I am flowing.
Doctor: Thank you very much

Conclusion.

In modern times, the demands from patients and the claims from doctors, regarding the optimum state of health, is increasing more and more.
Generally, for Homeopathic patients, is not enough feeling better and healthy but they are always trying to achieve the highest level of health by consulting every symptom and sensation they feel.

I have been surprised by the patients under Q potency treatment and their state, in which life seemed "*easy and bright*" and where everything seemed to "*flow naturally*" and *work out without problems, obstacles or barriers*.
Undoubtedly, these states are those we all want to enjoy permanently…
That is what the patients feel more often with these dynamizations, than with CH.

Although is frequent to hear that some homeopathic colleague has problems with Q potency.
I began to ask them why, and I discovered that **high Q dinamyzations** or **"big doses"** and **not increasing Q potency dynamization one by one,** at the beginning or during the treatment, were the main problem.

So in order to have one's own easy "prescription and follow up" in Q preparations, it is better for me to remember how the Q prescriptions must be done (§246).

Prescriptions Conditions for the Q Potency:
§246/A; §248, Progressive Increase of doses and dynamizations

From the clinical experience, main prescriptions can be summarized in:

According to the "SENSITIVITY" of the patient, the **DILUTION** that suits the patient better, is supplied (in 1, 2, 3 bottles).

Taking into account **the "GRAVITY" of the patient,** manage the **INTERVAL or FREQUENCY** of the Q potency administration (from minutes to once or twice a week…).

An important topic to consider during the use of the Q potency is **Homeopathic Aggravations.** (Referred to §§ 248, 248A, 157-161, 275, 279, 281, 282)

These aggravations could be:
A) Initial, In Chronic Diseases: § 248, 282.
B) Initial, In Acute Diseases: § 157-161, § 275-279.
C) Final Aggravation: § 161, 248, 280, and 281.

Through Hahnemann's work after investigating different forms of applying homeopathy, everything indicates that he finally achieved it.

So, by using Q potencies, a new paradigm has taken place in homeopathy.
His "deeper wish" was "…**to shorten the times for healing chronic diseases and achieving the minimum homeopathic aggravations**."

With this kind of "Q" treatment, not only his deeper wish is achieved but it is also possible to get to an initial improvement in every level, and in an easier way.
Homeopathy leads the patient to a better state of health, gives a new opportunity for lives.
Certainly, it is an encouraging approach which generates positive associations for the patient and Homeopathy.

The "Cartesian Linear" way of thinking, hegemonic in our culture, probably makes the incorporation and the use of "Q" dynamizations more difficult.
Today, "modern scientific paradigms", which are growing fast, such as "Systems Theory", "Thermodynamic Physics", "Quantum Physics" and "Semiotics" were the approach is more oriented to the information, are closer to what we know of "Q" potency.
This theoretical approach could help for a better understanding of this dynamizations.

But is in the observation of patients' evolutions with Q potencies, were reveals a more frequent change in feeling life, than with CH treatment.
A deeper transformation with less aggravation and faster changes with a new "lighted" point of view was observed.
Due to this, "*the latest paradigm of Hahnemann in Homeopathy"* is better achieved.

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