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Dr. Rupali Yadav
MD Scholar, State National
Homoeopathic Medical College
and Hospital, Lucknow, Uttar
Pradesh, India

Dr. Khushboo Chaurasia
MD Scholar, State National
Homoeopathic Medical College
and Hospital, Lucknow, Uttar
Pradesh, India

Dr. Vijay Kumar Pushkar
Professor, State National
Homoeopathic Medical College
and Hospital, Lucknow, Uttar
Pradesh, India

Dr. Nutan Sharma
Professor, State National
Homoeopathic Medical College
and Hospital, Lucknow, Uttar
Pradesh, India

Dr. Anirudh Kumar
Professor, State National
Homoeopathic Medical College
and Hospital, Lucknow, Uttar
Pradesh, India

Corresponding Author:
Dr. Rupali Yadav
MD Scholar, State National
Homoeopathic Medical College
and Hospital, Lucknow, Uttar
Pradesh, India

Homoeopathic posology simplified: From basics to advanced concepts

Rupali Yadav, Khushboo Chaurasia, Vijay Kumar Pushkar, Nutan Sharma and Anirudh Kumar

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Abstract

This article explores homeopathic posology, simplifying fundamental principles and advancing toward complex concepts, emphasizing individualized dosing, potency selection, and clinical application to enhance precision, effectiveness, and safety in homeopathic therapeutic practice from literature written by Dr. Hahnemann.

Keywords: Posology, homoeopathy, potency, repetition of doses, 50 millesimal

Introduction

Word posology we mean the science or doctrine of dosage. (In Greek Posos=how much and logos=study). Dose is defined as the least quantity of substance required to affect a change in nature.

A homoeopathic 'dose' means the particular preparation of medicine used, the quantity and form of that preparation as well as the number of administration of the medicine. In short, homoeopathic 'dose' includes potency, quantity, form and number of administration of the medicine. *The study of the doctrine of these doses is known as 'Posology'.*

Dr. Hahnemann was originator of the science of Attenuation of drugs. His experiment with Peruvian bark led him to enunciate famous action, "Similia Similibus Curentur". He found that crude drug applied on the law of Similars resulted in violent reactions. His ever-searching mind thought that of reducing the drug substance. This gave him surprising result. Encouraged by this experiment, he established his theory of minimum dose and drug dynamization.

Evolution of homoeopathic Posology

1) Before The Discovery of Homoeopathic System

During his earlier period, Hahnemann was using massive doses, as was the practice in those days. But by his keen observation he was able to detect that large doses of medicine were causing undue aggravation. In § 621 in Lesser writings (On the nature and treatment of venereal disease) 1786 (pg 133) he says "... in very sensitive persons I have sometimes not have the occasion to use more than 1 grain of soluble mercury to cure moderate idiopathic venereal symptoms and commencing syphilis yet I have met with cases in which 60 grains were necessary". He says that he was forced to use such large quantities of medicine, as some circumstances of the patient must have interrupted with the action of medicines. Hahnemann says that in moderately severe syphilis not more than 8 grains were required while for severe and deep-rooted cases about 12 grains were needed. After giving the first dose Hahnemann used to progressively increase the dose until the disease have disappeared. In Lesser Writings he narrates the way of increasing dose in a progressive scale from 1/4 to 1/3, 1/2, 3/4, 11/4 grains then after an interval of 14 days again dose is increased from 11/2 to 2 grains until syphilis disappeared.

Here we can see that Hahnemann inferred that the large quantities of medicine was not the factor which helped in curing disease, but sufficient quantity just needed to excite an reaction was only needed. So Hahnemann reduced large quantities of mercury given for syphilis.

2) Period of discovery of homoeopathic system

In 1790 Hahnemann on translating Cullen's M.M came upon the fact that the curative power of cinchona was due to its astringent property which he tested upon himself and established that medicines were able to cure owing to its property of producing similar symptoms. Thus in 1796 he laid down the foundation of a new system of medicine viz. Homoeopathy. In the period 1796 – 1801 we don't find a marked reduction in the dosage for we find him giving 4 grains of Veratrum album for a case of colicodynia, Ipecac 5 grains, Nux vom 4 grains etc.

3) Inception of infinitesimal Posology

But in 1801 in his essay 'on the cure and prevention of Scarlet fever', the first indication of infinitesimal Posology took its place and unto now it stands as essential and integral part of homoeopathic system. In cure and prevention of scarlet fever Hahnemann advises 1 part of opium to be taken in 20 parts of weak alcohol and keep it for one day, then one drop of it is taken and dissolved in 500 drops of alcohol and then one drop of this could be given for children and 2 drops for persons above 10 years of age.

Hahnemann says "The smallness of the dose in which the medicines acts upon the whole organism, when it is suitable to the case is incredible; at least it is incredible to my colleagues".

In his essay 'on the power of small doses of medicine in general and belladonna in particular' (*Lesser Writings*) Hahnemann says a very hard dry pill of extract of belladonna produces no effect in a perfectly healthy man, but it may not be so if he is ill.

One drop of belladonna taken in 2000 drops of water and is shaken vigorously and 1 teaspoon is given every two hours will produce violent symptoms in a strong man, if he is ill.

Hahnemann says that except him no other physicians have noted this remarkable action and many physicians are ignorant of this dynamic action. Here Hahnemann was able to see that the medicines acted even in minute doses due to its dynamic action.

In *Medicine of Experience* (1805), which is the precursor to *Organon of Medicine*, he further elaborates upon his discovery, making it a doctrine and a foundation stone of homoeopathy.

In M.E Hahnemann says "... We have not only selected the right remedy but also hit upon the proper dose (for curative purpose incredible small doses suffice) ..."

In the *first edition of the Organon*, which appeared in 1810, Hahnemann speaks much to the same effect. Here he says, "Scarcely any dose of the homoeopathically selected remedy can be so small as not to be stronger than the natural disease and not capable of overcoming it". Thus in scarlet fever we find Hahnemann giving betwixt our 2nd and 3rd dilution. In 1814 we find him giving Bryonia and Rhus tox in a dilution equal to 15th and 16th of centesimal scale. Hyoscyamus was prescribed in 8th dilution. In 1819 on the treatment of suicidal mania we find him giving gold in 6th dilution.

4) Concept of Posology in the Fourth Edition of Organon

In the fourth edition of *Organon* Hahnemann introduced the single unit dose consisting of a few poppy seed sized pellets and taught that as long there was improvement, no repetition of the remedy was allowed. Only when a definite relapse of the symptoms occurred could a remedy be repeated.

[Aphorism-240, 242] The above aphorisms still are the basic principles for so many homoeopaths for their practice throughout the world. In this wait and watch method the homoeopath is totally committed to the first dose, delaying repetition in order to avoid unnecessary aggravation.

5) Concept of Posology in the Fifth Edition of Organon

The fifth edition of *Organon* was published in 1833. This Edition had three major changes.

Initially Hahnemann resisted the use of higher potency for longer period of time. Stapf, Gross, and especially Boenninghausen convinced Hahnemann to conduct his own experiment and to remove the 30ch limit. So the potency limit of 30ch was removed. This was the first change of Fifth Edition.

As a part of second change Dr. Hahnemann introduced to give medicines in watery solution instead of dry doses. He had concluded that the uses of watery solutions were far superior than to give dry doses. We may find such reference in aphorism 286 in Fifth edition: "For the same reason the effect of a homoeopathic dose of medicine increases, the greater the quantity of fluid in which it is dissolved when administered to the patient, although the actual amount of medicine it contains remains the same. For in this case, when the medicine is taken, it comes in to contact with a much larger surface of sensitive nerves responsive to the medicinal action. Although theorists may image there should be a weakening of the action of a dose of medicine by its dilution with a large quantity of liquid, experience asserts exactly the opposite, at all events when the medicines are employed homoeopathically."

The third and very surprised suggestion given by Dr. Hahnemann in this edition was related to repetition of the dose even when improvement of the patient had set in. When we take the reference of aphorism 246, he says: ".... If the disease is somewhat chronic, however a single dose of the appropriately chosen homoeopathic medicine does sometimes complete the good that remedy can according to its nature accomplish in the case, but slowly over a period of 40, 50, 60, or 100 days. Now for one thing, this is very rarely the case and secondly it must be a matter of great importance to the physician and to the patient to reduce this period by half or three quarters or more, if possible, so as to obtain a far more rapid cure. As the most recent and frequently verified experiments have taught me, this can be accomplished very felicitously if the following conditions are fulfilled: firstly, if the medicine is very carefully selected so that it is accurately homoeopathic, secondly, if it is highly potentized, dissolved in water and given in suitably small doses at intervals that experience has shown to be the most appropriate for the speediest possible cure..." This statement was creating a great disappointment for the followers of wait and watch method by giving dry doses in infrequent repetition. [According to Fourth Edition] Here the theme of this Para is: "suitably small doses at intervals". At this point what was his perception regarding suitable intervals we may not say but one thing is clear that his suggestions were towards repetition for shortening the period of cure though improvement was going on. He called this path as a true middle path.

Later on in the same aphorism he says for this the nature of the different medicinal substances, corporeal constitution of the patient and the magnitude of disease must guide us. This statement guides us to understand his perception regarding

repetition. We may say that Dr. Hahnemann considered such factors for the basis of repetition at suitable interval. Here the question should arise in our mind that whether such repetition at suitable interval will produce aggravation or not? In the fourth edition Dr. Hahnemann had extensively mentioned regarding Aggravation by unnecessary repetition of similar medicine. Here in the Fifth edition he has mentioned his different view related to Aggravation than Fourth edition. In the aphorism 279 he says: "A dose of the homoeopathic selected remedy can never be prepared so small that it shall not be stronger than the natural disease, and shall not be able to overpower, extinguish and cure it, at least in part as long as it is capable of causing some, though but a slight preponderance of its own symptoms over those of the disease resembling it, [slight homoeopathic aggravation] immediately after its ingestion. This makes our understanding clear that we must expect some aggravation after using this split method suggested by Dr. Hahnemann in Fifth Edition. This concept was totally changed after introducing LM potency in the Sixth Edition of Organon.

6) After the invention of Psora theory

After his invention of Psora theory Hahnemann fixes an uniform standard for the dose of all remedies at a globule of the 30th dilution. In his essay 'On the extreme attenuation of homoeopathic medicine' he is found to recommend 30th dilution as standard.

7) Directions given during the last years of his life

At Paris, on Dec 1838, Hahnemann states that "Thus we obtain, even in the fiftieth potency (the new wiseacres have hitherto ridiculed the thirtieth potency, and made use of the lower, little developed, more massive medicinal preparations in large doses, whereby, however, they were not able to effect what our system can do), each lower one of which has been dynamized with an equal number of successions, medicines of the most penetrating efficiency, so that each of the minutest globules impregnated with it, dissolved in much water, can be taken in small portions and must be so taken in order not to produce too violent effects in sensitive patients, not to mention that such as mode of preparation develops almost all the properties that lie hid in the essential nature of the medicinal substance, which thereby done can attain any activity.

In the preface to 3rd volume of c/c disease (edition 1837) he says that when we repeat the medicine we should descend from 30th to the 24th dilution and below. In the history of 2 cases collected in lesser writings he gave medicines especially Sulphur and Mercurius in doses greatly below 30th dilution.

In the last years of life he again allowed himself a greater range of dose, chiefly by extending the scale of dilutions upwards as high as 60th, 180th and even 300th dilutions, but also downwards to the 24th and occasionally also much lower. Hahnemann however used almost all potencies from lower to 30th, 60th, 150th and 300th dilution.

8) Concept of Posology in the Sixth Edition of Organon

History related to Sixth Edition is very interesting. Dr. Hahnemann had completed the Sixth Edition in 1842 but his dream to make aware the world with such new way of selection of dose and potency was not fulfilled because of his death on second July 1843. As a result of this his work was remained unpublished for years and later on with the

financial help of Dr. William Boericke the first German edition was published in 1920. During this period there were numbers of followers of Dr. Kent in the world but Sixth Edition was published after the four years of the death of Dr. Kent. So it was very clear that Dr. Kent remained deprived of the hidden treasures of the Sixth Edition. As a result of this so many followers of Dr. Kent had raised their questions regarding the purity of this Edition by saying that Melanie made such changes after the death of Dr. Hahnemann and they were not the original work of Dr. Hahnemann. But truly speaking it was the original work of Dr. Hahnemann and we may confirm it by referring the Dr. Boericke's translation of Sixth Edition. Overall view of aphorisms makes our concept clear regarding thinking of Dr. Hahnemann.

In the aphorism 246 in the Fifth Edition he had used the sentence "be repeated at suitable intervals". Here in the same aphorism he says: "The degree of every dose deviate somewhat from the preceding and following in order that the vital principle which is to be altered to a similar medicinal disease be not aroused to untoward reactions and revolt as is always the case with unmodified and especially rapidly repeated dose." In the foot note of this aphorism he further says: "During the last four or five years however all these difficulties are wholly solved by my new altered but perfect method. The same carefully selected medicine may now be given daily and for months, if necessary in this way, namely after the lower degree of potency has been used for one or two weeks in the treatment of chronic disease, advance is made in the same way to higher degrees."

In the next aphorism [247] he says: "it is impractical to repeat the same unchanged dose of a remedy once, not to mention its frequent repetition. The vital principle does not accept such unchanged doses without resistance, that is, without other symptoms of the medicine to manifest themselves than those similar to the disease to be cured, because the former dose has already accomplished the expected change in the vital principle and a second dynamically wholly similar, unchanged dose of the same medicine no longer finds, therefore the same conditions of the vital force. The patient may indeed be made sick in another way by receiving other such unchanged doses. But if the succeeding dose is changed slightly every time, namely potentized somewhat higher then the vital principle may be altered without difficulty by the same medicine."

In the aphorism 248 he says: "For this purpose we Potentize a new medicinal solution from which we give the patient one or increasingly several teaspoonful doses, in long lasting diseases daily or every second day, in acute diseases every two to six hours and in very urgent cases every hour or oftener. Thus in chronic diseases, every correctly chosen homoeopathic medicine, even those whose action is of long duration, may be repeated daily for months with ever increasing success. If the solution is used up it is necessary to add to the next solution of the same medicine if still indicated one or several pellets of a higher potency with which we continue so long as the patient experiences continued improvement without encountering one or another complaint that he never had before in his life. For if this happens, if the balance of the disease appears in a group of altered symptoms then another, one more homoeopathically related medicine must be chosen in place of the last and administered in the same repeated doses, mindful, however, of modifying the solution of every dose

with thorough vigorous successions, thus changing its degree of potency and increasing it somewhat.”

In the same aphorism regarding homoeopathic Aggravation he says: “On the other hand should there appear during almost daily repetition of the well indicated homoeopathic remedy, towards the end of the treatment of a chronic disease, so-called [aphorism 161] homoeopathic aggravation by which the balance of the morbid symptoms seem to again increase somewhat [the medicinal disease, similar to the original, now alone persistently manifest itself]. This statement is totally creating contradiction of his own statement given in the Fifth Edition where the question of aggravation had been mentioned immediately after administration of homoeopathic medicine. While here homoeopathic aggravation is seen at the end while patient is on the path of cure and it is only due to presence of medicinal symptoms. In Further aphorisms he has also represented the method of preparation of the medicine according to the Lm potency and he has expressed his great trust in his LM potencies. [Aphorism-279]

In the aphorism 284 he has also mentioned the route of administration of medicine, which is also a part of Posology. He says: “Besides tongue, mouth and stomach, which are the most commonly affected by the administration of medicine, the nose and respiratory organs are receptive of the action of medicines in fluid form by means of olfaction and inhalation through the mouth.

In the footnote of the aphorism 285 he has given the proper guideline to give mild Antipsorics treatment especially with Sulphur to the pregnant women in order to protect the posterity [hereditary] in foetus. Such women have given birth to children usually more healthy and stronger. [Here the time, where she has to take medicine and its dose is not mentioned.]

Exception to infinitesimal dose

Hahnemann states an exception to infinitesimal dose in §282 fn of Organon of Medicine “...there is an exception in the treatment of three great miasm while they still efflorescence on the skin i.e. recently erupted itch, the untouched chancre and the fig warts. These not only tolerate but indeed require from the very beginning large doses at their specific remedies of ever higher and higher dynamization daily.

Repetition of doses

Hahnemann's Experiences on this Subject According to 5th Edition,

1. 30th potency is the best for a well-chosen homeopathic remedy in both acute and chronic diseases. The administered dose is allowed to complete its duration of action fully especially in chronic disease. Till then, administration of any new remedy or the repetition of the same old remedy is not allowed.
2. The continued improvement in the condition of patient always contraindicates any repetition of the remedy. The dose can be repeated only if the improvement ceases.
3. After much experimentation with the 30th potency and the lower potencies, Hahnemann concluded that – a well selected homeopathic remedy can be repeated in its 30th potency in robust persons at a span of several days. But in weaker and more excitable persons, the remedy can be repeated every nine, twelve, or fourteen

days.

4. Acute diseases bear repetition of the doses very well. In acute cases, the remedy can be repeated at every 4, 8, 12, 16, and 24 hour's duration. In severe cases, even hourly once repetition is also allowed. In acute cases, the frequency of repetition depends upon the severity and nature of the disease.
5. A pure syphilitic case requires a single dose of Mercurius 30. In some cases, the same medicine can be repeated, if required, every 6 to 8 days once.
6. Repetition can be continued till any new symptoms develop in the patient. If new symptoms are observed, it indicates that the remedy is not suitable to the case and a new remedy has to be selected based on the present totality.

Repetition of doses: According to 6th Edition

Hahnemann declares in the footnote to § 246,

“What I said in the fifth edition of Organon, in a long footnote to this paragraph in order to prevent these undesirable reactions of the vital energy, was all that the experience I then had justified. But during the last four or five years, however all these difficulties are solved by my new altered but perfected method. The same carefully selected medicine may now be given daily and for months, if necessary in this way namely after the low degree of potency has been used for one or two weeks in the treatment of chronic diseases, advance is made in the same way to higher degrees.”

1. In acute diseases, the remedy can be repeated frequently depending upon the intensity of the disease.
2. In chronic diseases, a single dose of an appropriately selected homeopathic remedy at times completes the cure within 40, 50, 60, 100 days.

But the aim of the physician is to achieve the cure in a rapid manner. Hence, the perfectly selected dynamized remedy by dissolving in water and given in proper small doses in definite intervals will bring about cure very faster.

But Hahnemann reminds us “The degree of every repeated dose deviate somewhat from the preceding.” This is because the same potency of the remedy is no more helpful in stimulating the vital force in producing the desirable primary action (§ 246).

3. The same unchanged dose of the remedy should not be repeated, because the former dose has already stimulated the vital force sufficiently. So, vital force no longer accepts the same unchanged potency of the remedy, sometimes it can make the patient sick.
4. 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 (§ 247). The best selected homeopathic remedy has to be repeated only with the improved dynamization of the potency at every repetition. Such procedure can be followed if required, several times (footnote to §247).
5. This procedure of improving the dose and potency with every repetition can be followed in acute diseases every 2 to 6 hours duration or even often.
6. 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.
7. If new symptoms appear in this repetition, it has to be

thought that the selected remedy may not be truly homeopathic and a new remedy can be selected in place of the previous one. This new remedy can be repeated in the same manner in the ever-increasing potencies.

8. Homeopathic aggravation in any case shows that the administered remedy is the right one and it has produced the desired response. In such conditions, the indicated remedy must be reduced and repeated in long intervals or possibly stopped for several days.
9. **Schein-symptom (§ 248):** The apparent (clear) symptoms caused by the excess of the homeopathic medicine are called the *schein symptom*. These symptoms will disappear and leave the patient into undisturbed health if the medicine is stopped. Dr. Hahnemann gives two opinions to the physician in stopping the medicine. The medicine can be withdrawn either in abrupt manner or the duration of the repetition of the medicine can be gradually increased and thus stopped totally in a span of time.
10. In such cases, Hahnemann recommends olfactory method as a follow up. A small dram of dilute alcohol into which one globule of properly medicine is added. Such olfaction can be given to the patient every 2, 3 or 4 days once (§ 248), but succussing 8 to 10 times at every use.
11. Any medicine that produces new symptoms in a patient cannot cure him. Hence, its action has to be neutralized as early as possible with the help of antidote medicine. Later, a well-chosen remedy for the existing totality must be given immediately in place of the improperly chosen one (§ 249).
12. An intelligent, accurately observing physician can identify the badly chosen remedy within 6, 8, or 12 hours of its administration, especially in acute cases. Then he replaces the proper one in the place of the wrongly chosen one (§ 250).
13. Certain drugs like Ignatia, Bryonia, Rhus tox and sometimes Belladonna produce alternating actions, a kind of symptoms of primary action that are opposite to each other. In our practice, after prescribing these remedies on strict homeopathic principles if no improvement follows, the same medicine can be repeated afresh and in equally small doses. Sometimes such practice can bring about improvement.

In acute case, if such remedies are selected, a second dose of the same remedy may be administered within few hours after employing the first dose (§251)

50 millesimal potency

- *Fifty millesimal potency was introduced for the first time in the 6th edition of Organon by Hahnemann.* At the ripen age of 86 years and in active practice at Paris, Hahnemann experienced severe aggravations by the usage of centesimal potency. It has been said that after countless experimentation between the years 1840-1842, Hahnemann settled down for the 50-millesimal potency.
- *The name 50 millesimal potency was coined by Dr. Pierre Schmidt of Geneva.* Dr. Pierre Schmidt published an article in the British homeopathic journal in the October month of 1954. He named his article "The hidden treasures of the last Organon" in which he elaborately mentioned about the efficacy of 50

millesimal potency in curing the diseases. *Hahnemann called this method as the new altered but perfect method of dynamization.*

- Hahnemann recommends that the medicine prepared according to this new method can be repeated frequently in order to bring about rapid, gentle and permanent cure.
- In the 6th edition of Organon, Hahnemann made remarkable changes in the process of potentization of drugs. While preparing the next higher potency, Hahnemann recommends mixing 99 drops of alcohol with one globule of the previous potency, instead of one drop (which he recommends in the 5th edition).
- This new method of dynamization decreases the medicinal substance 50,000 times for each degree of dynamization.
- He called the medicines prepared in this method of dynamization as "MEDICAMENTUM A GLOBULE" and not "MEDICAMENTUM A GUTTE" of previous method of dynamization according to 5th edition of Organon.
- The medicinal potencies prepared by this method are marked as 0/1, 0/2, 0/3 ...0/30 and so on. Here the numerator 0 represents the poppy sized globule (medicamentum a globule) used in the preparation of the higher potencies

Conclusion

Homeopathic posology remains a cornerstone of successful practice, demanding both scientific understanding and clinical sensitivity. By mastering the principles of dose selection, potency choice, and repetition, practitioners can enhance precision and individualize treatment more effectively. This article has outlined the evolution of posology from its foundational basics to advanced considerations, providing clarity and guidance for practical application. Integrating classical knowledge with modern interpretations ensures that homeopaths can adapt strategies to each unique patient. Ultimately, a simplified yet comprehensive approach to posology enables clinicians to maximize therapeutic outcomes and uphold the fundamental principle of individualization central to homeopathic healing.

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Conflict of Interest

Not available.

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