

## HOW TO TAKE HOMEOPATHIC MEDICINE

### GENERAL INSTRUCTIONS FOR TAKING HOMEOPATHIC MEDICINES



Homeopathic medicines are dispensed in different scales based on many factors.

Depending on what the doctor has prescribed, the following are general directions of taking homeopathic medicines.

The common scales are:

#### TINCTURE

- These are liquid medicines.
- They are to be mixed in  $\frac{1}{2}$  cup of water; quantity mixed being as per directions of the physician. (10-30 drops)
- They should be taken half hour before food- 2-3 times a day as per instructions.
- For some patients in some conditions, it can be mixed in semisolid food and given, this is however an exception than a general rule.

## **DECIMAL SCALE**

- The medicines of this scale are usually available in tablet form. (Some are in liquid form in which case the drop dosage of medicine should be taken in water before food)
- They come in 3x/6x/ 12x potencies etc.
- Generally, these are given 2/3/4 tabs twice or thrice daily, to be taken as per the advice of the physician.
- These tablets can either be dissolved in hot water or taken directly, half hour before meal (empty stomach).

## **CENTESIMAL SCALE**

- Medicines in this scale are usually given in dosage form.
- The dose should be taken early morning after rinsing mouth with water, without touching the medicine. After half an hour, teeth can be brushed and any other medicine taken.
- Some medicines act better when taken at bedtime, in which case there should be a gap of 2-3 hr between dinner time and medicine intake.
- In acute diseases the medicine is given in pill form 3-4 pills 2-3 times daily according to the directions of the doctor. This should also be preferably given at least 15 min before food.
- Sometimes the doctor may advise 4 pills of medicine to be dissolved in water and a spoonful taken every 15 min/ 30 min depending on severity of disease. The medicine dissolved, should be stirred nicely before giving spoonful each time.

## **50 MILLESIMAL POTENCIES**

These medicines are dispensed in 30- 100 ml bottles.

Depending on what dosage the physician has advised, the whole bottle is to be taken in 30 equal dosages, generally. (A paper strip with equal 30 markings can be pasted on the side of the bottle so that only one dose is taken out each time without mistake).

- Step 1- The bottle is given 10 hard jerks in downward directions to start with.
- Step 2- Next, one dose of medicine is taken out and mixed in 6-8 spoonful (30-40ml) of water in a cup.

- Step 3- The medicine is mixed thoroughly and one spoonful is taken from this cup each time (3-4 times per day or as per physician's directions).
- Step 4-At the end of the day the left-over medicine, if any is discarded and step 1 is repeated next day again.

Aude Sapere

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