

Jeremy Sherr

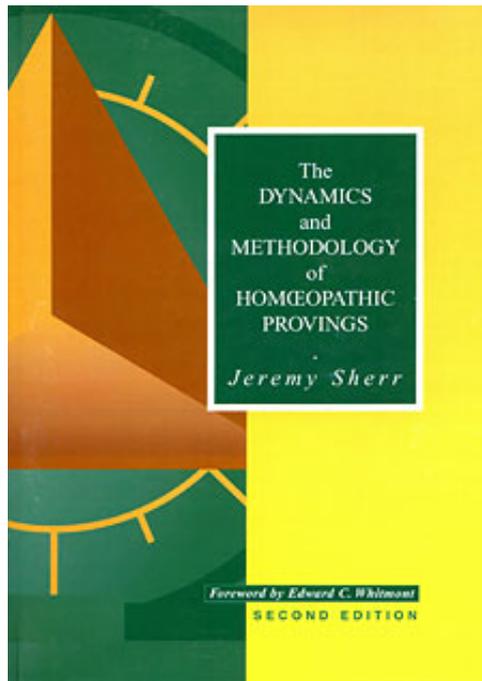
The Dynamics and Methodology of Homoeopathic Provings

Leseprobe

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von [Jeremy Sherr](#)

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The Remedy

The Substance

Nature's bounty is rich. Many more substances are waiting to be proved. The periodic table should be completed including many of the common salts. There are millions of species of plants, any one of which could be as essential as Pulsatilla or Aconite. Millions of insects and animals, fish and birds would be useful if **well** proved. Artificial drugs and toxins may be needed. Of course it is impossible to prove nature in her entirety, but in order to find a true simillimum for the majority of our patients many more provings must be undertaken. A major representative of every family in each kingdom would elevate homoeopathy to a near perfect science.

Many tools can be employed in choosing a subject to be proved. We may examine the materia medica to find glaring gaps. I remember being surprised to find that Scorpion had no proper proving. We may come across an interesting herbal remedy or mineral in our studies. We may choose a substance that has held some life-long personal fascination. A proving is a deep expression of our inner creativity, so that intuition can play a big part in our choice. In a way we should let the new remedy find us, and if we open ourselves to coincidence, it will. Nuala Eising, for example, has produced three wonderful remedies - Granite, Limestone and Marble - all chosen after significant dreams.

There are some additional factors that should be considered. First - is the substance available? People often suggest proving the most weird and wonderful substances that are just so hard to come by; moon rock, dragon scales or rare Amazonian plants are just some of these ideas!

Some homoeopaths subscribe to the idea that a useful remedy should be a local one, within easy reach of the patient, as nature will always provide an accessible cure. This is a beautiful idea, however the antithesis is that the deeper and more serious disease becomes, the further away the remedy is likely to be. We all recall the many times we have used Lachesis successfully in Europe, or Hepar Sulph, a remedy that would only occur naturally deep in the bowels of the earth.

Methodology of Provings

Before making my final choice on a proving remedy I always meditate on the key question: Will this remedy be a useful tool in restoring the sick to health? Will this remedy fill a gap that homoeopaths encounter in their daily practice?.

As to the proving materials themselves: any natural or synthetic substance may be used. It is essential to record and verify the exact details of the original substance, such as species, gender, time when gathered, location, quantity by volume or weight, percentage and volume of alcohol, age and part of specimen etc. In the case of a nosode general details of the age, constitution and health of the donor should be recorded.

In plants one should investigate the herbal and botanical literature to discover the most potent part of the plant and the best time of gathering. It is preferable that the plant is collected from its natural environment.

All substances should be as natural and free from pollution as possible. A glass bottle and cork should be used rather than plastic. The exact mode of pharmaceutical preparation should be recorded.

Dose and Posology

There are many diverse opinions concerning dose in provings. The most common misconception is that the dose is to be repeated continuously - usually daily for the duration of the proving. Hahnemann and Kent recommended the most logical and effective way which I have followed and confirmed from my own experience.

Before examining the opinions of the masters, it is interesting to note that whatever theoretical concepts there are about dosage, in practice most provings show no consistency at all. It seems that every homoeopath had a different method. Browsing through Allen's *Encyclopaedia* shows enormous discrepancies, wonderful and diverse ways of taking the remedy. For example, in the proving of Phosphorus: on the first day one prover took 20 drops of mother tincture twice, the same dose three times on the second day, 20 drops in the morning and 40 drops in the afternoon on the third day, 20 drops on the fourth day and 30 drops on the fifth. Another prover took 4 drops for 3 days and

then on the fourth day took 6 drops. A girl ate the tops off 1000 matches - this is, of course, a toxicological proving. Another took a dose of the 30th potency for 11 days, yet another took the 15th potency for 3 days. In other provings we see similar variations. For example:

Tilia Europea: Some took the mother tincture, others took first centesimal dilution for 2 days, another took 20 drops of the 30th dilution on the first day, then 10 drops then 20 drops.

Tarentula: the 3, 6, 12 and 200 centesimal were used.

Cenchrix was proved with single doses of 6c and 10M.

In other provings descending daily doses were used, i.e. 30c to 29c, 28c, 27c etc. Yet others took the CM daily.

Thus we see an enormous variety of approaches, ranging from the single doses to three times a day for months, and potencies from mother tincture to CM's.

In paragraph 129 Hahnemann says

If the effects that result from such a dose are but slight, a few more globules may be taken daily, until they become more distinct and stronger and the alterations of the health more conspicuous; for all persons are not effected by a medicine in an equally great degree; on the contrary, there is a vast variety in this respect, so that sometimes an apparently weak individual may be scarcely at all affected by moderate doses of a medicine known to be of a powerful character, whilst he is strongly enough acted on by others of a much weaker kind. And, on the other hand, there are very robust persons who experience very considerable morbid symptoms from an apparently mild medicine, and only slighter symptoms from stronger drugs. Now, as this cannot be known beforehand, it is advisable to commence in every instance with a small dose of the drug and, where suitable and requisite, to increase the dose more and more from day to day. (1)

This paragraph is a source of confusion. The confusion arises from the statement "increase the dose more from day to day". Some take this to

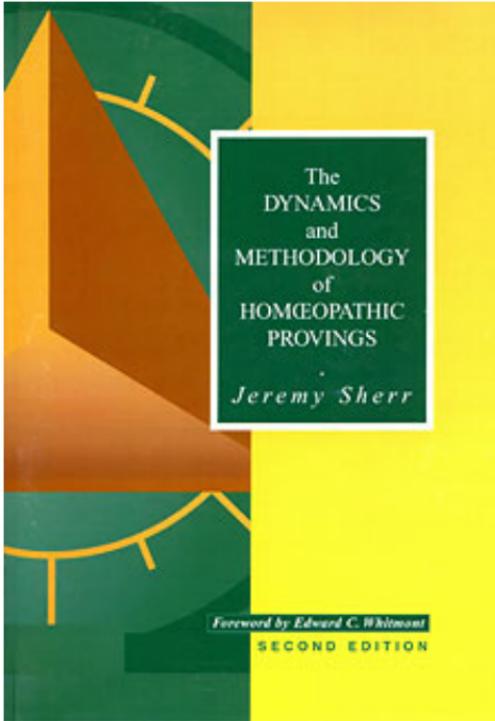
Methodology of Provings

mean going down the scale of potency, which is what we find in many of the old provings. Others feel that Hahnemann means that we should give more globules every day. Another opinion is to ascend the scale of potencies. This all depends on our understanding of the word "dose" in the *Organon*.

It is my understanding that when Hahnemann talks about dose he is talking about quantity, the number of globules. There is a prevalent opinion that it doesn't matter if you give one pill or a whole bottle. Yet Hahnemann insisted that there is a big difference between 1 poppy seed and 10 poppy seeds. He warned against giving too many globules. His opinion was that the quantity of absorbent sac lac makes a difference, just as a larger iron bar becomes a more powerful magnet when magnetised. Earlier he says "a few more globules may be taken daily" indicating that he did not mean to go up or down the scale of potency, but rather to administer larger quantities.

The relevant point is that some people show symptoms easily, while others need to be pushed. As we can never know beforehand, it is best to start gently and if nothing happens repeat or increase the dose until symptoms appear and then stop.

Kent was very clear about this point. He insisted that the remedy is administered until symptoms begin and then stopped. He preferred to err on the side of caution. We should be aware that in a proving our first duty is to protect the prover. The prover comes before the proving, she or he is more important than the proving itself. Repeating the remedy indiscriminately may not be safe for the prover. In the Scorpion proving some people just continued to take the remedy, regardless of instructions. Some developed persistent and unpleasant symptoms. If supervision is deficient provers may not notice that symptoms have appeared, and continue taking the remedy. These symptoms develop and are grafted onto the constitution. I learned my lesson from that experience and decided to be careful rather than push for strong symptoms.



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