C, CH or CK? The Answer Revealed



Now, you may be wondering what that photo has to do with homeopathic dilution scales. Patience, my friend. I'll tell you in a moment.

I often receive questions about homeopathic potencies and dilutions. It's a topic I introduce in Gateway to Practical Homeopathy® I, Second Edition, and discuss a bit in my protocol courses.

My Academy of Practical Homeopathy® students receive a more immersive education on the inner workings of homeopathic manufacturing pharmacies. In fact, The Academy features several in-depth interviews I conducted with the head pharmacists of the major homeopathic manufacturers. My

students have remarked that the information is invaluable to their understanding of homeopathic medicines.

However, recently, I received a question from one of my Academy students. They noted that there had been some confusion – perhaps even misinformation – being spread by other sources about the various dilution scales used in homeopathy, specifically the C, CH and CK scales. So, they wanted clarification.

I had previously discussed the differences between X and C in my free blog post, Answering Questions: X or C.

But this time, rather than put my spin on the topic of the differences between the C, CH and CK scales, I decided to get the answer directly from Boiron. "Straight from the horse's mouth," one might say. (And now you understand the photo!)

So, we owe a special thank you to Christophe Merville, Director of Education and Pharmacy Development at Boiron, for creating the following educational explanation:



What is the difference between the CH and CK scales?

The C or CH scale is the most used scale of dilution. Each dilution consists of: mixing 1 part of the previous dilution with 99 parts of solvent (usually 70% alcohol), followed by succussion (vigorous agitation during 7 seconds). Each dilution is prepared in a new vial. This process is repeated 6 times for a 6C and 30 times for a 30C. In Europe, the C scale is named CH – H for Hahnemannian, because Hahnemann created the method.

The CK scale has been created by the Russian Simeon Korsakov. Each dilution is diluted 100 times, but only one vial is used through the entire process. Also, pure water is used instead of 70% alcohol. This process enables the manufacturing of higher dilutions, because it is more economical and faster. So, 30CK, 200CK, 1000CK (1M) are commonly used. The scale goes up to 100,000CK.

What can we deduct?

- *C and CK scales are not prepared the same way, and can only be compared in terms of low, medium and high dilutions. For the C scale, 6C is low, 9C is medium, 30C is high. For the CK scale, 30CK is low, 200CK is medium and 100,000CK is high.*
- *Some homeopaths have experience in using certain scales and prefer prescribing in these scales.*
- *There is no valid method to calculate equivalences between scales, except for the very first dilutions (1C, 2C, 1CK, 2CK) where we can still measure the quantity of active ingredient in the dilution. After a few dilutions, we cannot make the equivalence anymore.*

What about 200C?

- *A 200C is a Hahnemannian dilution, using 200 vials. This takes a lot of times to manufacture. Most of the time, 200C are mislabeled 200CK, far easier to prepare. Boiron doesn't sell 200C dilutions anymore. For comparison between 200C and 200CK, see above.*



While this information was originally designed for my Academy students, I felt it was of significant importance for everyone interested in homeopathy.

Dilution scale designations can be confusing. When I started my blog 15 years ago, I generally did not include the dilution scale letters with the remedy – unless it was for an exact protocol.

The omission prompted many folks to ask why.

The reason was simple. At the time, in certain parts of the world, *either* an X *or* a C was easier to procure. And by that, I mean one or the other, not both. So, choices were limited depending on where the reader lived. Even here in the United States, it was difficult to find Cs in my early years of learning homeopathy (before the 1980s, as I recall).

So, I left it vague so as not to concern people who might not be able to obtain the medicine manufactured in the recommended scale.

Today, with the revival of homeopathy's popularity and the advent of online ordering through the internet, we don't have that same issue. However, I often still omit the dilution scale as a matter of course.

Generally speaking, from *my* point of view – from a practical, everyday kitchen table standpoint – the dilution scale can be somewhat interchangeable if necessary. Now from a pharmaceutical point of view, they are obviously quite different.

However, when following a specific protocol, both the potency *and* dilution scale matter. I teach that we ought to follow the protocols precisely as written.

And speaking of protocols, we'll resume our series of must-have medicines to include in a well-stocked homeopathy kit next week. (Spoiler alert … it's *Lycopodium*.)

Until then, pass on the good news of homeopathy!

Warmly,



P.S. If you've not yet ordered my new Gateway to Practical Homeopathy® I, Second Edition, what are you waiting for? With this curriculum, you can learn homeopathy in much the same way I did – with like-minded others who will become lifelong, supportive friends. New study groups are forming all the time.

My final event to celebrate this new revision will be live-streamed this Wednesday, April 26, at 8 p.m. EDT. Even if you've missed the other live streams, this wrap-up session promises to be very informative. The study of homeopathy will forever be a delicious, stimulating and ***beneficial*** journey. Come see why.

Join a Gateway Study Group with one of my Global Leaders and watch the entire series of 5 videos where I brought the pages to life with stories of this brilliant lifestyle. Check out our list of Global Leaders when you log into the Gateway Lesson.

