About Dosage

Many homeopathic pharmacies make different sizes and densities of their pills. Some are made in milk sugar (lactose) tablets and others are made of cane sugar (sucrose). Generally lactose tablets are softer so they dissolve more easily; hence they are easier to administer to infants and animals. Sucrose pellets take a little longer to dissolve in the mouth or water, and are smaller. They come in a variety of sizes. In determining the dosage, follow the directions on the bottle. For a child, cut back by 1-2 pellets, for an infant cut back by ½. So, if the dosage for an adult is 4 pills a small child would receive 3 pills and an infant 2 pills. Keep in mind that if an infant were given 4 pills it would do no harm. The only reason to give less is for the sake of frugality. Lactose tablets that are the size of poppy seeds are most often manufactured by Hahnemann Pharmacy, which does not suggest a number to be administered on their label. Instead they suggest that the entire contents be administered as one dose. This is not necessary. Instead, being careful not to drop any pellets, pour some of the contents into the bottom of the cap and line it with the tiny pellets. It will count out approximately twenty pills. This will equal one dose for an adult. For a child or infant, use ¾ of that amount. Having said this, I might also add that if the mouth is clean (without food), the number of pills is not really important since homeopathy is energy medicine. It is not subject to material laws.

Most people have no problems taking lactose or sucrose pills, even if they are lactose intolerant. There are rare instances however, in which even the minutest amount of milk sugar can cause reactions. This reaction can often be removed by a professional homeopath through constitutional care. Until that time, remedies can be obtained directly from a homeopathic pharmacy in alcohol form.

The aqueous solution method is another option for dispensing

to those who are ultra-sensitive or when treating large numbers of people. The aqueous method was used by Samuel Hahnemann and homeopathic doctors in hospitals. It entails placing one dose of a remedy in a clean glass of 2 oz of purified water and allowing it to dissolve. After stirring gently one time, one teaspoon becomes one dose. This dilutes the process one more time and greatly minimizes the amount of milk sugar. It is also a frugal method of dispensing and one that can be utilized in an epidemic setting.