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The 50-Millesimal Potency in Homoeopathic Practice and Observations from Three Cases of Dyslipidemia Treated with *Dioscorea villosa*

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Abstract:

Homoeopathic medicine evolved through progressive experimentation, with dilution and dynamization. Dissatisfied with the unwanted aggravation and delayed curing process by using centesimal potencies, Samuel Hahnemann finally sought the most refined new method of potentization namely 50 millesimal potency that could provide rapid, gentle and permanent restoration of health. This method of potentization is introduced in the 6th edition of Organon of Medicine. Recent interpretations through nano-pharmacology and hormesis established this new method as a precursor to modern personalized medicine [1][2].

In this respect example of three successfully treated dyslipidemia cases with the medicine *Dioscorea villosa* prescribed in 50-millesimal potencies in the series of Q1 (0/1) followed by Q2 (0/2) and so on 15 doses each one after another as per the requirement based on the next biochemic investigation reports. Here, the Homoeopathic medicine *Dioscorea villosa* has been selected based on its pathophysiological background [3][4] with an indication of ‘feeble digestive power’.

Keywords: Homoeopathic potentization, 50-millesimal potency, Nano-particles, Dyslipidemia, *Dioscorea villosa*.

Introduction

Potentization is a process that involves successive dilutions and succussions (vigorous shaking), So that, the biological effects of the solutions of substances have been increased in the form of therapeutic virtue. It was first introduced by Samuel Hahnemann [5]. He was the first to identify that the specific properties of drugs could be developed, transmitted and utilized by potentization. According to him, crude drugs have three grades of action, viz. mechanical, chemical and dynamical. First two are of comparatively little importance. Full power of drugs i.e. its dynamic quality is hampered and restrained by the grosser material elements and that is by its crudity. Moreover, by potentization the active characteristic properties of the substances are developed which were inert in their crude state [6].

According to Samuel Hahnemann [7] in the aphorism 279 he said, “This pure experience shows universally, that if the disease do not manifestly depend on a considerable deterioration of an important viscus (even though it belong to the chronic and complicated diseases), and if during the treatment all other alien medicinal influences are kept away from the patients, the dose of the homoeopathically selected remedy (highly potentized) 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”. And in aphorism 280 he warned on unwanted aggravation and how to avoid it, by saying “.... the standard of measurement by which the doses of all homoeopathic medicines, without exception, are to be reduced to such an extent that after their ingestion, they shall excite a scarcely observable homoeopathic aggravation, let the diminution of the dose go ever so far, and appear ever so incredible to the materialistic ideas of ordinary physicians, their idle declamations must cease before the verdict of unerring experience.”

In the further discussion, Samuel Hahnemann described the process of cure would be ideal if it is rapid, gentle and permanent. He observed with the existing Centesimal (dilution ratio 1:100) method most suitable medicine selected through homoeopathic principle could not make rapid or gentle. From his long experiences when used low potencies (up to 30 centesimal potency) they would not cure but if he used the high potencies (like 200 to 1000 centesimal potency) they caused unproductive aggravations and very often took long time to cure complicated chronic diseases.

Then he thought the changes should be made in the preparation of medicines to achieve the “Highest Ideal of Cure” based on the three important conditions to be fulfilled to maintain this process of cure the disease are as follows –

- Medicine to be selected perfectly through homoeopathic principle.
- Medicine to be administered in minutest yet powerful dose.

- Medicine to be repeated at suitable interval.

In this regard Dr. Hahnemann said, the degree of every dose to be deviated somewhat from the preceding and following in order, so that, the vital principle which is to be altered to a similar medicinal disease be not aroused to untoward reaction [7][8][9]. In the process of this method of potentization of drugs for preparing next higher potency he recommended mixing 99 drops of alcohol with one globule of the previous potency, instead of one drop as in 5th edition. This new method of dynamization decreases the medicinal substance 50,000 times for each degree of dynamization, & called them as ‘medicamentum au globule’. The medicinal potencies prepared by this method are marked as 0/1, 0/2, 0/3 ... 0/30 & so on [10].

Method of preparation of 50 Millesimal Potency [1][11][12]:

- Triturate one grain of the crude medicinal substance with 100 grains of lactose up to the third centesimal trituration (3C).
- Dissolve one grain of this 3C trituration in 500 drops of alcohol to prepare the LM 1 stock.
- Add one drop of this stock to 100 drops of alcohol and succuss it 100 times — this constitutes LM 1 (1:50 000 dilution).
- For LM 2 and subsequent potencies, repeat the same process using one drop from the previous solution.

This 1:50 000 ratio distinguishes LM from centesimal potencies (1:100), creating an exceptionally fine gradation of strength.

Different nomenclature and abbreviations provided by different pioneers:

Renewed Dynamization, Medicaments au globule was said by Samuel Hahnemann.

Q Potency (where Q stands for an abbreviation “Quinquagintamillesimal” derived from the Latin Quinquagesimum [50th] and Millesimus [thousandth] was said by Jost Kunzli.

LM Potency (L and M are Roman numerals for 50 and 1000 respectively) was said by Rudolf Flury.

50 Millesimal Potency was said by Pierre Schmidt.

The medicinal potencies prepared by this method are marked as 0/1, 0/2, 0/3 ... 0/30 & so on. Here the numerator ‘0’ represents the poppy sized globule used in preparation of higher potencies.

Logic of usefulness of this new method [8][13]:

In the preface of the Organon of Medicine, 5th edition, Hahnemann stated that Homoeopathy was “so near perfection”. But about the 6th edition Hahnemann called the new altered but perfect method of dynamization. After countless experimentation between the years 1840-1842, to avoid unwanted aggravation, Hahnemann settled down for this new method of potentization. This new dynamization is said to be the most powerful and mildest in action, i.e. as the most perfected method of application of homoeopathic medicine. It decreases the quantity of the medicine for the preparation. So, the result in the decrease of aggravation, which was being caused by greater material quantity of medicines in centesimal scale.

It increases the ratio of the diluent to the medicine – leaving behind the 1/100 dilution of the centesimal scale. He diluted the medicines more up to 1/50,000 dilution ratio in case of this new scale which would make the medicines not only milder in its action but also shorter in duration.

Moreover, increases the number of succussions in this scale (100 succussions are given) which make it more potentized and would act more rapidly and permanently.

Scientific explanation on activity of Nanoparticles in the background of using high dilution:

Even with over 200 years of established healthcare practice, theoretical absence of any molecule in the dilution of Homoeopathic medicine is the only cause of facing criticism from time to time. Ultra-high dilution above Avogadro’s number in approximately 12 centesimal potency requires perfect scientific explanation to answer the same. In this consequences, Nuclear Magnetic Resonance tool of Physico-chemical technique suggested the presence of nanometric superstructures. This was further confirmed by the evidence of Nanobubbles and further with the help of transmission electron microscopy the presence of nano-particles was shown. Moreover, it has been established that, homoeopathic medicines contain Nano-particles with specific properties, even when diluted beyond Avogadro’s number in every ultra-high dilution in centesimal and 50-millesimal potencies [14][15].

In a study, it was also found that the action of higher dilution (beyond Avogadro’s number) of histamin inhibited anti-IgE induced human basophil activation thereby proving not only the existence of particles but also the active role in their respective properties [16].

The serial dilutions by applying succussion (“dynamization”) causes permanence of pharmacological power even at higher dilutions in the homoeopathic medicine where it is said the cellular gene expression is sensitive to this kind of pharmacologic treatment [17] and in another study, it is found, higher the potency is more branched, larger the formed structures are found [5].

Beneficial effects of 50-millesimal Potencies:

Hahnemann’s Paris casebooks demonstrate numerous examples of LM prescriptions with excellent outcomes in chronic skin, metabolic, and renal disorders [18].

A retrospective study was done to reveal the usefulness of 50 millesimal in the treatment of chronic cases. Total 50 cases (of different ages, both sexes and different duration of illness) were selected for this study. The treatment outcomes were analyzed based on follow-up criteria. the data suggest that the 50 millesimal potencies not only have significant beneficial effects in chronic cases, but there were no such cases reported with aggravation [19].

In an article published in a journal of Brazil [20], a group of authors described the effectivity of homeopathic treatment by following the clinical-pharmaceutical method described in 6th edition of Organon of Medicine (50 millesimal potency) which has been observed by not only these authors, but their other colleagues of Brazil. In this multicentric and over all observation in a large population throughout the Brazil, they were so much convinced by applying this method of application that they described this method of application as safe and simple to be applied and taught.

In the year 2023, Dr. N Mohanty showed the efficacy of 50 millesimal potency over Centesimal potency. It was a double-blind controlled study on Allergic Rhinitis. The study showed out of 181 patients treated with LM potency 171 patients cured whereas 31 patients treated with Centesimal potency, of them 20 patients cured [21].

Dr. De Schepper observed that LM potencies are advantageous, not only for hypersensitive, but also for all other types of patients, because of their great power to heal without major aggravations [22].

Application of 50-millesimal Potencies of *Dioscorea villosa* in three Dyslipidemia patients:

Dioscorea villosa is one of the well-known homeopathic medicines prepared from the root of commonly known tuberous plant Wild yam. The primary active ingredient of *Dioscorea villosa* is diosgenin. Diosgenin has significant action on cholesterol metabolism. It has hypocholesterolemic effect by inhibiting cholesterol absorption, increasing biliary cholesterol secretion and increasing faecal excretion. In different research studies it has been found that, it can decrease total Cholesterol, Triglyceride, LDL and can elevate HDL level and protects against atherosclerosis. As per homeopathic pathogenesis, besides the gastro-intestinal affections, *Dioscorea villosa* has genito-urinary, cardio-vascular, peripheral neurological and inflammatory manifestations. Behind all these pathological conditions, the active ingredient diosgenin considered to have important role by its altered cholesterol metabolic activity which might be the underlying pathological essence of homeopathic pathogenesis of *Dioscorea villosa* [3][4].

Therapeutic intervention:

Preparation of doses: 2-4 medicated globule no. 10 of *Dioscorea villosa* to be dissolved in a glass vial containing 100 ml distilled water and few drops of rectified spirit to be added and mixed properly. Patient was instructed to take 5 ml (one full cap) after giving 10 forceful equal longitudinal succussions to the vial and same procedure to be followed for all successive potencies one by one from Q1 (0/1) followed by Q2 (0/2) and so on as per the requirement.

Three cases were from the Out Patient Department of The Calcutta Homoeopathic Medical College & Hospital (Govt. of West Bengal)

Case no. I

Mr. B. P., aged 52, had hypertriglyceridemia with hyperuricemia. On dated 19/07/2023 the Serum Uric acid level was 9.0 mg/dl and Triglyceride was 475 mg/dl (fig I a). He has a chronic complaint of indigestion since long.

Dioscorea villosa 0/1 and 0/2 were prescribed on 23/9/2023, followed by 0/3 and 0/4 on 10/10/2023. On dated 13/10/23: Serum Uric acid was found 5.4 mg/dl and Triglyceride became 90 mg/dl (fig I b).

Patient Name	Age	Medicine	Unit/Doctor Name
Reg No.			
Collection Date	Reporting Date	Serial No.	
INVESTIGATION	RESULT	UNIT	NORMAL RANGE
Hemoglobin (Hb %)	14.2	gm/dl	
WBC Count (TC)	8.2	$10^3/\mu\text{l}$	
Platelet Count	140	$10^3/\mu\text{l}$	150-400 $10^3/\mu\text{l}$
Neutrophil	55.6	%	65-70 %
Lymphocyte	31.5	%	25-38 %
Lymphoid	1.0	%	2-4 %
Monocyte	11.8	%	5-7 %
Eosinophil	0.1	%	0-1 %
Albumin	4.50	g	3.50-4.80 g/dl
Alkaline Phosphatase	104.0	U	
Direct Bilirubin	0.201	mg	10-35 U/L
S.G.O.T	27.8	U	38.00 U/L
S.G.P.T	22.8	U	
Total Bilirubin	6.773	mg	6-7.30 mg/dl
Total Protein	1.732	g	>35 mg/dl
HDL Cholesterol	205.9	mg	150-200 mg/dl
Serum Cholesterol	475.0	mg/dl	30-150 mg/dl
Serum Triglycerides	475.0	mg/dl	
Plasma Urea (Fasting)	48.5	mg/dl	
Blood Urea	20.9	mg/dl	10-40 mg/dl
S.S.B	24	mmol/l	
Serum Creatinine	1.4	mg/dl	0.60-1.40 mg/dl
Serum Uric Acid	9.0	mg/dl	

Fig I a : Before treatment

Patient's Name :	Age :	Sex :
Referring Doctor :		
Material :		
Date of Report :	Report No. :	
BIOCHEMISTRY REPORT		
Test	Result	Reference Range
Blood Urea	5.4 mg. / 100ml	10 - 45 mg. / 100ml
Serum Uric Acid	5.4 mg. / 100ml	Female < 5.5 mg. / 100 ml Male < 6.0 mg. / 100ml
Serum Cholesterol	168 mg. / 100ml	130 - 250 mg. / 100ml
HDL Cholesterol	40 mg. / 100ml	Female < 35 mg. / 100 ml Male < 40 mg. / 100 ml
LDL Cholesterol	102 mg. / 100ml	< 150 mg. / 100 ml
VLDL Cholesterol	18 mg. / 100ml	< 35mg / 100ml
Serum Triglycerides	90 mg. / 100ml	Female < 150 mg. / 100ml Male < 175 mg. / 100ml
Post - prandial blood Sugar - 56 mg / 100 ml		

Fig I b : After treatment

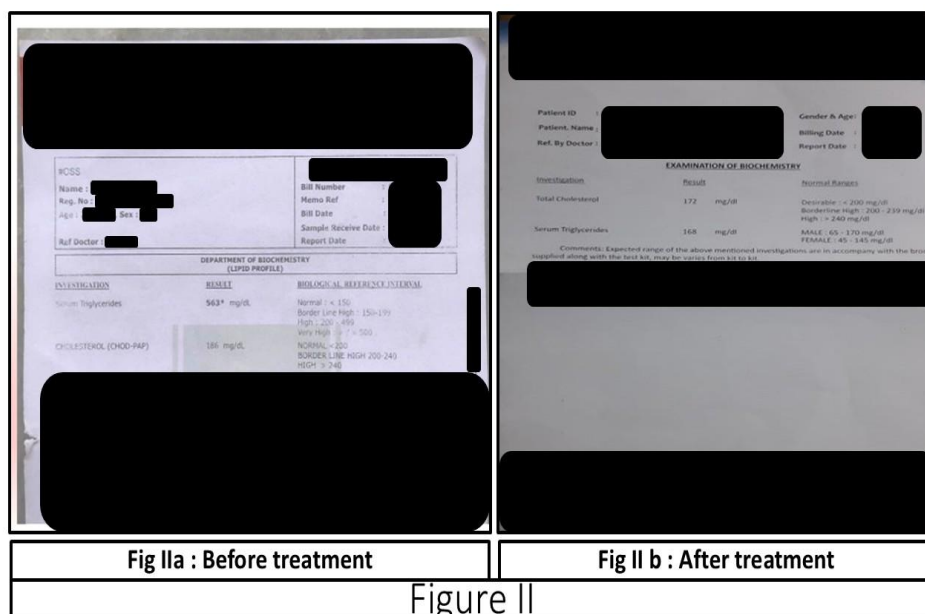
Figure I

Case no. II

Mr. R. I., aged 27, had hypertriglyceridemia with chronic pancreatitis and indigestion. His Triglyceride level was 563 mg/dl (fig II a) on 18/7/2022 and after taking medicine on 17/10/2023 it was 168 mg/dl (fig II b).

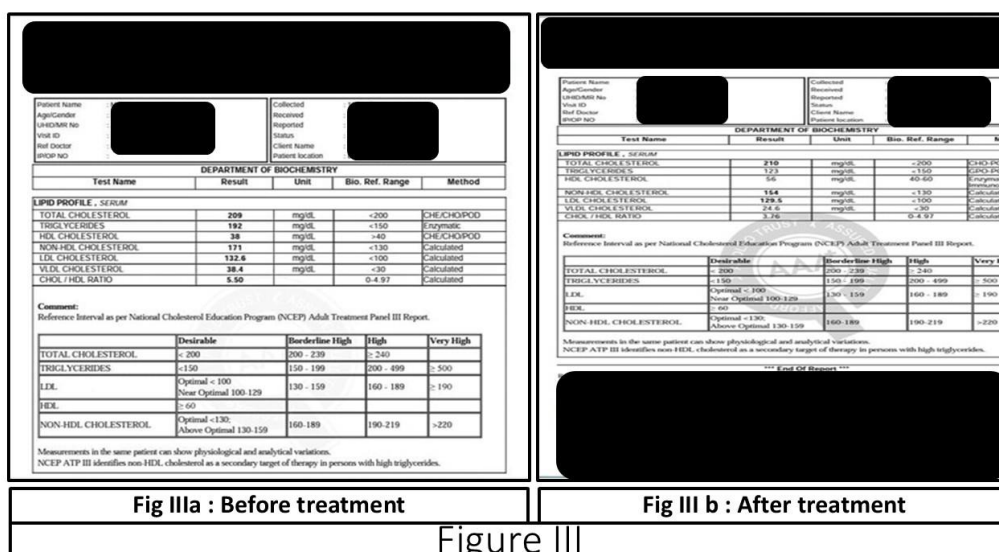
Dioscorea villosa 0/1 and 0/2 were prescribed on 04/8/2022, 0/3 on 15/9/2022, and 0/4 and 0/5 on 29/9/2022 respectively.

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Case no. III

Mrs. K.D., aged 56, had hypertriglyceridemia with increased VLDL and decreased HDL level. On dated 16/12/2022 Triglyceride was 192 mg/dl., HDL 38mg/dl and VLDL was 38.4 mg/dl (fig III a). After treatment serum Triglyceride level became 123 mg/dl., HDL 56mg/dl. and VLDL was 24.6 mg/dl. on 16/03/2023 (fig III b). She had been treated with *Dioscorea villosa* 0/1 to 0/4 till the last investigation done.



Conclusion:

Hahnemann's latest introduction of 50-millesimal potency based on its minuteness but powerful doses with suitable repetition so that the medicinal action should not be more powerful on disease process to avoid any unwanted aggravation. Physician can control its action as per required potency, dose and its desired repetition. Like other higher dilution of centesimal potency, the dilutions in 50-millesimal potency also contain nano-particles in their increasing structural consequences in the increasing higher dilutions in respect of more branches and larger the formed structures. In this respect, successful application of this potency has been found in three dyslipidemia cases where the medicine *Dioscorea villosa* was selected based on similar pathophysiological background of dysregulated cholesterol metabolism with the indication of 'feeble digestive power'.

So, in respect of minuteness, with relative powerful action against the existing pathology present in the patient by the scope of controlling selection of desirable potency and doses with their suitable repetition favors 50-millesimal potency in higher rank in the application of homeopathic medicine as per direction of Master Hahnemann.

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Conflict Of Interest

Declared Nil.

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