

About Potencies

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Reviewer: Sandra Venables

One of the enduring questions at almost any homœopathic seminar I've attended has always been, 'What potency did you prescribe, and why?'

It seems that, for homœopaths, a major area of uncertainty is in potency selection, no matter what is written in the *Organon*, either the 4th, 5th or 6th editions!

Margriet Plouvier-Suijs has written a short book looking to address this uncertainty that appears to annoy homœopaths and students regularly.

Within this book Margriet Plouvier-Suijs has attributed characteristic words or language to specific potencies. Each of these levels is then outlined giving clinical case overviews of the symptom presentation, the prescription and an analysis of that prescription and the outcome post prescription. She has very honestly also given details of prescriptions that didn't work at one potency, or medicine choice, but did work well at another, and her learning from this. As she states early on, she "learned a lot from making 'mistakes', but to learn from making mistakes you have to make them...."

These mistakes and prescriptions give a lovely, honest description, showing students and experienced homœopaths alike that it's okay to fail sometimes, in the knowledge that it does indeed aid growth for both practitioner and patient.

Interestingly, early on in the book, when discussing frequency of dose, Margriet Plouvier-Suijs states that she does apply a system, but it is not a strict system and varies according to each individual, something I resonated with, and may reassure students of the necessity to make decisions based on the individual rather than a strict system.

The levels describe a range of potencies from 3X through to 500M, aligning the different dilutions, decimal, centesimal and 50 millesimal within the differing levels. The foreword by Martin Dicke, Pharmacist of the Hahnemann Apotheek Pharmacy, Heiloo, Holland, also discusses the difference in potencies utilized in homœopathy and clarifies the difference in labelling between C and K potencies, as well as between Q and LM.

The description of the potencies allows the student to fully understand the differences between potency ranges and how they may relate, thus aiding the student to better utilise the potencies available to them in a clinical situation.

Margriet Plouvier-Suijs has utilized both her clinical experience and learning from colleagues, including Chaim Rosenthal's themes in relation to potency and Rajan Sankaran's levels, to draw together an interesting and applicable reasoning for potency selection, regardless of the potency range you have access to.

This book would be a great read for students wishing to know more about potency selection and for those seeking out a system to base potency selection on.

(In particular cases, I have found this a most useful guide to potency selection, after trialling it for about two years. Ed)