

# Homeopathy Heals

**A CONCISE CLINICAL GUIDE FROM  
80 YEARS OF CLINICAL EXPERIENCE**

*By*  
**Dr Ron Harris**  
**(1916-2018)**



**B. Jain Publishers (P) Ltd.**  
USA — Europe — India

## **Homeopathy Heals**

First Edition: 2018

1st Impression: 2018

All rights reserved. No part of this book may be reproduced, stored in a retrieval system or transmitted, in any form or by any means, mechanical, photocopying, recording or otherwise, without any prior written permission of the publisher.

© with the Publisher

*Published by Kuldeep Jain for*

### **B. JAIN PUBLISHERS (P) LTD.**

B. Jain House, D-157, Sector-63, NOIDA-201307, U.P. (India)

*Tel.:* +91-120-4933333 • *Email:* info@bjain.com

*Website:* **www.bjain.com**

**Registered office:** 1921/10, Chuna Mandi, Paharganj,  
New Delhi-110 055 (India)

*Printed in India*

ISBN: 978-81-319-4974-0

---

# Dedication



*This work is in memory of my wife Joan and all those who provide for the health and wellbeing of others. Call them homoeopaths, allopaths and whatever one may, they have been called and have chosen to serve*

Homeopathy Heals

*and*



*It is dedicated to my little friend Prem, who grew up to  
be a giant publisher and a homeopathic doctor*

**R. Harris**

---

# Preface

**A**t the outset, I would like to thank Dr Isha Gupta for her encouragement and suggestions, and editing this book.

I would also like to thank the House of B. Jain for publishing this book. My relationship with B. Jain Publishers goes back over 70 years, when I was first introduced to “Chaay, garm garm chaay” by young Prem.

Over a period of 80 years of practice, I realized that a book to explain potency, dosage and susceptibility of homeopathic remedies is long overdue.

An attempt has been made in this book to provide both dosage and potency. In cases, where dosage and potency is not provided, it is best to consult a qualified homeopath.

To avoid confusing abbreviations, names of the medicines are given in full, to make it easier for everyone to know exactly what remedy is being used.

## Homeopathy Heals

Also, an attempt has been made to simplify understanding of medical terminology by providing both common and Latin names.

**Dr Ron Harris, M.D.H.**

# Publisher's Note

**D**r Ron Harris, fondly known as Dadaji was a homeopathic legend who lived to heal the sick. An experience as vast as his, needs identification and appreciation across all strata of the homeopathic society and it is for this reason that B Jain had decided to take up this project.

Regretfully, this book is being published posthumously. On, 4 Jan 2018, just days after correcting most of the editing Dr Ron Harris left us for heavenly abode. The only substantive aspect of this book over which Dr Harris did not have complete authorial control are a few copy editing changes, which were meticulously made by our editors, with the aim of carefully preserving Dr Harris's intended meaning.

The name of Dr Ron Harris will never be lost in the sand of time as he has left his impression in the heart of many homeopaths. We hope that this work will fulfill his dream of promoting homeopathy and showcasing its magic to the ones who can appreciate it.

Homeopathy Heals

His last words of wisdom will continue to enlighten us:

***“Don’t be attached to this body, which is only a vessel –  
work towards your soul***

***Always hold your chin up high as you face life***

***Be in peace”***

**Kuldeep Jain**

CEO, B. Jain Publishers (P) Ltd.



# Contents

<i>Dedication</i> .....	<i>iii</i>
<i>Preface</i> .....	<i>v</i>
<i>Publisher's Note</i> .....	<i>vii</i>
1. Introduction.....	1
2. Samuel Hahnemann and the Law of Similars .....	3
3. Therapeutic Considerations.....	7
4. Guidelines for Selection of Potencies and Dosage .....	15
5. Abdomen, Digestion and GI Tract .....	23
6. Blood.....	67
7. Bones.....	77
8. Cerebrum/Head/Mind .....	87
9. Eye .....	97
10. Female Disorders .....	103

## Homeopathy Heals

11.	Genitalia .....	117
12.	Hearing/Ear .....	121
13.	Heart/Cardiac Conditions.....	127
14.	Infection: Bacterial, Viral, Fungal, Germs, Pollution, etc. ....	131
15.	Kidney, Bladder, Urinary Problems .....	135
16.	Mouth .....	141
17.	Nails .....	147
18.	Respiratory Ailments.....	149
19.	Skin .....	157
20.	Neurological/Muscular.....	183
21.	Throat .....	189
22.	Limitations of Science in Explaining Homeopathy .....	197
	<i>Index</i> .....	<i>215</i>

## CHAPTER 1

# Introduction

## Why I became a Homeopath

**A**t the age of 13 years, after many failed treatments for severe headache I was cured by a homeopath. That was almost 90 years ago. At the young age of 15, I undertook the study of homeopathy, taking for granted everything I read. However, the more I read, the more I got confused. After acquiring my first degree in chemistry, I began to realize the greatest challenges that face homeopathy.

I have failed to read anywhere about a direct relationship between dilution, dosage, mode, potency and susceptibility. Though all the factors are inter-related, most of the practitioners seem to mention some, but not all the factors. One should have a very clear understanding of the factors mentioned and susceptibility to treat the whole person.

I therefore thank Dr Isha Gupta of India, who has been a guiding spirit and a lightning of encouragement to write this book.

## Homeopathy Heals

The author thanks all those whose work he may have used in this dissertation, particularly those scientists, who know too well that a scientist should be unbiased and that science is not a constant but a changing modality dependent directly on the progress and technology in the field of science.

## CHAPTER 2

# Samuel Hahnemann and the Law of Similars

### A Brief History

**T**he German physician Samuel Hahnemann is generally acknowledged to be the founder and developer of homeopathy. Samuel Hahnemann was born in Saxony, Germany, on 10<sup>th</sup> April 1755 and lived to be 88 (died 2<sup>nd</sup> July 1843). He was dissatisfied with the state of medicine at the time, which included bleeding, purging, cupping and excessive doses of mercury; hence he ceased his medical practice in 1782, and began translating medical and chemistry texts. It was during this time that he apparently began to seriously question the mechanisms of drug activity proposed by his contemporaries.

While researching cinchona bark, which is used to treat malaria, he discovered the “Law of Similars”. Hahnemann was in perfect health when he began taking this Peruvian bark two times a day for several days. He began showing symptoms identical to malaria. Upon conclusion of the experiment, he realized that medicinal

## Homeopathy Heals

substances create symptoms in healthy people that are identical to the diseases they are meant to treat. This was the beginning of Dr Hahnemann's distinguished career in homeopathy which led to widespread acceptance of his method around the world. Indeed, the concepts proposed do appear very early in medical history, but it was Hahnemann who developed these concepts by verifying them experimentally.

Hahnemann discovered that by successively diluting and "potentizing" the initial substance, the medicinal properties of drugs, which are in a latent state in the crude substance, are excited and enabled to act spiritually upon the vital forces. He also discovered that simple dilution of a drug alone is insufficient to produce a cure – it must be potentized after each successive dilution. Hahnemann was also aware that in the process of making extremely dilute solutions, a dilution limit is reached when the volume of the solute is unlikely to contain a single molecule of the solvent.

Homeopathy is based on a natural phenomenon of healing which is now commonly referred to as "like cures like." Classical healers have known this basic principle of "like cures like" throughout history. Hippocrates (460 – 350 B.C.), regarded as the "father of medicine," who authored the Hippocratic Oath, wrote, "By similar things a disease is produced and through the application of the like is cured." Aristotle (384 – 322 B.C.) knew the principle as well, and wrote, "Often the simile acts upon the simile." Samuel Hahnemann simply followed in the footsteps of these great scientists and said, "Like cures like," (or traditionally in Latin, "Similia similibus curentur").

From Hahnemann's time homeopathy had to face criticism because there was no rational theory to explain the action of the

drugs. From a mechanistic point of view, homeopathy neither makes sense, nor agrees with any experiment. Accordingly, most discussions of the possible effects of homeopathy prefer to focus on discussions of results of studies. However, the mechanism of action by which the remedies work has not been established. If the remedies do work, they must do so in a manner which would appear to violate established principles of physics, chemistry and pharmacology, or they must work in a manner which is yet to be discovered. As one early critic of homeopathy wrote, “Either Hahnemann is right, in which case our science and the basis of our thinking is nonsense, or he is wrong, in which case this teaching is nonsense.”

## **Dilution and Potency**

When a homeopathic remedy is first prepared, a substance (called solute) is dissolved in alcohol or water (called solvent). This mixture is known as the ‘mother tincture’ and is denoted by the symbol  $\phi$ . This is then serially diluted usually by either 1 part in 10 (X potencies or D potencies) or 1 part in 100 (C potencies). For example, if we start with 1,000 ml of remedy, then 10 ml would be taken from it and added to 990 ml of water. This means that the number of molecules present reduces by a factor of 100 at each step. Thus, a remedy marked C30 would imply a 1:100 dilution performed 30 times.

The process of diluting homeopathic remedy is known to practitioners as dynamization or potentization, whereby a substance is diluted with alcohol or distilled water and then vigorously shaken in a process called “succussion”.

The suffix H and K are used after to indicate the process used to prepare the remedy. H indicates that the medicine was prepared

## Homeopathy Heals

according to the Hahnemann method. The Hahnemannian method uses 1 part of the homeopathic potency to 99 parts of alcohol in a new flask and succussed to make the next higher potency on the centesimal scale. K indicates the Korsakovian method which was employed to produce the higher potencies of 200 C and above. In the Korsakovian method the same container is used for each succession of the dilution step.



# Therapeutic Considerations

**S**electing the correct remedy alone will not suffice in affecting a cure. Homeopathic therapeutics is an Art that must take into consideration many factors. These include susceptibility, diet, body-mass, and stress. All these factors determine the potency, dose and frequency of repetition of the selected remedy.

## Selection of Potency

The selection of potency has all along been a burning problem in homoeopathy. To fulfil the highest ideal of cure, not only must the selection of the medicine be correct, its potency and dose must also be accurate. It has been observed that a medicine may fail to produce any beneficial effect in a patient in low potencies but shows unexpected good result in high potencies. It does not mean that the lower potencies do not act at all in such cases. They do act, but their beneficial effects are not perceptible to us. Of course, if the medicine is repeated several times in lower potencies, its effect

may be perceptible, but even then, very slowly and less distinctly than if applied in high potencies. Similarly, the reverse is also true when high potencies may fail to produce any appreciable change but low potencies act curatively.

I wish to admit that the potencies shown in this book are my personal collection of data based on the patients I have treated and my own experiences, therefore these potencies should not be followed blindly in each and every case.

This brings us to the concept of susceptibility. It is only because of the variation of susceptibility in different patients that different potencies act on the individual patient.

## **Understanding Susceptibility**

Primarily, susceptibility is the reaction of the body to external and internal influences.

Susceptibility is the state or fact of being likely or liable to be influenced or harmed by a particular thing. My experience shows, primarily susceptibility is the reaction of the body to external and internal influences. We all are susceptible to something or other and therefore it is the first and most important factor to be considered for everyone involved in health care. As a matter of fact, for a health profession to be regulated, it must show that their medicines may cause adverse reaction.

All homeopaths understand that the selection of potency depends on the susceptibility of the patient. The higher the susceptibility, the higher should be the potency and vice versa. But the great difficulty is that there is no instrument to measure the susceptibility of an individual.

## Therapeutic Considerations

The term susceptibility is not directly referred to in The Organon of Medicine, but given below are the observation of some Masters.

Kent, in his Lectures on Homeopathic Philosophy, quotes Aphorisms 30, 31, and 32 of the Organon, to explain the concept of susceptibility with regard to artificial morbid agents. Yet most of the practitioners state that homeopathic remedies are perfectly safe and harmless because they are diluted to such an extent that hardly any original substance is left behind. Higher the dilution, higher the potency therefore more effective the remedy given in very small doses of sugar balls called globules.

“In children and young adults there is generally no wear and tear of organs and tissues. As such they require high potencies for an early cure. But in old age, because of wear and tear, and senile degeneration, the susceptibility to disease is more, hence they generally require low or medium potencies.” - Potency problem in homoeopathy, Dr Sayeed Ahmad, Editorial - The Homoeopathic Heritage - May, 1994.

“The more similar the remedy, the more clearly and positively the symptoms of the patient take on the peculiar and characteristic form of the remedy, the greater is the susceptibility to that remedy and higher is the potency required”. JAHN'S LAW - George Heinrich Gottlieb Jahr - 1800-1875.

“The clearer and more positively the finer, more peculiar and more characteristic symptoms of the remedy appear in a case, the higher the degree of susceptibility and the higher the potency required.” - Lectures and essays on homoeopathic philosophy, Dr Stuart M. Close (1860-1929).

“In acute diseases 1M and 10M are the most useful. From 10M to the MM are all useful for all ordinary chronic diseases in persons not so sensitive.” - Mir Zahid | Hpathy Ezine, October, 2008.

## Homeopathy Heals

“In persons suffering from chronic sickness and not so sensitive, the 10M may first be used, and continued without change so long as improvement lasts; then the 50M will act precisely in the same manner, and should be used as long as the patient makes progress towards health; then the CM may be used in the same manner, and the DM and MM in succession. By the use of the series of potencies in a given case, the patient can be held under the influence of the simillimum, or a given remedy until cured. The more similar the remedy, the more clearly and positively the symptoms of a patient take on the peculiar and characteristic form of the remedy, the greater the susceptibility to that remedy, and the higher the potency required, until cured.” – James Kent.

“Where the symptoms are not clearly developed and there is an absence or scarcity of characteristic features; or where two or three remedies seem about equally indicated, susceptibility and reaction may be regarded as low. We give, therefore, the remedy which seems most similar, in low (third to twelfth) potency.”  
Dr George Heinrich Gottlieb Jahr -1800-1875.

H. A. Roberts defines susceptibility as the expression of vacuum in the individual. The vacuum attracts and pulls for the things most needed that are in the same plane of vibration as the want of the body.

Dr Stuart M. Close defines susceptibility as the general quality or capability of the living organism to receive impressions and the power to react to stimuli.

The authors quoted above, neither seem to totally agree with each other nor clarify the subject, leaving us practitioners confused and lost. I therefore thank Dr Isha Gupta of India, who has been instrumental in urging me to write this book.