

Sumit Goel

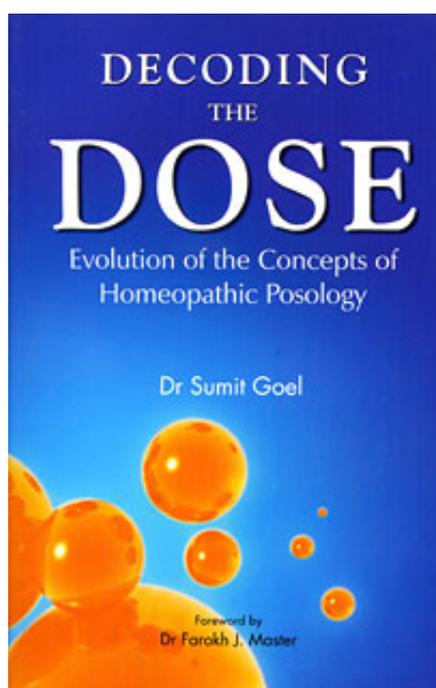
Decoding the Dose

Reading excerpt

[Decoding the Dose](#)

of [Sumit Goel](#)

Publisher: B. Jain



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Foreword

I would like to extend my hearty congratulations to *Dr Sumit Gael* who has come up with yet another work on the vast science of Homeopathy. It's my pleasure to be penning this foreword for a book on a very important, but highly undervalued topic as posology.

A topic as sensitive and subjective as posology needs adequate research on the multitudinous ways of its application in real practice

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to make it a complete work and Dr Goel has done complete justice to it.

'Decoding the Dose' spans over decades showcasing the changing patterns and evolving concepts of prescribing our pills. It begins with the Hahnemannian era followed by the Kentian and Post-Kentian eras concluding with the preferences of the stalwarts.

Dr Sumit Goel also puts forth his own experiences in selecting the right potency and repeating the dose which complete the art of prescribing the simillimum. This book delves into the core of the issue to crystallize the gems of homeopathic posology.

This book shall therefore make an interesting read not only for undergraduate students but also for practitioners of this art.

I strongly recommend this book to all those who wish to get an insight into the past and present of accurate prescriptions as regards potencies and their timely repetition.

I once again congratulate Dr Sumit Goel for this sincere effort and wish him loads of luck for the future.

Dr Farokh Master MD (Horn)

Preface

Characteristic, peculiar, in Homeopathy we seek Everyone, yes everyone, is special and unique. We Homeopaths are in this world for reasons pure and sure We have a mission and that is to CURE.

Guided, we are, by eternal fundamental laws, But, what do we do, when it comes to the 'Dose'?
Confusion, contradiction should be things of the past,
Hard work, introspection, dedication will last.

Just as pieces of a jigsaw, all symptoms have their place, To correlate, inter-connect, the whole to interface. Each symptom is important, to make the totality unique, But, if the right dose is amiss, the Simillimum's incomplete.

The strongest arguments against Homeopathy have never been those directed at its fundamental principle, the law of similars but the most controversial, debated and argued issue has always been the remedial power of 'high dilutions'.

That the activity of a drug should be not only maintained but actually enhanced by attenuation seems on the face of it opposed to common sense.

It is ironical that the question of the right dose and posology, whose decisive affirmation is dependent only upon simple and practical clinical experiments that could be made at any time, cannot as yet be answered unanimously by the profession inspite of more than a century's work.

It would have been very simple for me to analyse my own cases and to offer my views on posology and add to the plethora of opinions and guidelines. Ironically, one section denies all action of high potencies and ridicules them while another praises the action of high potencies, and each claims to CURE and rest on experience.

So, where do we look out for the answers to all those questions that we have refrained from asking ourselves? What is the right source, the right experience that can shed some light on the perplexing issue of selection and administration of the dose? Is blind orthodoxy the only way out?

This was the reason, why this work was undertaken.

To understand the concepts and the evolution of concepts of homeopathic posology, a detailed study of the views and clinical experiences of pioneering homeopaths over the ages was essential. This involved a review of published literature like books, journals as well as cases of leading homeopaths.

This is not a theoretical work of speculation, but one that is based on Inductive Logic. This is not purely a theoretical study, but a study that is based also on the clinical experiences of leading homeopaths. As any study can never be complete in itself, this work does not claim to be the gospel truth on posology, it does leave scope and guidelines for further clinical study and research on the subject. I request the reader to follow the flow of thoughts as elucidated in the book, chapter by chapter, chronologically, to be able to evolve their understanding on the subject.

The purpose of the book is not to offer instant, ready made tips and rules for posology, the purpose is to clear the misconceptions and make the foundation strong.

The purpose of the book is not to give you INFORMATION on posology ... the positive intent is that the knowledge should evolve within you!

Words and actions are the factions
that make or break our day.

Thoughts and Ideas are the things
from whence all 'wonders' spring.
Never doubt the possibilities to be,
and obstacles will never become a reality.
We create our own success you see
but only with a positive mentality.

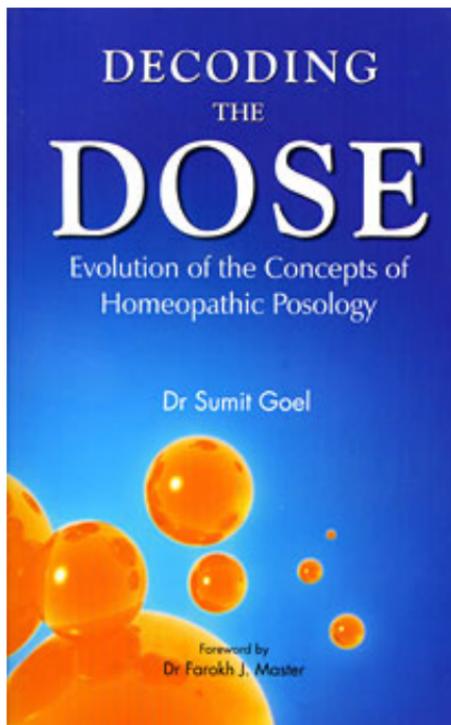
As Sir Edmund Hillary said, *'It is not the mountain we conquer,
but ourselves'*.

Finally, I thank you in advance for reading this book, and I wish
you patience and success as you respond to the demanding challenge
of sickness in everyday life.

Thanking the profession in general for their guidance, I humbly
present this book as a contribution to an already valuable homeopathic
literature.

Sumit Goel

Mumbai, August 2010



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Evolution of the Concepts of
Homeopathic Posology

272 pages, pb
publication 2016



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