

# Peter Fraser

## Using Philosophy in Homoeopathy

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[Using Philosophy in Homoeopathy](#)  
of [Peter Fraser](#)

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USING **PHILOSOPHY**  
IN HOMŒOPATHY



**PETER FRASER**  
USING MAPS & SYSTEMS IN HOMŒOPATHY

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## THE MINIMUM DOSE

The last of the curative principles is that of the minimum dose.

Hahnemann realized that if the only way to treat disease was with the poisons that caused similar symptoms then it was very important to use no more of the poison than was absolutely necessary. His experiments and those of his followers revealed the paradoxical situation that the smaller the dose was made the more powerful it became. Not only did poisons become more powerful as medicines when they were diluted sufficiently but substances that are innocuous and inert in their crude state become highly active when they are sufficiently diluted.

This, as yet, unexplained phenomenon has put homoeopathy beyond the pale for most of those who consider themselves to be rational scientists. Yet it is such a clear phenomenon that it is impossible to ignore.

This principle is most clearly expressed in the use of potentized medicines which contain the minimum amount of the original substance but it is a more general principle.

The minimum dose is used because it is not the remedy that imposes the cure on the body; rather the remedy enables the vital force to take the action needed to bring about the cure. Only that amount of the remedy necessary to inspire or activate the vital force must be used. The path taken to cure is in the hands of the vital force and it must be left to choose and follow that path in the way that it sees fit. To give any more of the remedy than is absolutely needed may inhibit that choice and impose an incorrect direction on the vital force.

Not only must the medicine itself take the form of the smallest possible dose but all treatment undertaken by the practitioner must be in the form of the least possible intervention.

There are superficial similarities between the homoeopath and the counsellor or psychotherapist and it is often tempting for the homoeopath to work in a way that is similar. Yet there is a fundamental difference between them. The psychotherapist brings about change through their intervention while the homoeopath brings about change through the administration of the similar remedy. The homoeopathic consultation is there only to reveal enough information to reveal the most similar remedy.

The principle of the minimum dose reminds us that we are there only to observe. However tempting it may be, it is not our job as homoeopaths to pontificate or even to advise a course of action. We can offer information but we should not presume to know the best way for the vital force to find a path to healing.

We should also only require the patient to reveal enough information to reveal the nature of the remedy that is indicated for them. It is not the story that is important in deciding the remedy but the feeling that lies behind it. Yet it is the story that interests our natural curiosity and we are all too easily lost in the story itself at the expense of understanding the case. The principle of the minimum dose is important in making sure that we do not intrude or interfere in processes that are the responsibility of the vital force not of the homoeopath and it helps to stop us from getting involved in a story that may be fascinating but does not help find the remedy.

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