

Short Communication

Examination regarding the tolerability of the homochord Acidum L(+)-lacticum at a dosage of sixty drops three times daily

Dieter Sonntag
Germany
Email: dieter.sonntag@sanum.com

Abstract

In Germany, the commission D recommends in its current dosage guidelines from March 17, 2004, that homeopathic dilutions higher than 24x will be prescribed in a daily application of five drops once. This recommendation is decisive for the German Regulatory Authority. Even though the homochord Acidum L(+)-lacticum 4x/6x/12x/30x/200x contains dilutions above 24x, it is commonly used in clinical practice for over 30 years in a dosage of 60 drops three times daily.

In order to explore the clinical safety and tolerability of Acidum L(+)-lacticum 4x/6x/12x/30x/200x at a dosage of 60 drops three times daily, as well as lower dosages, a therapist survey was designed to address the questions.

Highly experienced and licensed therapists, including general and alternative practitioners, reported their usual dosage of homochord, incidences of drug reactions, initial homeopathic aggravations as well as the diagnoses that led to the prescription of Acidum L(+)-lacticum 4x/6x/12x/30x/200x. 167 therapist responses were analyzed.

Only four therapists reported occurrences that classify as initial aggravation, (2.40 %), compared to 159 with no incidences (95.21 %). Four therapists made no statement. Nevertheless, there were no adverse drug reactions documented in the survey. Consequently, Acidum L(+)-lacticum 4x/6x/12x/30x/200x at a dosage of 60 drops three times daily or lower dosages may be construed to be clinically tolerable and safe. This evidence might lead to further re-evaluations of other homochords, and rigorous clinical trials for its safety and tolerability.

Keywords: homochord, Acidum L(+)-lacticum, drug safety, therapists survey

Introduction

According to the German Medicines Act, commission D, (An advisory committee that lays down guidelines, according to the German Medicines Act, for dosages in the area of human medicine, homeopathic therapy approaches which are then implemented by the legislative German Regulatory Authority) provides medical

expertise in the therapeutic fields of homeopathic medicinal products. In its current dosage guidelines of March 17, 2004, it is recommended that homeopathic dilutions higher than 24x are to be prescribed with an application of five drops once daily. Homochord Acidum L(+)-lacticum 4x/6x/1x/2x/30x/200x (Sanuvis® liquid dilution) (AL) contains dilutions above 24x. However, AL has been



Cite as: Sonntag D. Examination regarding the tolerability of the homochord Acidum L(+)-lacticum 4x/6x/12x/30x/200x at a dosage of sixty drops three times daily [Short communication]. *Int J High Dilution Res.* 2015;14(4): 54-60

traditionally prescribed in clinical practices in varying dosage up to maximum of 60 drops three times daily for over 30 years.

A homeopathic homochord is a drug that contains an active ingredient in a combination of several dilution levels, with high, medium, and low potencies.^{1,7} According to Dr. Hans-Heinrich Reckeweg (1905-1985), an organism is thereby approached on an organotropic (low potency), functional (medium potency), and informative (high potency) level. Accordingly, a broad activity spectrum can be achieved. Compared to that, the application of single, higher potencies can increase the occurrence of initial aggravation. Conversely, this may be alleviated or prevented through the simultaneous intake of low, medium, and higher potencies.^{1,6} The known lead symptoms of the homeopathic drug picture of AL are rheumatoid manifestations, which are aggravated by each movement, as well as muscle aches, tiredness, and great weakness all over the body due to exhaustion.² A complete homeopathic drug

picture of AL (=Acidum sarcolacticum) is found in the works of Boericke.³

In order to explore the reissue related to the safety and tolerability of AL at commonly used dosages, a survey was undertaken.

Methods

Questionnaires were sent to 2000 experienced homeopaths (medical doctors and naturopaths) in April 2014. They were asked to document the application, dosage, and tolerability of AL. The survey was concluded in July 2014. Subsequently, a validated database was generated and evaluated descriptively. The indications were encoded according to ICD-10-GM, the official classification for the encoding of diagnoses in inpatient and outpatient medical care in Germany.

Results

Altogether, the forms of 189 therapists were processed (response rate = 9.45 %), out of which 167 could be evaluated. 30.54 % of the therapists had more than 20 years, and another 28.75 % over 10 years of experience of using AL homochord (Fig. 1).



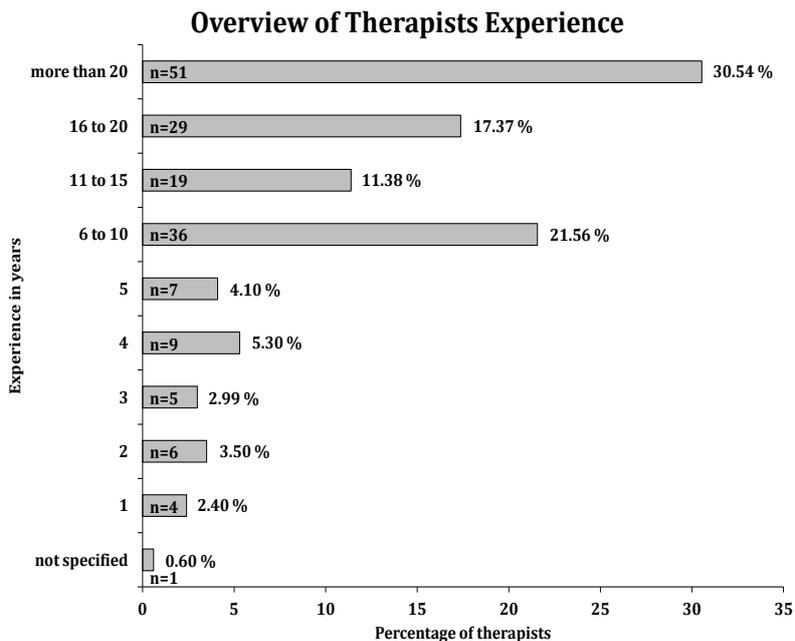
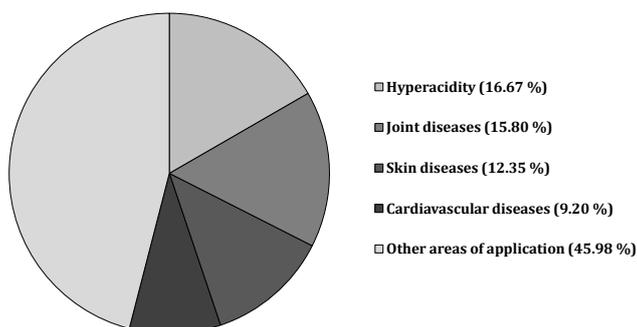


Figure -1: Overview of the experience of the therapists in years, shown in percent of all surveyed therapists.

The therapists were asked to report the number of patients that have been prescribed and treated with AL dilution in the last year. 73 (43.71 %) of the practitioners provided information regarding the dosage of sixty drops three times daily. Other dosages were also used

and thus evaluated. The most common fields of application were hyperacidity (16.67 %, E70-E90), joint diseases (15.80 %, M15-M19, M00-M99, M40-M54), skin diseases (12.35 %, L00-L99, L20-L30, L40-L45), and cardiovascular diseases (9.20 %, I00-I99) (Fig. 2).

Ranking of the Most Common Areas of Application at a Dosage of Sixty Drops Three Times



Cite as: Sonntag D. Examination regarding the tolerability of the homochord Acidum L(+)-lacticum 4x/6x/12x/30x/200x at a dosage of sixty drops three times daily [Short communication]. *Int J High Dilution Res.* 2015;14(4): 54-60

Figure-2: Ranking of the most common areas of application of Acidum L(+)-lacticum 4x/6x/12x/30x/200x in percent of all therapist's answers.

With regard to the safety of the AL the therapists had to evaluate the appearance of adverse drug reactions and initial aggravations. No case was reported with

adverse drug reactions in any of the applied dosages. Although five therapists made no statement (Fig. 3).

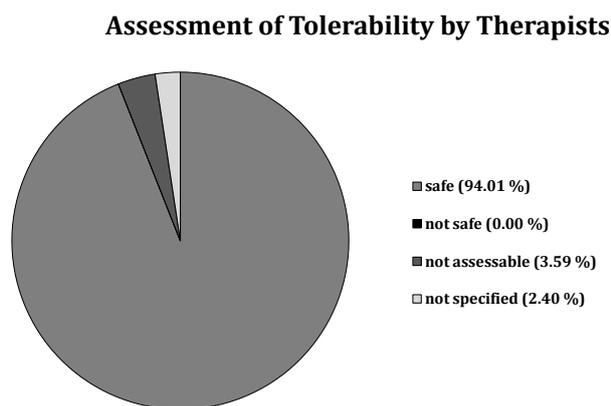


Figure-3: Reporting of (no) adverse drug reactions (ADR) dependent on the applied dosage.

Initial aggravation is defined as a short-termed increase of the treated symptoms. 94.61 % of the therapists documented no initial aggravation, 3% provided no

information. 2.60 % of the therapists reported initial aggravation in a total of 10 treatments at a dosage of sixty drops three times daily and other dosages (Fig. 4).

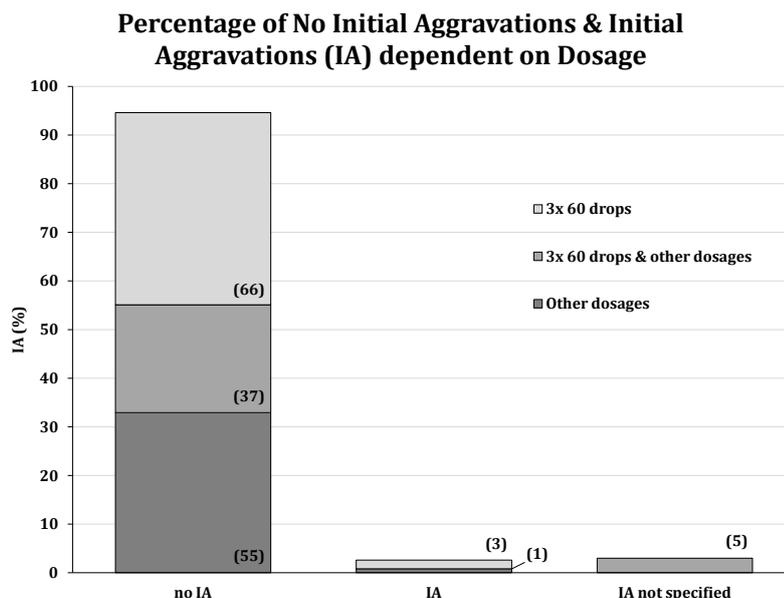


Figure-4: Reporting of (no) initial aggravation (IA) dependent on the applied dosage.

The range of the number of treatments with AL was between 7,563 and 12,538 in the last year. The tolerability was rated as safe

by 94.01 % of the therapists, 5.99 % of the answers were either not specified or not accessible (Fig. 5).

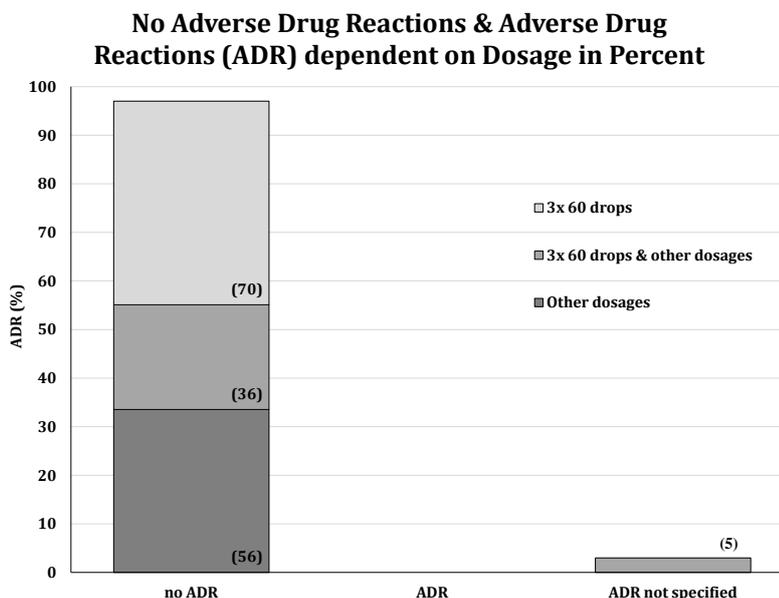


Figure-5: Therapist's assessment of tolerability of Acidum L(+)-lacticum 4x/6x/12x/30x/200x at a dosage of sixty drops three times and other dosages.

Discussion

For over 30 years, it is common practice to prescribe AL in a varying dosage upto sixty

drops three times daily, as compared to recommended five drops once a day. Nevertheless, it was never queried whether this dosage is safe to apply. The evaluation



Cite as: Sonntag D. Examination regarding the tolerability of the homochord Acidum L(+)-lacticum 4x/6x/12x/30x/200x at a dosage of sixty drops three times daily [Short communication]. *Int J High Dilution Res.* 2015;14(4): 54-60

of the sixty drops three times daily dosage as well as other dosages demonstrates a good tolerability of AL without adverse drug reactions and a low incidence of initial aggravation (Fig. 3, 4, 5). According to Hahnemann, initial reactions are reduced when the potency level is close or identical to the response capacity of the patient (Organon §161-169).⁴ The Spanish physician Emanuel Cahis (1855 - 1934) developed the homeopathic homochords system.⁷ His observations suggest a higher, reliable activity spectrum. The difficulty of potency and dosage finding can be circumvented by homochords. Even after frequent application, no initial aggravations were documented.⁵ This has been reported by other users, without having been formally proved in any kind of clinical trial.⁶ By administration of a homochord, the organism is provided with several potency levels that might enable it to react to the active agent in the suitable potency. Severe healing reactions are expected to occur to a much lesser extent than with single potencies. The mild effects of homochords might probably be explained by the fact that lower potencies function as antidotes for the higher ones.⁶ This theoretical contemplation is a clarification for the good tolerability of the homochord.

This survey proposed that the different evaluated dosages, and in particular sixty drops three times daily do not have any influence on the tolerability of AL dilution. Therefore, this homochord may be used safely, in accordance to the stated facts in the literature.^{5,6}

But a formal dose-effect relationship is still to be proved from homeopathic dosage point of view, for which rigorous trials are warranted.

Acknowledgement

The author would like to acknowledge CONVIDIA Clinical Research GmbH, Von-Steuben-Strasse 10, 48143 Muenster for their collaboration in the data analysis.

References

1. Ordinatio Antihomotoxica et Materia Medica. Praktisches Lehrbuch der Antihomotoxischen Therapie. 12th edition. Baden-Baden. Germany. Aurelia Verlag. 2005.
2. Mezger, J. Gesichtete Homöopathische Arzneimittellehre. Band 1. Stuttgart. Germany. Haug Verlag. 2005.
3. Boericke, W. Homöopathische Mittel und ihre Wirkungen. Materia Medica und Repertorium. Translated from the English language by Margarethe Harms. Leer/Ostfriesland. Germany. Verlag Grundlagen und Praxis Wissenschaftlicher Autorenverlag. 1991.
4. Hahnemann, S., Schmidt J.M, editor. Organon der Heilkunst. 6th edition. Stuttgart. Germany. Haug Verlag. 1999.
5. Kirn, Allgemeine Homöopathische Zeitung, Band 160 Nr .1, Leipzig, 1912 p. 373ff
6. Henniger, C. Q-Potenzen und Potenzakkorde - eine Parallelentwicklung, Allgemeine Homöopathische Zeitung , 248, 2003, p. 132 - 140
7. Cahis, M. Die Homoöopathie experimentell bewiesen. (Translated from Spanish by Kubasta u.Kubasta). Berliner homoöpathische Zeitschrift 1913; Bd. IV (XXXII); 2: 9.



Cite as: Sonntag D. Examination regarding the tolerability of the homochord Acidum L(+)-lacticum 4x/6x/12x/30x/200x at a dosage of sixty drops three times daily [Short communication]. *Int J High Dilution Res.* 2015;14(4): 54-60

8. Poster Presentation: 2nd HRI Conference, Rome 2015
International Homeopathy Research

Received: August 06 2015. Accepted: December 08 2015.

© International Journal of High Dilution Research.
Not for commercial purposes.



OPEN  ACCESS

Cite as: Sonntag D. Examination regarding the tolerability of the homochord Acidum L(+)-lacticum 4x/6x/12x/30x/200x at a dosage of sixty drops three times daily [Short communication]. *Int J High Dilution Res.* 2015;14(4): 54-60