THE SPIRIT OF HOMOEOPATHY

by

RAJAN SANKARAN

With a foreword by Dr. Jost Künzli von Fimmelsberg, M.D.

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FOREWORD

Dr. Sankaran presents us a very original work. But some points will evoke discussion. What I like most in the book are his cases, how he arrives at the solution, his intellectual work, his detective-like way, and his phenomenal knowledge of his repertories. All this together is the true classical way, as Hahnemann gave it to us. There is no place for routine, for laziness, for fixed ideas. Needed are an open mind, sharp intellectual thinking, very acute sense of observation, - and a good memory. As long as Homoeopathy is practised in this way, a golden future is her assured.

St. Gallen, March 24th, 1991

Jost Künzli von Fimmelsberg
PREFACE

This book is meant for the serious student of Homoeopathy and for those who sincerely want to find answers to questions about health, disease and cure. It does not promise solutions, but it does present an honest search over the past several years and contains some observations and ideas from my practice.

The book is divided into four sections.

The first section looks at what disease is. It examines the origin and the dynamics of disease. We shall look at Nature's law of cure and, from this, the evolution of homoeopathic thought and its application in practice.

In the second section I shall focus upon a much talked about, yet still nebulous area in Homoeopathy, namely the understanding of the mental state of the patient. We shall trace my journey to the understanding of delusions and ultimately to the understanding of the mental state as a whole. In this section we shall also examine the body-mind connection.

The third section covers the artistic aspect of Homoeopathy, namely, case taking or the process of understanding the patient. In this section I shall once again emphasize the philosophical aspect before proceeding to give very specific and detailed hints and techniques.

In the final section I shall be laying the foundation for a new way of understanding remedies, and shall present some remedies as examples.

Interwoven into these sections are thoughts on various practical questions such as the Importance of pathology, remedy relationship, homoeopathic prognosis and a homoeopathic method of psychotherapy.

Each chapter is illustrated with several clinical cases and also some models for better understanding. I have included as the first chapter the fundamental principles of Homoeopathy and also kept the language simple so that even the beginner may follow.

The second chapter, namely, "The story of this book", is a bird's eye-view of the whole book.

I believe that the aim of the teacher is only to stimulate the teacher within each of us. If this book stimulates you to observe and think, it would have more than fulfilled its purpose.

1st March, 1991, Mumbai

Rajan Sankaran

PREFACE TO THE SECOND EDITION

The last one year has been a time of growth personally and also in my understanding of Homoeopathy. However, I have decided to let this book stay as it is since it represents my first steps in Homoeopathy. I have taken the opportunity to go over the whole book, make some subtle changes, correct the errors, provide a remedy index and also give a better finish to it. I am satisfied that the book is a true reflection of my thoughts on Homoeopathy.

1st August, 1992, Mumbai

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ACKNOWLEDGEMENTS

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I also wish to record my deep sense of gratitude to all my friends and colleagues who have helped me in my preparations for the seminars and in writing this book.

Dr. Jayesh Shah has been my collaborator, who has given me tremendous professional and personal support right from the day we started practice.

Mr. S.M. Gunavante has always encouraged me from the day I started teaching, like a foster parent. He has contributed much to this book.

The trust reposed on me by my friends in England, Dr. Hansjörg Hee of Switzerland and Dr. Kees Dam of Holland has been of great value.

Dr. Nandita Shah has been a good friend. She has also helped me much in tracing and arranging the notes written by me over the last three years, and getting them ready for this book.

Dr. Divya Chhabra and Dr. Prasad Shetye have to put into words my new ideas as they were being fanned.

Dr. Sadhana Thakkar gave me considerable support both in writing this book and in managing my clinic.

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Ms. Lucinda Dyer performed the skilful job of converting my lecture notes into a form suitable for a book, improving the language at the same time. The last lot of manuscripts was corrected by Ms. Karen Sage.

Dr. Jost Künzli, whom I hold in the highest esteem, has done me the honour of writing the foreword. Dr. Künzli passed away on 5th April 1992.

Last but not least, I take this opportunity to thank my mother who has supported me in all endeavours.

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Part I

Philosophy
WHAT IS HOMOEOPATHY

Homoeopathy is a system of medicine founded by the celebrated physician Dr. Samuel Hahnemann (1755-1843) of Germany. It is based on the principle that “like cures like”. In practice, this means that a medicine capable of producing certain effects when taken by a healthy human being is capable of curing any illness that displays similar effects.

Like cures likes

For example, if a healthy person takes a dose of Arsenic, he will develop vomiting, diarrhoea of rice-water stools, a rapid pulse and prostration. His skin will become cold and his expression anxious. In smaller doses or when taken for a longer time, he will develop a running nose, heavy head, cough and bronchial catarrh. Even later there will be specific disturbances of skin and nerves. He will have burning all over which is relieved by warmth, frequent thirst for sips of water, fear of death, restlessness and a worsening of symptoms at noon and midnight.

According to the homeopathic law that “like cures like”, countless patients displaying such symptoms have been cured by Arsenicum, irrespective of the name of the disease (cholera, colds, eczema, asthma, etc.). This principle has also been mentioned by the ancient Indian poet Kavi-Kalidasa:

Shruyate hi pura loke, vishaya visham aushadam.

Translated, this read: “It has been said of old time in the world that poison is the remedy for poison.” Hippocrates postulated this principle in the words: “Similia similibus curentur” (likes are cured by likes).

The practice of Homoeopathy is based on certain fundamental principles. Firstly, the remedies that are used are tested on human volunteers (provers) to elicit the symptoms they can produce. The symptoms of each remedy as experienced by the provers are recorded in exact detail and they form the homoeopathic Materia Medica. The symptoms of the patient are matched with the symptoms of the various remedies in the Materia Medica to find out the single remedy whose symptoms are most similar to those of the patient (like cures like).
To a homoeopath, the knowledge of anatomy, physiology, medicine, surgery and gynecology is necessary since he has to examine the patient and come to a diagnosis. This will help him to know the natural course of the ailment and how to manage the case well.

But his most important task is to understand the individuality of each patient fully and correctly, so that he may select the right remedy.

The medicines of Homoeopathy

The process of potentization brings out the latent medicinal energy in those substances. By virtue of this process anything from sand (Silicea) to moon light (Luna) can be used as medicine in Homoeopathy.

The medicines are derived from the following sources:

**Animal kingdom**
- Tarentula (spider)
- Cantharis (Spanish fly)
- Sepia (Cuttlefish)
- Bufo rana

**Plant kingdom**
- Aconitum napellus (Monkshood)
- Belladonna atropa (Deadly nightshade)
- Bryonia alba (White bryony)
- Lycopodium (Club moss)

**Mineral kingdom**
- Sulphur
- Calcrea carbonica (Calcium carbonate)
- Nitricum acidum (common salt)

**Disease products (nosodes)**
- Tuberculinum
- Pyrogenium
- Hydrophobinum
- Natrum muriaticum (saliva of a rabid dog)

**Healthy tissues & secretions (sarcodes)**
- Thyroid
- Pituitary

**Imponderables**
- Magnet
- X-ray

A fascinating journey

What has been said so far is a bird’s eye-view of the system. We shall now examine each aspect in depth and we will get a very good idea of the homeopathic way of looking at health, disease and cure. We will see how to take the case and understand the individuality of each patient, how we perceive remedies and how we apply them in practice. Let us begin this fascinating journey.

As students of the Homoeopathic College, we found the homoeopathic Materia Medica very dry, the Repertory mechanical and the philosophy theoretical and obsolete. Philosophy was our worst subject because we could not relate it in any way to practice. In fact, we found the lectures so boring that we had literally to be dragged into them. This was just the beginning of our troubles. When we started our practice, we found different schools of thought, different ways to look at Homoeopathy. Some practitioners were giving medicines in combination, some were giving specifics, some were making prescriptions based on pathology, while others were basing them on keynotes, and yet others were using the Repertory. Even among the last group while some were using Kent’s method others were working with Boger’s, and a select few were following Boenninghausen’s. Also while some practitioners gave importance to miasms others criticized them. This situation only added to our confusion.

First steps

Once I got out of College, I started working with the Repertory because of prior familiarity with it, and I started repertorizing cases mechanically. I was trying to use the characteristic and peculiar symptoms mainly because there are fewer remedies in these rubrics which made Repertory work easier. I would choose a few characteristic symptoms, look at the relevant rubrics in the Repertory and prescribe the medicine which was common to them. In some cases it worked, but in many it failed. I remember one early case of mine: my grandmother had difficulty in swallowing and I took her symptoms, “Generalities, food, potatoes aggravate” and “Throat, choking, oesophagus, on swallowing”, and from these I came to the remedy Alumina, which helped her wonderfully. However, in many cases this approach failed, and so I poured all my energies into the search of a method which would prove a success in every case. I knew that the clinic was the best laboratory I could find and the scientific mind the best tool. The one principle I have adhered to throughout is to use only one remedy or therapeutic method at a time, and I have tried to keep everything else constant as far as possible. This has helped me a great deal in validating my observations.

Precedence of mentals and generals

Together with my colleague Dr. Jayesh Shah, I started studying our cases of success and failure. What became quite obvious was that those cases in which we prescribed on