

ACCURACY
OF
10 Ws IN
HOMEOPATHIC
CASE
TAKING

An Extension to the
7 Ws of Boenninghausen

DR SUNIL ANAND



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Accuracy of 10 Ws in Homeopathic Case Taking

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Aude Sapere (Dare to be wise)

This book is dedicated to our logical and fearless Master;
Dr. Samuel Hahnemann

My heart-felt gratitude to the late Dr B.E. Patell for anchoring
me in my role as a teacher.

And to my dear patients who worked together with me while
bravely facing their health challenges and for allowing me to
share their stories so that others could gain hope.

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To my mother-in-law Jyoti Mistry, who instilled in me a passion for

Shakespeare through her command of the English language. I can recall her words from Romeo and Juliet when I was courting her daughter - “Love is a smoke raised with the fume of sighs; Being purged, a fire sparkling in lover’s eyes; Being vexed, a sea nourished with loving tears.”

To my loving and supporting brothers Anil and Vivek, who have always been by my side, their partners and children for their unwavering support at all times.

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A special note of acknowledgment and gratitude to Mr. Manish Jain and B. Jain Publishing House.

They have always supported the growth of homeopathy through their books over the years.

It is my good fortune to have my first book published by them. I remain indebted to their co-operation in seeing this book come to fruition.

May they continue to be torch bearers in the cause of homeopathy upliftment globally.

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Prologue

Every person's health care could be described as a journey. A healthy person becomes a trendsetter and sets a benchmark for others they come in contact with. From one person to several people, to a community, to a nation, and, finally, to global frontiers.

In that sense, every nation's health care could be depicted as a journey too. Happiness quotient and healthy living are intertwined. Concern about the very environment that sustains us is an idea that was triggered by a few people. Today it has become the need of the hour.

We are concerned about the danger of guns without understanding what has led to violent thoughts in the first place. We frown at addictive patterns without empathizing on why the void led people to such vices in the first place. On the reverse is a society built on trust, compassion, and inclusion. Some may consider this as a Eutopian thought, but a journey of a thousand miles starts with a step.

It's about creating a ripple effect. This book carries the same intent. Even though it is primarily based on the tenets of the science of homeopathy, it is not aimed to be a document limited to health, disease, and their remedial solutions only.

It refers to a healthy attitude in all walks of life. A medically fit individual may not necessarily be considered well in a holistic sense of the word. One needs to change the paradigm of health.

This applies to parenting, relationships, lifestyles, and even corporations.

An individual who is well in the true sense facilitates corporate wellness. This leads to nurturing and evolution at a very dynamic level. While profits are essential, ethics in industries has a sustained impact on the long-term objectives of a company.

Astute skills of observation and studying body language provide vital clues at times of a crisis.

The use of doodles as an entry point into grasping the root cause of a problem is another area explored.

In my experience, such subtle and yet effective strategies can be applied effectively to all walks of life, irrespective of gender, age, or profession.

This is the concept of the 10 vital Ws in the form of questions highlighted in the core of this book.

Keep asking yourself these questions at every stage of your life, and it will provide useful insights into where the real problem lies. So let's take a small step towards that journey.

Preface

Health and Dis-ease

In order to understand the disease, we need to take a step back and grasp what is health or ease.

Charaka, the father of Indian medicine, states: “The body and that which is called the mind are both considered to be abodes of disease, likewise of well-being. The cause of well-being is their harmonious or concordant interaction.”

Although Louis Pasteur in the early eighteenth century established the germ theory of infectious diseases, he was well aware of the effects of the environmental factors on the functioning of living organisms. He discovered the “seed” but also paid attention to the “soil” or the terrain by which he meant the internal and external environment of the host. Pasteur’s view of human diseases was an extension of the same idea that a bacteria causes damage only when the body resistance is weakened. This scientific study made him declare that it is often the case when the condition of the patient, his weakness and his mental state, form an insufficient barrier against the invasion of the infinitely small microscopic organisms.

It is this very depleted soil and disturbed mental state that a homeopath aims to recognize and address when a system that was at ease is now dis-eased.

Since every patient has a body and mind, every illness too has a mental/emotional component to it as well. This is the domain of psycho and soma from which was derived the concept of psychosomatic medicine and diseases. In the words of French-born American microbiologist Rene Dubos (February 20, 1901–February 20, 1982): “Whatever its precipitating cause and its manifestations, almost every disease involves both body and mind, and these two aspects are so interrelated that they cannot be separated from the other.”

Emotional Expressions

While describing our states of mind and how they affect our bodies, it is worth paying attention to the following commonly used expressions in daily lives. We suffer from a “heartache” when the heart is broken from disappointment. We can feel “paralyzed” by fear or go into a “stupor” following a shocking incident. We can become “blind with rage” or “flush” with indignation. While emotional disturbances can make us go “weak at the knees” or cause the “teeth to chatter.” Fear makes the body sweat, or go cold, or the mouth dry. Relief on the other hand is commonly expressed as “getting something off the chest.”

John Hunter (February 13, 1728–October 16, 1793) was a Scottish surgeon and one of the most distinguished scientists and surgeons of his day. He was an early advocate of careful observation and scientific methods in medicine. He had personal experience of the effects of the mind on the body and had said that his life was in the hands of any rascal who chose to make him angry since he noted how his attacks of angina pectoris were brought about whenever his mind was agitated by someone else.

To measure emotion, psychologists examine subtle physiological changes in the human system that are readily measurable. These normally include heart rate, blood pressure, breathing rate, and skin conduction. The electrical conduction of the skin, known as the galvanic skin response (GSR), offers an insight into one’s emotional feeling, particular when anxious. Any feeling of emotion is normally

associated with a change in GSR. This is also the principle upon which lie detectors and EEG are based.

This forms the basis of a deep homeopathic understanding of mind and body and the reasons behind needing to note the correlation between the two. Every patient has to be understood as a unique human being, and the emphasis from illness-centered medicinal approach needs to be shifted to one that is more holistic and patient centered instead. A mind that is in conflict is more easily susceptible to diseases. The mind comprises of two components: the objective and the subjective. For the mind to be harmonious, both these components need to be in sync with one another. Hence, for a homeopath, in the detailed examination of each patient, both these facets are valuable to comprehend and record.

In the chapters that follow, we will see further elaborations of how both objective and subjective symptoms are approached via case studies to clearly demonstrate how an alert and diligent homeopath uses systematic techniques to help his patients achieve optimum health.

Doctors and Humanities

There have been several incidents of doctors being made a victim of a patient's fury and dispute following a case gone wrong (or at least in the view of the patient and their family), mismanaged, or not attended to timely. Though this fallout between patient and doctor and the growing mistrust with those in the profession has been on the rise, one needs to understand this trend from a deeper perspective. We need to admit that the semi-god status that doctors had the privilege of is now a thing of the past. Who is responsible for this?

A typical medical consultation today is of less than ten minutes! And it consists of a few mechanical questions followed by a long list of investigations and medicines with minimal interaction as to what is the problem and how the doctor aims to address them. Such a paternalistic approach in a scientific discipline that deals with human

lives with a need for empathy and compassion needs to change.

Medicine is defined as the art and science of healing. Today, sadly the artistic humane side of this science is sorely lacking. There is no training imparted for right-side empathy and compassion. Is it surprising then that consumer courts and medical negligence case disputes are on the rise?

There is no denying that modern medicine is a miracle and has benefitted our lives, but it is a complete package that comes with its side effects as well. Fatal prescription drug errors or overprescribing alone kills more than one hundred thousand people at the least annually. In leading pharmacological companies, the food served to their employees are healthy beyond imagination. Very good! They also have special programs to help their workers from taking excess prescription drugs. Even better! But their business model for consumers is to take more drugs! It is time that consumers get aware of such conflicting practices.

Empathy at the Clinic

My dad who is a reputed pediatrician has always encouraged me in all my pursuits, even those out of the medical profession. But his profile and popularity within the profession and socially had subconsciously left a very high benchmark for me to emulate.

I kept trying to raise the bar, but it was not easy. He would often ask me how my day was at the dinner table, and that was a special family time. It was during the time of my internship where I needed to walk up a steep hill to get to my bus on my way back home. In spite of my fitness back then, it would leave me breathless and sweating. On that particular day, I happened to be next to a manual laborer who was huffing while pulling his heavy load on a hand cart. Without any hesitation, I helped him push it to the top, and when we stopped by the curb, he put down the cart and gave me a hug. I shared this incident over supper.

That day my dad shared with me the significance of empathy, especially

related to the medical profession. A value often first imbibed outside of the clinic or hospital setting. This then transitions with more ease at work too. A client may occasionally excuse a wrong diagnosis, but it's hard to overlook the lack of politeness and absence of bedside manners from the physician attending to them. As a homeopathic consult involves both mind and body correlation, it is but natural for such a physician to be empathetic to ones suffering. At the end of the session, every patient feels heard and cared for. Hence, such a method of dealing with patients should be made a mandatory part of medical instruction in all disciplines and not just in homeopathy. Modern medicine may be able to avert a crisis, but for long-term wellness, it is time that consumers seek out modalities that help boost their innate immune system. And it is time that governments and health insurance companies start to see this as a preferred trend of consumers gravitating toward such disciplines that work along with the body's self-healing system.

And lastly, it is not the patient that heals alone but the physician as well, in the knowing that the skills that he possesses are sacred gifts to him, and in the relief of human disease and suffering lies his own emancipation and liberation as well.



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About the Author

Dr Sunil Anand is a graduate and Senior Lecturer of the prestigious C.M.P. Homeopathic College, Mumbai. He pursued his post-graduate studies from The Hahnemann College of Homeopathy, U.K.

As an Ex- Associate Professor Emeritus D.S. Homeopathic Medical College, Pune, he conducted a Pediatric OPD and was known as a popular and accessible teacher and mentor.

His stint as Dean Post Graduate Studies, Vancouver Homeopathic Academy provided an opportunity for students in North America to be trained under his able guidance.

His collaboration with Bajaj Auto, Pune led to the formation of the Prana Homeopathy Yoga Center, the first of its kind offering both streams of holistic treatments.

His current attachments include:

- Visiting Faculty Teacher - Ontario College of Homeopathic Medicine, Ontario
- Visiting Faculty Teacher - Northwestern Academy of Homeopathy, Minneapolis
- Visiting Faculty Teacher - The Other Song Academy, Mumbai

He integrates right-brain centered tools such as the use of doodles, child play observations and Sleep-dreams to his unique style of case taking.

Physical fitness has been an ardent part of his life. He rose to the title of Assistant Instructor and Nidan, Okinawan Goju-ryu Karate-do Shobukan. Also a student of Iyengar Yoga, he integrates the teachings of both martial art and yoga disciplines into his way of life and thinking.

Dr Anand and his wife Alka currently reside in Toronto, Canada and continue their contributions to holistic health in their work.

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Publisher's Note

In this informative and innovative book, based on the basic tenets of homeopathy, the author carries the reader on a journey of understanding how their earliest life experiences result in patterned behaviours that form the lens from which they experience life - both in health and disease.

His unique holistic approach offers you a journey of exploring childhood moments, the hobbies dear to us, impactful incidents, memorable dreams and various right-brain activities like doodling to support greater self-awareness and healing.

For a practising homeopath or an eager student, this book will really help in learning the finer nuances of remedies and the art of case taking. He provides the reader glimpses of his role as a practitioner and teacher through case examples from his practice. He has introduced a unique understanding and approach of case taking and analysis based on the concept of Dr Boenninghausen's 7 W; and named it as "10 Ws".

This project could not have been completed without the support and guidance of our editorial team at B. Jain.

Hoping through this book one gets a refreshing viewpoint on solutions required for the restoration of health through homeopathy. Suggestions are always welcome.

Manish Jain

Director, B. Jain Publishers (P) Ltd.

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Atopic Eczema

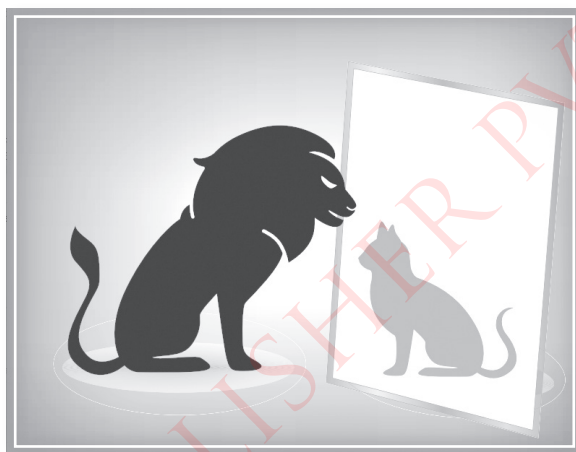
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Introduction

Keywords: pathology, source, group study, confluence point There are some basic parameters or methods that I invariably find myself using very often while working on cases and coming to a reasonable solution/similimum. This book is a compilation of some of these methods along with appropriate cases to support the same. When I begin a case, it becomes important for me to understand why a particular individual has developed a certain type of pathology. For instance, when the use of voice is imperative for a professional singer, we find some problems associated with the faculty of speech or voice projection as a presenting feature of his case. Whereas for an athlete, when he has to sprint with sudden bursts of speed in order to compete at a higher level, he suffers from easy spraining due to weak ankles or pain in the performance body part due to wear and tear of ligaments. A model with a need to look presentable will be in distress due to some pigmentation on her face that threatens her or interferes with her glamorous profession. So the presenting complaint or its location itself tells us a lot to begin or indicates the entry point in the initial stages of the case interview. When the person starts experiencing this reality in an exaggerated manner, he then moves from a situation of ease to a situation of disease. These exaggerated notions of reality or a sort of distortion of what is real (expressed in the form of signs and symptoms) is the next important area worth exploring! Here we

understand that he has a problem (in reality) that he perceives in a different way, which we term as delusion. The delusion is seen as a perceived distortion; hence, a large area in the mind section of our repertory is reserved for this.

Delusion and reality example: lion or cat in the mirror



For example, if a patient behaves/perceives as if his legs have been taken away from him, even though that may not be the case in the literal sense, he feels as if his legs are absent due to lack of an adequate support system, which in turn exposes his weakness and gives him a feeling as if people can see through his mistakes and make him a laughing stock. This is suggestive of Baryta carb. The delusions chosen for such an understanding are as follows:

- Delusion: legs are cut off
- Delusion: laughed at by others

Both rubrics(symptoms in homeopathy)have Baryta carb in them. From this, we understand that the so-called perceived or distorted reality becomes imperative for a sound prescription.

To add further, the way in which the patient experiences such perceptions is suggestive of the kingdom to which he belongs. In this

case example, the lack, the inadequacy, the weakness within himself indicates the mineral kingdom.

Let us take another example. A person who manifests a certain type of brittleness when disappointed in close relationships expresses a feeling of being shattered in a relationship. And at the same time, he is trying hard to conceal the cracked fragments due to a certain image that he has built up of himself in society. This gives us the precise feeling of the substance glass, which is made up of crystallized natrum and silica, giving us an insight into the remedy: Natrum silicatum, which are the two basic components for the manufacture of glass. Natrum represents the need for a relationship and yet the disappointment faced in trying to preserve it while silica represents the image. It isn't surprising that in the proving of Natrum silicatum many provers got dreams of mirrors!

An understanding of the substance gives us an insight into the remedies and the way people present themselves in our clinics who need these remedies.

Let me give you another example.

A need to appear attractive while feeling unattractive and holding people's attention by their vivacious behavior is one of the main features seen in *Crocus sativa* (saffron). Saffron as you know is used on the dining table to enhance the beauty of a dish through appearance and aroma besides having aphrodisiac properties. So it is not at all surprising why the bride and bridegroom in India are given milk laced with saffron when the newlyweds meet each other for the first time on their wedding night. What better way than saffron to warm and speed things up a bit!

Group study is a very helpful method to understand the lesser-known remedies represented through one or two remedies that one may be more familiar with. For instance, if a case presents with an obsession to perform and be the best in his profession while she has to meet heavy responsibility that is expected from him, one gets the feeling of heavy precious metal from the sixth row in the periodic table also

known as the gold series and the remedy we are most familiar with in that line is Aurum metallicum or gold itself! But what is also striking besides these aspects in this same patient is a foul temperament, which makes him overtly critical and offensive toward others. To make it more precise, he even has offensive secretions and a feeling of not being appreciated enough by those around him. This brings us to the remedy osmium, an offensive-smelling heavy metal in the gold series.

Let us take another example. We are familiar that the theme of debility arising out of over application in a specific area, which is a common theme seen in all acids. If there is debility arising out of an over-application of the mind resulting in brain fag, the remedy is picric acid. But if the debility is out of a persistent effort to have a progeny, to continue the family name, the remedy is oxalic acid that has the rubric: Desire to beget children - oxalic acid.

This is the importance of group study. One can extend this same application to the plant families or the animal kingdom and even subgroups within a certain animal kingdom. For instance, insects, as against the mammals, have their own unique characteristics while retaining what is common to the animal kingdom in a larger sense. The classification of patients as per the respective kingdoms will be dealt with in more detail under the specific remedy or chapter in further sections of the book.

The merging of the physical symptom with that of the main essence of a remedy can be termed as the confluence point of a case and is a very essential aspect of case taking. Let us take an example. When we encounter a patient who is so distressed and harassed by his cough, as it comes in the way of his every activity due to its persistent, violent intensity, we invariably find a personality type that in his emotional makeup matches the same intensity as well. This person feels a victim of his circumstances who is persecuted even by his closest friends. This is the remedy picture of Drosera. The story of an insect feeling trapped within a carnivorous plant. In a carefully explored case, this confluence point will always emerge and it is up

to us to see that correlation. This in turn will guide us to the indicated state accurately.

In recent years, what revolutionized homeopathy were clearer concepts to the approach of understanding remedies. While Dr. Jan Scholten helped map the mineral remedies as per their individual placing in the periodic table of elements, new remedy provings by Jeremy Sherr and Misha Norland introduced a wider range of substances to help deal with the range of diseases afflicting the masses. The plant family remedies remained a mystery for a while, and even while Farrington introduced the basic concept of group study, there were many botanical families that continued to be hard to recognize and penetrate. This affected accurate prescribing. Rajan Sankaran's brilliance and love for homoeopathy once again was seen by his idea of the vital sensation. As the plants have a lot of mental and emotional symptoms, one can be easily misled by them. In order to avoid that, Rajan decided to understand the nonspecific human emotions as against the regularly used mental symptoms by attempting to understand the sensation rather than a symptom that permeates and is common to remedies belonging to a particular family. This he terms as the vital sensation of a case, and it is not restricted to plant kingdom remedies alone. In fact, every substance has its own vital sensation. For instance, the proposed sensation for glass from the above-mentioned understanding could be brittleness and sharpness as against the conifer family, which is fragile, brittle, and disconnected. Both appear very close, but on closer scrutiny, there are subtle differences. Glass can break into sharp pieces that can cut and, once shattered, unable or difficult to mend or for the crack to go unnoticed. The conifers on the other hand are fragile in the form of inherent weakness or inadequacy that they fear will get exposed.

The new sub-approach is to let the physicals spontaneously take you to the vital sensation. Through this technique, one can see the confluence point mentioned earlier, in the way the patient relates his sensation through the physical. For instance, a patient described his gastric ulcers with reflux esophagitis as, "Heat in the entire abdomen with

periods of sensation of a hot fluid that seems thicker in consistency than water; wanting to rise upwards with lateral pressure on either sides. At the same time, there is no easy outlet in the form of vomit which would relieve the patient.” Instead, an opposing force that pushes the fluid down, not allowing an easy outlet, while the lateral contraction and relaxation that the patient describes with a gesture of his hands continues adding to his distress. When asked to elaborate on this sensation further, the patient described the movement of a hot fluid like lava with tremendous pressure to find an outlet, and when it finally does, it is like the eruption of a volcano. Based on this sensation and the imagery, he got Hecla lava.

If one is familiar with the concept of the vital sensation, one may want to question in the above case as to why not a remedy from the Cactaceae family. It has the contraction alternating with relaxation as the main sensation. The answer to that is that the vertical opposing forces working against each other, along with the lateral relaxation and contraction, which is what makes the picture precise and complete. One must be aware of these subtle aspects while working with this method and exercise some caution while attempting to do so. The patient who was given Hecla lava went on to confirm his state and remedy by adding that he tries to suppress his anger at most times, but once it erupts it is like lava that can burn itself as well as whatever it comes in contact with. This is again the confluence point we talked about earlier but seen with the aid of the vital sensation that permeates the core of a case.

There may be many other techniques used by others during a case taking, but I generally restrict myself to one of the above. Every system is evolutionary. Let us now evolve together in the light of my clinical experience to the next frontier of flexible case-taking techniques.

