

MIND

Rubrics in Homeopathic

Prescription

Beginner Series Part - I

Dr Krishnakumar Dinde



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Foreword

I have always had tremendous faith in homeopathy as a healing art, if not a science because I feel it is more of an art than a science. The early years after my college were testing times of my faith. I was sure that homeopathy works but the dilemma I faced was the precise method by which to make it work. Hahnemannian Homeo Forum was founded with this one mission in mind and our vision was to see homeopathy emerge as the leading system of

With time, study and money spent on various sub-systems prevalent in homeopathy we at HHF finally concluded that this amazing healing tool of can only be applied on the vital principle and cannot have any effect on the organs or systems of the human body or for that matter even on the mind. Homeopathy is an energy medicine which can only stimulate and boost the deranged vital principle to rearrange itself. The impact of the correct homeopathic remedy is such that not only does the vital principle heal the disease in the mind and body, but it also prepares the man holistically to be socially more adaptable to his environment. I have seen a person change socially with a change in his attitude. This can be achieved only through homeopathy. Today, I can say that at HHF the full potential of Homeopathy has finally unraveled.

During my learning days I would often be aggrieved at the secrecy of prescription maintained by successful homeopaths which left us wondering and yearning for more knowledge. Since then I have

made it a point to ensure that all the knowledge I gain, must and will be shared. To my utter surprise I realized also that the more you share the more you learn. *At HHF sharing is our mantra for our success as a team and organization.*

The next goal of HHF is to see confident and successful homeopaths at every nook and corner of the world. A homeopath who is proud to be one and does not cringe from declaring his credentials. I am proud to say that almost every member of HHF has developed such great levels of confidence in homeopathy and take up cases regardless of age, sex, diagnosis and prognosis of the case.

It is a proud moment to see the first book of HHF being published. Dr. K.Y. Dinde has put in a lot of effort tirelessly to compile the contents of the book which should be a useful guide to every homeopath.

My head is held high and without fear.

Dr Milind Rao

September 2012

Acknowledgement

First and foremost I am thankful to Dr Milind Rao sir, Dr Ashok Mohanty sir and Dr Narendra Gupta sir for instilling confidence and showing faith in me. These masters are our inspiration and role models in Homeopathy.

It is impossible to imagine myself without my friends and colleagues at HHF. Their support and appreciation is my fuel. All of them have been fabulous but with respect to this book I would like to name a few who have a great share in compiling- Dr Mayuresh Mahajan, Dr Gopinath Menon, Dr Nikhil Kedekar, Dr Hemlata Joel, Dr Reema Bhuptani, Dr Joel Solomon.

Last but not the least, I would like to thank my better half Dr Poonam Dinde and my family for the unconditional support and patience.

And I am always thankful to the greatest teachers i.e. patients.

Preface

This last one year has been truly wholesome My contribution towards HHF have been more of academic than administrative.

It gives me a true sense of achievement, long way to go though. I had been penning down my thoughts for long. Now the time for expression has come. It has been a thorough journey with all the group members. We enjoyed our hard work and study a lot.

Today I realize the importance of group study and would promote the youngsters to share their experience with colleagues and friends, as one grows faster and better. Over the years, I have not only evolved as a Homeopath but as person in a true sense.

I am no author of this book, it is just a compilation of the things learnt over the years in seminars , through my colleagues inputs, late night discussions with my friends and my clinical experience till date.

This book is a way of paying gratitude to homeopathy and all our teachers so far. We have started the beginner series with basic knowledge and will deal in depth in upcoming series soon. The advance part is left with our teachers Dr Narendra Gupta sir, Dr Ashok Mohanty sir and Dr Milind Rao sir.

The feedback and queries arising will surely be addressed in the subsequent series. We at HHF believe knowledge shared is

knowledge gained. The common purpose by which we are attached is the passion towards Homeopathy.

Dr Krishnakumar Dinde

September 17, 2012

Thane

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Editorial Preface

**“Homoeopathy as a profession carries challenge.
The possibilities of its art are infinite”**

– Dr. Herbert A. Roberts

In context to the above statement, for perceiving HHF approach & the motto of this book; one needs to understand the working principles of HHF. The objective of this book is to expose readers to the concept of simplified Homoeopathy by understanding the adaptation mechanism of patient with his/her environment. The adaptation of patient to situations/disease is expressed (Emotions, Intellect & Behaviour) and assessed at different levels (Attributes, Value System & Fate, Axis level). The interpretation of adaptation mechanism forms the totality of symptoms and the final Similimum. The second objective is to give directions to young Homoeopaths for lifelong service to the suffering humanity in a holistic manner. The possibilities of Homoeopathic application (art) is varied & infinite that the need for every form of approach or school of thought is so imperative in each individual case.

The present book is based upon author’s authentic experiential learning, knowledge gained in various seminars & inputs from teachers & colleagues so that its readers can perceive simplified Homoeopathy. The readers should note that the book is written in a narrative style reproduced as interacted between patient, doctor & attendants. The prescription is based upon the physician’s

interpretation made out of this interaction.

In this present edition, there are six sections viz. (I) Glimpse (II) Adaptation (III) Rubrics

(IV) Metaphor, (V) Remedies & (VI) Differentiation of remedies under the rubrics.

Section I is titled as glimpse part consists of author's journey in the field of Homoeopathy & the significant role of his mentors in the making of a Homoeopath. It also covers the concept of normalcy i.e. homoeostasis, the role of environment and how Homoeopathy can be useful for maintaining balance and the modus operandi of HHH in view of understanding the man in disease - through the adaption/dynamics of the patient and his interaction with in the environment.

Section II covers the concept of adaptation, health, disease, man and his environment, individuality, case taking, rubrics, miasms, temperament and diathesis, doctrine of signature, vital force, understanding the language of vital force through rubrics and metaphor.

Section III covers 20 different rubrics along with its applied part in the form of meaning of the rubric, case details and its utility in practice.

Section IV is on metaphor covering three rubrics with cases, remedial differentiation and its practical utility.

Section V is on remedies Baptisia, Rhus Glabra, Stramonium and Veratrum album with different rubrics covered by each remedy and its clinical application is described.

Section VI is on differentiation of remedies under rubrics viz. "Abusive - pains; with the" and "delusion – wealth imagination of".

Throughout this book meaning of terminology, synonyms and interpretations of certain terms is given next to the mentioned term in bracket so that the reader finds it easy to understand the term &

the context in which the author has mentioned it in the sentence or rubric. Rubrics are arranged as per the ailments from (cause), Emotions, Intellect & Behaviour pattern as interpreted by the author. Case taking, analysis & evaluation, patient understanding, differential materia medica, selection of the remedy, potency selection & follow up is mentioned.

Homoeopathy is as vast as an ocean and the author of this book has tried to make it concise for better perceiving of this subject. This book has given me lots of insight into understanding the HHF principles & practice in the light of Homoeopathic science. While working on this book I have learned a new approach for understanding patient as a person & arriving at a remedy. This present work is a humble effort to make the subject clearer & better acceptable as well as of greater use for the Homoeopaths.

I thank Dr. Krishna Kumar Y. Dinde, author of this book, Mr. Manish Jain, Director, B Jain Publications (P) Ltd, Dr. Isha Gupta and Dr Sheetal Panpalia for providing me this opportunity and for their expert guidance. I would also like to thank author & his team for their herculean efforts in the construction of this book.

At last I hope & assure that this book will be a significant & most valuable tool for every learner, teacher & the practitioner in their service to humanity through Homoeopathy. We will be glad if the homoeopathic fraternity gives us constructive feedback for the betterment of Homoeopathic literature.

D: 18/08/2022 (Krishna Janamashtami)

**Latur
Maharashtra**

**Dr. Yogesh D. Niturkar
Associate Editor,
Homoeopathic Heritage**

Publisher's Note

This book is author's way of paying gratitude to homeopathy and all the teachers. Dr Krishnakumar Dinde, a valuable member of Hahnemannian Homeo Forum (HHF) has written this book to share his knowledge with the homeopathic fraternity; gained from his vast clinical experience, through his colleagues and various seminars over the years.

The book is divided into six sections, each giving a unique learning experience. First section gives the reader a glimpse of author's perspective of homeopathy and his journey so far. Second section takes the reader through the various basic concepts of homeopathy from a fresh viewpoint; preparing the reader for the upcoming sections.

Third and fourth sections contain the explanation of various important rubrics from the mind chapter of *Synthesis repertory*, their literal meaning, context, understanding from clinical point of view along with cases. Fifth and sixth section comprises of some remedies and their comparison regarding their similarity and differentiation along with the core of the remedy for a better comprehension and application in clinical practice.

The aim of the book is to make homeopathy very simple and applicable for the beginner and to give an unconventional point of view for the established practitioner. The author has tried to simplify the concept of using rubrics of mind to break through difficult cases;

whether it is lack of symptoms or a maze of symptoms and cure the patient; the ultimate aim of every homeopath.

A special thanks to Dr Yogesh D. Niturkar for reviewing the book & sharing his expertise to make the book more valuable. This project could not have been completed without the support and guidance of our editorial team at B. Jain. We would like to acknowledge our gratitude towards Dr Sheetal Panpalia for her unremitting efforts to bring out the book in its best form. We hope this book will have its own place in the library of every homoeopath.

Suggestions are always welcome.

Manish Jain

Director, B. Jain Publishers (P) Ltd.

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Section - I
A GLIMPSE

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Journey - Ordinary Destination – Extraordinary

It was an usual journey of a homeopath; the one that has passed BHMS with good marks but without much satisfaction. After BHMS, I came out with a mediocre mentality and inferiority complex. The biggest cross-roads of life were whether to start homeopathy or to opt for general practice so that money can be earned with ease and less hardship. As the confidence was low, fueled by the responsibility to earn immediately; the option became quite obvious. I then started general practice and settled easily as it was limited and seemingly easy at intellectual level. It was to just follow the pattern of diagnosis and fixed medicinal protocol. Simultaneously, I was referred to Dr Milind Rao to learn clinical Homeopathy and that was the turning point in my life. The actual pursuit for better understanding and better clinical Homeopathy began.

The process of learning Homeopathy was getting tough as I was given more responsibility to handle the patients at Rao sir's clinic. The process seemed intriguing but at the same time it fascinated me as I never came across such learning process while in college. Rao sir gave us total freedom in case taking and dealing with patients along with prescribing liberty. We were trying to learn from the then existing various schools of thoughts. We hardly missed any seminars of our masters including foreign speakers. Rao sir always insisted that you should never overlook the family dynamics i.e. adaptation at IPR (interpersonal relationship) of the patient if you

want to understand that particular individual in the case. The actual pursuit of understanding a man in disease began with the evolution of mind section of repertory which is pioneered by our master Dr M L Sehgal sir.

Our search was finalized on understanding the process of adaptation and dynamics of the patient in his present circumstances.

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Introduction

Homeopathy is a therapeutic method that works by regulating (stimulating) the homeostasis (dynamic self-maintaining property) of human beings. Homeostasis is one of the most remarkable property of the highly complex human system. A human being is, just like ecological, biological and social systems, an open system which maintains its structure and functions by means of a multiplicity of dynamic equilibriums rigorously controlled by interdependent regulation mechanisms. The goal of these mechanisms is to maintain the internal balance i.e. homeostasis. When the equilibrium is disturbed self-regulation takes place and strives to regain the internal balance. Homeopathy supports and stimulates the process of cure by harnessing the human body's self-regulation and self-healing processes, by means of administering highly diluted and dynamic elements from nature. These elements come from different sources: mostly from plants, animals, minerals, metals, sarcodes (healthy tissue or discharge) and nosodes (sick tissue).

About HHF

Hahnemannian Homeo Forum, a motivated team of homeopaths, is based in Maharashtra, founded by Dr Milind Rao. HHF is an institution and home to every homeopath where all grow together. We at HHF believe in working, supporting and prospering together. We encourage and educate both, the amateur and practicing homeopaths with a lot of love and care, not only to become more refined and confident in their knowledge, but help them to get their medical practice flourished.

The modus operandi of HHF - Understanding the man in disease - through the adaption/ dynamics of the patient and his environment.

When a patient of rheumatoid arthritis comes, we need to perceive with all our senses whether his concern is his disease or his frustration to do his day-to-day activities with the support of others. His business is his concern or his family members who he feels may starve if he does not earn. One must observe his adaptation with respect to his disease and environment. He feels persecuted/ tormented or torments the environment (family) or has become indifferent to his beloved ones or routine activities. Everyone is an individual, and the adaptations, concerns and reactions vary accordingly. The integration of patient's adaptation, concern and his reaction to the environment takes us to similitudo. We term the reaction of the patient to the environment and vice versa as interpersonal relationship (IPR). Passionately practicing for 24

years, with a lot of research we have consistently verified the easiest applicability and efficiency of the same method given above.

HHF was founded by Dr Milind Rao with this one mission in mind to have simplified homeopathy and our vision is to see Homeopathy as the leading system of medicine.

At HHF sharing is our mantra for our success as a team and organisation. The next goal of HHF is to see confident and successful homeopaths at every nook and corner of the world.

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Section - II
ADAPTATION

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Concept of Adaptation

The ancient Greek philosopher Heraclitus originated the theory that things are constantly changing and the saying “the only constant is change” is attributed to him. This is the situation in the natural world organisms inhabit. Organisms need to find ways to adapt to conditions that are gradually or suddenly different from pre-existing ones. If they don't, they die. As man has evolved through ages so is the science of health to keep him surviving or adapting to the best of his fitness. Adaptations are well fitted to their function and are produced by natural selection.

Adaptation literally means - adjustment to environmental conditions/ modification of an organism or its parts that makes it more fit for existence under the prevailing conditions of its environment.

Even the simpler organisms must adapt in a great variety of ways: in their structure, physiology, genetics, in their locomotion or dispersal, in their means of defense and attack, in their reproduction and development, and in other aspects.

Humans have biological plasticity, or an ability to heal/ regenerate/ adapt to our environment. Adaptations may be biological or cultural in nature. Biological adaptations vary in their length of time, anywhere from a few seconds for a reflex to a lifetime for developmental acclimatisation or genetics. The biological changes that occur within an individual's lifetime are also referred to as functional adaptations. What type of adaptation is activated often

depends on the severity and duration of stressors in the environment. A stressor is anything that disrupts homeostasis. The stressors can be abiotic, e.g. climate or high altitude, biotic - disease or social, e.g. war, psychological stress. Cultural adaptations can occur at any time and may be as simple as putting on a coat when it is cold or as complicated as engineering, building, and installing a heating system in a building.

Adaptations can take many forms: a behaviour that allows better evasion of predators, a protein that functions better at body temperature, or an anatomical feature that allows the organism to access a valuable new resource.

Every individual passes through various stages/ phases of life from conception to death. The only uncertainty is about whether everyone passes through all phases or dies before attaining the next phase. While passing through various phases, every individual is having an influence of the environment (internal micro-environment and external macro-environment), hereditary traits and circumstances will make the individual adapt to it either in a normal or abnormal way. During the adaptation mechanism the individual will gain individualistic experience and the whole phenomenon is judged on the time axis as a part of evolution (gradual development, unfolding of events) of the individual forming a totality. This totality is an integral part of an individuality that is nothing but individualisation.

To summarise, adaptation means interacting and responding to the stimuli from the environment and getting adjusted or accustomed to the prevailing conditions. The basic purpose of adaptation being optimal survival. The disease condition itself is the part of adaptation process of the body for maximum survival with minimal compensation or cost in challenging situations or crisis periods in life. For example, the process of localising an infection to a part or organ only, instead of affecting the whole system, as in abscess to the process of gangrene of distal phalanges in diabetes mellitus.

In other words, the integrity of the whole system is spared at the cost of affection of a local organ.

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Health and Disease

HEALTH

The World Health Organization has a holistic viewpoint in defining health. As per WHO, health is defined as a state of complete physical, mental and social wellbeing, and not merely absence of disease. Health can be defined as a complete, stable, comfortable and best-adapted state of mind and body. Another definition of health can be as a state that allows the individual to adequately cope with all demands of daily life (implying also the absence of disease and impairment). It can also be defined as a state of balance, an equilibrium that an individual has established within himself and between him and his social and physical environment.

Health is a resource for living a full life. It refers not only to the absence of disease, but the ability to recover and bounce back from illness and other problems. The enjoyment of the highest attainable standard is one of the fundamental rights of every human being without distinction of race, religion, political belief, economic or social condition. Factors for good health include genetics, environment, relationships and education. A healthy diet, exercise, and coping strategies can enhance a person's health.

The above definitions reflect on the concept of adaptation of the human being and how he/ she relates with the environment and the various interpersonal relationships that one has harboured. It is the same concept upon which HHF is working.

From homeopathic point of view, health depends upon the vital principle as:

Aphorism 9

“In the healthy condition of man, the spiritual, vital force (autocracy), the dynamics that animates the material body (organism), rules with unbounded sway and retains all the parts of the organism in admirable, harmonious, vital operation as regards both sensations and functions, so that our indwelling, reason gifted mind can freely employ this living, healthy instrument for the higher purpose of our existence”.

Hahnemann considers health as a state/ condition indicating harmonious play of the vital force (autocratic and dynamic), vital force controls the whole body, and retains all the parts (cells, tissues, organs and systems) at its place so that all vital operations can be carried out harmoniously in regard of sensations and functions respectively. Due to this vital force, the mind can freely utilise the healthy body for the higher purpose of our existence.

DISEASE

A disease is a particular abnormal condition that negatively affects the structure or function of cell, tissue, organ, system or all of an organism, and that is not due to any external injury. Diseases are often interpreted as medical conditions that are associated with specific symptoms and signs. A disease may be caused by external factors such as pathogens or by internal dysfunctions.

Aphorism 11

“When a person falls ill, it is only this spiritual, self-acting (automatic) vital force, everywhere present in the organism, that is primarily deranged by the dynamic influence upon it of a morbid agent inimical to life; it is only vital force deranged to such an abnormal state, that can furnish the organism with its disagreeable sensations and incline it to the irregular processes which we call

disease; for as a power invisible in itself, and only cognizable by its effects on the organism, its morbid derangement only makes itself known by the manifestation of disease in the sensations and functions of those parts of the organism exposed to the senses of the observer and physician, that is, by morbid symptoms, and in no other way can it make itself known.”

From homeopathic point of view, disease is a state/ condition that indicates disharmonious functioning of vital force. In sickness, it is the vital force that is primarily affected or deranged due to the dynamic influence of a morbific/ disease-producing agent. The disharmonious functioning of the vital force results mostly from unfavourable factors in the environment of a person. The altered state of vital force is known to us through the expression (symptoms and signs) of disease. The expression of disease furnishes only the external evidence of disease. The symptoms indicate abnormal subjective sensations and complaints incapable of being verified by the physician: whereas signs indicate abnormal objective findings capable of being verified by the physician and observed by the attendants. Therefore, the homeopathic physician considers disease as a deviation from health expressed through symptoms (subjective) and known to others through signs (objective).

To summarize, Dis-ease may be put as a state of being not at ease, state other than comfort i.e. much prior to the state of expression of symptoms (physical) which means a state that is to be best understood at the level of mind. Disease is an uncomfortable/ altered state of mind (centre) which progresses to give rise to expressions in the form of pathological symptoms (bodily signs and symptoms - periphery).

Dr T.P Paschero states in his book ‘Homeopatia’ - *“Disease is a process of adaptation to the environment, to the social and biological world that surrounds the individual”* (chapter 1, page 1 - fundamental principles, 1955)

Homeopathy is based on the law of similars i.e. the indicated medicine/ remedy should have same symptomatology/ same state. The selection of medicine is done on the basis of totality of symptoms indicating a state i.e. individualisation. The concept of individualisation is elaborated in further chapters.

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Man and Environment

Man is the only animal who can adapt to any extreme climatic conditions, be it arctic zone, antarctic region or any desert. Whereas animals like a polar bear cannot survive in the hot temperature of a desert or a tiger will find it impossible to sustain themselves in a cold region.

Human beings start interacting with environment even before birth while in the womb of the mother. This interaction is followed by 'Adaptation' suitable according to the pressures in the environment. This process of adaptation involves a lot of energy in dealing with the pressures from the environment, known as 'Stress factors'.

'Stress' means all the cumulative pressures from the environment surrounding that human being as an individual, which alters the state of comfort and which is responsible for the diseased state.

Human being is continuously interacting and adapting with his environment to maintain his state of well-being.

For study sake, we divide the environment into two parts one as natural and the other as artificial.

NATURAL ENVIRONMENT

- Climate
- Seasons
- Food
- Micro-organisms.

ARTIFICIAL ENVIRONMENT

- Domestic (interpersonal relationship)
- Socio-cultural and religious
- Professional
- Financial

As man is the only animal who can adapt to any extreme climatic conditions, natural environment seldom has a direct primary role in the disease of mankind, its role is secondary.

But artificial environment pressures have a pivotal and primary role in his affections directly.

Man easily manages the stress of natural environment with minimal energy consumption whereas he is much affected by the artificial environment with much consumption of energy making him more vulnerable to disease or effects of natural environment. According to research, persistent and potential stress has the capability of altering the genes (gene expression and not the DNA sequence). It was revealed that this persistent and potential stress like abuse and PTSD altered the size of telomeres.

This vulnerability of human nature is attributed to his emotional needs and sensitivities towards the artificial environment especially the domestic one which comprises of close relationship issues.

E.g. A person who has a difficult relationship at family level is more prone to catch a lower respiratory tract infection than others after getting wet in a heavy rain. So the vulnerability at the level of sensitivity affecting adaptation has a major role in predisposition of disease.

We can otherwise in a way say that “Disease is an altered state of mind (centre) followed by an altered state of body (periphery) caused by stress (environment); wherein everything from perception to reaction and thereby adaptation is affected. It means in the diseased state the perception is amply affected and reactions become

disproportionate to the stimuli from environment. The reactions become either hyper or hypo.

For example, a person appearing for exams starts panicking or trembling. He becomes so anxious that he develops diarrhoea and finally skips the exams. Here the perception of exam is affected, may be due to previous failure or inadequate study or the importance attached to that particular exam as in 10th or 12th standard. Due to the affected perception, the reaction here was hyper.

Homeopathic similimum, along with harnessing the self-regulatory and self-healing processes of the body also restores the affected perception and reaction to normal levels and thereby the adaptation, ultimately restoring the equilibrium.

In the present era, this process of interaction and adaptation has become more complex as the stress from artificial environment is mounting at multiple levels simultaneously (lifestyle pressures). The human mind (centre) is finding it difficult to manage and maintain balance or harmony with the environment.

Today's modern medicine has been able to take care of the diseases at the physical level or diseases arising from natural environment but has limited protocol in dealing with the stress and dis-ease arising from artificial environment.

Here, the role of homeopathy has been convincing since the time of its discovery.

Homeopathy helps at the level of human mind (centre - CNS) which deals with the process of interaction and adaptation in response to the stress of environment, thereby taking care of the primary cause of the disease. The secondary or physical symptoms are automatically taken care of by the centre (mind) which is already helped by homeopathy.

We can even put it this way that Homeopathy aids in natural healing process of the human system through its centre (mind) thus leading to the best suitable adaptation in response to the environment.

Individuality

Individualisation is a process of differentiation by which one is distinguished from other of the same class or group based on its peculiar, characteristic and distinguishing features. It is one of the fundamental principles of homeopathy. The successful practice of homeopathy is only possible by the process of individualisation. Hahnemann was the first person to introduce this concept of individualisation in treating sick.

The processes of interaction and adaptation of individuals with the environment may seem grossly similar but at a subtle level, they are unique and different from person to person specifically in disease conditions, like finger prints or retinal scans. These unique adaptations represent the various remedies in materia medica pertaining to that particular individual. Hence the task of a homeopath is to define those unique adaptations and match with the remedy (similimum) and prescribe in accordance. That's the reason why we find most homeopaths asking personal information to the patient to understand their adaptations in a better way.

The whole concept of homeopathy lies in understanding this altered state of health (mind) of the person as an individual and triggering a natural healing process leading to cure through similimum.

Dr T.P. Paschero quotes in his book 'Homeopatia' (reference of adaptation and individualisation) -

"Homeopathy constructs no theoretical speculation about the

condition or disease process from which the patient suffers. Instead, it makes a therapeutic diagnosis based on the personal traits of the individual and the way he copes with life”.

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Case-Taking

Case taking is the individualising examination of a case also called as history taking. Hahnemann has given guidelines to the physician from aphorism 83-104 in the Organon of Medicine with an advice to the physician to bear in mind only what is applicable in each individual case. It is the artistic process of data collection, recording and processing for the sake of individualisation of a patient as a person. Case taking is to be done by the physician on a daily basis so it needs sincere attention of the physician. He should know the patient, his relatives, attendants, and different approaches to understand the adaptations and the dynamics in each case.

Dr T. P Paschero quotes *“In order to cure a patient, the physician must understand the biological and emotional maladjustment (adaptation) within that individual’s environment (IPR) as a process involving the whole person”*.

Now let’s find out the way to understand these unique adaptations in a manner to aid in reaching the similitum. These adaptations are best comprehended through the symptoms, understanding(feeling) and reactions of the patient in the state of discomfort or disease.

The understanding and reactions of the patient in turn can be best judged through their beliefs (delusions) and behaviour.

The behaviour of the patient comprises of their words (say of the

patient), tone, and gestures.

We can start understanding the adaptation of our patients from the waiting room of our clinic itself and through their presentation and finally through the interview.

Words - words contribute 7% of the behaviour of patients. In our day to day practice, many patients start talking even before sitting, many patients talk more about themselves than their disease symptoms, while few hardly talk.

Tone - tone comprises about 55% of the behaviour of a person. Words can be manipulated but tone reveals the true feeling. So words and tone have to be proportionate, any disproportion during case taking should make you alert whether the patient is lying or hiding something.

Gestures - these comprises 38% of the behaviour of the patient. Some patients just laugh or smile during the interview, while some look sad. Few are calm, some are anxious or shy, while some animate enormously through the interview.

For example, one of my patient was literally laughing throughout the interview and didn't seem much concerned about his disease either. He was forcefully sent by his mother for his cough. The adaptation here was quite apparent and so I didn't ask many questions, the case was over in 10 min. I took the following rubrics:

- *Frivolous*
- *Laughing- speaking, when*

I prescribed him Belladonna 30 single dose and he was much better the next day.

These words, tone and gestures of the patient along with his/her presentation in the clinic as to what he is wearing, their energy

levels, etc. can provide us with very important objective data for understanding their adaptation. Rest of the subjective data can be gathered through the life-space of the patient, by questioning and if required by enquiring from attendants.

To summarise, case-taking is a process of understanding the patient (man in disease) with respect to his environment and should be natural, spontaneous and free flowing in accordance with the individual patient. So this process cannot be formatted in one style, basic discipline remaining same though, irrespective of the various approaches. Rather I would say individuality applies in case-taking and the same with potency selection also, and the attending physician is the best judge. This is rather a bold statement but stands true to the basics of homeopathy i.e. 'individuality'.

The case receiving should be a spontaneous process by which I mean that if the patient starts talking even before he is seated, do not stop him; may be he is expressing his primary concern or need which is immediate on his mind. Another important aspect is to know about the family status in first part of interview, like how many people are at home, joint family or nuclear family, married or divorced, any children or childless. This information often reveals the area of concern where we should focus.

Example - A 61-year-old man suffering from Parkinson's disease since 4 years was asked about his family; he said he stayed alone, his son and daughter had been married, and stayed separately, he stays at his native house alone, his wife died of cancer 5 years back and Parkinson's started since 4 years. I just asked that did her demise affect him much, he cried so much that I understood he was still grieving and my case was clear, at least where to focus.

Similarly, if a couple is childless, you come to know in the beginning itself, whether the couple stays separately and many such instances.

In joint family, the problems are mostly related to in-laws, sister-in-law, etc. One patient's family, who was well educated and in his late fifties was staying on rent, when asked he revealed that he suffered a big monetary loss in business and since then the things have gone south including his health, so family status often helps us to identify the area of concern or where to question.

Along with IPR and family status, there is another tool to understand or ask the patient about the primary concern, i.e. psychodynamics. As we know psychodynamics gives us clues about the problem that patient may be facing. Left side problems are related to emotions, family, and loved ones (domestic environment), whereas right side problems are related to work, money etc. A renal calculi implies an undissolved anger, shoulder will represent responsibility, etc. Shorty HHF will be publishing a book on psychodynamics and its clinical application, which will put light on this topic in detail.

In some cases, patients don't talk much and answer the questions only yes or no, as they may be reserved or secretive or too timid or sensitive to talk about the problems, accordingly we can consider the rubrics after considering the above probabilities. I would like to quote one example of a case where this lady wasn't in a mood to divulge any information other than her name and chief complaint-recurrent cold. I had to respect her sensitivity to those personal issues and without asking much I prescribed on her unusual silence and gestures.

Rubrics:

Mind

- ***Talking- indisposed to talk - sufferings of his,***
- ***Talking- indisposed to talk - unpleasant things - aggravate.***

She was given Ignatia 1M single dose with which she was much