Hello and welcome back!

So we have with us today Dr Mahesh Gandhi, who is a dear friend and a colleague. He is a Psychiatrist and he’s been experienced with Homoeopathy for the past several years now and I have invited him to join us in this discussion.

We have been speaking in the last 3 Talks about the Mineral Kingdom. We tried to get an idea of what the Mineral Kingdom is that the main idea of the Mineral Kingdom is Structure that the person feels in his core sensation that something is lacking in him or that something that he has may be lost. And then we saw that the Mineral Kingdom can be understood in terms of the Periodic table that there are 7 Rows and 18 Columns and how each of these rows represents a specific stage of Human Development.

When we studied the 1st Row of the Hydrogen and Helium, we get an idea that it is representative of the stage of conception where from nothing, where from energy, matter comes into being. Similarly, in Human Development an existence happens, what was not there comes into existence. And then the 2nd Row represents the stage of fetal life where this existence develops within the womb to a certain stage. And then when it is ready the womb becomes too small to hold it and it has to come forth into the world and separate from the mother.

We saw how the elements of 2nd row Lithium, Beryllium, Boron, Carbon, Nitrogen, Oxygen represent the various stages of fetal life and the birth process and we also saw how this concept is expressed in patients and in practice.

The 3rd Row we saw represents the separate existence, where already there’s a separation happens and now is the relationship between the child and the mother. And how the various stages of separation and the development of the child’s own independent existence and its identity is represented in the various stages of the 3rd Row – Natrum, Magnesium, Alumina, Silica, Phosphorus, Sulphur and Chlorine. This is what we have spoken in the last 3 Talks.
Dr. Mahesh Gandhi has been using these concepts very successfully in Psychiatric cases and has also developed his own unique understanding of these Rows and how it is expressed in practice. So let us hear something from him about the broad concept of the Mineral Kingdom and of the 1st 3 Rows in particular.

*(MG- Dr. Mahesh Gandhi, RS - Dr. Rajan Sankaran)*

MG: About the Mineral kingdom, we have already said that the issue is of structure and also about the capability and the whole Periodic table is about the development of an individual from birth to death. Now we have these 1st 3 Rows-the Hydrogen row, the Lithium and the Natrum. These are very very important as far as my practice is concerned which is primarily more Psychiatric because I am a Psychiatrist and somehow I get more patients who have Psychiatric problems and there is a reason for that. And the main reason is that the ego development of an individual or the identity of an individual starts developing in the Natrum line. Before that the patient is still very much connected to the source, to his inner self. And what we see is that because they are not ready to face the world, because they are still not outside, they are not into the external reality. They are very prone to Psychiatric disorders. All of them need a lot of protection from the outside world. They are not yet into the world, so they have difficulties facing the world, A independent existence for them is very scary at times and they want a protection from that.

Like for example: Lithium
Lithium is inside the womb. Lithium is like a premature baby. For Lithium even separation from mother in the womb, there is no separate feeling of separateness. The mother and she are just one. So she is like a premature baby. Can you imagine a premature baby having to face the world? So we have two levels:

One is a person 35 yr. old, 40 yr. old but Psychological development might be of a premature baby. When a premature baby is born, the Doctors usually put them in incubators. They take a lot of care because as it the external environment is too dangerous for that child. Now if a person psychologically is arrested at the level of Lithium, you can imagine the amount of difficulties the patient will have to face the world.
Then Beryllium. Beryllium is a child which is almost now 9 months which can have now its own independent existence, where it is so much accustomed to the cushion comforts of the womb, the nice warm experience, the cozy experience which the baby had for the 1st 9 months. It is not ready to let go, it is not ready to go out. It wants to continue and this is one of the main themes you see in Beryllium that Beryllium desires sameness, he does not want any change. These are the people who have fixed routines and they do not want any change in the routine. They will have a very fixed pattern, they will get up at a particular time, have their shower at a sometime. After that they will need a breakfast, after that they will have to go for work. These are the people who have problems at any change.

For example: when they are children and they have to be put to nursery they will have a big problem because it is a big change. So they are not ready for any change. These are the same children when they will have a problem when entering a high school, or when they have to leave school and go to college or when they have to leave the family. They are the ones who will continue to live with their Parents for as long as possible. They are the ones who if they are in one particular job will not like to leave the job. They begin with one job and resign with that particular job because they don’t want any change and they dread any change because they don’t know what it is. What is going to be the other thing. They want that same comfort and the protection and safety which they have been experiencing in the previous situation. So even if they have a tyrannical boss, they are not going to leave the job and then we have Boron.

Boron (Can I continue?)
RS: May I ask a question at this point ?’
MG: Yes

RS: when we talk about they wanting … Beryllium wanting sameness or
MG: Yes

RS: or to continue ... How do we differentiate this from 3rd Row people who also have the need for familiarly. They want very familiar, their homesickness is a big theme of 3rd row and they also don’t want to seek anything outside what is familiar like Natrum and Magnesium ... how do we differentiate?
MG: But this is to a large extent .. this is of the intensity of it. It’s very very intense. A Natrum child may not have so much of problems like below that is Magnesium .. they will not have so much problem in any transition like going to college. They may have an emotional attachment of few people whom they will not like to leave. 

RS: Right  
MG: And that is where the sameness or the desire is there. Here these people require the womb. The comfort, the cocoon in which they want to live and they are completely dependent. It’s like they don’t want to leave that particular .. If they are very attached to the father then they will not want to leave the father at all, would like to stay with their father all their life. So the intensity is too intense and very often they use many other words which are indicative of the 2nd row which I will talk to you later. There are many many hints. Off course the intensity is too strong. Not like what you see in the Natrum line.

Then we have this Boron. Boron is the first contraction of the uterus, it is the first time the child is shaken. It is one of the most anxious remedies I know of. Because suddenly a child who has been relaxed, comfortable almost like spiritual. When you see some of the pictures of children in their 9 months when in their womb they are almost like Buddha – peace, completely relaxed, surrendered to their womb and completely taken care of, almost a spiritual experience and then suddenly something shakes. It’s like something shaking from deep sleep or from that meditative state in which they are and they experience a lot of anxiety, sudden uncertainty. What has happened? How do I face it? What is it? And they are completely confused and this confusion is also the main theme of the 3rd Row which you also see in the Aluminium and you see it in the Scandium.

RS: You mean the 3rd Column.  
MG: 3 Column sorry. Right. So this 3rd Column has this duality ‘Do I go out, I don’t know what to do? Shall I go out or not?’ and this fear of falling, I may go down. So one side they want to go and they don’t want to go and this hesitation is there and tremendous anxiety.. Tremendous. One of the most Panic disorder, I see so many of them coming under this , even Obsessive Compulsive because of this uncertainty. They have this repetitive, they don’t know, they are unsure because one of the other themes of the 3rd Column is to be not sure, undecided. So they
are always ‘Do I do this or do I not?’ and they suffer from Obsessive Compulsive Disorder. But this is the time when you start getting these contractions and I have so many cases and I can even probably if you have some time I will also try to read up some cases for you’ll and we will see.

And then we have after that we have this Carbon stage. Where the child has now decided, now the child has decided, now I have to go out into the world and that is the time when it lodges itself into the pelvis. This is the stage where the child now gears up for the race.

The next Race .. line, stage is of Nitrogen. Nitrogen is the time where the child has to as quickly as possible come out because there could be danger on the path and it has to quickly come out. But before that you have to gear up yourself and that is why it is an energy remedy. We see Carbo veg, we see Petroleum many of these are people who have issues with energy. They come with depression. I have no energy, I am tired, I am fatigued because it is like when you are in a race, you are standing in a race, you are beginning a race and you say ‘On your mark, get set ..’ this ‘ get set ‘ is the stage of Carbon and that is why some false alarm you make a sound and they startle this is like when you are like when they are just about to run and somebody makes a sound and you just startle because you are geared up.

And the issue is whether I have energy or not to go out, do I have? And I have few patients and quite a few they talk about ‘I don’t have the start up, my starter is not working.’ So this is very often you see this very often that you see in this. Very often also from Natrum line. Sorry from Boron, you see that the problems occur usually when they wake up and many of them will say in the morning I get up, I don’t feel energetic or in the morning I get up with a lot of panic. This is because the night is like the 9 months where you are asleep and when you get up it is like you have to face the world.

So this transition from night to day is also the transition which begins with Boron. So many of their complaints are in the morning. So when they get up they feel like jelly, my body is not getting up, I cannot get up and very often you see this is also a symptom of depression and then off course you know Nitrogen. Nitrogen is off course, the race begins and you have to come out as quickly as possible and then you have all those symptoms of which are usually related to Nitricum.
What is important is that after Carbon, now that same womb which was very nurturing, now becomes redundant. Now staying inside becomes dangerous. So any obstacle, anything which keeps the child within becomes a risk to the child. So just as we have all in the periodic table, on the right side as we go then we start fighting against it. The same thing becomes redundant. There is danger from it.

You feel that you will lose something. So in Nitrogen, the child wants to come very fast because if you are stuck, there’s a cord around your neck or if there is a Cephalo- pelvic disproportion and if you are stuck then it can be a danger. So anytime in life whenever they come into a situation which replicates this, like you are in traffic or somewhere you are stuck or you are in a tunnel which is almost like coming out of the womb or you are on a bridge where you have to go pass from one patient from one to another patient. Suddenly you’ll get anxiety and go quickly and any obstacle they perceive as a big danger.

And then we have Oxygen. Oxygen is again one of the very very Psychiatric remedy. Here as we begin, we said Lithium is a premature baby. Oxygen is like Post dated, the child which has lived in the womb beyond 9 months. So the child feels now my growth is hampered, I cannot enlarge, I cannot grow. Something is not letting grow, is obstructing me, is suppressing me. And very often like Anne Schhade has done proving of Ozone and you see the whole thing, they feel as if they are in a glass bubble. It is suffocating, killing me. Now to remain inside is dangerous and here you see very often lot of Animal qualities.

In fact, from Nitrogen onwards, you see all Animal qualities because Nitrogen is very Tubercular. In Nitrogen, you have Phosphorus and the other Tubercular remedies and then you have Oxygen which becomes more Syphilitic almost leprous in fact Leprous. And very often leprous is you see in the Schema or as Dr Sankaran has told you: ‘It is always a feeling as if you are cornered, persecuted, hunted.’ So lot of Animal themes come up. ‘So somebody is doing something,’ so you have to be very careful here. That sometime there may be a flavor of Animal kingdom but you want to take the case deeper. You don’t see that the basic survival, victim – aggressor and things like that. And here you see that the patients very often are fighting with the parents. They want ... give me space, I don’t want to be with you. They can be very violent. Nitrogen has a potential to be , they are internally very angry but Oxygen can act out. They are very volatile.
and they can create a lot of problems at home. But at the same time they are very clingy, very dependent. So they will not leave the home at the same time they are fighting with their parents and then of course we have this Flourine. It’s like the child has just come out for the 1st time and is carried away by the glitter and the glamour. Everything is very beautiful and the superficial things can make them very very attracted to them and of course the other side because the cord is cut, the umbilical cord, it’s like ‘need to separate.’ And so in every relationship the whole intention is that ‘I don’t want to get into any relationship.’

You want me to continue?
RS: Ya

MG: Okay. So all of them need protection. I will just read some things I have brought. So Boron tries to come out but he feels he cannot face the world. Carbon feels I have to face the world but do I have the energy, can I face the world?

All of them what is important is ...what I have noticed is in the Lithium line all of them have similar themes. In fact all have all the themes very often. Like for example fear of falling, we call in Boron. But I see it either in dream or their fear of falling and hitting the ground as one of the common themes. So then how do we differentiate? Generally what happens in this Lithium line is ... one stage to another is only of a few minutes or few hours or something. So there is a lot of overlap. So you will see if you have a case of Boron, it will have many symptoms of Beryllium also of Carbon. If you have a case of Carbon, you will see some symptoms of Boron and also of Nitricum. Nitricum will have some symptoms of Oxygen and also of .... So you have to see where the main focus of the case is.

What is the most important thing and what needs to be cured?
So we see in all of them ‘Fear of falling’. The whole idea of falling is coming out of the womb, as if you are coming out of the womb and hitting the ground and this groundless feeling is very common in Lithium line because they are not grounded. They are not yet into this Universe, they don’t have any ground, helpless. All of them because they are still very dependent on the mother in that stage of development, experience a lot of helpless.

All of them have an issue with connection and disconnection. You will see the need for connection much more in left hand side but even Oxygen which wants to
separate will also have an issue with connection. They are very needy people and slightest stress can break them down and this is one of the reasons why they come for Psychiatric practice ... in my Psychiatric practice. They don’t have inner resources like when you are up, the Hydrogen, Lithium. They do not have too much of atomic weight and the amount of atomic weight also depends ... tells you how much you have self worth. How much weight do you have as an individual?

They are very less weight. Aurum has a lot of weight, heavy ... heaviness is also what you see in Aurum line. But when you are up in the Lithium, Hydrogen and a little bit also in the Natrum line they have this low self esteem, low self worth because they do not have enough weight. It is dependent on the atomic weight of that particular atom.

And they are all of them like for example in the Lithium line have fear of separation, that womb like structure. And their needs are also very basic. What do they need out of life? They are not looking out for power, they are not looking out for some creativity. Their sphere of life is also very less. Very often they are thinking about basic necessities of life. How to survive? How to get the bread and butter? How to face their neighbour? Very simple, basic needs. This is what you see specially in Hydrogen and Lithium and a little much more advanced you see in Natrum.

Also what I have seen is very often people from the Hydrogen and the Lithium line have a lot of belief in fairy tales and magic. Also we see that Natrum line also needs a lot of stories, bed time stories. But fairy tales and magic you see much more in Lithium because when they come into the world, it is too bizarre. They don’t know how to make meaning out of everything. They are too naive and the only way they can make meaning out of life is through magic. I cannot understand so many things happening. But if I say it’s magic then everything is possible, everything is understood. So very often they believe in things like magic because the world is illusive, very frightening and they try to make sense of it by magic.

And the other thing is they have a very weak ego. All Psychiatric disorders are dependent upon how strong or how weak a person’s ego is. If you have a strong ego, you need much much more stresses to break you down because ego is that self with which you face the world. Like for me Mahesh Gandhi, this is my
ego which we develop in the Natrum line and this is very important. Before Natrum line, ego is still not developed. So you are prone to a lot of stresses because that ego makes us live in our external reality. As you already know, all of you know by now we live into two realities, we live into two songs. But how much our external song compared to the inner song will decide our Psychiatric state, our mind state will depend upon on how stronger our outer song is. If our outer song is more strong then you face world and situations much better. So if you have much stronger ego, you can take much more stress. But these people are developmentally before the development of ego.

Lithium line there is no issue of ego because it starts in the Natrum line. Hydrogen has no question of ego. So they have very fragile ego. So they cannot face difficulties of life and even trifles are too much for them. For them world is an enemy and they cannot stand up for themselves and very often their fears are also very vague and very strong and they rule their lives and they can suffer from various Psychiatric disorders. We will also try and see if we have time, each column what sort of Psychiatric disorders can come. Also we see in the Lithium line is lot of them suffer from agoraphobia. Agoraphobia is to be able to go out in the world and face the world. This itself means they are not ready for the world. Many of them are home bound. They remain in their house because house is the Symbolic womb which gives them that sense of protection. And when they have to leave home, they become very much threatened. Many of them because they have no control in life want to keep control in life and can develop Obsessive Compulsive Disorder which also we will see later on. Many can develop depression, even suicidal especially the Oxygen which is more towards the Syphilis.

RS: And what is the expression of somebody who doesn’t have an ego? How does it express?

MG: This is a very different question because they all have a name but they are very naïve, very simple. They do not know much about life and about how to face life and the only way you can know they don’t have ego is because small small things can break them down. So often you know about not having an ego also from the results like what happens when they face stress. So they have poor capacity to face and even trifles can give them a lot of anxiety. They cannot stand up for themselves, they cannot assert themselves. And so this is also what you do
very often we take cases but when the patient comes by also seeing how they are, what is their level of development. They look like children, they look so .. just born into the world, so much innocence, as if they cannot face. These are people who are very gullible, influence able. You can tell them something they do not have their own view, as we see in ego there is a development of choice too and they don’t have much of a choice. If you say no this has to be done, they say ‘Yes yes okay we will do it.’ You don’t see them as asserting their own individuality. It is the development of how much individuation has occurred. So when there is a poor ego there is poor individuation. The others have much more influence on you.

RS: When they see this childish quality
MG: Yes
MG: often many of the Homoeopaths would think of Baryta carb. Because it’s the main remedy for childish, irresolute about trifles, anxiety about trifles, things.

What’s the difference between Bartya carb childishness and this 2\textsuperscript{nd} Row?
MG: In Baryta carb as I have seen they are childish. There is no doubt about it. They can but more like a little foolish. Like a fool who is there in a King’s court that is what we would call as Baryta. But they have hidden haughtiness. There is some haughtiness in them. It’s like you cannot talk to them anything. They have a sense of ego, the ego is very well developed. You can see that in terms of their humiliation. That feel very humiliated when people are laughing. There is some heaviness in their being. Very often you will see, very often in these Bartyas, very often will also develop a physical or cerebral pathologies like I see a lot of them with mental dullness, mental low IQ. I do not see so much of such structural disturbances in them like in Lithium line. They will not come up with less IQ. This is more Syphilitic. It is like also they are more dull, they are stupid. It’s like you see some syphilitic process going on within them and the most important thing as I see in them is they are very, there is a lot of indignation, there is a lot of hidden haughtiness which I think only with experience you can pick up. They are not so naïve. They can be childish and a little foolish but not so naïve. They are all the time looking around to see how people are thinking about them, what they feel about them?

So there are some areas where you have to be careful specially you know in the 2\textsuperscript{nd} column, we have this Beryllium and then we have Calcarea all of them have
this feeling of being laughed at because they are all 1st time aware. 2nd Column is which develop social phobia because in the 1st Column usually you have just single, you are alone and they are very open about speaking, they are impulsive, they have changeability of mood. I see a lot of developing illnesses like Manic depression but in the 2nd Column the awareness of the other and then they are self conscious, ‘How do I appear to the other?’ this is the question which comes up in the 2nd Column and many of them specially Beryllium. Lot of social phobia Baryta a lot of social phobia and what you are saying I went through a lot of this problem of Baryta and Beryllium. But I see a different this naïve, innocence child like quality is much more in beryllium and off course you never see one thing at a time because I am sure you have already discussed that in a Row, they have many other issues which come up.

So when you think of Beryllium, you will not only see am I moving social phobia. But his need for protection you will see and very often this Lithium line is one of those Rows where you get a lot of Hand gestures. If you are sure and good enough and you take the case a little deeper you see them making the gesture of a womb that how do you feel when you are with your family? And suddenly the hand moves and what’s the experience? It’s warm, it’s cozy, it’s comfortable. You are well provided.’ So you have to see the totality, not just one particular point.

So because of this weak ego very often they cannot even go through mediation. They cannot go through intense Psychotherapy because even if they go through that it is enough to break. So any deep process like they do is enough to break them up because they are very fragile. This fragile is another word which I have often seen in patients here. Many of them also resort to drugs. But more in the drugs, I would not say marijuana or anything of that sort. If they take a little heavier drugs, they can even have a Psychotic breakdown. But very often they can take things which calm their anxiety like alcohol. Alcohol reduces a little bit of inhibition and it calms them. So many of them and especially Lithium you will see are prone to alcoholism. They can start using alcohol. And it also helps them face the world. So you have to just remember they are not yet born. That quality you have to be able to perceive which I think we can see some time.

Also many of them are Hypochondriacs especially because after the 8th month, the mucus plug, cervical plug there is a plug which comes out. After that doctors also say don’t go to swim why because the child is prone for infection. So just imagine when the child is born and then how much we take care, we give them
sterilize environment. We don’t allow many people come close to the baby. We give them good water and we see that everything is well sterilized and taken care of. So if you are psychologically dependent, arrested at that particular level you are as sensitive like a baby. Everything can affect you, you can pick up the virus, you are afraid if you eat anything here and there your stomach will be upset. You cannot give any food to a child. Because if you give it to a child it will develop stomach upset. So very often many of these people are also hypochondriac symptoms. So let us see what are the common themes in Lithium line.

1. They cannot separate. Though clinging is maximum in the 1st Column is same but clinging is there in the entire Lithium line

2. All of them need a lot of warmth, they need to be hugged, wrapped with love and affection and very often they use the word ‘cozy feeling’. They have a need for care, tenderness, softness anything which is like the womb. They need to feel safe, they need to feel secure. They need to be protected from the external world. They need this sort of protection so that nothing can harm them. They need to be taken care of completely.

Many of them also complaint of dizziness which is very common. It’s like when they come into the world suddenly they feel dizzy. It’s like there are not yet grounded and they have ego problems and dizziness. Many of them can’t tolerate strong sensory inputs. It’s like from a very sterile environment, they come into the world and everything is too harsh - the sound, the smells and somewhere or the other is the case they will say, ‘When I have to face the world’ or they will say ‘I have no place in the world’. They talk about “world” and whether they can face it, not face it, whether they have a place or not.

Feeling lost because they feel bewildered. Lot of curiosity because it’s like a child who has seen the world for the first time.

Also they talk about inside and outside, ‘When I am in and when I am out’. You know it’s like I want to carry a bubble around me. So they talked about sometimes about a bubble. Very often they have dreams or fears of falling and sometimes they even have pleasant dreams of swimming in water which is similar to the experience they have in the womb.
RS: Give us some case examples that express these things

MG: Okay let me see I will tell you one case, very interesting case, I learnt a lot from this case too. (Just a minute)

So I’ll talk to you about a lady. She is a 39 year also married woman with maybe one or 2 children. I am not sure now. So she comes in and says:
‘I don’t know where to start. I am not stable emotionally.’

She is very naïve, she is very simple. And she sits like this and talks. ‘I don’t know’ it’s like almost the head bend backwards as if she can’t hold her head. It was amazing when I saw her and looks up to you.

‘I don’t know where to start.’
The first statement she says is

‘I am not stable emotionally. Everything seems to be a catastrophe.’
This is a big word. ‘Everything seems to be a catastrophe’ and she says:

‘ I have tried Homoeopathic several times and nothing has helped me.’

She says and then she starts crying and says:

‘ I cry a lot. My mother is an alcoholic. I drink beer or wine sometimes and I am afraid I might become like her become it helps me calm.’

So this is what I already told you. That many of them are prone to alcohol because it helps them some way. What is important is emotional instability and everything is a catastrophe. This itself gives an indication what level of development the person is?

‘I worry about everything about money, whether I will succeed in my present studies, about my relationships, I can’t trust. I am quite jealous. I can’t think of anything, I can’t think of anything else when something comes in my mind. I cannot tolerate lies and then everyone knows something and I don’t know it upsets me a lot.’
It’s like she needs to know everything to be in control and she brings about an issue of trust and she says I am very jealous. And she has severe migraine and what is important is during migraines, I want to stay in a dark place.

So I want to stay in a dark place. This dark place she talks about is the womb. I want open window, why she wants open windows? This we need to see and whenever I have a migraine I wrap myself in warm clothes. So can you see some symptoms of wanting to be warm, of wanting to be in a closed room which is the dark room, yet the window has to be open. So this is a little tricky part of the case.

‘I can’t sleep with closed windows and then she says I sleep for a lot of hours. I sleep for 9 – 10 hours.’

Now this sleeping for 9 – 10 hours is also like a child, a child needs many more hours to sleep. So I ask her, now you don’t have to have a specific pattern of asking history every time we have to be very flexible. Now I saw her that she is too much intimidated by this whole idea of the interview, she was sitting in front of me very frightened. So I had to be very very gentle to her. So I cannot ask her, some tell me more about migraine or tell me more about .. something which will make a little nervous. So I ask her:

D: Just describe yourself whatever you can tell me about you

And she says

‘I am not a very quiet person. I burst out but I also calm down very easily and then she says I don’t like myself. The way I look, my body smells I have vaginal infection. It doesn’t make things easy for me.’

L: It looks very animal right? I don’t like myself. Body smells, vaginal ... then she talks about jealousy. You have to remember this what does it mean to her? For her she is very clingy. She wants to be with her husband. So whenever her husband gives anybody else little more attention she feels jealous because she needs complete attention. But if you just see jealousy then you make a mistake. And then when she talks about this, the way I look is also to hold on to her husband. When you are clingy you want to do things which will please the other
person. So if she has a vaginal infection and her body is smelling how is she going to hold her husband? So we have to know in what context is she talking.. okay. So very often I remember. When I show this case, very often people say oh it looks like an animal remedy or things like this because it’s a very superficial expression.

Then she says:

‘I try to plan things but I do not know what I am going to do even after half an hour. I can’t keep my routine’

And then she says:

‘I cannot tolerate dizziness. So I don’t look at moving objects. It makes me feel sick at all levels.’

You see the same theme of dizziness has come up but she says again:

‘I am responsible and I keep my promise.’

So you see this promise, this trust, something which is going on connected to this.

So always when you take a case, you have to see what does not fit in what you are .. something which is different from there is one pattern in her talk and then there is another parallel talk which is a little different from what she is trying to talk.

‘I feel guilty. I am easy confused. I am not sure if people like me and how they see me. I panic easily.’

L: So she is very, very dependent on people’s view. This is an indication of poor ego as Dr Sankaran was asking how do you know about the weak ego, this is it. I am not sure if people like me. How they see me. You see this already in the Natrum line also you are too much bothered about opinion. But here it’s not just about opinion whether they like you or not. But it’s much more it’s like they can move away from here. Then she says:

‘I can’t distinguish as to things which are important which are not.’
L: So you can see her choices have not yet developed. Somebody has to tell me I can’t choose. What was important in this case was after the case got over; she just sat there and then in a very gentle voice she said:

‘You will have to tell me if I have to go out because I will not know what I have to do? If you tell me I will go out and do I sit out? Are you going to call me in or I can go home? You will have to give me very clear instructions.’

L: So then my first question to her is, now I thought she is little more easy. So my question was for her:

D: You say everything is catastrophe. Can you explain this a little bit more?

L: So she says:

‘With my husband if I hear small things that he wants to be alone. I feel he doesn’t love me anymore. It is the end of the world for me. Just look at the language .... end of the world for me.

‘If my teacher doesn’t like my work, I feel I should end my studies.’

L: So dependent.

D: What do you mean when you say this is the end of the world for me?

‘I am totally lost.’

L: now can you remember all those words which I told you initially when we began and then she says 2nd line is very important.

‘As if I am a burden.’

L: Now from where does this come from? Burden is you are pushing yourself too much and someone doesn’t want you and wants to get you off them. Burden is something you want to unload, you don’t want it on your back. I want somebody who will be mine because I can’t separate. And then she says
‘I feeling I have no worth again’

She talks about selfworth
‘I don’t have anything to give, to receive this sort of attention I need. because I need a lot of attention. But what do I have to give in return so that I get that sort of attention. I have no money, I have nothing.’

D; Can you tell me a bit about your need for attention.

L: So you see from catastrophe, to end of the world, I need attention. So we are zeroing it down, a little bit we are trying to get her to a point where we can get a little bit about her and then she says:

‘Every time I need warmth

L: So now she brings up the issue of warmth.

‘I wish I can turn to him and he can give it to me’

L: So what is the need when she says attention? Basically it is a need for warmth.

‘I want to have him all the time. I am tempted by a lot of things and I wish they were mine.’

Then I ask her

D: What exactly is your need?

Because she said a few things.

She said ‘warmth. It is essentially warmth.’

What do you mean by warmth? And in a way, it’s how you talk also indicates the state of the patient? I was also talking like a child.

What do you mean by warmth? And then she says
‘I need to be hugged.’

L: When you say hug obviously you think of Natrum line.

D: Can you describe this a little more?

‘It is the warmth of the Mother’s hug. I don’t remember my mother hugging me. I miss it.’

L: Now she is telling something she did not get in her childhood. But I still want to go deeper into what she means by the hug. So I tell her

D: How does it feel to be hugged? What is your experience?

And she says:

‘I feel safe. I can stay that way as long as I want. The external world doesn’t trouble me.’

L: Can you see external world doesn’t trouble me. So though she is talking about the hug, it is much deeper. It’s like it’s like being in a womb. I don’t have to prove myself there. Now why does she say I don’t have to prove myself? So there is something else in the case. If you are in the womb now why is she talking about proving herself?

‘I am the best the way I am. I don’t have to be anything else, just me.’

L: This is what I was saying. What is just be? It is that meditative state. When you do meditation they say you have to just be. This is the experience of the baby in the womb.

‘I always have to change myself to deserve things. So this is the other story. I try to be perfect. There is someone inside who demands perfection. Life starts after you are perfect.’
She talks about the beginning life. Life starts after you are perfect. So I might tell you now, what it means is later on I may forget here perfect doesn’t make it Cancer miasm. Perfect means she is not yet completely developed. She is not perfected in her being enough to come into the world. Life starts after you are perfect, otherwise it is not a real life. So can you see if you catch the word perfect you are going to go wrong. It is like I have not yet, it is like you are making something, you are making a painting or doing some picture. If it is not done then you will say it is not yet perfect it means it needs to be done. So it is in this context she is talking.

‘I want to be independent and stand on my own feet.’

L: So there is all the time this other story.

‘I don’t want to be a burden on anybody. I want to be independent and not dependent for the support on the outside.’

L: Can you see ‘I don’t need support from outside’ and then without anything at this point she makes, she remembers something. She was in US she had gone for a holiday, she is not from US. And then she said:

‘I once saw a toy which was a closed system. It’s a toy, a glass bubble and it has those creatures inside which don’t need support from outside’

And she says:

‘I once saw a toy which was a closed system and she did like this (HG) and it had little creatures which didn’t need support from outside. There were fishes, there were insects, some grass, it didn’t need support from outside. No need for water or food. This is again an experience which you might have in the womb. They just they just live there. This is an ideal situation for me.’

L: Can you see is connecting it to her own situation what she would like. And then what she says is:

‘It is a humiliation of being thrown out of the house and you have to come back.”
L: Now how did this come? She suddenly talks about humiliation.

‘I want to be independent.’

D: What do you mean by wanting to be independent?

‘I don’t want to go through a humiliation where you are thrown out of the house and you have to come back.’

She says:
‘I am not big enough to live alone. It’s like my mother used to throw me out of the house. When I was a child, I was not big enough to live alone. It’s very scary. I was feeling very helpless. I wanted to be with my mother, I could not exist on my own. But I could not be as perfect as she expected me. She wanted me to do certain things in the house and whatever but I was not as perfect as she expected me to be. I can be dependent on very little things.’

So I asked:
D: What do you mean by dependent on very little things?

‘First is money and different kinds of help. I need my mother for all different help in raising my children. I need her also for a hug. I cannot actually exist without it. I can be in all places without this. I cannot be in all these different places and different things which I have to do. Somehow I get confused. I need help from outside. I need my mother but when she is angry with me, I want her to leave me alone.’

D: Tell me about this.
‘I need respect.’

L: So can you see this I need to be independent, humiliation. What is humiliation? It is sense of - you have to treat me like something. I have some respect and this is the development which we see only in the Natrum line. So this word respect. I want to be independent. She talks about trust, she talks about not want to be a burden on somebody. I want them to let me be my way .. my way ... my choice. The way I want to be. This is all again Natrum line.
'I should be able to do things very much depending on how I am. ‘

L: ‘I am’ which is different to be different .. have you heard all this .. this is all coming from the Natrum line. That’s the way she is. ... she is okay and we respect it. I want others to say this.

So now you see the other part. This is that part which will explain why she needs an open window. So then I tell just describe this particular thing, this toy again. So from that I bring her again to the toy because I got some idea from her. Let me see. So she says it’s a glass bubble .. I can’t ask you all whether I am going too fast but I hope I am not going too fast. Generally in the seminar we can ask people am I slow or I am fast. Okay .. okay so I tell her describe this and she says it is an aquarium.

So I say:

D: Tell me little bit about this aquarium. And she says: ‘It is an aquarium.’

So I say:
D: Describe this? And she says: ‘It is a glass bubble.’

I say:
D: Now forget the glass bubble. Close your eyes just tell me what your hand is showing.
L: By now I knew there was something to do with Lithium line but it’s always nice to get a little more details and then she says it is a place .. I said very good. Just stay and spontaneously tell me go on doing this what you are doing with here and spend some time and she says ... it’s a very safe place. So can you see from an aquarium and a glass bubble. She is moved to a completely new dimension.

D: What else do you feel? And then she says: ‘It is a safe place for a baby or something.’
D: Tell me more.
‘It is a bubble, it is hug.’

L: So can you see what is a hug for her? Hug for her is the womb.

D: More ..
‘It is warmth.’

D: Please go on .. tell me whatever you feel ?
‘It is protection. It’s a border, it is scary.’

L: And when she was describing this what would you expect a person’s reaction to be? It’s such a nice experience, it’s a safe place for a baby. It is warmth, it is hug, it is a protection, common sense tells us she has to feel very blissful. But this was not the case. She said ‘It is border, it is scary’ and she starts crying. This is peculiar, this is very peculiar when you are talking about something so beautiful. Such a spiritual experience, why is she crying and then she says ‘This is attention’.

Can you see all the words she used, ‘I need attention, I need hug, I need warmth. Suddenly they all crystallize with this one gesture.

D: Tell me more
L: She keeps crying and she says ‘It is tender’
(Just some arrangements).

D: So just be with this feeling, the experience and then she says,
‘It is not born yet’

L: And she starts crying. I said:

D: What do you mean by not born yet?
‘The feeling one has before the delivery and it is not there. And it is not there after he comes out.’

D: So tell me about this.
L: And what was very important is I am making a note that she is crying but I don’t know what to... Off course I made some sense of it. But I wanted her to speak about. But this was a very nice case. That is why I am showing you this case .. this is very illustrative one because all that I told you off course you see the patient has spoken in her own language. So what happens is suddenly she opens her eyes.

‘It reminds me of a vogue magazine.’

I said:
D: What?
She said: ‘... vogue magazine. I read something very horrible sometime back.’

L: Now can you see this is a 2\textsuperscript{nd} association. First one was of the toy which she had seen when she was traveling in America and then now she talks about a magazine, something horrible. What is she trying to tell? It is her sub -conscious mind which is connecting to something else which is her experience which she wants to share which came up spontaneously without her wanting her sub conscious mind. So then I tell her:

D: Yes tell me about it.
L: So I thought it was reasonable enough to shift. The case taking has to be very smooth. It doesn’t have to be very pushy. It has to be very gentle, very gentle. It has to flow and you have to flow with the patient. If the patient doesn’t want to go deep, we have many many alternatives, many paths ... more important is to go with the patient. So then I ask:

D: Tell me what did you read in that vogue magazine?
And she said: ‘It was about a little girl dead, thrown out on the streets of China in garbage...’

L: And this was very touchy. It was about a little girl dead thrown out of streets of China, in the garbage. This is her experience. ‘My situation ..’ this is the 2\textsuperscript{nd} line and she is still crying. Can you imagine now why she was crying , ‘thrown out ..’ have you heard this word thrown out in the history.

‘My mother thrown me out of the house.’
My situation was coming out of a place which is very similar. I am very vulnerable.’

L: Now this vulnerable is again something very similar which you see in Lithium line. ‘You can’t protect yourself, it’s a kind of certain death.’

L: So when you are thrown out, for her it means you are so vulnerable that death is certain. So you can imagine her level of development that if you are thrown out, you can die. The world ..‘There is a world of things going around you. Everything around you is lethal for you.’

L: This is what you hear from Psychiatric patients. ‘Oh somebody is dangerous. Everybody is there out to kill me, to finish me.’ And you feel why this patient talking like this. But this comes from the experience of something similar. May be a different remedy whatever it be. But this are the sort of things that come up.

‘Everything is lethal, everything is dangerous. It is dangerous because she is not ready to face the world. It’s like a small baby dead thrown on the streets of China in a garbage. Everyone around you is lethal for you.’

L: It’s not that they want to kill her but it’s like a baby whose barely surviving and anybody coming close and even breathing close to her can kill the child. The one who nearly to be in the incubator. It can kill you and you have to be very careful in this situation she says. Not to let anybody touch you or destroy you. So even a touch can destroy. And any way you are not going to succeed. The final truth is that you are any way going to die. So I’ll repeat.

‘There’s a world of things around you. Everyone around is lethal for you. It can kill you. You have to be very careful not to let them touch or destroy you and anyway you are not going to succeed.’

L: This is Lithium - a premature baby, almost dead, barely surviving, everything is lethal. Even a touch can be dangerous and otherwise also the chances of survival are too bad. And you can see the amount of clinging in her but there is
humiliation. There is respect. My way, to be different. I want to stand on my own feet and this is the other story.

D: Coming out of safe place, what is the experience? She says that: ‘You are very vulnerable. There is certain death. Everything around is lethal. No one should touch you.’

L: Then she talks about her issues with her husband. ‘Right now she says I came to you also for a specific purpose that I have a lot of issues with my husband. He protected me.’

L: Can you see the same story as was with her mother. ‘He protected me and I was thrown out. He would lie to me. She talks about keeping priorities, lie to me and then I felt a lot of humiliation. I don’t want to be a burden on him. I had to be perfect but I destroyed it with my imperfection. So there is a big sense of imperfection in her. I didn’t trust him and that’s why I am disappointed. I was jealous and so he would lie to me but when he would lie to me, there was a kind of humiliation. I was not ready to be in a situation where I don’t know anything. It’s like because she was so mistrustful what he is doing, where he is going, who is he meeting. That she became very very paranoid and I have to know if I know I can make a distance between me and him.’

L: Another thing which she told when she was a child was: ‘When my mother threw me out. I just wanted to go away. My mother would take me and take me to my grandmother’s house and tell me to stay there. I didn’t want. I wish I had a small bag in which I could stuff up and I would go away and live in some forest.’

L: Can you see what sort of naïve simple thinking. If I had a small bag I would put my stuff inside and go away into some forest. This childish, naïve type of a talk and then she has recurrent dream of falling. I have this on video, I cannot show. But you have to see that why am I saying this right now. Just to tell you how many symptoms, everything they have talked about ... you have seen in this case. She says:

‘I am somewhere high. And I fall down or my leg slips, I fall down.'
Finally I panic when I don’t know things.’

L: So here you have glimpse of tendency towards alcoholism, severe panic, severe clinging, Schizophrenia and the patient did very very well on Lithium muriaticum. Now this Muriaticum needs space, they need openness. This is why though she talks about her migraine, the modalities she wants to be in a dark room, wrapped up, she needs open windows. You know this suffocation. The need for open air you see it in Magnesium mur, Natrum mur.

So the moods were stable, the mood swings became less. Her mood swings, she said I have a lot of emotional swings. This is also a little bit like Bipolar which can happen because Lithium is in the 1st column. Her dizziness improved. What was important is she did not talk to me about one symptom and on the follow up she came and she said to me:

‘I just want to share with you one thing more that before in my migraine I used to get vertical hemianopia which I didn’t talk to you about and that also improved and then she was curious and then she went to this Homoeopathic Homoeopath who had brought to me and they checked out and which was in Jan Scholten book that Lithium mur has this symptom of vertical hemianopia. So we did not know this symptom but that also she brought to me and told me that this also was a symptom was there which went away because of the remedy.

(I think you should take over now some time)

RS: I think 2 -3 very interesting things of course your hallucinations of 2nd Row was very nice with all the various stages and the comparison of the fetal life and the birth process. When you described that Lithium is a premature, simply not ready for the world and Beryllium is the baby about to be born. Boron is the first contraction, Carbo veg is when you finally decide it is now we have to go out, there is no choice. Nitrogen is the process of coming out quickly. Oxygen to breath and Fluorine to separate and you hallucinated this very well. You gave us the common words.

3-4 important things what you said I would like to repeat. One is that the common themes of the whole row are found in nearly every remedy of that Row. So even in Nitrogen you will get the symbol of the womb and the safety and in
Lithium also you will get signs of I have to come out some point or the other. So you are going to get common themes, only where the emphasis or the focus is – is going to shift from Remedy to Remedy.

The 2nd thing that to think what is very important what you pointed out and I would like to emphasize that again is that we shouldn’t be mislead by words. Because you see if you take words for example: Humiliation, for example: respect, for example: hugging, for example: affection, for example: love and warmth, ... childish for example: I mean this could lead us anywhere could be words of 3rd Row.

So moment you depend upon the themes or the words then you are going to be really lost and confused and obviously you may come to a wrong remedy or a wrong conclusion. So where are we to put the emphasis? The emphasis has to be on the experience and in this case you brought out how beautifully the patient’s experience was one of being a foetus in a womb, of being unborn, of being not ready to face the world, of that Chinese baby that was thrown in the garbage. So this experience, inner core experience is ultimately what has to lead to the conclusion. I think this point is very very important.

Can you say something more about this?
MG: I can just agree with you. At this point that very often I see that the words are caught further and when you catch this word perfect, then you can go completely wrong. It is the experience which is the most important like hug, a simple hug would generally indicate a hug is like a Natrum line where the child would want to hug but the hug would have a completely different meaning out of in this particular. .. so I just agree with you. (Anything would you like me to continue a little bit)

RS: Yes please
MG: Okay. So what I see generally is lots of Psychiatric disorders. I would say Hydrogen.

Hydrogen:
Hydrogen is I see a lot of cases with Psychosis, Schizophrenia. It’s like they have not yet come. They just exit. They are very very weak in this and very vulnerable. So I see a lot of Psychiatric cases where you have I don’t see a lot of Hydrogen
cases but quite a few of them where I see them having severe major Psychiatric disorders like Schizophrenia. They completely lost and confused and their talk is completely bizarre. Not connected because their main sensation is of being lost.

They are not here. Very often they have Bipolar disorder also because Bipolar disorder is one of the main important representation of Psychiatric problem of the 1st Column.

What type of Psychiatric disorder one develops generally depends on which Column a person is coming from and also if it is not a Mineral Kingdom. Generally it is the miasm which decides. From the Miasm you know that if you have this particular illness, you might have, you know where to look and what Miasm to look. So the miasm decides the Psychopathology whether whatever the illness the person develops or the Columns in case of the Mineral kingdom. So lot of panic, panic is also one of the main presentation of the 1st Column because they have no structure. So they panic. Panic is like nothing is left. It’s like as if you are hanging down a cliff just hanging to a particular branch like you see in the movies and when it squeaks you panic because your survival depends on that one branch and if it is unstable if it is moving if it is shaky, it is for you like death. Like she says it is the end of my life. So whether it’s Kali which can panic, Natrum which can Panic. You see panic also in Hydrogen, you see panic a lot in the 1st column – Lithium.

Also you see a lot of Bipolar because they are extreme all or none, either complete or absolutely nothing. So when they are feeling completely nothing they can go into depression or they can get into manic phase. But here also if you go deeper, you get together all the symptoms of the Row. Also because Hydrogen being a gas very often they develop Attention Deficit Hyperactive Disorder but it’s a gas and a gas is very gassy and they are very confused and they have A D D which is Attention Deficit Disorder. off course they are very prone to alcoholism and other addictions.

It almost looks like I am telling about specifics but it’s I can’t help it. I have seen this again and again in my practice and it comes out. Lithium again as I told you has the same thing, Bipolar because it’s in the 1st Column – panic. Again they can have these Psychotic episodes because they are very very vulnerable and very weak and they cannot face the world.
2\textsuperscript{nd} Column generally have social phobias. You have Bartya carb, Magnesium not so much because they are too much repressed but otherwise Calcium is also very conscious of how people see them and the fear of being laughed at is also there in Calcarea. You will also see it’s very much there in Beryllium. So because this topic is also about the type of Psychiatric disorders you see. You see a lot of phobias especially social especially with people and how they are seen. They become very self conscious and they are extremely passive.

**Boron** this is the unsure, they are not grounded, shaky and this is not only in Boron you see this in Aluminium, you also see this in Scandium, you also see it in yttrium. But it will be in different areas. Scandium will say ‘I don’t know. I am very shaky, I am very unsure because about this job I am doing is not very uncertain about my job.’ This is not yet settled, unsettled feeling. It’s like Boron suddenly feels unsettled. The main theme is you are not grounded, you have no roots, you can fall, shaky and because of this very often these are the people who complaint of Panic disorder again. The 1\textsuperscript{st} Column and the 3\textsuperscript{rd} Column can have panic disorders and also very often they suffer from Obsessive Compulsive Disorder. Alumina also, Scandium can also have Obsessive but higher up have much more intense like the Obsessive Compulsiveness of Boron can be of trifles. Have I kept my things of this way or this way? Have I kept my specs in a proper way or not in a proper way? Over trifles you will have. Alumina will have much more ego strength. ‘Am I like Dr Sankaran or am I like myself?’ and then sometimes even create double personalities.

Now we are talking about Natrum line: you have this double personalities. I also have got a case. I don’t think we should talk but I can tell you in short like he created James bond and the boy came like almost Schizophrenic all the time talking. 1\textsuperscript{st} he was shy, under confident boy but later on he was talking to himself and he created James Bond and he was talking to him and it was like 1\textsuperscript{st} of all James Bond is my friend because it gives him a strength because James Bond can do. That’s why the movies run. He is capable of doing anything and everything and he can very confident, no hesitation about anything and so he created and with him as if he is his friend and he helped him face the situations of irresolution about his own identity.
Boron is... the Alumina will have this type of ‘Am I this or this?’ is usually the side way movement, this or this, this or this? Whereas Boron will have up and down, will go out or in, out or in. this is the movement, ‘Do I go out and face the world or do I stay inside and this is it. And they have Obsessive Compulsive and Panic disorder. Carbon – I already told you and Nitricum also has a lot of anxiety. In fact very often I have seen people mistaken. My first case which was with helped me with Lithium line was a case where the patient had got tons of Nitricum and finally I gave him Boron. Both of them have very many similar things. Very very panicky, both have issues with control.

As it is Dr Sankaran told everybody has everything. But both have issues of control. Suddenly you lose control, you don’t have ground. You want to be in control and this is what we know of Argentum nitricum. And we know of Nitricum also that they need to be in control and you can mistake. But there is a big difference and then Boron is also unsure of their bodily function because till then they were sitting like Beryllium. It’s the first time they have to move their body so they are not sure whether their body is okay or not. They are too conscious. Like every stage has consciousness of something. Lithium has consciousness of body. Natrum line has consciousness of family then you have of neighbour ... and they you know about the politics. And the area of functioning becomes high.

So in Lithium line, the area of functioning is about you, I am unsure about you. When you are unsure about you and another important theme of 3rd Column is investigate, this or this, this or this. So these are the people who investigate their body again and again and again. They are Hypochondriacs because they need to investigate. They are unsure of their body and their bodily functions whether they can function or not because the first time you are checking yourself. ‘Are you able to use your body or not?’ Before that you have never used your body.

And Oxygen is leprous which itself is a destructive process, lot of Schizophrenia, lot of panic, lot of Obsessive Compulsive, it has lot of Psychiatric disorders, lot of alcoholism, lot of aggression, violence, lot of everything.

So this is basically what we see.
And similarly we see in the Natrum line again as I said panic but in the Bipolar it has to do with love relationship. Very often when in Natrum you have that Bipolar. It is not that they are very excited when they fall in love here it is more to do with love relationship.

I had this one girl every time was a sort of this proposal, she was a very traditional Indian girl who was looking out for boys through some proposals and parents would look out for her and every time there was a proposal for her, the very thought she could get marry, she would go into manic phase and she could not marry. Because she was apparently happy and completely normal but once she would get a proposal, she goes to meet a boy she completely goes into a manic phase. She is singing, dancing and she is really talking too much and she surely feels she is crazy. How can I talk to this girl? That’s is because she is almost like feels elated after that and then the boy doesn’t want her and then she is into a depression.

So then this type of Bipolar disorder is seen in the Natrum line and that irresolution, wanting to ask for opinion, ‘Do I do this or not do this?’ Magnesium very often comes with Psychosomatic cases. As you known very well and you have heard it from Dr Sankaran that it is repressed, it is not allowed to come into consciousness but what is there in you doesn’t go away. It is still alive, it is still active and it works on your body and finally you have lot of Psychosomatic ulcerative colitis, Irritable Bowel Syndrome, Asthma and various; also they have generalized anxiety, free floating anxiety. It’s like they look, they say everything is alright in my life. I do not know why but I have this lot of anxiety. So this sort of because they are not connecting with it. They don’t know how to explain that particular anxiety there or they may have phobias especially phobias related to the death of their near and dear ones. And sometimes if it is associated with a salt with the right hand side, they might also be afraid that they might do something. What if I kill my daughter? What if I will do something? And then they might develop some Obsessive symptoms. But very often they might have insomnias. They don’t get up in the morning feeling fresh.

Alumina we already said Obsessive Compulsive but if you see Alumina there is already an Oxygen element which makes them prone to Schizophrenia because Oxygen is very by itself ... a very - has a Psychiatric problem.
Then we talked about multiple personalities, lack of confidence.

**Silica** again has social fears, stage fright, timidity in public, exam phobias, so mainly anxiety disorders. How they are appear?

**Phosphorus** generally I see more in children and they come with a lot of Attention Deficit Disorders and Hyperactive Disorder because it’s Tubercular and rebellious behaviour.

**Muriaticum** element is usually the one which causes lot of depression. You see a lot of because you feel neglected, dejected, disappointed in love. Of course along with all other symptoms of that particular line.

But **Natrum** line wherever you talk about them, the patient comes they come with emotional disturbances and there are issues with Parenting. They somehow or the other bring issues with parenting. There are the people who often go for counseling because they have these unresolved issues with their own parents and they don’t know what to do. Like for example Natrum is the one who is completely doesn’t have her own identity. She does did as a child, she was doing all what her mother would tell her .. this is a repetition I think, there is nothing great or different from what we have talked. Just a different way of saying.

So Natrum has no personal development. She is completely dependent on Parents. **Magnesium** will of course not tell but they will show indirectly, fear of losing but we know they feel like an orphan or the child without parents. Generally a Magnesium will never say she is an orphan or he is an orphan. This is completely repressed. But from the placidity, their need to please, they don’t want quarrels and their anxiety about losing people indirectly we come to know.

**Alumina** have controlling parents, they decide. There’s Moudy .. Claude and Moudy something it was a very beautiful movie. Generally when I show a case from there, I show that movie. How parents can control? It’s a very nice movie. So Alumina is controlling. ‘You don’t know, we know, you don’t know.’ So the child never develops that particular thing.
Silicea is where Parents are with high expectations too much of expectation, a conditional acceptance. You will be loved if you be a Doctor or an engineer or a scientist or whatever.

Now as you go to the right hand side, you see more of – animal qualities like oppressiveness like somebody is oppressing.

Phosphorus they have a feeling of being oppressed which is Tubercular and Sulphur is critical parents or scorning almost like ‘What are you, you are nothing?’ derailing, putting him down and he has the reaction opposite. You are nothing I am something and they will develop that pride in them.

RS: So an interesting question that you bring up here that many Animal qualities for example.

RS: In Nitrogen, Nitrates
MG: Ya

RS: We can say somebody is obstructing me, somebody is blocking me or in Phosphorus he can say somebody is oppressing me or in Sulphur somebody is criticizing me or humiliating me.
MG: Yes

RS: So expression is somebody doing something to me right?
MG: and more so up till the time you come to the Leprous, Syphilitic like Muriaticum, not so much, but in Oxygen you see a lot.

RS: Ya. So how does one differentiate there two?
MG: If you go deeper down the case, the issue will be of capability.

RS: Yes, yes.....
MG: You have to go too deep into the case, not just get caught up by the things. Like you saw this case where the girl is saying I am not beautiful. I have got vaginal infection. I am smelling, I am jealous. So this way if you can take, it can go mistake. So somebody is doing something to you but basically her problem is of
how to function, how to be capable? So at a very deep level it is there. It is not survival, it is not victim – aggressor, either me or either you or something. I think you can also put some light on this because as you go towards the Syphilitic miasm, leprous feels almost persecuted. And that is why you see a lot of themes and I show very often these cases of Oxygen and they simply look like Animals. But who have done very well. I see that there is the child like dependency, fighting with the parents, they cannot cope and hold. So though they present that my mother is doing this not allowing me to do this, but basically you see at a deeper level, it is their developmental arrest which they are not able to cope with. It is not really the survival out of the two and whose going to finish whom and so but it does make a little things.

You have to be careful. So miasmatically when you see that even in Plants or wherever I have seen when you have Leprosy miasm like in Ocimum sanctum cases I have shown sometime, sometimes so much because of this whole persecution, Schizophrenia. I get a lot of Patients with Schizophrenia and who are also referred by some other Homoeopaths or who have come, what have been taken treatment by others and very often I have seen them getting snake remedies why because they are talking about somebody following them chasing them putting them in corner and on this basis they give them without having really the whole issue of the Animal Kingdom and then Reptiles in particular but they take this persecution and somebody doing and they are following and being pursued and a lot of snakes are being pruned.

But, I see them either simply sometimes remedies like Oxygen or even some Plant kingdom like Ocimum sanctum or something like this which is Leprous miasm because persecution by itself is not Animal Kingdom. It is the miasm, it is the experience of how the world is relating to you. It’s like a child for me acute is like a child who can depend on others. This is what you have taught us. You are my teacher and you know this. And that like Typhoid: Carried desires to be. Why because they have trust that the world can take care of them. Panic desire is like Stramonium clinging to the Mother, why my mother can take care of me. But as you move to the right hand side, this basic trust starts getting eroded when you come to the Sycosis what I have seen in your still accepted by the society but I have to cover up my weaknesses. If my weaknesses are seen then may be the society will not accept me. Then after that you see definitely that you cannot trust the society so much. So the issue of trusts come up in Muriaticum this trust. Even
Bromatum, I cannot trust my parents for protection because they will beat me up or even to the God who can punish me. So when you come to the Cancer miasm by then already the forsaken feeling if you see the rubric maximum remedies you see are from the Cancer miasm because you feel I am alone and that is why they take so much on themselves because they cannot trust anybody. So Arsenicum also does not trust but that trust does not make it Arsenic. Not trusting, related to money makes it Arsenicum.

So trust by itself for me is a very important word for Cancer miasm. As I see it because you cannot trust, you cannot relegate, you have to do everything on yourself because you don’t believe people are there for you. Till then also it’s okay but beyond Cancer miasm it’s not only trust but they are doing something to you which is not good to you. By the time you go to Tubercular after that you cannot trust them but they are also oppressing me now. So there is an element of somebody doing to me by the time you come to Leprous miasm, not only can I trust them but they persecute me, they are after me. They will finish me. And then Syphilitic is finish where they are out to kill me. So when you come to Tubercular, Leprous, Syphilis. I think to have to be very careful because it has that flavor of Animal Kingdom. Now you can also probably tell some more, how you would see if it’s an Animal which might help us understand this part. How would you differentiate because this element definitely comes up, some body doing something?

RS: Like very simple example is in Mercury,

**Delusion that he is surrounded by enemeies.**

MG: Yes
RS: Right

MG: Yes
RS: And the **desire to kill** also

MG: Yes
RS: So I mean in Hepar Sulph also you will see that people are against him and they are doing things to him. These are Mineral remedies, not Animal remedies.
So one has to be very careful here. The main theme of course is in Mercury the theme will be that he loses his position.

MG: Exactly
RS: That is his main thing, he is like a very known my friend from England Misha Norland, he often compared Mercury with Saddam Hussain. He wrote an article ‘Mercury and Saddam Hussain’. So the idea of Saddam Hussain, who was surrounded by enemies is that he lost his position of power that was his main thing. It was not a comparison.

MG: Ya
RS: Whereas in an Animal it will be a comparison who is strong and who is weak. He is out to get me, I am out to get him. There is a question of structure, doesn’t come so much over there.

MG: True
RS: So at that level you have to compare

MG: So we have to be very careful and take the case much deeper before we come to this. Right at a superficial level sometimes what happens is we are already biased as soon as we start seeing the case and somebody doing they have already blocked our mind into thinking it’s an Animal and then we ask in that direction and our Case taking already becomes biased. So I think this open mindedness up till the end and see that there is a possibly that things may not be as seen initially. Can make a big difference I think.

RS: Ya so incidentally, you spoke about Survival, snakes and reptiles.
MG: Yes

RS: It’s a good
MG: Beginning

RS: To tell you that the book has come out finally ‘Reptile’ this is the book and like two volumes: volume 1 and volume 2. It’s co-authored by Meghna and myself and we are very happy to announce it here.

MG: Yes now
RS: Tell us little bit about the 3rd Row and what you see in it?

MG: 3rd Row, I think I already said that. Anything specific you would like to know because ...

RS: Give us a case example of the 3rd Row like you gave one of 2nd Row.
MG: That’s why I chose this because it has Lithium and Muriaticum but may be what I just talked I can. What I just talked about this case may be we can just in very short we can.

So generally, I see more emotional disturbances. There is a more emotional development. Of course, all the themes you have talked about. So as I see that Natrum line is the line of level of development of ego. So the ego develops during that time or what we can call as identity and we call it as being able to make choices and if we want to add just a little of course not confusing anybody. But if you see it from the Freudian concept if you want to say from the development of super ego, super ego is something which is above ego which is the strict part inside you, tells you the do’s and the don’ts part. They tell you no this is not right, this is right. You cannot do this, you cannot do this, you are suppose to wash your hands before food.

You are suppose to go on a Sunday to a mass. These types of do’s and don’ts is what Freud would call “super ego” and this develops in the Calcium line or Kali line. Because there is the time that where you see the right, wrong, crime, punishment. So if you see developmentally also there is “id” and that basic id is what Freud would call it as the identity or the source. Then we have the ego development and then we have the super ego development. I usually like to see cases with this particular, this super ego also and what’s happening. Most of the cases when we do which are not psychiatric its easy. We have to take the main chief complaint or whatever it is from the history and go deeper and deeper to the source. But to understand why the Psychiatric things happen is the dynamics between these differences aspects of the person. His ego if it is weak then the inside is strong.

So always this play between these two and the super ego this play will decide what is there. For example: How I see the Psychiatric conditions is if the ego is
very weak and your inside is very strong. Then your strong ..your inside can come very strong. So there is a pressure always the ego develops or the identity or this Mahesh Gandhi experiences pressure. What does this pressure come from ... the inside?

RS: What is inside?
MG: Inside is the other song. And that is triggered by something from outside. So generally what happens is there are some situations which mirror my inside. Let’s say I am Nitrogen. So I have a feeling I should not get stuck. I am in a narrow place. So if I go to a cave that can aggravate my situation. So when there is a pressure, I can experience anxiety. When my ego is very weak, I can get very a bit panic disorder. If my ego is not that weak but it is strong and it fights with the inside then you can get often Obsessive Compulsive Disorder. And when your inside becomes very strong, overcomes your outside then you develop Schizophrenia. This I want to just add which may not be a part of our thing but I want to tell this very important thing for one reason is we have this belief that Psychiatric illnesses are pathologies. I don’t think Psychiatric disorders are pathologies at all. All Psychiatric disorder when I say they are prone for Schizophrenia or when I gave you this example of this girl who says everything is lethal to me and I can die even a touch can kill me. This is not pathological symptoms.

When you are Psychotic it only means that there is no external reality to block your internal reality. We live two reality. One is the external realizing, the reality of outside. I am talking in front of this camera and you all my colleagues are listening to me. This is the external reality and then there is an internal reality which is my inner song. You have this day and night. In the day we live the external reality and in night we will have inner reality. The inner song is much more strong and that is why what I learnt from Dr Sankaran is to ask for dreams because dreams will tell you about the inner song much more because you are inside.

So what is illness? Psychiatric illness is nothing but if you have Schizophrenia it means that your inside has come out. You’re dreaming in the day light. You don’t need to close your eyes. You don’t need to have a night when you go to sleep to think that you are a King or you are chased by some enemies. Even in the day you start dreaming because your inside has no more filter. This filter
what I am talking is the ego. If your ego is not strong then all your inside comes out. When I go to sleep at night, my ego also sleeps. My ego is also weak, so my inside is allowed to come out. It is a sort of ventilation. So that is why dreams are important.

In dreams we come to know what is happening inside. It's like a hole through which you see your sub-conscious mind, the inner song. But when you are Schizophrenic don’t run away from those symptoms because they are very Lucid symptoms which will tell you about his inside story. Schizophrenia is nothing but your inside story.

RS: I didn’t fully understand what you are saying.
MG: What I am saying is there are two songs.

RS: I understood that much but what I am asking you is that there is a person suppose Lachesis.
MG: Yes

RS: Okay. One of them is Schizophrenia and one of them is not, right. One of them lives out his Lachesis story in the outside world .
MG: Yes

RS: This is the Schizophrenic
MG: Right

RS: And one of them doesn’t allow that Lachesis state to influence his everyday life.
MG: Exactly

RS: So he lives it inside and not outside.
MG: True

RS: So he is supposedly a healthier and a normal person in a way ?
MG: True

RS: In a way han .. So what determines what makes one Lachesis guy a Schizophrenic and 2nd Lachesis guy to be not psychiatrically diagnosed as one?
MG: 1st and foremost I don’t see so many Lachesis as Schizophrenic. This is some misconception which I want to clear because many of these snakes have got a lot of ego strength. They don’t break down so often. They can break others down. They can become gangsters and mafias and they can break down others. But they undergoing, they have a lot of paranoia but they are not psychotic they are like those politicians. They are really are somewhere strong within and they can put others down and they feel strong in their position now.

RS: I am talking ...
MG: This I am just giving an example

RS: You have a Hyoscyamus
MG: Exactly

RS: Who can be a Schizophrenic and a Hyoscyamus who is not a Schizophrenic.
MG: That is because certain life situations can trigger and bring that particular state outside. So there is a vulnerability if everything goes well you may not break down. But if you have situations which can be very stressful then it can break you down. Hyoscyamus is prone to break down. Like we say it has the night part, the Black and white. It lives much under the themes of ... the whole Solanaceae has lot of sub conscious. It is too much of dark. They see all this evil and dead forces and they are more into their particular experiences and they can break down. And so we see then also in children very often. But all will not break down depending upon the situation.

RS: Then the other question that comes of course is a commonly accepted in modern medicine. The idea of chemical imbalance and the correction of the chemical imbalance through the Psycho therapeutic agents.
MG: Right

RS: Often does show changes in their hallucinations and in their delusionary state. How come that happens?
MG: Yes. What happens is everything is finally chemical imbalance. If I am going to raise a particular book up then also there is a chemical imbalance. Some chemical activity going on into the brain. So like even if you see a Hypertension case, you will say there is some contraction and you have to this. So finally what
the chemical .. the outcome is there is breakdown. So these medicines can help you get back your ego strength. They help you to become strong enough from inside so that you can push all that is sub-conscious into the sub-conscious. Like I am living my inside, I am living my inside very strongly but by these medications, if my brain chemicals are made in a certain way I can push them back.

So I can be a little more in control of my situation. But this is only symptomatic treatment. This is not true treatment. So finally everything they will say in chemicals. This is not to see through only the brain and the changes happening into that particular system. But the truth is their inside has gone, the other song is stronger than the outer song. This is the truth.

So what we need to do is make that other song calmer and then he gets back into his balance where the outer song is much more stronger as you say the noise is from the other one. But when the other noise is too strong then you are Schizophrenic. Because it’s mixing with your reality then there is no connection between the two. So you are pushing it back into your sub-conscious. So these medicines only help you control these symptoms like every other allopathic condition and it gives you a sort of a reasonable balance.

RS: So the other question that comes in that context is that if the other song is very strong in Psychiatric illness does that predispose to a certain potency scale in these cases?
MG: It would be, it would be if the other song is very strong definitely it will have potency scales. But then there is a trick into it. Like when you say the other song is very strong. They may not live completely, let’s say the source but they are living at the level of delusions and the delusional level are very very strong. So ideally we would have to give them 1M or 10M potency but the risk is sometimes when their ego strength is not very strong and they are very fragile. If you give them a little higher potency, you can break them.

So our basic rule is like if they come for a some physical problem like migraine or something and they are living a delusional level, we prefer them to give 1M. I prefer in Psychiatric cases to go very slow because sometimes I tried following this and then you break down because that’s the other dimensions they are not strong enough to take it and do not have that much of vitality. So it’s better to start with a low potency and if they can take we can go higher because
sometimes you may break down. Somebody comes with a let’s say a little not so bad case of Schizophrenia, you can give them a higher potency, it might flare then.

RS: So what potency you normally give in these cases?
MG: Again it depends if it’s just an emotional disturbance. There are different types of Schizophrenias. There are some who are acting out aggressive, violent types. Like you are saying these snake remedies where there can be a danger to us or to the society and then to themselves who are suicidal, homicidal. Who can act out of their violence. Like Oxygen. There I would like to go with low potency.

Even so, me may say 15-30 whatever it might be and then build them up gradually. But then there are many Schizophrenia who do not do what they are suppose to do. So there are two types. One is people who do things - the act of commission and the act of omission. Act of commission is doing things they are not suppose to do. In such cases I will go with low potency but act of omission is not going out of the house. When he wants to go out of the house, so he is not doing what he is supposed to do. He is not socializing he is not going out, he is taking up his responsibility. He is shutting himself in the room then I don’t mind giving him. What will happen? Worse of worse first he will become a little more energetic but nothing will happen.

RS: Don’t want to precipitate
MG: exactly

RS: Something ya.
MG: So where there are chances I will give higher as it is he is in a borderline state of violence or something like this. I would like to go to a lower potency or even a panic in a case. If he is very panicky and I give a higher potency as it is he is keeping his balance. For me panic is nothing but temporary Schizophrenia. It’s like I am normal, normal, normal and suddenly its momentary insanity where you become completely crazy. It’s like outside, inside comes for a moment and again it closes in. In that particular moment of that panic the person is completely abnormal. So in that panic we have to study what exactly you feel and what you do and what’s happening to you? That is window to your inside but because of their good ego strength it is like a lid which is heavy. When there is too much of steam it blows off but it again comes in place and then the lid is in its place.
Whereas in Schizophrenia there is no more a lid to come up and completely living a dream life, living a dream state in your reality. I hope it’s not too much for you all.

RS: Even if it is too much they.....
MG: I am sorry

RS: They can watch it again in the archives and they can even pause and they can even do a lot of stuff with technology. They can even put in slow motion. The last thing I want to ask you because time is like getting short. From the way you described the Row 1, 2, 3 it does look like every Psychiatric illness can be covered by this particular 3 Rows. I am just saying it does look like.

MG: First three ya ya
RS: You have covered the entire gamete of all Psychiatric disorders ..

MG: But it is true
RS: Right ... and in fact we know that you and us, many of us we tended to use these remedies mostly in these conditions right. But I know that recently you have different ideas also and you see that recently you have different ideas also and you see that Plant remedies are also coming in a big way.

MG: Ya
RS: Can you tell a little bit about

MG: I think it’s a big story. I will take them also in a developmental point of view. Like you told me Solanaceae and I talked about it.

RS: So I would like you to tell how do you differentiate these 3 Rows 1,2, 3 remedies from Plant remedies.

MG: Plants are also has developmental; there are many primitive plants, developed Plants.

RS: Now at a more basic fundamental level how do you differentiate in a Psychiatric cases?
MG: It’s very true like..
RS: From ...

MG: Like in the Magnolia. Magnolia is completely not here yet. It’s almost like Hydrogen lost in the well known streets. Completely lost they are not here in the world. They don’t know where they are and they are completely lost.

RS: So how do you ...
MG: Similarly this Ranunculaceae you feel everything is penetrating their borders.

RS: How do you differentiate?
MG: It is the sensitivity

RS: So how will ....
MG: The main issue is sensitivity

RS: How do you say that?
MG: It is not capability. How will I do? It is like let’s say like Hamamelidae. Also it’s the one who will feel suffocation. I am a closed space, I want to break free. I want to get out of this place. It’s not so much with the ... they both have the capability

RS: Our participants for example: I even ask many times we have a problem. You say Hamamelidae is ‘I am in a closed space, I need to get out.’ Is this not what we said about Nitrates as an example?
MG: Exact exactly .. so both might have. But what you need to treat is like for example Hamamelidae is saying my life is becoming boring, I am putting too much on myself. I and my husband, I have to take care of her children. I have to go to work and this I think I am taking too much on myself and what is my life. My life is completely gray. I have no life. I am getting completely bored of my life. There’s no entertainment, there is nothing and everything is choking me, I am suffocated in the situation. So there is more sensitivity in this particular thing.

In Oxygen again, this one question I ask myself in every case ‘What if I treat will this patient improve? Have I to make him more capable? Have I to make him less sensitive?’ This is very very important question. I ask to myself and this really helps. Because though they may have .. I think this man needs to grow up he is
not not capable he’s not taking his life. He is fighting with his parents but still sitting at same home not going- out at all.

Cannot leave his own city at all. I want to make him strong enough. He doesn’t have any confidence in himself or is it the sensation if it goes away, he is going to be alright. So I think what you have taught me and I would say that finally it is whether it’s the sensitivity or is it the .. mainly the development part or the developmental arrest where capability ‘Can I do, can I not do?’ It is an issue of functioning. So with this particular thing I think I have to make him more capable, I will think of a Mineral remedy.

RS: Even though the words may be similar ...
MG: Completely same and will Pulsatilla not say like a child. Stramonium will say like a child. So how do we differentiate? So we are using this technique which we are talking of....

RS: Many of them have a problem between Stramonium and Lithium.
MG: Exactly

RS: Because both of them are very clingy and scared
MG: It’s time

RS: How do you .. How do you at a simple level how do you differentiate?
MG: Don’t ask me this specific question.

RS: Han okay
MG: Because I think we might get into more deeper things which may require a lot of time.

RS: Just an example
MG: It is the flight and fright okay. Let’s take the sensation of Solanaceae the fright, the black and the dark. This ghost ...

RS: So it’s basically
MG: The killing, the violence
RS: So
MG: This is the main. It is the sensitivity to this.

RS: Ya .. so it’s not the one aspect
MG: Exactly but the entire constellation of aspects that are determine what it is..

MG: Ya
RS: If you take one thing out of context, you are going to have a problem.

MG: They say child I am not capable. Even if they use the word capable. I am not capable is not enough at what point of the story. Is it the human story or at the deepest level when you go you see this particular theme as the most important theme. So though we make it very simple finally when we use it, we have to feel that patient. See what really that patient needs changes and improve otherwise we can make mistakes. So we have to be very careful. To me this is the best system I have. The deepest and the best system and I am very very thankful to you for it. But I would just like to caution that when you use it, don’t use it superficially. There’s too many depths. When you really understand and use it, you can use it effectively to really help a lot of patients. I want to Thank you. I would like to take this opportunity, I thank you.

RS: I Thank you for working with it, exploring it, expanding it., giving us your expertise in Psychiatric cases, how it is utilized? I think for me you have given me the maximum confidence that Homoeopathy and this system can be used in Psychiatric cases which is in itself a great thing. And really Thank you for coming and joining our discussion and it has been a very illuminating discussion.

MG: Thank to you too. It’s being a great honour to be on this show with you

RS: It’s not a show
MG: It is ... the Wednesday show.

RS: Okay, so I hope that the talk was as useful to you as it was to me and I say Good bye and Auf weidesen and Chao and till we meet again