

The Hippocampus kuda proving...
The Homoeopathic Story Of The Hippocampus
by Shukla Chetna, 1996, India

It was a unique experience for me to experience the behavior/disposition of the Hippocampus fish (the Sea-horse) through this proving done in 1996. I never planned it like that, it just happened. In this experience one objection can be raised that the provers never took the dose orally. This exercise was done to verify aphorism 284 of the Organon Of Medicine, 6th edition...

§284

"Besides the tongue, mouth and stomach, which are most commonly affected by the administration of medicine, the nose and the respiratory organs are receptive of the action of the medicines in fluid form by means of olfaction and inhalation through mouth. But the whole remaining skin of the body clothed with the epidermis, is adapted to the action of medicinal solutions, especially if the inunction is connected with the simultaneous internal administration."

What are important in any proving is the sensitivity and the inherent capacity of the provers to feel the substance in their being and their ability to express the same. As I understand nothing happens without a cause, and I feel and therefore say that the participants were destined to experience this energy in their being and their contribution of this experience must not be underestimated for want of logic.

Two things are needed according to the aphorism 284, one the contact with the skin and the simultaneous internal administration. In this experimenting with the energy of Sea horse the contact with the epidermis happened during the transferring of the contents of the medicine from one vial to the other. The simultaneous oral administration was kept at reserve although the aphorism says so. If there was no evidence of any effect in the stories of the prover, we had left a choice for ourselves to take it orally. But the proving proved it otherwise. I understood the use of the word "especially" in the aphorism. I there fore understand now that the action of the medicine is "enhanced" if administered both through the skin and also the stomach simultaneously!

I cannot resist the temptation of writing here that I was thrilled to have the Sea horse come to me as a patient during the proving, by chance. Was it just by chance? This phenomenon helped me make the necessary connection between §284 and § 138 of the Organon and the proving. I understood the use of the word "accidents" (Event without apparent cause, unforeseen course of events, happening by chance) from § 138...

"All the sufferings, accidents and changes of health of the experimenter during the action of a medicine are solely derived from this medicine, and must be regarded and registered as belonging peculiarly to this medicine, as symptoms of this medicine, even though the experimenter had observed a considerable time previously, the spontaneous occurrence of similar phenomenon in himself."

The Story of the beginning of the Proving

The fish Hippocampus was available to the world of Homoeopathy, when it swam its way to get trapped into the nets of the Indian fisherman in the sea close to Sri-lanka, the Indian Ocean, away from Kanya-kumari the Southern tip of India.

Surprisingly, this is the substance after which my father's efforts worked. I had given up on my hopes to communicate to the fishermen that I wanted the Sea horse, but he didn't. Somehow, fortunately, one fisherman got it for my father, who searched in the catch for the Sea horse.

The fish was washed in distill water and dipped in alcohol till completely immersed. It was crushed and filtered.

0.1ml of this filtrate was given 10 succussions with 9.9ml of alcohol to give us the 1c potency by me at Kanya-kumari itself. The subsequent potencies of the medicine were prepared in the presence of all the participants for the proving and each one of them did 3 potencies and that was the first contact with the medicine, through the skin. The medicine was prepared till the 30th potency. All were distributed the doses but nobody took the dose orally.

Only I knew of the substance and my proving experience is not included in the text.

Hippocampus : The fish...

A seahorse is a type of fish closely related to pipe fishes and belonging to the scientific family Syngnathidae. About 35 species of seahorses occur worldwide. The seahorse's scientific genus name Hippocampus is a Greek word meaning "bent horse." Depending on the species, seahorses reach lengths of about 5 to 36 cm (2-14 in.).

Seahorses are found in temperate and tropical waters. The long snout Seahorse Hippocampus reidi and the Northern seahorse Hippocampus erectus live in the Caribbean region of the Western Atlantic. The common Seahorse Hippocampus guttulatus lives in the Mediterranean Sea and warm areas of the Atlantic. The yellow seahorse Hippocampus kuda lives in the Indo-Pacific (the sea of Kanya-Kumari from where I got the Sea horse for proving). The Pacific seahorse Hippocampus ingens is the only seahorse on the eastern Pacific coast (found from California to Peru).

Seahorses are well camouflaged among the eelgrasses and seaweed in which they make their homes. A seahorse often moors itself in the water by curling its prehensile tail around sea-grasses and coral branches. The seahorse's small mouth, located at the end of its narrow tube like snout, sucks up tiny plankton and fish larvae.

Seahorses swim upright. Pectoral fins on the sides and a small dorsal fin on the back of a seahorse's body wave rapidly to move the seahorse through the water.

A female seahorse deposits 100 or more eggs into the pouch on the male's abdomen. The male releases sperm into the pouch, fertilizing the eggs. The embryos develop within the male's pouch, nourished by their individual yolk sacs. Incubation may last two to six weeks, depending on the seahorse species. After the embryos have been nurtured in the pouch and are developed, (it is as if) the male gives birth to tiny seahorses, some as small as 1 cm (0.4 in.) long.

The Human brain And The Hippocampus...

The Limbic System (components and functions).

In 1937 neuro-anatomist Papez discovered a set of interconnected brain structures that formed a circuit, which functioned as the brain's center for motivation and emotion. The system appeared to consist of a set of interconnected structure surrounding the core of the forebrain. Parts of the limbic cortex, another form the cerebral cortex located around the edge of the cerebral hemispheres, were are included in Papez's system.

Paul MacLean later expanded the system in 1949 to include additional structures; it became known as the limbic system in 1952. The limbic system is the seat of emotion, and is associated with learning and memory. In addition to regions of the limbic cortex, the primary structures of the limbic system are *hippocampus* and amygdala. The cingulate gyrus is also associated with the limbic system.

Originally associated with emotion, it was later discovered that the hippocampus formation and the regions of the limbic cortex that surround it function in the processes of learning and memory. Today, it is clear that the limbic is directly involved with emotion, and plays a role in learning and memory.

Early experiments on the limbic system demonstrated that specific limbic sites triggered emotion. Electrical stimulation of one region produced sudden anger, another rage, yet another, joy.

However, while the site of emotion was discovered, the structures of the site were revealed not to be hard-wired. Stimulation of the amygdala would produce fear one day; elation the next. In time it was discovered that both the hippocampus and amygdala plays a role in memory. The hippocampus is known to consolidate and store memory, and the amygdala is believed to have perceptual and memory functions.

In addition to coining the term limbic system, MacLean has also developed the triune brain theory. While studying the evolution of the limbic system, MacLean discovered that its evolutionary appearance is marked by the initial appearance of the cerebral cortex, and the development of emotional responses. The triune brain theory looks at the evolutionary stages of the brain and postulates that the human brain is actually three brains in one. The three brains of MacLean's triune brain theory are: the reptilian brain, the mammalian brain, and the "human" brain.

The reptilian brain includes the brain stem and its primary functions of keeping the organism alive. The mammalian brain resides in the limbic system. Its primary purpose is survival and preservation of self and species. Behavior of the mammalian brain is said to revolve around feeding, fighting, fleeing, and mating. For the mammalian brain there are no neutral emotions; all emotions are either agreeable or disagreeable. Through the mammalian brain mammals, including humans, feel pleasure when engaged in activities that enhance their preservation or the preservation of their species. Pain is experienced when survival needs are thwarted. From the limbic system's perspective all experiences are judged in the dualistic fashion of pain or pleasure. The limbic brain scans for differences; typically when one is found it is deemed a threat to survival. The cerebral cortex comprises the "human" brain and is associated with advanced functions such as planning, thinking, analyzing, and communicating.

The limbic brain can be seen as receiving its cues from the inside. Whereas the neo-cortex processes sensory information from the external world, the limbic system has, according to MacLean, a loose grip on reality. Temporal lobe epilepsy, resulting in limbic storms, produces the overwhelming feeling of experiencing truth. Without the reality check of the neo-cortex, the limbic system is capable of producing sensations of *deja-vu*, sudden memories, waking dreams, messages from God, even religious conversions.

Cingulate Gyrus:

MacLean states that the cingulate gyrus involves three distinct behaviors: nursing and maternal care, play, and audio-vocal communication. The three behaviors are exhibited by mammals which have a cingulate gyrus, and not by reptiles who lack a cingulate gyrus. The cortex covering the cingulate gyrus is an important part of the limbic system. Research indicates that it provides an interface between the decision-making processes of the frontal cortex, the emotional functions of the limbic system, and the brain mechanisms controlling movement. The cingulate gyrus communicates with the rest of the limbic system and other regions of the frontal cortex. Electrical stimulation of this part of the limbic system produces feelings that are either emotionally positive or negative. In general, the cingulate gyrus plays an excitatory role in emotions and motivated behavior.

Hippocampus:

The hippocampus is comprised of rows of 40 million nerve cells. If the hippocampus or pathways to it are damaged the ability to make new memories disappears; its function is to work on converting short-term memory into long-term memory. The hippocampus is considered important for localization memory.

Interestingly, subtle clues into the physiological aspects of schizophrenia have been linked to the hippocampus. While still controversial, evidence has been found showing that the cells of the hippocampus that are normally arranged in an ordered manner, are grossly misaligned in the brains of schizophrenics. Such cells were seen to be rotated ninety degrees and some had their dendrites upside down.

Cellular disarray of the hippocampus as seen in schizophrenics is believed to be genetic, or the consequence of a viral infection in the womb.

The hippocampus in the right hemisphere of the brain is concerned with visual, emotional, tactile, and nonverbal memories. The hippocampus in the left hemisphere stores verbal and mathematical memories. Ultimately, the hippocampus stores in memories that are of emotional and motivational significance.

Amygdala:

The job of the amygdala is to discern the emotional significance of all aspects of experience. It adds color to thoughts and is responsible for the capacity to feel complex emotions like love and anxiety. The amygdala is extremely sensitive to tactile stimulation and is involved with memory. This limbic structure is interconnected with the hypothalamus, septal nucleus, and hippocampus.

Visual and auditory perceptual information is received by the amygdala causing an emotional influence on our perception and thought. Damage to the amygdala can cause a person to misperceive or fail to perceive societal cues that are emotionally based. Traditionally, the amygdala has been linked to violent tendencies and behavior. This association dates back to 1968 when three prison inmates had parts of their amygdala burned out with electrodes to exorcise their violent nature.

The basis for this was founded upon research that showed amygdectomy being capable of taming vicious animals. Its success with the inmates was insignificant.

Other Structures of the Limbic System:

Hypothalamus: The hypothalamus controls and monitors hunger, thirst, and the ability to feel extreme pain or pleasure. Being the most primitive part of the limbic system, the hypothalamus it is the source from which all emotions originate as raw, powerful, undirected feelings. This structure represents the emotional core of our being.

The hypothalamus is also closely involved with all aspects of sexual behavior: postures, ejaculation, and hormonal secretions relating to pregnancy and menstrual cycles. Differences between the hypothalamus of a man and woman indicate that the hypothalamus of females is more intricate and complex than males. Consideration of this fact yields insight on emotional gender differences. The hypothalamus is capable of exerting tremendous influence over the rest of the brain. Fortunately, it is normally controlled, in part, by the frontal lobes of the brain and the more recent limbic structures such as the amygdala

Septal Nuclei: This structure is involved with humankind's ability to form emotional and social bonds with one another. The septal nuclei also exert dampening effects on mood. By tapping into the emotional reservoir of the hypothalamus, the septal nuclei are able to exert emotional influence upon the rest of the brain. It is also interconnected with the hippocampus (thus likely to influence memory), and in some ways it serves to counteract the amygdala. Stimulation of the septum is known to generate strong feelings of pleasure.

The Proving Of The Hippocampus...

PROVER 1

Dreams: very vivid.

1: Marriage of a cousin who is already married. Lots of food is being served. I have taken the responsibility of serving the food. I was coaxing people to eat. Feeling: Happy.

2: I am conducting a class for the normal children on the request of few parents. Then I start teaching the hearing impaired (deaf) children also. The normal children in the class start behaving like the impaired children. Researches on why they behave like this. Parents of normal children threatened to stop teaching the impaired children. They threatened to stop sending their children to the class.

I woke up my husband felt angry, hurt and depressed that why these parents have to boycott and why can't they understand what these children undergo. I am trying to convince that any handicap does not mean mental retardation and these children will adjust with the other normal children in few days.

The dream was unusual. In the normal course I really feel very bugged if people don't understand.

First 2 days I was quite irritable. After that all right. Angry with daughter's result otherwise no reason to be irritable. Everybody remarked that "Why do you get angry?" My daughter has not performed very well so angry. Normally I explain her properly without raising the tone. But this time I used very strong words. I say why are you fooling yourself? Normally I tell her that it is her future and she has to decide about it. But this time I felt that after explaining to her so much why couldn't she become responsible towards her studies.

Last Saturday I became irritable with the patient. I told her that only if you are convinced that the medicine works, you start the treatment. After 10 days of the treatment she and developed giddiness and vomiting. She came to the clinic and said it was the medicine allergy. So I told her to stop the medicine if she thinks it to be a medicinal allergy. Normally I sit and convince the patient but this time I got irritated and stopped the treatment for 4 day. 1year back she had taken allopathic treatment and same symptoms had come up and it was told as allergy. Normally I try to understand what is making her talk like this. But that day I just got angry. I don't know the reason for the anger. Feeling: she was talking irrelevant

General mood is all right.

Sleep: excessive because there is lot of running around. Tiredness always had been there since past 1-1/2 months.

Thirst and appetite: no change.

Mood in marriage dream: very happy like the way I normally feel when I attend any marriage. I see a man who is south Indian and already married, marrying my friend who is a Bengali. They both are from different castes and have different customs.

PROVER 2

I did not take the dose the day when the medicine was prepared that night had a long dream. I got up only when my father woke me up. I could remember that I was dreaming the whole night. I woke up tired.

Following each day I would get up later than the previous day. I felt that I did not sleep enough and got up tired each day. Normally I feel fresh after a sleep of half an hour to one hour.

Pain in my legs, which I could even notice when walking. Pain started with the left leg then within half a day it came to my hands. With this pain I had difficulty while writing so during the case taking I had to stop the patient and removed the audiocassette and recorded it. Weakness in my hands and feet.

Felt very sleepy, as sleep was not enough.

On the 2-day appetite decreased. And it went down like hell. Ate only 1 or 2 chapattis. I felt that whatever I ate had turned into the gas. For 3-4 days I ate only 1 or 2 chapattis. Normally I prefer fruits with my meals but I did not take it during the proving.

Thirst: reduced. Normally I drink a lot of water.

Stool: irregular.

Flatulence and empty tasteless eructation's, that has now decreased since 1-2 days.

I had two dreams on last Thursday: I see a lot of blood. It is bright red in color. Three days ago I had a dream:

"I enter the house. It is not my house. I see the first room – and it appears familiar to me. I see lots of glass pieces down. I feel some disorder in the house as if house is being robbed. I see 3 men and feel that I have come to catch them. I try to catch but could catch only one person as it is very dark and I can see other 2 escaping. I cry out for my father " come fast".

And I then yelled in the sleep. My parents got up, switched on the light. They saw me crying in sleep. Normally I talk in sleep but since a long time not spoken in my sleep and in this proving I shouted. The feeling in the dream is that they are escaping and I have to catch them. They have turned everything in the house upside down and I am not scared about it. Just feel angry that they are doing such a thing. I wouldn't have been able to catch all 3 of them so I didn't run after the other 2. If I would the one I had caught would also have run away. So I decided to hold on to him and shout for help.

General mood is such that there is not much inclination to do work. Mischievous mood. Not serious. I feel I want to leave my practice and I feel very bored to do it. I feel I should leave everything and go out to enjoy. If my friend had called up I would have told him that we would go out and have beer. Normally I don't drink. I wouldn't have refused

Q: What you mean by leave the practice?

I don't feel the mood to do the practice. I told my father that I would stop the practice and sit at home. If my brother sends me a ticket I would want to go to Australia, Africa and come back. My father then asked me what if it is for 3 months? Take a break and enjoy. I am planning a trip to Pune and forcing my mother to book the tickets. On Wednesday there was no mood to come to the center but did not call up Dr. Chetna to say no for it. I felt why to go? Why to work? I did not have the mood to attend the discussion. Felt very tired and wanted to sleep, as I had not got enough sleep. I thought of telling her symptoms next time.

Weakness in legs is less since 2 days spent a lot of money like I traveled by rickshaw most of the time, which I normally don't do.

Flatulence is increased since 2-3 days. I feel whatever I eat has turned into the gas. Once or twice I had empty eructations in front of the patients and felt very embarrassed about it.

I am eating less and so my weight has also decreased and feels good about it.

Irregularity of stools. Stools are semi solid and sometimes undigested. It has become more frequent about 2-3 times a day.

Q: Embarrassed?

I would get the eructation very often. I would feel irritated that the patient is talking and suddenly you get a burp.

Spoke and cried in my dreams. In the robber dream, I felt surprised that everything is not in order inside and that I have to catch them I know. It is not my house but I know that I have to catch the robbers. I held one fellow tight and I see 2 fellows jumping but I feel that if let this one loose, one I had caught then all 3 will escape and I am yelling to my dad.

Normally I like cauliflower a lot but yesterday I did not like eating it.

Appetite: reduced. Normally I have craving for sweets but now it is decreased.

First 3-4 days I was feeling like I was having jaundice. Urine color was dark yellow. Appetite had reduced. Felt very drowsy and sleepy had headaches 2-3 times, which was similar to the ones I used to have in December. It remained for 3 days. I think headache must be a part of proving. I felt very weak as if drained out totally so thought of doing a test for this weak feeling. I thought that what if my Australian antigen comes positive?

Physically body tired out but mind is working well. I want to sleep and rest but can also carry out the daily routine.

I don't wake up in the morning. I sleep on my right side.

After I went away from the meeting I felt like writing. I was feeling very dull, but I had patients to see. I didn't have much interest as to what was going on, the dullness was increased since the past 4-5 days. Mentally everything is going on fine, all the work is getting done, but I don't feel like doing anything.

The leg pain and the cramps are: > pressure >Massage.

Pain in the small joints.

Constipated since the past 3 days.

Two days ago I had an intense desire to smoke a cigarette. I felt it would be something different. I wanted to know what it is like to smoke. Normally I hate smoking.

Appetite is bad. Normally I have an urge to eat non-vegetarian food in the month of Shraavan (the holy month of Lord Shiva which comes in August), but not this time. When I went to the aquarium I was feeling that we kill these fishes and eat them it is not right.

There was also eyestrain.

I don't feel like talking to anybody, when one of my good friends called up I was not talking to her

My aunt had come home and she was having problems with her son. My father was trying to find out a solution for the problem and there was some tussle going on. In the tussle my mother spoke a bit bluntly. I told my mother you shouldn't have spoken in that manner. I felt it was not right. I felt my mother was wrong so I should tell her, that she was very blunt. She couldn't accept the fact that I was telling her.

During the Ganapati festival my father ordered a very big plank for the pooja ceremony. I just fired him like anything and just blasted him. I told him you don't want our opinions, you do what you want, you should have at least asked us. I was very blunt when speaking to him. He felt very bad, but I didn't feel anything. I said sorry at night just for the sake of saying it. I had no regrets about it and I slept well.

The mood has been dull from the past few days; normally I have a lively mood. I was cribbing on my mother because she had prepared the daal very spicy; normally I like spicy food. I skipped the meal because the daal was spicy.

I want to leave everything and go away somewhere.

Normally I am anxious with respect to my patients if they are not well. But this time I am not so anxious. If a patient has got cough, she has got cough, if there is congestion, there is congestion.

I never blast my father like I did.

There is no inclination to speak to people. I want to go somewhere that is open, peaceful, calm, greenery. Where there is no crowd of people. I am constantly reminded of Vaishnavo-Devi Shrine (in the Himalayas) maybe because I have heard of it.

Dream no 1:

A very vague dream about dead people. I see vague people and they are dead.

Dream no 2:

I am going to meet my friend; at the gate I see a lady standing they're waiting for her daughter.

I have become forgetful.

Dream no 3:

I am going to the college; it is like a big palace like the olden type. The scene reminded me of the ancient city of Ayodhya. All the people are dressed anciently. There is somebody dead there and the last rites of the dead person are going on. Everybody else is enjoying; children are laughing and playing. Everybody is running helter skelter and people are trying to gather in one place. I see that the people are being killed. Even I am gathered with the people but I am not doing anything. It was a very long dream and it continued even after I went back to sleep again after getting up.

I was feeling very sleepy and very tired. There were a lot of empty eructation's and weakness felt more in the legs.

I was speaking to my friend and as I was speaking to her my grandfather got up, he had just got up some 20 minutes back. I told her that nobody should live so much. My grand father is 92 years of age; I told her one should die at about 60 years of age.

Normally I love him so much. I treasure that I have a grand father at this age.

Last week when my friend was talking to me, I just didn't feel like talking to him.

Q: What did you feel about Non-vegetarian food?

I told my mothers that don't you feel that we should stop eating non-vegetarian food. We are simply killing animals. I just didn't feel like eating.

Q: What did you see at the aquarium?

We saw the gold fish and it looked pregnant. It was calmly swimming. It just was saying as if I want to get away from here, I don't want to be disturbed; just let me do my routine.

Then I saw the water snake and I hated it. The tortoise fascinated me, which was multicolored. I liked the gold fish also. Then I saw some small blue fish; it was nice to see them. I was feeling very relaxed. There were many small gold fishes, a shark, and a sea horse. I saw the sea horse sitting nicely in a corner. The full tank was empty. One sea horse was sitting in one corner. It was like me.

Q: What did you feel in Dream no: 3?

I don't know why they were killing the people. I was trying to get away from the situation. They had spears with them and people were just running.

Last Saturday I just wanted to get out of my house after I came home from the orphanage. I told my parents at home that if somebody calls up tell him or her I have gone out.

That day I went out and walked till Khar. I went to my friend's house and I felt nice there

In the incident in which I blasted my father I was feeling so what if he is the head of the family, we also have say in matters. He was supposed to ask our opinion also. I wanted to voice myself and didn't want to keep quiet.

I was saying "I am a fish, don't eat me". You dare not eat me or else your stomach will get upset. If you eat me you have had it. I cannot concentrate on my practice or my work. I just am doing nothing. I am not tense at all; I am just not bothered. Normally if a patient calls up saying he is not well I get tensed, but this time if a patient calls up saying I am not well, I am just not bothered. I am not feeling anything about it. There is no anxiety at all, whereas I am an anxious person. When my grand father fell down, my father called me saying that my grandfather had a fall. I told my father to open my drawer and give a particular medicine and told my father that when I come home after 2 hours I will see him. I was not tensed at all. Normally I would have rushed home fast. I was pretty cool about it. I just want to go somewhere; I want to forget practicing. I am sick and tired of everything since the past 2-3 weeks. I am also not reading anything. Just before the proving I had decided to read a lot, but now I am just not bothered.

I had a set of new clothes and initially was wearing one dress or the other. I wanted to look smart. I wanted to present myself in a smart way in front of my sister's mother- in - law. I normally don't bunk my clinic but this time I also planned a trip to Pune. I just wanted to get out. I am not doing anything and also don't feel like doing anything.

Normally when a patient is speaking to me I remember everything that the patient says, but this time the patient had to repeat everything twice, I was not attentive. During the proving I gave 2 acute prescriptions that I normally don't.

I had a dream but I don't remember anything about it.

I was also telling my dad that since you will not change the generation gap will always remain. When the carpenter had come to work, I was getting the work done my way and was adamant about it.

I have developed a craving for salt and fried chips. I cannot tolerate spicy food.

PROVER 3

While we were preparing the medicine had cough and it is continuous till today. Feel scratchiness in the throat. Voices changes at times, sometimes becomes sharp at times. I have to hawk and clear the throat and have a sip of water, which relieves for a moment. At the same time there is pain in the muscles of the chest and abdomen and the sensation as if coming from the hollow tube drink a lot have water and urine frequency has increased.

Same night I had a long dream: I see my maternal uncle. I have never dreamt about him. He doesn't keep difference in household work. He is a big businessman yet when at home does household work like cuts the vegetable, irons his clothes etc. He just doesn't mind doing this and he is like this since the childhood.

On the 2 day morning on waking up had a severe catch in the ribs. Couldn't stoop. Walk stoop. I couldn't bend down. It was a lancinating pain the ribs. Felt I had arthritis but then this feeling went away. The whole day pain remained in the ribs. Pain in the legs. There was a body ache and felt all pain in the muscles. I would press it and it would hurt me.

On Thursday did not notice anything. Usually I like less salt and don't like pickles. That day I told the Peru walla to add extra salt, I am eating a lot of salt with the food since that day.

2-night dream: I have joined the college. I am doing BA with psychology. I think I need to learn psychology to understand my patients, as doing B.H.M.S. only is not enough. I am attending lectures sitting on benches with the students. I feel I need to learn psychology completely as in B.H.M.S. they don't teach anything and we hardly have any lectures.

Next day morning I got a catch in the left scapula and developed the pain. I could not move my shoulder. It was painful on pressure.

I am constipated. Normally my bowel movements are very regular but now no bowel movements at all. Just no desire to pass stool. Then I had to force myself to pass the stool and then could do it. Now it is as if my bowels are not under my control.

Cough in 2 paroxysms.

Second day constipated. Whole day no uncomfortable feeling. No eructations. Flatulence over the day but not noisy. (Cough in 2 paroxysms). Normally I can control eructations and passing of flatus. But this time I can't help it. If I have gas, I will pass gas. On Saturday had clear motion just before going to bed.

On Sunday morning woke up at 9.15a.m. We were expecting guests at 11 a.m. My mother told that if you go again to the toilet then take the bath. I have gone toilet yesterday night and it is only 8 hrs. Since I have evacuated so I will not pass it today. Today I did not pass the stool. I felt that the food must have been digested.

Since Monday the bowels are regular and today is Friday.

Appetite: gone down tremendously. It returned just yesterday. There is no desire to eat anything. I could have gone without eating lunch.

On Saturday a friend of mine came to meet me at the clinic. She is 29 year old and she is a homeopath. She is going to start her clinic. Parents don't have house of their own. They have spent 5 Lakh rupees. The father keeps telling her that I have spent so much on your wedding. So I tell my father that if at the age of 60 u can't stabilize then how can i. my father is not buying the house and is not showing the income or anything about the pension or the provident fund. She kept cribbing about her parents. I got bugged hearing this. I told her that if u can't help it then forget it. You will feel hurt what I tell you. I told her that it is up to them and it is their life so let them what they want to do. Whatever you are capable of doing you do. You can't help it. Rest is not in your hand so forget about it. I got agitated told that your parent's behavior is not in your hands. If your mother comes on the road you keep her. If you can change your parents then try doing it but if you cannot change them then keep quite. You cannot change their destiny.

About the patient who is given kali brom: Her husband has died 6-year back. She lives with her mother-in-law and brother-in-law. Her in-laws harass her. She does everything for them and they don't appreciate it at all. They treat her very badly. Every time I wait to let her realize that she cannot take shit anymore. But this time I took active role and told her that why are you tolerating all these? Probably you are enjoying it. She said what if in if in place of my mother-in-law it was mum own mother? I told her there is big if, and that she is not your mother and you don't have to take the responsibility to look after her as she is not your mother. Nothing is in your hands. You cannot change their behavior. You can't help the situation. Leave the scene. I realized that I should not have done this as a Homoeopath. I should have let her come to her own state.

(Cough) With my friend, he said he does not like talking to me, as I am not in good mood nowadays. But I can't help it. Normally I would take all the efforts to keep up my mood but this time I can't help it. This is my mood. If I have this mood then let me have it. If I am feeling like this then let me feel like this at that moment. Feel very depressed. No mood at all. He also pointed out that I was listless. I was doing everything routine and was not affected, but my mood is like that.

Pain in shoulder is still there. (Cough in 3 or 1 paroxysms).

I wore white dress. I put it up after many days. It was a total white dress. I like white color. I had a block wearing it so I had never worn it. The dress has short sleeves and is not stitched according to the way I would like it to get it stitched. But this time I wore it. I didn't mind wearing it. I had worn Bandhani dupatta (stole) with it. I also wore another dress which I had never liked wearing but this time I liked it.

On the 15th I prepared the medicine but took the dose on 19. Since I had handled the medicine on 15, I missed my periods, which has never happened. Normally I get my periods on time and it regular.

Mood: Listless. No mood to enjoy. Usually I get over such mood by watching television, or listening to music. This time I was not making any efforts for it. I was not watching television nor listening to music. My friend gave me 5 audiocassettes and I told him I have no time to listen it. I did not have the desire to listen it.

I had a tiff in the family. Normally I have good interpersonal relationship but this person is crazy and cranky. I am not talking to her. The mediator is making all the efforts and has been trying for it. I talk only what is needed. My attitude is that if this person does not wish to talk let her not talk. If she is happy like that then let her stay like this. Her behavior is not in my hands. One fine day she suddenly stopped talking to me. Normally I would sit with her and understand what is the problem. But this time I have not even bothered to find out what is troubling her. It is o.k. with me. I can't help it if she chooses not to talk. It is not in my hands. I can't force her to talk to me. I can't help it. I tried once to speak to her. Normally I bring her to talk to me but this time it is not in my hands.

Q: Why it is not in your hands?

I can't help it. It is her behavior. What goes on her mind is not in my hands. It is o.k. with me like this. Life is going on. Neither her life nor mine is going to stop because of this. In the social circle people may come to know about it and even if they come to know about it then it is o.k. as everybody knows that this person is crazy and cranky. It won't affect me. Her behavior is not in my hands. Every person need not change. I don't want to do because I know I can't change it. All this years I have tried doing it. Normally it would affect me. I can't tolerate friction. It would be difficult for me to stay with her in the same house. Normally I can't tolerate within the house. Now I feel it is o.k. If she is like that then let her be like that. It's been 3 years since I have tried to change her behavior. I try to bring peace in the family. I forgot her birthday. Normally I don't forget anybody's birthday especially of those whom I know very well. I forgot to get a gift for her. I wanted her to tell me that she was hurt. I wanted her to shout at me, yell at me.

Q: What did you feel?

No, I didn't feel anything personally. I can't help it. The birthday was on Sunday and I forgot about it and remembered it on Monday. I would have told her sorry normally. But it was not in my hands. I just couldn't remember it. No regrets about it. I told her in the rickshaw that I wanted to remember it. I planned all the preparations for the birthday. I had even got cake ready for her.

Q: About the white color?

I saw a Brahmakumari lady sitting next to me, wearing white sari and white blouse. I liked it. It looks so nice. This time it attracted me.

Q: What was the feeling in the dream of your uncle?

My uncle is not a conventional male. I just saw him. But he drinks a lot. I talked about drinking to him. He told her that though no desire when a friend coaxes me I say please not today I don't like it.

I started liking pav-bhaji very much. On the day of my fast I feel hungry between 4.30-5 p.m. and eat at about 5 p.m. Normally I can stay without food. But this I was feeling very hungry and I had to eat. I broke my fast. Normally I don't break my fast.

Q: Rituals?

I believe in God but personally I don't believe in rituals. I do exercise on waking up in the morning. I do it because my mother wants me to do it. She feels that if I don't exercise then, in the future I will become fat like my mami (maternal aunt). My mami is very fat and she does not fit

in the chair. I got angry on my mother when she asked whether I exercised or no? I told her that you couldn't think good things for me.

Repeatedly I would speak: If you can't help it, forget about it. Constant cough is present and it is troubling me. I went to apna bazaar and somebody told me about Petalca herbal shampoo for the hair wash so I changed my shampoo.

About phlegm, though I tell the patient not to worry if they swallow the phlegm as the acid in the stomach takes care of it, I personally don't like doing so. But this time I have been swallowing the phlegm and I don't mind it.

About the constipation: I actually had to force. Once I force, I could pass properly.

About psychology: I wanted a thorough knowledge in psychology because it is the main base of homeopathy and we have half knowledge about it.

On Sunday I had to go to somebody's house for the dinner. I was waiting and watching television. When I received a freak call. I thought it was one of my friend who does talk the way the man on the other hand was talking but he can't carry it so long. So by this time I was suspicious as to who is on the other line. I didn't know the person yet I was attracted to talk to him because it was fun talking to him. The person said his name is Raj. He asked me my name and I told him Rani. I was talking as if I knew him. It was fun talking to him and I didn't realized that I didn't know the person and that it was the freak call and just continued the conversation. Probably the proving? Conversation went on like this: Hello, How are you? What are you doing? Even I say what are you doing? The whole feeling in the conversation was, It was fun talking to him. I had guests at home and then went to elder brother's house and saw the movie Agni Sakshi.?

I feel this is not a valid proving. Everybody will doubt the authenticity. We are doing it for ourselves if others doubt it, it's fine.

Muscles of the face and neck hurt me.

I had read an article on "Healthy Living" .I have stopped oil, ghee consumption completely. But mother does not allow me. She said ghee is required in the diet.

I want to eat raw food. I always wanted to do it since the beginning, but could not do it. I like eating fresh vegetables and fruits. In my lunch box I carry boiled rice and boiled potato, tomato, cucumber, radish. I want the vegetables to be partly boiled in the pressure cooker and cooked without adding jeera (cumin seeds), oil and other masala items. I wanted to eat everything in the natural form. I feel that all vegetables have natural salt and sugar so by cooking the food quality should not be lost. But since we are habituated to eat cooked vegetables I will try cutting it off slowly. I like eating curd and salt. Craving for salt increased. At least I need salt for the taste.

Patient with ulcerative colitis is on medicine. Not registering. He is destined to suffer. I can offer him only palliation. I can't change everything for him.

I have this habit of analysis. Ego is helping me handle the situation, so I feel ego is fruitful.

I give spot prescription

Dream no: 1

In the dream I saw one of my spider patient and she is in a hospital. I try to go inside the hospital but people are not allowing me inside. I call up her son, but I cannot dial the right number.

Yesterday a building close to my clinic collapsed, it could be seen from my clinic. Normally I feel very bad. Normally I would have felt that if they knew this building is going to collapse then they should have got repairs done. I was feeling that they probably had to die so they all got together to die. They were supposed to die so they died. They cannot go against fate. I also told people in my clinic to remove the A.C and then let anything fall.

My mood changes are very sudden, this moment I am irritable and the next moment I am lively. If I have strong tea my mood will be ok.

The hunger feeling starts from the tip of my tongue till the throat.

Normally I am chilly and take a quilt as a covering when I sleep but since the last 2 days I am not covering myself because I feel hot and sweaty over my legs.

There is pain in the arms when sleeping on the left side.

Normally if I sleep in the afternoon I need 3-4 hours of sleep otherwise I feel groggy. Now after 1 hour of sleep I feel fresh. I am also not anxious that I may not get sleep in the night if I sleep more in the afternoon.

Normally I don't mind traveling by bus. Normally I don't have the anxiety of going to urinate. Normally if I don't evacuate my bladder, it's fine. If I have to empty my bladder it would be easy if I were going by train.

Usually I eat a lot of cucumber, beet, and tomatoes. Yesterday I had 2 green chilies with salt.

I don't feel like talking to people, normally I would peep in their house and talk to them. I have been prescribing a lot of "Drakshasava" (wine). I feel there is nothing wrong in taking 1 tablespoon of wine everyday.

I also had a pain in both my knees yesterday evening. The pain was more on the right side; it was a sharp pain on a peculiar spot on the upper medial surface of the knee. Last night I also had pain in my ankles, I was feeling that I have arthritis; the pain is more while climbing the stairs.

Yesterday I had developed a severe headache, it was on the forehead and the pain was more over the right eyebrow. The pain is not there now. I have also become sensitive to noise and have been sitting with one hand on the forehead.

Dream:

I saw one of my friends who I see has shaven his head and tells me look I have shaven my head. I tell him it looks nice and pass a hand over his head. It was a funny dream.

Since the past 5 days I am having my dinner with tea. I am eating rice with tea. I like more of Pav-Bhaji and also broke my fast because I wanted to eat Pav-Bhaji. I probably like it as it's mixed vegetable.

Normally I hate fruits and never eat fruits. Now I have started eating fruits, I am eating banana. Pear which I normally I hate. Now I enjoy eating fruits. I also ate fruit salad at a restaurant. Normally the only fruit I eat is banana.

I was dialing a lot of wrong numbers and the numbers dialed wrong were the ones, which I use frequently.

I feel everyone should not talk and get along with everybody. One should keep a professional relation and not a friendly relationship. Normally in a small fight I don't feel hurt, I forget about it the next day, this time I didn't bother to tell her I am doing a proving. I realized it but couldn't help it.

Normally I get along with everybody. She was making a lot of attempts to talk to me but I was not paying any attention, probably it was my ego. Normally I am the first person to talk and maintain a relationship. I really share a good relation with her but not now.

I have developed a craving for tea. I forced one of my patients to have tea in front of me and with me. Normally I don't such a thing. I don't take anything in front of a patient.

I did a funny thing at my clinic my brother's college professor had come to see me and I attended him later. I saw my other patients first and then saw him last. Normally I would feel bad, but this time I did not feel anything about it since he came late. I was feeling that I was trying to accommodate him then he should be on time. This time I felt he deserved to be kept waiting. I made one patient wait that had come without appointment, earlier I would try to accommodate the patient. I also told the patient that next time only if you come on proper time I would be able to talk to you. I put my feeling into action; I was feeling they should realize what they are doing. I need to put into action only then will they realize. Why should they unnecessarily trouble me and create a lot of chaos in my meticulous working. I was feeling they would only realize if they were made to realize so I made the lady wait.

Normally it doesn't bug me, but when this lady came to my clinic with lot of shopping bags, this time I got bugged. I don't like to see a lot of people waiting in my waiting room as it upsets me. Normally I feel the same thing but this time I put it into action, this was the change.

While watching I was feeling very chilly, it was also raining and I suddenly took a blanket to cover me.

I have got a catch in my floating ribs.

PROVER 4

Before preparing the dose I had started proving when Dr. Chetna told that she has the drug substance?

Last 3 weeks I was not in a fun-making mood. I was feeling dull. Never used to speak much and make lot of fun. I am much more sensitive. I used to get affected if I would say something to someone. Quite sensitive. During the proving state my friend told me that I am looking very dull. I am feeling very bad. I make of everybody and everyone laughs. My mood was low because that time. I cannot make lot of fun at the work place as I am a doctor and here I can't do because there are a lot of girls.

Nowadays when I am talking to anybody I don't talk to the point but normally I don't try to do so. I think I am trying to be deceitful. I think bad that why I am doing this deceit. I shouldn't have

done it. This affected me for 3 days. While preparing the dose I had pain in the facial muscles. It was a cramp like pulling from inside.

On Monday started developing aversion to Non-vegetarian food. It was o.k. if I didn't have it. I told my mother that we would eat a lot of vegetarian food.

I developed lot of pimples during the seminar. Usually I want friends to be with me and I feel very lonely. But in the seminar I was sitting alone and did not want anybody with me. I felt I could concentrate better like this. Even my friend said why you are sitting alone.

Desire to booze had decreased. If there would be a party the only feeling was that I don't want to drink that time. After preparing the dose all the pimples went off. One guy mentioned that you are looking very good. I had shaved that time. I was looking different.

On Thursday while bathing, I felt the skin coarse and rough on applying the soap. I thought is it the proving? Then it went off. After the dose was prepared I thought that it is not affecting me at all so I wanted to take the dose. I took the dose and felt very cool.

Before the proving I was feeling very sensitive. But now I feel unaffected and wanted to remain unaffected by the things around .On 25 In the morning I was feeling very dull.. I had aching in the joints as if I have exerted a lot. Tired feeling.

On waking pain increases as I divert thee attention. Pain decreased when I started reading looking out of the window. Whenever I lie on the sofa I sleep for 1 1/2 to 2 hours. I feel like sleeping while reading. When I wake up in the morning, feel un refreshed. Feel dull with desire to rest. Tired feeling, feel tired even while reading. In case taking, feeling very dull.

Normally I watch movies till late night but this time I wanted to read. I bought books on homeopathy by Dr. Jan Scholten. I wanted to know more about homeopathy. I asked for books on snakes to get better knowledge.

Dreams: There is a big doctor's seminar. It is in the dark room. The sitting arrangement is very vague. But it is o.k. I see a guy whom I know. He is practicing both homeopathy and allopathy. He has a very good clinic. In the dream I see that he gets the national award for the remedy he had given to the patient. The big doctor says that he should be well awarded. I was feeling bad. I feel that we trying so much in the best possible way but we never receive any such things. Whether we are successful or not it just does not matter. I feel that this person is practicing allopathic and does a show off for homeopathy and he gets the award also. We work hard and get nothing. He puts up a show and gets the award. In the dream J and R (my friends) are telling me to come back soon. They are not dominating but said it firmly. They are telling me with a frown as if I am always late. In the dream I feel why they are telling me like this? Normally I go and come down everyday. I see that K (another friend) is standing there and wasting time and these people are telling me. The scene changes into my clinic I see a patient who is private nurse and she was in depression. She had collapsed. I went to some other place and took B.P. instrument. E.C.G. well taken. CAT scan was required. I call this Dr. who had come in my dream. He was all decked up. He came with a mobile. The patient's relatives were impressed. He started talking about money to me. I am not emotionally attached to this person. He started talking big about money. I have never spoken to him about money matters. I feel why is he speaking like that? Is he trying to impress? I feel he is doing so to snatch away my patient. I felt very bad for having called him to see my patient. I felt I should have called an M.D. I feel that the patient might get attracted to him. But this Patient is very faithful and many people at the place where she works are my patients. Then the whole thing gets changed. Feeling: Unaffected. I feel that

whatever has to come to me will surely come my way. You just have to work hard and you will get it. You just have to work faithfully. It is the destiny.

Dullness. I have pain in the joints. The pain is as if I have worked very hard and I can't get up. The pain was similar that in Rhus-tox, as if exerted a lot.

A Patient who was on the allopathic medicine, I wanted to put her on homeopathic treatment. He said what you give. I feel that he being an allopath does not know much about homeopathy and he is trying to snatch with me. I feel it is very unethical. Ethics were coming for a lot a lot of time.

In the dream I felt that I have called him and he should not snatch away patients like this. We are working so hard and we don't get benefit for it. It is not for the sake of money but I was his friend and I only trusted him so that I would be put to loss. If a true person gets it, it is o.k. I had called him up and told him that he should not have done like that.

Whatever I used to speak in the evening I would get that in the dream in some or the other form.

One Dream: I want to go to the clinic at 5.30 p.m. and I am not getting rickshaw. People before me are getting rickshaw. I am running from here and there and it is 6.10p.m. Whenever I go to catch a rickshaw someone else would come and take it away.

I have planned a party and have called people home early so I finished my clinic early and waiting for a rickshaw but not getting one. I have to reach early and meet people and everything is getting delayed. My interpretation: people are snatching away rickshaw from me that is similar to the feeling in the previous dream where I felt that the other doctor was snatching away my patients from me.

Physically better.

Mentally unrest. No restlessness.

Dream: There is a small room like a seminar room. This place looks somewhat like Apna bazaar (supermarket). I have not parked my bike properly so I give my bike keys to my brother to park it properly. I have to take the bike so I start searching for it. I go out but don't see my bike. I see 2-3 other bikes and also my brother's bike but not mine. I think whether I should take a bike from there? Suddenly someone opens the door and I see a hefty guy coming. I tell him that my brother's bike is here and I had come here to see the bike. I think that my bike must be in the hall premises so I go there.

Feeling: That man might think that I should have searched in the hall premises.

Sensitivity has increased. I go to my friend's place to booze. His parents are not here. But after the proving no desire to booze or go to his place. Total aversion to booze. Normally I go there daily for half an hour. But this time I can't go over there at all. His wife tells that they should not sit to booze but she cannot say so in front of her brother-in-law. So she told me this and I was much affected by this. Normally I would take it lightly. I can't tell his brother not to booze. I felt that now I should not go to his place. I felt that why was I told this as he sits with so many others also. He sits with everyone for 4-5 times in a week. It was as if I am the culprit and I am making him drink. It is as if me who is instigating him to drink. I felt very hurt by this. I am not the only one with whom he drinks. He goes out with many others also and drinks.

At home I am affected if something goes wrong I usually get angry and irritated with the happenings and feel that it should not happen like this but should have happened the other way. I would feel that it's all happening by the others from the family. But this time I am playing it cool as if unaffected and indifferent to the happenings.

For 3 days did not speak to my parents. I just kept quiet. Normally I would feel irritated. But this time just kept quiet. I felt that parents tell you something but do something else on your back. Normally I try to understand my brother. In my family they tell me their difficulties and I advise them. If they find it ok then they take it and apply it. I felt that parents speak something on the face and something else on your back. I had a dialogue with my friend for 2-3 times. I told that if there is a problem between you and me then it is better that you get hurt, I don't want to feel hurt. Let me be on the better side. If anything goes wrong let it affect you and hurt you. Why should it affect me?

If parents say anything then I would say them directly on their face. No fights. Whatever problem one has one should speak it out.

Two days ago my brother exploded. My brother told and it did not affect me much. Normally I would feel hurt that what did I say but this time felt that it happened, as it had to happen. As if I am expecting these things to happen so it did not affect me much. It does not come as a shock or a surprise to me. So I am cool.

In the first phase I would feel scared and not want this person not talking to me. That person said that he did not want to speak to me. This time I said ok if he does not wish to speak. It was as if I had expected this so it did not come to me as a shock.

In the second phase I would call up that person. He did not want to talk to me. It was expected. Now I know I can take it. It has to happen so it happened now it does not affect me.

I told my friend about a patient who is 20-21 year old. He is a freaky kind of character and also a very rich guy. I told that this patient's western blot would come positive. He said that how can you be so cool about it. It is a matter of life and death and you are totally indifferent about it. You are behaving as if nothing has happened. Someone is going to die and you are just not affected about it. I was very indifferent and cool about it. It does not affect me. This has to happen so will happen. Normally I would feel that oh what has happened and let me do something about him.

I was unaffected and cool about things.

These things have to happen so will happen. Things don't come to me as a surprise. So I am not affected. If things come out of blue then you are surprised.

A patient half an hour before the appointment time? I knew that she was not going to come so I was not affected by it. This thing is going to happen so why be affected by it.

Forgetfulness. The person is in front of me but cannot recollect his name. I used to forget to put up my zip. I would just go out and not realize it. This happened 10-12 times in a week. I thought why am I forgetting? I did not feel any embarrassment. One boy pointed out about this so I told that it is fine. It happens. People don't say anything about the shirt buttons if they should say about pants. It happens so what is the big deal about it.

In the first phase a lot of flatulence. And a lot of gurgling in abdomen. It is not a proving. In the second phase I had frequent stools after the lunch. Bad urge for the stool especially after the eating.

I was getting irritated with people driving the vehicles. Suddenly they would come and take a turn anytime and don't consider anybody on the road. I would go in front of the car and drive slowly. One bus driver gave me an angry look. But I was cool about it. Whatever has to happen will happen. I felt what could he do to me? He cannot get down from the bus. I felt that why is he troubling others? I was cool about it and not anxious that he would knock me off. In the past incident a truck driver wanted to overtake me I went slowly and the truck driver went on honking.

I felt that all the people should not laugh at one person. If I am making fun with that person then it is ok. Everyone should not laugh at one person I cannot take it. One to one is ok.

I felt that I should reduce eating non-vegetarian food. I take vegetarian food more. I always felt that I should not take more of non-vegetarian food but could not leave it but this time I had developed a bit of aversion for the non-vegetarian food. Meat is not good for the health.

Desire to eat and drink has reduced. Smoking has increased on the higher side.

Basically I cannot be harsh to any animal like ant, cockroach. I tell my bhabhi(sister in law) to kill it. I hold it my hand and ask her to kill it. I will not kill any creature. I was discussing vegetables. I eat a lot of vegetables.

May be I am meeting friends a lot.

A female came to me who had done psycho aromatherapy. She said that vegetables should be taken in the raw form and not boil it or cook it. Feeling that non-vegetarian food restricts your thinking and functioning.

A patient came. She had to go to the church. I said if you could go late it is ok. I take so much time I cannot help it. I did not charge her. She said, I was doing well for homeopathy, it did not affect me.

My whole month's earning is spent this time. I bought shoes etc. Today I have to give money to someone else also.

I feel that whatever is happening to you, you have to verbalize it. Be vocal if you don't want anyone to take your advantage. You have to speak out it may be anyone, your parents or friends otherwise they will take your advantage.

A patient died. If she has to die than it is her destiny. I am not much worried.

One of my patient told me that I should have come to you before, to which I replied that now must be the time to come and whatever happens it's destiny.

I then went to my friend's house. One of my patients had taken allopathic medicine and normally I would have been irritable, but this time I took it very coolly and felt that let him take allopathic medicine. It had to happen and it will happen.

When it came to cook food at my house my response was make anything I am not worried. I was feeling that if I am not tidy it's ok. What to do if I am not tidy? It doesn't matter at all.

While riding my bike I was always ahead and my constant feeling was that the other people shouldn't go ahead of me. I was feeling that I was one up on them. They should not have the feeling that they are ahead of me. I was going ahead of everybody and I remained ahead the feeling was that I only should be ahead of everybody. I don't want to put anybody down, but I want him to know that I am somebody. I do it very coolly, not in anger. I feel that my irritation has gone down. 2 days ago I was getting irritated and abusive but then felt that I should let it go and felt that let them do whatever they want to.

My friend was telling me that he is depressed, but I felt that I was not at all affected by what he was talking. I have become a bit dull. I feel there is no connection.

I am losing a lot of things. My dad gave me RS 500 before my sister-in-law and I don't remember at all that he had given me money, I was totally blank, and it has never happened before. I don't know where it is. I am feeling that it was supposed to get lost so the money is lost; there is no point in searching for the money, if it's supposed to be found I will find it. It was supposed to get lost so it got lost.

Deepa gave me a dose of Python and I don't know where I have kept the dose. I am totally blank about where I have kept that dose. I lost 2 things in 1 day.

The day before my father lost his drawer's key; he keeps it in a particular place. It's the first time that the key was lost. The other day at night I kept the medicine on the table and my father cannot find it in the morning. I cannot understand what is happening. My sister-in-law lost RS 200. In the past 15 days we have lost at least 5 things in our house and I relate it to the proving. My father is very particular, he usually finds the thing that he searches, but this time he couldn't, even I am very particular about things.

Dream no 1:

I dreamt this one on the day before. There was a girl who was my father's best friend's daughter and she used to come to our house during holidays and we used to enjoy.

In the dream I see that she is murdered, and she is wrapped and put under water. I was feeling that have I murdered her? There was a fear that somebody will catch me. Then I see an old lady and even I am under water.

I couldn't sleep thereafter. The dream was very vivid. In the morning I got up feeling tired as if I had worked hard.

Why I am not trying to be friendly with these people I can be friendly with them but cant be. I feel there is a block between them and me. I was feeling that they are a bit higher than I am and so I am not able to speak to them.

One of my friends was depressed. He usually tells me things that I am sensitive about. This time I felt like telling him stop it. It's your problem; you handle it on your own. I told him that you can handle your own problems, and he is my best friend. I was feeling why cant he handle his own problems, I have my own tensions. I don't want to involve myself with his problems. After that I got a headache. I don't want to be with them, my friends I was feeling that you people are different and I am different.

There is a friend of mine to whose place I go very frequently. His wife is very close to me and regards me a lot.

In the dream I see that I am alone with my friend's wife. They have bought a tape recorder. She takes me to a room and she wants to hold me and seduce me. It is as if she is trying to tease me. I tell her what are you doing? Someone will see us. Then I see 3 brothers coming and they are drunk, one of them looks at me as if there is some problem between us.

Q: What do you mean by whatever is happening let it happen?

I am cool about things; maybe I don't want to get tense. I feel that parents want to get things done from us, they think we are still small. They won't tell the things directly to us, but will tell my brother etc. they will beat around the bush but will not tell the person concerned directly. They get the things done in a deceitful manner. I don't want to keep relation with them. I just don't want to talk to them. I don't show this out, but whatever they speak I just don't want to listen. I don't even sit with them. I am feeling resentment towards them but don't show the feeling. I feel I have my own problems, you solve your problems and I will solve mine.

Q: What do you mean when you say it will affect you?

I cannot explain. I feel that this is all destiny; whatever is going to happen it will happen. The same way I told my patient; you had to come to me at this time. You couldn't come to me either sooner or later. Just leave everything to destiny; we just have to work hard. There are some things in life that you just cannot understand; there is some force, which works. I don't want to use the word Almighty but you leave it on that and still do your work and therefore you are not affected about it. You know that this invisible force will do the things, even though the things go wrong I am not affected by it.

Q: Almighty, means?

Destiny. Fate. Whatever is going to happen that will surely happen. It has to happen and it will happen. It is fate. Almighty the god is maybe an excuse to get away from the worldly responsibilities.

Whatever you do one cannot do anything like you have a child and he grows up. When he is 18 years of age dies in an accident. You cannot do anything, it is destiny, you have worked hard, and you cannot blame yourself. The child was supposed to die so he died. Whatever had to happen did happen.

At present my niece is not keeping well, and I have to do something for her health. Even after doing things for her and something happens to her then I feel it is not in your hands. This was supposed to happen and it happened. It had to happen at that moment and it happened, you couldn't help it.

The feeling is, do your work in the right way. Do your work sincerely; even then if you are not getting what you want like name, fame, but at least you will be happy.

I was feeling that if a patient is supposed to come to me would come to me. One of my patients died I was feeling sometime or the other one has to die. His time for death came and he died. It is his fate, his luck, and his destiny.

During the proving I have been eating vegetables like anything at a time I have a bowl full of vegetables. I have been eating a lot of Lady's Fingers. I am eating less of meat. I am enjoying eating vegetables (looking happy).

During meals I was feeling that I should eat all the vegetables, but was taking very little of meat.

I was also feeling that people trying to control themselves a lot end up having a lot of problems. My friend also tries to control a lot. They want to show that they are not affected, but in fact they are affected a lot. They are very sensitive inside but make a barrier. I feel that they should understand the problem in the right manner and then react accordingly. You need to break free, if you want to hit or abuse you should do it. They have to feel what is right and what is wrong, why let the world feel that we are very good.

If you have felt something and you have responded, then there is no suppression of expression. You should vent out your suppressed feelings; becoming sophisticated doesn't help at all.

There are people like Seshan and Khairnar who also have a control, but they are very outspoken and will directly retaliate, people will say they are strong. But by controlling emotions people will not say you are strong. By showing your feelings you are strong. I was telling my brother that he should tell the parents I don't want to live like this. That way you show you are strong. Why let anyone take undue advantage of you. You should speak it out in a nice manner so that the other person should not get hurt. You should say it in a friendly manner.

I feel that you should also ask the other person what he feels about the situation. By expressing your feelings also you are unaffected and by suppressing your feelings also you are unaffected. The reaction is a healthy one by expressing your feelings while by suppressing the feelings is not a healthy reaction.

Today I had an accident, but I was not anxious at all. There were people walking about and there came one lady out of the blue with a child and I banged into her and she fell down. People started coming to help her but I didn't stop. Normally I would stop and ask. This time I didn't even get down from my bike, I was too dull. Normally I would stop and ask her. Now if I think I am feeling why didn't I stop?

My sweat smelled offensive during the 2nd week of the proving, esp. in the axilla. I can feel it more when I remove my shirt; at present it's not there.

Since the past few days I feel like having a ponytail. I am not getting a haircut maybe that is an excuse not to get a haircut done. I want to get a haircut done. I am feeling like keeping a long ponytail maybe I want to feel free. Usually I go to a barber for a haircut but this time I wanted to get the haircut done by somebody sitting on the road. I wanted a different kind of a thing. I have been putting on any kind of shoes, dirty tee-shirts and dirty jeans. I wanted to look different. I love to look different and sit in the clinic like that.

I wanted to be friends with waiters also.

I wanted to get boisterous. I wanted to go and enjoy the festival of "Govinda" and break an earthen pot full curd. Though I wanted to go I didn't go. It is maybe that me being a doctor is coming in between.

These days I am conscious of what I am wearing. I want to look good. I was feeling very dull till the time I came here. I had lost interest in music. I have also lost interest in exercise also. At home I am a bit irritated.

At this moment I am feeling I am behaving like the patient I saw on the video. It is not me who am sitting over here, it is him, the patient who is sitting over here. I feel my expressions are like him. I cannot see myself.

I have developed a craving for fruits. I just go on eating fruits as if I am eating vegetables. The other day I just finished off a whole plate of Papaya. I just cannot stop myself.

I am keeping cool though I get irritated. I feel that if I speak something then it will spoil matters and the opposite people will get hurt. I just keep it inside me. I want to say something but I feel that if I say something then people will feel hurt. It's not that it's affecting me, I am not at all sensitive but they will be hurt. Otherwise there is a good mood, no problems as such.

My friend was telling me about his post marital problems, normally I listen to him but now I told him let it be, I will give you some advice, but you will have to take the decision.

One day I feel dull and the other day I feel good. Like before coming here I was dull, but after coming for the meeting I am excited.

At home I am irritated. I am sleeping early but cannot get sleep. I feel that I don't want to stay at home, I want to go out my sleep is disturbed, I don't get any thoughts but my sleep gets disturbed.

I can't hear properly.

Q: Can't hear properly.

I feel there is a lot of wax, a brownish color sebum. Now I continuously feel wet inside the ears. In the left ear it is slightly mild.

My interest in the music has come back again; it had gone down before. I have started doing my exercises also which I had stopped before.

Now I am finding time for myself and for everything. Since the dullness is going away now I can devote time to things like music, studies. I also want to cut my hair now. It comes for 3-4 days, now it is not there. I want to have a different hairstyle. Normally I cut my hair every month but now feel like making different hairstyles. I want my hair to be all puffed from the front.

It is the first time when I watched 2 movies in the late show of 9-12 P.M. once before the dose and once after the dose. There is a desire to smoke.

When I had gone to the restaurant I told the waiter let's be friends. Usually I don't mind but be a bit conscious about the fact that what will people think. I am normally conscious about the way I move about. Normally I don't shave or put on dirty shoes etc. but these days I am conscious of my hair. I am conscious about the way when I go out. I put on dirty shoes and don't shave, but conscious of my hair, if it is not set properly, I feel it will set.

I want to look tougher I don't know why. I am wearing a lot of tee shirts. In food I prefer fish to mutton. I want to dress well and look tougher.

Q: Why do you want to look tougher?

I don't know I just want to look tough. Maybe my looks would be better. I like that tough look always. It is not hitting somebody or something but looking good.

I am getting irritated at home but am cool outside.

I was bathing with cold water twice a day. I have also developed a habit of speaking in low tone to people. I don't want to scream and talk to people. Even when talking to the waiter I was speaking in a low tone. Normally I don't want to be in a crowd. Now in a crowd I am in a cool manner, in a sophisticated way, with a bit of grace. I like to be like that. There is no egotism with me; people look at you as a cool kind of a person with that right kind of look. There is a positive kind of look in your gestures. You are not showing off. That aggression I also not there, it's a gentle way of putting the same thing. You should carry yourself well. The right word to describe it is graceful. Like the lion which is an animal with a lot of grace, even in his walk, it nice to watch them. Horses and lion walk with a lot of rhythm and are very graceful animals. When the horses run it's very rhythmic and graceful. You are also being very nice and gentle, so people around you feel you are gentle and soft and so people become friendly towards you. You are not harsh with people and your outlook is very nice. I am trying to say that I have mellowed down a lot.

One of my friends said a proverb in the wrong manner. He said if you take up work you like, you haven't worked even a day in your life. I told this is wrong and the actual proverb is that by taking up a job you love and you won't have to work even a day in your life. I was speaking a lot of proverbs in English and also Hindi.

I was feeling a lot of eyestrain; I couldn't see properly, it was paining me. I was feeling what is happening to my eyes.

I wanted to join a gymnasium again, and I want to join a good gym where there are people. I usually join a gym on and off I join for a few months and then leave it.

Now I am feeling that I should join swimming. I want to swim.

Now days I am reading a lot. I want to know the whole thing properly. It is not overconfidence, but more of the understanding of things. I am going out of my way to know and understand things. I want to be a good homeopath in the true sense.

PROVER 5

Lot of physical symptoms. Severe dryness all the days. Pain in the abdomen and the back. It is very severe pain and cannot bear it. I cannot move in the bed. My legs usually ache, but this time they are aching very badly. I cannot sit in one place. The pain is better by walking and standing. There is a pulling pain in the left leg and left arm.

Yesterday pain in the shoulder and in the arm could not hold anything.
I had heavy bleeding for two days.

Dream (1): With my friends I am climbing a mountain. There are caves up there. I have to run and reach there.

Dream (2): I am sitting for Geography exam. Dr.ABC is the supervisor. I have written answers very well and am confident. In every answer I have drawn a picture. I tell my friend sitting next to me, that you draw half of the picture. First I felt it would be like copying.

I see many devils. They are brown and green in color. They are flying with their arms raised having big nails.

Another picture of a family, where a boy is sleeping with his parents.

Normally I don't eat non-vegetarian during this proving I might start eating it.

Craving for non-vegetarian increased especially for fish. Craving for ladies fingers. I used to like fish therefore felt I will start eating non-vegetarian I felt that the cravings that I develop during the proving may be non-vegetarian.

The pain is lasting till today. I usually sleep on my abdomen. But now since I have backache I sleep on my back.

I have developed a lot of physical symptoms.

1. There is pain in my knee joint.
2. My backache has started again.

Dream no: 1

I saw one of my teachers in the dream and in the dream he is a political type of a person.

Dream no: 2

I dream of Dr.Chetna and I am angry with her, but at the same time also understand her problem. In spite of understanding her problem I get angry on her and I cannot help it.

I had gone out with my father and was very strong about my opinion. I was very blunt with him I did not respect one of his friends, as I don't like him. I was very strong about my opinion.

I usually sleep on my abdomen. But now since I have backache I sleep on my back.

PROVER 6

I was supposed to meet one of my friends to give him a case record. I called him up and then when I met him I forgot to get the case record. I was feeling very lazy to get up on Sunday. I was also feeling very bored to go to a relatives place for a visit. In the end I went to the seaside and slept there in the sunshine.

The sunshine was nice and also I saw some fishermen fishing there. I also saw a skeleton of a crab and the fishermen had caught small slivery fishes. One of the fish was big and long. I liked lying down in the sun with my eyes closed and my arms abducted. I feel like doing this very often and often used to do it before but had never slept like this before. I slept there till 4:15 P.M. in the afternoon.

I wanted to call up one of my patients from my clinic. I could only remember the number after 5 minutes and even after that I was confused. I still thought that I had remembered the wrong number. I also wanted to call up Rajiv but again I dialed a wrong number. I also wanted to call the Homeopathic Center and again I dialed the wrong number. Usually my memory is very sharp regarding phone numbers. Normally if I dial a number I remember it rhythmically. This times even though I dialed a number for 10-15 times I couldn't remember it.

PROVER 7

That day I had a dream, a big building with big windows. I am on the top floor. Opposite to my building there is a big building with big windows almost a replica of my building. It is not a normal structure. It's zigzag. View is obstructed. On the opposite side I see old surgery registrar. I am inciting him. He is so much worked up that he wants to hit me. I say I am sorry. He then disappears. I go down. I am scared that he might come and attack me. But that thing does not happen. He has 2 tickets of the movie "Hum aapke hain kaun?" In the theatre there is different sitting arrangements. You have to pull the chair and you sit at back. Whoever comes first sits in

the front. Movie is not going on. I see the documentary on Bal Thackeray. Then there is a cricket match, in the cricket match: there is bowling going on. The ball goes at right angle. Therefore the player has to stand out of way. The ball does not go straight so the opposite person cannot play. People did not know how to play.

The second dream: Pain in the left ear. I have developed otitis media. There is no discharge. I feel let me drink something like water so I will know whether there is any pain or no. I realize that the canal is opened up from the middle ear then there comes the Eustachian tube then into the palate. Sensation like a whirlpool.

I wake up with temporo-mandibular joint pain

Third Dream: I am standing on a vast landscape. I don't like it. I want to change it. Whatever is outside should go inside and the things that are inside should go outside. It should come out the way as it was during the evolution time. There should be no structures, no artificial things, and no skyscrapers. Everything should be natural. There should be only plants, fields and air.

Otherwise cheerful.

Forgetful. I would speak other things instead of actual things. I would forget to zip my pants.

Mood: Cheerful.

I don't like to listen to the music. I put it on and then put it off.

I was a little bit irritated for 2 days.

Whatever has to happen will happen I cannot help it. It is not my fault.

Example: If he cannot play then he should retire. It is his problem not mine. If bowler cannot bowl he should retire.

Why are you blaming me I can't help it. I have been taking lot of retakes. I took almost 4 to 5 retakes. I am not anxious if patient is sick. I think disease will take its own course.

About my friend, If you are feeling low you, you are not making any efforts to come out of that feeling. This time you are feeling depressed but no efforts on your part. You felt as if resigned. You have resigned to your fate. It is okay that you have accepted you are not feeling good. Let it take its own course.

When I saw people smoking I felt even we should smoke. We would feel good about it. I felt it more in the last 3 to 4 days. Now it has decreased. I also felt that one should booze.

Q: About the landscape?

There are buildings, skyscrapers and modern construction. I don't want that. I want primitive form. On my part I want to change it, but cannot make it flat unless you drop a bomb. I can't do it. So just turn it inside out. I want greenery, fresh air, no debris and fresh water.

My friend, she remarked I am speaking in a sophisticated way. I have changed my glass frame as I felt like doing it.

Lot of flatulence: no embarrassment.

Zip open: No embarrassment. It happens no big deal about it.

Since the past 10 days there is a pain on the top of my head, but after coming for the proving meeting the pain is better. 3 days ago I also felt a sprain in my neck.

I have become forgetful. I feel better in open air. The sun doesn't bother too much.

I feel I am not involved in the proving. I feel detached. At home, I don't talk much, remain aloof. Trying to dominate in a sophisticated way.

PROVER 8

Initially felt frivolous but since the incident with my mother I am acting more seriously and egoistically. I don't smile so easily. But I behave with a lot of grace, with a lot of dignity.

I have been telling the patients not to hide from the doctor during case taking. Normally I explain them the working but now I tell them "do you want to get cured? Than tell me everything!"

I am feeling quite chilly; I don't even need the fan.

I want to go away, so I went to Ratnagiri, in the weekend I go to Ahmedabad Normally I don't take a lot of holidays.

Some days ago I had these thoughts about death. I feel that nobody grieves 100% over anyone's death, they keep on crying just to keep up a show, just for a formality to feel and show sadness. After people go away they all go back in their old mood. At that moment you forget the seriousness, you enjoy and laugh, the next moment someone comes you start crying again. It is all a drama. It is not needed. To show keep on crying, when inside you are not sad. My grandmother died and I am not so affected. People expect a drawn face. It was not always plain grief. You need not always cry about it. Some communities after death have a procession to show off, all this is not needed.

I had a dream too, it was that I see my friend and I in a boat in a stream of water or a river and we are trying to maneuver the boat. All the people are anxious but we are not at all anxious and they are making us aware of the tension when we are not.

Mood: Angry.

Feel my level of ego has increased. I don't feel like playing mischievous. After laughing for a while I feel like keeping quite. Even if someone cracks a joke, I laugh for the sake of it.

This is all of my proving.

Repertory of the Hippocampus

MIND

Anxiety conscience of
Anxiety health, father of
Cool events about
Desires free being
Desires healthy living
Desires wear pony to
Desires wear t-shirts to
Desires white
Destiny, reconciled to
Driving fast
Dullness
Egotism
Embarrassment absent
Enjoy desire to
Fascinated, fishes and tortoises by
Fate reconciled to
Feeling/Delusion arthritis has, as if
Feeling "can't help it"
Feeling capability to do everything according to ability
Feeling control nothing, under his is
Feeling fish she is a
Feeling insulted
Feeling jaundice has as if
Feeling skin rough and coarse is
Feeling speak openly
Feeling suffer patient destined is to
Forgetful, losing things
Forgetful names of
Forgetful pants zip to
Frivolous
Fun desire to make
Irritability people not being responsible when
Irritability trifles at
Laughing less
Mind working well although physically tired
Money losing
Money spending a lot
Mood giggling
Mood serious not
Mood sadness
Music aversion to
Opinions, strong
Read desire to
Speech tone sophisticated
Unaffected emotions by
Unaffected hurts by
Walking graceful

Work aversion to

Dreams

Allopathic doctor getting award for homoeopathy
Anatomy, unusual of the ear canal
Ancient atmosphere
Anger of
Bal thackeray(an autocratic person in Indian politics)
Buildings big
Buildings zigzag
Child proclaimed as a king
College attending
College studying psychology
Crying in
Devils
Disease: otitis media
Egg cracking, life in it
Events what has happened during the evening
Exams confidence in
Exams geography
Farm
Fishes feeding
Food served responsibility to
Game, cricket
Happiness of
House robbed has been
Incest
Killed people being
Landscape vast, change desire to
Long
Menses profuse
Mountain climbing on
Movie house
Murder, accused of being
Seduction of
Seminar
Talking in
Teaching deaf children
Unsuccessful efforts, catch rickshaw to
Unsuccessful efforts, clinic reach to

Generalities

Chilliness
Exercise physical desires
Open air relieves
Short sleep enough
Sun ameliorates
Sleep position right side sleep on
Sleep position left side sleep on
Sleep excessive, more
Sleepy reading after

Sweat smelling offensive armpits in
Thirst increased

Head

Pain vertex
Pain heaviness night in the

Face

Face eruptions pimples
Face pain muscles of
Face pain temporomandibular joint

Neck and Extremities

Neck pain cramp, sprained as if, in the
Extremities pain knee sudden
Joints pain tiredness as if
Extremities pain hands write cannot
Extremities pain legs >standing, >walking
Extremities pain leg left in <walking
Weakness hands and legs

Chest

Chest ribs pain
Chest ribs spasm in, must walk stooped

Throat

Throat scratching
Throat cough continuous
Throat phlegm green

Back

Back pain scapula
Back pain shoulders

Rectum

Desire absent, evacuate to
Constipation force must use
Control lost
Flatulence
Urge eating after

Female

Menses bleeding profuse
Menses delayed

Food and Drinks

Aversion: alcohol, eggs, fats, ghee, oil, non-vegetarian food.

Desires: Beer, boiled food, chips, chilies green, cigarettes, curds, fresh vegetables, fish, fruits, lady-fingers, non vegetarian food, pav-bhaji, raw vegetables, salt, tea, vegetarian food.

THE CASE

I can't help it, it is there, it is there...

A young boy of 20 consulted on the 7th day of the proving in September 96. He entered my room with a cap on his head along with his parents. After the three seated themselves I asked him the purpose of his visit, removing his cap and lowering his head, pointing to the bald patches? On his scalp said:

"It all started when the world cup started. I am worried about it but no stress as such. It is there! It is there! It is there! I am least bothered. I can't help it. It is ok! But, I want some results, I don't want it to be like this.

It is nearly 6-7 months, there is no change. We were watching the world cup. I was lying down resting against the sofa where my friend was sitting. I jumped in excitement when the player struck a goal, my friend noticed something on my scalp. It was 25paise coin like. And now I am getting completely bald.

And he paused for a question. I asked him to go on and tell everything about himself. He went on and his parents also added. The entire dialogue as it went was as:
(Pt=Patient; Mo=Mother; Fa=Father.)

Pt: I am in my 3year B.Com, doing computers also. I sit a lot on the computers, some say it is because of computer, is it?

Fa: He is always arguing with parents.

Mo: He was a premature baby 7 months, 6 weeks he was in the incubator. When he was born I had Rheumatoid arthritis.

Pt: I used to be allergic to sun, now it is gone, I would get some white patches.

Mo: Actually, his father and I are first cousins does it affect?

Pt: My exams were on at the time I got this.

Mo: When a child, he would get cough at every change of weather.

Pt: earlier in school I used to have headaches, migraines, now better.

Fa: Now, he gives headaches.

Pt: (laughing), may be. That I can't say.

Mo: He is very friendly.

Pt: Around me I need friends all the time.

All the time. Enjoy life. What has to happen, it happens, see the present, I don't worry much.

C: What do you mean?

Pt: ...this hair thing...what has to happen, it will happen...I will do something about it definitely....but no worry, not sulk over it I always think positive, never think negative that is one of the main things. I don't listen to people. I finally do what I want to. I don't listen much to people. I rather want them to listen to me.

Mo: Yes. He is always arguing with his father.

Pt: 99% I don't listen to others. I would rather say something than listen.

I eat out a lot, fond of junk food, everyday I eat out "dabeli" I like, I love tea.
I don't get bugged at all, very rarely.

Mo: He argues a lot.

Pt: Obviously! If I feel right I will argue. I won't just listen.

Mo: about 10 years back, he was hospitalized for dysentery. He also got measles very late, when in 7th.

Pt: Yes.

Yes sometimes I am quite stubborn. If I want to do it, I will do it. One thing I don't like about myself is. I will go to any extent to get even. But, Its there, Its there, I can't help it.

Mo: He is very, very caring. He is the only son in the whole family.

Pt: I won't go out of my way to harm anybody I know its not good, not for small matters.

Mo: Childhood, quite a healthy child but a lot of ear problem...wax stuck in ears.

Pt: I have a good diet.

Mo: somebody said go for injections in scalp but he is our only child, so we are cautious.

Fa: He is very popular in the family. Any wedding, any function he is the first one to work, all jobs of the household he does at that time but otherwise he does not even lift his own cup.

Mo: No, he does it even at home. When I am not well he cooks and gives me. He takes full care of the house. He dad is in dubai so he does not get to see all this.

Pt: I love adventures, picnics, go on a bike I just love adventures, go on bike to poona and come back.

Mo: They go rock climbing and he is the only one who will climb up, the rest are waiting down.

Pt: I can take my precautions... as I told you whatever has to happen will happen!

Q: What is your idea of adventure?

Pt: Long drive, explore places, go to waterfalls "chinchoti", "Tungareshwar", "Lonavala". I love nature, go and find out where the water comes from, where it goes.

Fa: He opens up everything to know how it works and its finish

Mo: he has spoilt many wrist watches, video games we were fed up of buying.

Pt: inside, I can behave how I am I can't be formal at home. Some manners you have to follow outside... But, I don't have a dual nature, at home I am relaxed.

Mo: it should come to his mind he will clean up everything otherwise I have instructed not to clean up his mess.

Having talked so much they had exhausted all information. They said they had nothing else to say now so I asked him to add more about his love for nature.

Pt: I love the trees, I love mountains, I love the rains you will think I am mad isn't it?

I nodded conveying a No and hence he went on to add.

Pt: I dream of having a house surrounded by nature , on a mountain top, trees around and surrounded by the sea and have horses I love horses (laughs) all this is not possible in reality, it can be only in my thoughts. I love mountains, waterfalls, I love climbing mountains. Basically, I love water but I don't know how to swim I love getting wet in the rains.

Mo: He never carries an umbrella in the monsoons.

Fa: but lazy in having a bath.

Pt: If I knew swimming I would swim the oceans. I like Sea-animals; dolphins, fishes are cute. I love to do things which no one does, be unique, even if it mess's up. But, I am satisfied doing it.

If I am in a mess, I won't crib. I am there, I am there its happened its happened. I won't sit and worry. I won't worry giving trouble to myself. I will try my best. I will give my 101% but in the end if it's a mess I can't help it.

C: What is this can't help it attitude because the interview also started with this statement.

Pt: It's like I can't help it, it's happened, not bothered. No, I will do something to improve it. I am trying my 100% best but it is not improving I can't help it.

Its like if I get a mark less than the highest, it's ok it has happened. I can't help this situation...but I don't believe in giving up.

Mo.: He has a childhood friend, he is not talking to him.

Pt: He is not talking. I am not talking why should I go and talk. Let him not talk I will also not talk.

I didn't know, at the end, his Similimum but I had understood him well. The remedy was a mystery to me. I prescribed him nothing that day and I called him the other day morning. He came at the appointment time, I was at a loss where to begin because the information given the previous day was complete and clear, So I asked him his dreams. He said he dreams of his college friends, having fun and spending cash, of topping my class, getting into the business management in the best college of India.

This didn't quite hint the remedy so I asked him about his love for nature.
He repeated the dream

“I love the water and I often dream of the water you will laugh but I often dream of swimming under water, actually I don't know swimming in reality) and exploring the under water world. I dream I am swimming under water like a fish, talking to the mermaid, surrounded by unique small fishes, exploring the underwater treasures.

Q: What fishes?

Pt: (Laughs). All unique fishes, you know those, that horse-like fish, that sea horse, its funny. I love the horse and this sea horse, funny isn't it?

It was not funny for me. This dream solved the mystery it was the missing link in the case, the direct pointer to the remedy with the rest of the totality of the “can't help it” attitude.

What could have happened?

While I was working on this proving for a presentation at the Homoeopathic Study Circle I happened to simultaneously read the “Celestine Prophecy” by James Redfield. The answer to this coincidence I found very well explained in it. He writes...

“Of course, the beauty of synchronicity is that it is a gift of the universal flow of energy. We don't need a rational explanation in order to be moved by it. However once we have felt the connection, we might want to play with it a little further to see what is promoting it. For example,

Danielle, Claire and Bill might get together with the conscious intent of discovering why the energy suddenly coalesced in this triangle"

In the same way that the energy of and through the proving experience coalesced with the energy of this patient and that of the Sea horse.

He further quotes from the book of Alan Vaughan, author of "Incredible Coincidence"
"(E)veryday coincidences show the art of our unconscious mind in creating our lives. The least we can do is admire it. The most we can do is to give that creative expression our full support."

The Individualization:

This boy was prescribed Sea-horse 30C; single dose on the day .It took 1 year for the alopecia patches to get covered with hair. I never objected to the patient's feeling to shaving his head completely twice during the treatment.

The follow up after 1 year:

Q: Is there a change in you?

A: Mentally you are saying? Yes over the year I have matured. There was a total change. There is quite a big difference in what I was in college and what I am now. The way I am, I am the same. The way you think, look at things that have changed. It could be because of the medicines or the year pass by?

So many changes. Tea is less. Sometimes get irritated which I used to. Smoking is as it was. Basically I don't want to. Frankly I resist I like it.

As I am working. I feel responsible for what I am doing. I am studying, I am working. And I have to find a bridge between it. I can't say I am off in work because I study.

At home I get irritated. I want to study. I really want to get through. Study best I could and must do it .I must get through.
And I will.

Q: This theme of result not in my hands?

A: I have never studied so much as for my final exams. I got only 37 marks. My friends, whom I taught, got more. I was really upset and I am still upset. Actually I am irritated with it. I knew it and I didn't get. I feel why this happened .

Q: Before it would be O.K ?

A: I guess yes, I felt this before. Now I have started thinking also.
That, things just don't happen. This thing is there (destiny), you know it, but you don't look at matters. You don't think about it. But now think, there is always a reason for everything. Only certain things you don't ask for answers. That is the main change.

From inside I don't like it, I am scared that I studied and didn't get
Marks. But why panic. I have to relax and study, think a little more practically. See the situation. I tend to see in a different way. Sometime that moment I shout, I am irritated. Then I feel why?

Friends are less, everyone working. We tend to meet less often.

Q: Dreams ?

A: About daily events. I can continue dreaming the same after

Waking up. Sometimes I dream of swimming. I like swimming. I talk sometime in sleep.

But why are you asking me all this.

A: It has a reason (He laughs.)

In 2003 I was doing a workshop with Robert Bannan from the U.S in the Czech republic and I wanted to present this proving and the case, and so I called upon him to find out what was happening with him. He saw me on the decided day with hair on the head. Meanwhile he had started his own E-shop company with a friend as a partner and has taken charge of his life. He has limited his day outs to Saturday nights with the old friends. In his business he believes in sheer hard work and not luck anymore.

And without my doing anything the theme of all my cases in the workshop worked out to the...
"I can't help it!" As all the different individuals that I showed had to say this statement repeatedly.

