

Dr. Sunirmal Sarkar
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BROADENING
THE HOMOEOPATHIC HORIZON

Dr. Sunirmal Sarkar

Foreword by Dr. Rajan Sankaran

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Dr. Sunirmal Sarkar
Foreword by **Dr. Rajan Sankaran**



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Dedications

*To my mother and my father
who inspired me to become a dedicated homoeopath.*

*To my wife,
thank you for your love, care and understanding
throughout the years.*

*To my children,
who have supported me always.*

*To Dr. Sankaran,
who is a true gentleman and a master of
materia medica himself.*

*To all my students,
who have loved me.*

Acknowledgements

My assistants Mahua, Devesh, Sunita, Shaugatta, Moshin, Pradeep and Kamlesh did a lot of work for this book and deserve recognition and much thanks.

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A big thank-you to Dr. Vaishnav, who introduced me with the Bombay homoeopathic group.

I would like to also extend much appreciation and thanks to Linoshka D’Silva. She spent countless hours proof-reading the final copy of the book, and also developed the materia medica index.

I would like to thank Shizuko Nagasawa, as her encouragement and support helped to motivate the team to make this book the best it could be.

Manish Yadav and Sadaf Ulde deserve special thanks for putting together the toxicological materia medica section.

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To Dr. Sujit Chatterjee, I appreciate our interactions and want to say thank you for sharing your difficult cases with me – a great learning experience. Also, I would like to thank Dr. Gajanan Dhanipkhar and Dr. Rajesh Upadhyay for contributing to many of the notes for this book.

Also, special credit goes to Chiraag Shah, Amruta Hede, Swapna Palkar, Sneha Thakkar for their efforts and time spent to proofread the book.

I am immensely grateful and would like to acknowledge Gaurang Gaikwad for his passionate enthusiasm. His excitement and encouragement inspired me to write this book.

Furthermore, I would like to extend a huge thank you to Armeen Jasavala, the editor of this book. Her hard work, dedication, time and efforts are greatly appreciated. She was able to take this very raw material and turn it into a gem, which could be shared with you.

Lastly, I would like to send my final thanks to the readers. I hope this book inspires you to do your own great work. Remember to have faith, have faith in God and have faith in yourself. If you have no faith in yourself, there is no salvation for you.

Introduction by Dr. Sarkar

Nowadays in homoeopathic practice, with newer approaches addressing thematic representations of remedies and with newer provings emerging, practitioners have forgotten the fundamental and basic principles of homoeopathy and have largely shifted away from the practice of traditional and foundational homoeopathy.

My approach to homoeopathy can be summed up in one word, simple. Most things in life are simple and should be kept simple, and homoeopathic practice is not an exception to this tenet. To be a fine homoeopath, one does not need to be intelligent, wealthy or have good contacts. A fine homoeopath must be honest, dedicated, and most importantly, have a large amount of courage to survive against all odds. My approach is overall very simple – the aim is to find out the most characteristic symptoms in the case and prescribe on these very symptoms. These characteristic symptoms can come in the form of keynote(s), rubrics, themes, pathologies, or even a sensation. When this characteristic symptom is established and is sure, the remedy is prescribed based on this.

This approach is backed by impressive clinical results and a growing acceptance of homoeopathic practitioners and students all across India. The goal is to simply share and spread this knowledge of homoeopathic medicine to my colleagues in India and all over the world in order to facilitate more success in homoeopathic practice.

I should also mention that my experience and practice has been mainly and hugely influenced by Dr. Burnett. I have read and memorized all of his material, and the results have been fruitful. His work has helped me tremendously in my own clinical practice. Other masters, including Pulford, M.L. Tyler, Allen, Boericke, Boger, P. Sankaran, Hering, Nash, Knerr, Bernoville, Blackie, Borland, N.M. Choudhuri, John Henry Clarke, Farrington, Lippe and Matthew Woods have influenced my clinical practice greatly as well. Also, my in-depth reading of Allopathic Pharmacopeia has contributed to my vast knowledge which has definitely helped me to become a well-versed practitioner.

Dr. Rajan Sankaran spent an entire day with me in Thakurnagar, West Bengal, and witnessed many cases. He told me that the new information and insight to homoeopathic medicines he gathered during this time was invaluable and was deemed too important to neglect.

The following handbook aims to give insights, clinical tips and approaches to use in homoeopathic practice, in addition to amassing key information on various remedies from our materia medica that are favorites utilized by myself, Dr. Sunirmal Sarkar.

Author's Note

Many of my students and a lot of homoeopaths feel that what I do is prescribe specific remedies. There is nothing termed as homoeopathic specific remedies.

One of my students recently asked about the last cardiac patient which I saw, who got much better using the remedy *Crataegus*. They then asked if this remedy is specific for heart complaints. This is where we make maximum mistakes. *Crataegus* can only be prescribed if there are cardiac symptoms, with a concomitant symptom of insomnia, or any other concomitant symptom. Without this characteristic concomitant, *Crataegus* is not going to alleviate the patient's suffering.

There can be many examples of this. We can look at the remedy *Hydrastis*. I use this remedy as an intercurrent in many cancer patients. What people miss however, is that when these cancer patients have a concomitant symptom of increased hunger, this is when the remedy *Hydrastis* will help.

Another word about the role of other remedies, like sarcodes, allopathic drugs, Indian drugs, biochemical drugs, organ-specific drugs. Many of these types of remedies are needed in pathological cases. Using one remedy and one dose in pathological cases, has not proven to be efficacious in my clinical practice.

What is greatly needed for prescription is the current symptom totality. I look at the current symptom totality, see which remedy is the closest to this totality, and I prescribe it. I also take into account the pathogenesis of the remedy and the patient.

For me, the first prescription is just the beginning. Often, in pathological cases, the patient requires a change in the remedy. In fact, this change can happen as often as every 1 or 2 months, because disease patterns are rapidly changing.

Most diseases today are complicated by allopathic medicines, hormonal dysfunctions, addictions like alcohol and tobacco, and past history of illnesses. All of these factors must be taken into account when prescribing.

My earnest appeal to the younger generation who practice homeopathic medicine, is to try and learn the materia medica and repertory from their heart. More importantly, apply it and have the guts and confidence to prescribe homoeopathic medicines even in pathological cases.

Foreword

It has been my good fortune to come in contact with Dr. Sunirmal Sarkar, as I had the pleasure of visiting his clinic in a remote village in Bengal, where he sees about 100 patients a day.

Many of these cases that I saw were of difficult pathologies, and Dr. Sarkar had a very short time period available to him for case-taking.

Dr. Sarkar has evolved into practising a unique method. He uses every possible approach within the spectrum of homoeopathy and prescribes his remedies.

He uses mental symptoms, organ based remedies, Indian drugs and a variety of potentized allopathic drugs. Depending on what he sees prominently in the given case, he chooses his approach. He has a phenomenal knowledge of repertory and materia medica, in addition to a mind with openness to any and every approach possible.

Dr. Sarkar has a very deep and infectious passion for homoeopathy. His keen interest and enthusiasm inspired us to invite him to *the other song - International*



Academy of Advanced Homoeopathy to teach a course of over six months duration. During this course, students see live cases of Dr. Sarkar and observe the way he practises.

I took the liberty of trying to understand for myself the various approaches that he uses, since he did not have the time to explain it in-depth.

With Dr. Sarkar's seal of approval and the help of Dr. Gaurang Gaikwad who sat with Dr. Sunirmal Sarkar for six months, various approach were documented, along with some added examples to explain the approach used by Dr. Sarkar in this short handbook.

Manish Yadav and Sadaf Ulde were the two main people who worked on the section of the toxicological materia medica.

Armeen Jasavala spent considerable amount of time to bring together the scattered notes of Dr. Sarkar and successfully made it into a clear and comprehensive format for the readers.

This handbook is a very raw edition. It is only an overview, as we hope to bring out more detailed books, with more information and supporting cases.

Many of his ideas have already been very useful in my practice and have enabled me to see more clearly the wide spectrum of homoeopathy, and I hope it will do the same for you.

- Dr. Rajan Sankaran

Dr. Sarkar's Clinical Approaches (#1-18)

Clinical Approach #1 – Modalities

When looking at the main complaint, it is important to note the exact modalities of that complaint, Dr. Sarkar looks at the *time modality, life situations, and life circumstances*. The complaint must be understood with relation to the time period in the patient's life.

For example: If we look at *Aurum metallicum*, we see the symptom foul breath in girls at puberty.

Clinical Approach #2 – Combination of Organs

When a patient has a complaint that has a combination of 2 or more organs involved (ex. Lungs and liver, or heart and liver), remember this combination is itself too peculiar. Remedies which have this exact combination of organs must be investigated and studied further.

For example: If we look at *Digitalis*, we see both the lungs and heart are affected.

Clinical Approach #3 – Observations

Keen observation skills are a critical key to successful homoeopathic practice. Such obvious and clear clinical observations can help understand who the patient is as well.

For example: The symptom of a bluish line on the gums, is observable in patients who need heavy metals (*Aurum metallicum, Bismuth, Argentums and Arsenicum album*).

Clinical Approach #4 – Origin, Duration, Progress

When approaching a case, the chronology of the pathology is very important. The origin, duration and progress are also factors one should consider.

For example: Hematuria or nephritis symptoms after malaria is one of the major indications for *Eucalyptus*.

Clinical Approach #5 – Concomitants

One of the main investigative techniques that Dr. Sarkar uses in his approach is to find a concomitant symptom to the pathology. Boericke Repertory is the most useful repertory with the clinical indications for these kind of concomitants.

For example: Asthma can present in many ways and is very individualistic. For asthma along with nightly pain in urination, think of *Solidago*. If the patient has asthma with sleeplessness, the remedy of choice should be *Tela aranea*. Asthma with joint pains and a build-up of uric acid, requires the remedy *Viscum album*.

Clinical Approach #6 – Allopathic Understanding and Drug Side Effects

One major facet in clinical practice, is to understand allopathically what is happening with each patient. As homoeopathic doctors, we must have a clear understanding of the allopathic medicines that were given to the patient along with the side effects of each respective drug.

For example: In cases requiring the remedy *Salicylic acid*, there should be a history of pyrexia followed by allopathic medicines (Crocin/paracetamol) taken. *Salicylic acid* is the source of paracetamol.

Clinical Approach #7 – Relation to Known Remedies

Many times, smaller remedies are forgotten in the vast amount of polychrest remedies. In clinical practice, one must study and comprehend homoeopathic remedies which are similar, or are complementary to these main remedies.

For example: The remedy *Gallic acid* has *Stramonium*-like fears + *Tuberculinum*-like violence + hemorrhages and cough like *Phosphorus*.

Clinical Approach #8 – Two Pathologies

When there is a combination of two or more pathologies which have nothing in common, this can be taken as the peculiar characteristic of the case and can lead us to the appropriate homoeopathic remedy.

For example: *Conium* has both tumors + paralysis.

Clinical Approach #9 – Small Remedy, Big Symptom

If we look at the smaller, more peculiar remedies, we find that even this small remedy has a big symptom, and this symptom is the strongest for any remedy in the materia medica.

For example: Constriction of chest + high blood pressure are the main keynotes of the remedy *Adrenalin*.

Clinical Approach #10 – Organ-Specific Remedies

Organ-specific remedies are self explanatory – the patient is prescribed a remedy based on the organ affected in the respective pathology.

For example: *Ferrum iodatum* has main action on the glands.

Clinical Approach #11 – Remedies Made from the Same Organ

There are a few remedies that are made out of the organ itself, and they are very useful in homoeopathic practice.

For example: Giving *Retina* 200, for a patient with retinitis pigmentosa.

Clinical Approach #12 – Remedies Related to Hormones (Sarcodes)

If the symptoms of the patient show an excess and/or deficiency of specific hormones, we can use this to proceed with the case.

For example: In extreme cases of calculi and calcification of glands, *Parathyroidinum IM* is often prescribed. The pathological effect of the illness is covered by the remedy as well.

Clinical Approach #13 – Indian Drugs with Relation to Homoeopathic Remedies

Indian remedies are used often in ayurvedic pharmacopeia with good results. They are often to be remembered with the other homoeopathic remedies, and can be used in comparison.

For example: *Azadirachta indica* is known as the *Indian Lycopodium* and its common name is Neem.

Clinical Approach #14 – Bach Flower Relation to Homoeopathic Remedies

Bach flower remedies are very useful in homoeopathic practice – we can use them in potentized form as well.

For example: *Agrimony* is comparative to remedies like *Ignatia*, they like to keep the grief inside.

Clinical Approach #15 – Children's Types

There are some remedies which are used more often in clinical practice for children, which may not be used traditionally (ex. *Torula cervisiae* or *TMV*).

For example: *Torula* is a remedy for children that are like *Thuja*.

Clinical Approach #16 – Other Nosodes and Bowel Nosodes

The value of nosodes in clinical practice is great. They can be used intercurrently or even constitutionally.

For example: The manifestation of *Candida* in humans includes women with vaginitis, babies with diaper rash, or patients with oral thrush. It has great use in immuno-compromised patients.

Clinical Approach #17 – Allopathic Drugs and Toxicology

This is just the beginning of a revolutionary approach in homoeopathy. I am always trying to think of different ways to heal the suffering and as there are a lot of failures in cancer cases, this made me think out of the box. This approach cannot be used solely, but it has to be used along with other approaches, or it can be used through an intercurrent approach.

For example: *Fluorouracil* is a common chemotherapy drug, and when potentized, has a *Lycopodium*-like constitution + indications of cancer of the breast, colon, rectum, cervix, ovary or liver.

Clinical Approach #18 – Addictions and Layers

In today's world, there are many people who have a past history of addictions, in addition to newly developed sensitivities to certain food items which have great relevance in the development of current pathologies.

For example: The *Tabacum* patient has a history of tobacco addiction and cardiac issues, such as blood pressure rising suddenly.

Dr. Sarkar's Clinical Approach

1

- MODALITIES -

In cases where Dr. Sarkar cannot directly find a remedy for the patient, he looks intently at the *Modalities*. When looking at the main complaint, it is important to note the exact modalities of that complaint. Dr. Sarkar looks at the *time modality, life situations, and life circumstances*. The complaint must be understood in relation to the time period in the patient's life.

For example, if we look at a case of a young girl who has a foul smelling breath, this makes the search for a remedy much easier. Dr. Sarkar sees the time period of the girl's life, and associates that with the symptom. Then, he tries to confirm whether that symptom is covered by the remedy chosen for the patient.

When we look at the symptom of foul breath on its own, we can see more than 300 remedies:

If we look at *Aurum metallicum*, from Allen's Keynotes, we see the symptom:

- Foul breath; in girls at puberty

China officinalis

Keynotes:

One of the rare clinical indications for *China officinalis* is that children snore, and the intensity is high. Even in their fevers, it's a high intensity.

- Drowsiness. Unrefreshing or constant stupor. Wakens early. Protracted sleeplessness. Anxious, frightful dreams with confused consciousness on waking, so that the dream cannot be rid of and fear of dream remains. *Snoring, especially with children.*

Crataegus

Keynotes:

Crataegus is the only remedy in our materia medica which has diabetes in children. It is also a well known remedy for heart conditions.

Dr. Sarkar's Clinical Approach

2

- COMBINATION OF ORGANS -

When a patient has a complaint(s) that has a combination of 2 or more organs involved (ex. Lungs and liver, or heart and liver), this combination is too peculiar. Remedies which have this exact combination of organs must be investigated and studied further.

Cimicifuga

Keynotes:

Utero-rheumatic diathesis is the main indication to give the remedy *Cimicifuga*. In cases where the uterus and joints are affected together, we should think of this remedy. Irregular, changeful or alternating symptom groups, uterorheumatic (ddx. *Caul.*).

Digitalis

Keynotes:

When the liver and heart are both affected, a strong remedy to consider would be *Digitalis*. Also, when there is a past history of any fever or infectious disease followed by cardiac or renal complaints or both together, especially with dropsy, is a strong indication for *Digitalis*. This remedy is used for dropsy after scarlatina.

Ephedra vulgaris

Keynotes:

This is one of the rarer remedies used in clinical practice. It is often used in thyroid disorders with cardiac complaints, like high blood pressure. Used in ophthalmic goitre, with tumultuous action of the heart.

Indigo

Keynotes:

Indigo is a dye remedy. The main sphere of action that is affected is the sensorium (causing mental depression) and there are lots of spasmodic affections. There is epilepsy with great sadness.

Dr. Sarkar's Clinical Approach

3

- OBSERVATIONS -

Keen observation skills are a critical key to successful homoeopathic practice. Very obvious physical observations, for example, the serrated teeth of *Medorrhinum*, the shiny nose of *Phosphorus*, and the hairy back of *Tuberculinum* are clear clinical observations and can help understand who the patient is as well.

The following are physical symptoms and clinical observations which can be converted into rubrics that are often seen in clinical practice:

a) Serrated teeth

Teeth; serrated (7) : *Bac.*, *Lach.*, *Med.*, *Plb.*, *Staph.*, *Syph.*, *Tub.*

b) Bluish line on gums

This symptom in itself is rare, but when the symptom appears along with constipation, it becomes a symptom complex for a neurological disease. This line on the gums is observed in patients who need heavy metals like *Aurum metallicum*, *Bismuth*, the *Argentums*, and *Arsenicum album*. We even see this bluish line in comatose patients.

Mouth; bluish; gums; line on margin, lead-line (10) : *Arg-n.*, *Bism.*, *Carb-v.*, *Merc.*, *Merc-n.*, *Nat-m.*, *Nux-v.*, *Plb.*, *Plut-n.*, *Thal-s.*

c) Yellow teeth

When this symptom is clearly indicated, *Lycopodium* and *Thuja* are the main remedies to be thought of *Bacillinum* is also a remedy to consider.

Teeth; yellow (20) : *All-c.*, *Ars.*, *Asc-t.*, *Bell.*, *Bry.*, *Cadm.*, *Iod.*, *Kali-c.*, *Kreos.*, *Lyc.*, *Med.*, *Merc.*, *Nit-ac.*, *Ph-ac.*, *Plb.*, *Sil.*, *Sul-ac.*, *Syph.*, *Thea.*, *Thuj.*

d) Large lips

Bacillinum is the main remedy to be thought of when we observe large lips in patients.

Face; large; lips (2) : *Bac.*, *Bufo*

Dr. Sarkar's Clinical Approach

4

- ORIGIN, DURATION, PROGRESS -

When approaching a case, the chronology of the pathology is very important. The origin, duration and progress are also factors that one should consider.

How did the pathology progress? How did it proceed from one pathology to the next? What were the symptoms during that time? Which organs were affected? What was the type of pathology? All these questions can be one of the major factors on which a remedy is prescribed.

Carbo vegetabilis

Keynotes:

Carbo vegetabilis is especially known for ear pathologies after skin disease. Also, this remedy is well indicated in rubrics like *never well since typhoid, measles, pertussis* or even any infectious disease. This remedy is indicated in persons who have never fully recovered from the exhausting effects of some previous illness. There is asthma which dates back to having measles or pertussis of children. There is indigestion from drunken debauchery. Finally, there are bad effects of a long time ago, and this patient would never have been well since the effects of typhoid (*Psor*).

Carcinosinum

Keynotes:

No history of illness during childhood or many infections one after the other is one of the strong clinical indications of *Carcinosinum*.

Eucalyptus

Keynotes:

Hematuria or nephritis symptoms after malaria (which is rampant in Kolkata), is one of the major indications for *Eucalyptus*. The mind symptoms are the very opposite of *China officinalis*. The mind symptoms of this remedy would be dull, slow, low concentration, just like *Gelsemium*.

Dr. Sarkar's Clinical Approach

5

- CONCOMITANTS -

One of the main investigative techniques that Dr. Sarkar uses in his approach is to find a concomitant symptom to the pathology.

Boericke Repertory is the most useful repertory with the clinical indications for these kind of concomitants.

Asthma

Asthma can present in many ways and is very individualistic. For asthma along with nightly pain in urination, think of *Solidago*. If the patient has asthma with sleeplessness, the remedy of choice should be *Tela aranea*. Asthma with joint pains and a build-up of uric acid, requires the remedy *Viscum album*.

Back Pain

The following list are concomitants of back pain along with the respective remedies:

- Alternating with headache = *Aloe, Brom, Melilotus*
- During stool = *Phos, Podo*
- Bending backward < = *Calc, Calc phos, Chel, Cimic*
- Bending forward < = *Pic acid*
- Coition after = *Cannabis indica, Nitric acid, Sabadilla*
- When coughing = *Bell, Bry, Acon, Ammonium carb, Calc, Caps, Kali bi, Merc, Nitric acid, Sep*
- Fasting when = *Kali nit*
- Emission after = *Staphysagria*
- Eructation > = *Sepia*
- Eating > = *Kali nit*
- Pain in back, after injury = *Con, Kali carb, Nat sulph, Thuja*

Dr. Sarkar's Clinical Approach

6

- ALLOPATHIC UNDERSTANDING and DRUG SIDE EFFECTS -

One major facet in clinical practice, is to understand allopathically what is happening with each patient. As a homoeopathic doctor, we must have a clear understanding of the allopathic medicines that were given to the patient along with the side effects of each respective drug.

This is another way to approach a case, where we treat layer by layer. In any case where the patient is heavily allopathically medicated, we can treat the side effects with great success.

The following remedies are clinical gems and are very useful in clinical practice.

Aristolochia clematitis

Keynotes:

Aristolochia clematitis is a valuable remedy considering at this present time there are many medicines which affect the hormonal systems. The numerous different contraceptive medications are just one example market.

When there is a past history of the use of contraceptive pills, the main remedy that can be useful is *Aristolochia clematitis*. This remedy is a mixture of *Pulsatilla* + *Sepia* + *Arnica*.

Natrum salicylic acid

Keynotes:

With the history of fevers, ingestion of many allopathic medicines, like Crocin (The Indian brand of paracetamol), and when a *Gelsemium*-like state comes on in the form of dullness and/or listlessness with thirst, *Natrum salicylic acid* is the main remedy for it. There is mainly analgesic action and anti pyretic action. This is the best remedy for the prostrating after-effects of influenza.

Dr. Sarkar's Clinical Approach

7

- RELATION TO KNOWN REMEDIES -

Many times, smaller remedies are forgotten in the vast amount of polychrest remedies. In clinical practice, one must study and comprehend homoeopathic remedies which are similar, or are complimentary to these main remedies.

- a) When the remedy *Thuja* is used in cancer cases, also think of the remedy *Taxus* as complimentary treatment. Another keynote is noises, rumbling in the abdomen while fasting. There is a ravenous appetite, 2 hours after eating.
- b) The homoeopathic remedy *Clematis* has characteristic *Pulsatilla*-like mind symptoms along with urinary complaints. A clinical keynote is commencing stricture.
- c) The remedy *Gallic acid* has *Stramonium*-like fears + *Tuberculinum*-like violence + hemorrhages and cough like *Phosphorus*. In this patient, there is wild delirium at night, very restless, jumps out of bed and sweats. The patient is afraid to be alone, is rude and abuses everyone.
- d) *Alumen* as a homoeopathic remedy is used when the patient has deep pathology (like cancer and/or induration or paralysis). Mentally-emotionally, they have *Alumina* and *Natrum muriaticum*-like depression. There is paralytic weakness, induration, dryness, constriction, especially adapted to old people. This remedy causes scirrhus of the tongue.
- e) *Angustura vera* has a *Nux vomica*-like mind and *Ruta*-like physical symptoms.
- f) The homoeopathic remedy *Cenchrus contortix* can be used clinically in patients who are having respiratory distress. This patient has the restlessness, thirst, fears and inability to lie down of *Arsenicum album*, but has *Lachesis*-like mental qualities, and the important modality of tightness aggravates.
- g) *Sanicula* patients are hot like *Sulphur* + perspiration like *Silica* + cravings like *Calcarea carbonica*. Overall, *Sanicula* is like *Calcarea phosphorica*,

Dr. Sarkar's Clinical Approach

8

- TWO PATHOLOGIES -

When there is a combination of two or more pathologies which have nothing in common, this can be taken as the peculiar characteristic of the case and lead us to the appropriate homoeopathic remedy.

- a) *Formica rufa* has a combination of polyps + arthritis.
- b) *Kali nitricum* has a combination of dropsy + asthma.
- c) *Curare* has both diabetes + debility.
- d) *Conium* has both tumors + paralysis.
- e) *Convallaria majus* has the combination of palpitations + pain in uterus.
- f) *Diphtherinum* has a combination of 3 pathologies, paralysis + tumor + gangrene.
- g) *Uranium nitricum* has debility + dropsy + diabetes. This remedy has a keynote of rapid emaciation.
- h) *Lycopus virginicus* is a remedy that has both blood pressure + thyroid complaints.
- i) *Carbo animalis* has tumors + debility + slowness.
- j) *Coccus cacti* is the remedy that has spasms + stones + dropsy.

Dr. Sarkar's Clinical Approach

9

- SMALL REMEDY, BIG SYMPTOM -

Suppose we see a patient whose main complaint is cough which is aggravated by lying down, when we investigate the repertory, we see there are hundreds of remedies including the common polychrests like *Sulphur* and *Arsenicum album*. If we look at the smaller, more peculiar remedies, the remedy that has this symptom the strongest is *Aralia racemosa*. This is Burnett's favourite remedy for cough.

Adrenalin

Keynotes:

Constriction of chest + high blood pressure are the main keynotes of the remedy *Adrenalin*.

Ammonium benzoicum

Keynotes:

The indicated remedy for gout with urinary incontinence is *Ammonium benzoicum*.

Aralia racemosa

Keynotes:

Cough < lying down is the main keynote of the remedy.

Damiana

Keynotes:

Damiana is the main remedy for low sexual desire in females in its highest intensity.

Daphne indica

Keynotes:

Daphne indica has the main indication for craving for tobacco.

Dr. Sarkar's Clinical Approach
10
- ORGAN-SPECIFIC REMEDIES -

Famous French homoeopath Bernoville investigated many organ-specific remedies. He would specifically call these remedies *drainage remedies*, where the remedy is specifically indicated for that organ.

Ceanothus

Keynotes:

When spleen is affected the main remedy is *Ceanothus*.

Fel tauri

Keynotes:

The main site of action of the remedy *Fel tauri* is on the gall bladder and intestines.

Ferrum iodatum

Keynotes:

Ferrum iodatum has main action on the glands.

Ferrum magneticum

Keynotes:

The main site of action of *Ferrum magneticum* is on the palms of the hands.

Gnaphalium

Keynotes:

For this remedy, the main site of action is on the sciatic nerve.

Gossypium

Keynotes:

When the main action is on the ovary, think of the remedy *Gossypium*.

Dr. Sarkar's Clinical Approach

11

- REMEDIES MADE FROM THE SAME ORGAN -

Here, taking a leaf out of Constantine Hering's book, we investigate the use of remedies prescribed that come from the affected organ, in potentized form.

For example, giving the remedy *Retina 200*, for a patient of retinitis pigmentosa.

Other organs that have been potentized and used in practice:

- Optic nerve
- Retina
- Duodenum
- Carcinoma liver
- Carcinoma stomach

Using the remedies made from the same organs is an approach I use in an intercurrent manner.

Dr. Sarkar's Clinical Approach

12

- REMEDIES RELATED TO HORMONES (SARCODES) -

If the symptoms of the patient show an excess and/or deficiency of specific hormones, we can use this to proceed with the case.

Cortisone

Keynotes:

When a patient comes with symptoms like obesity, a moon face, swelling on the back of the neck (like a buffalo hump), without anything to do with Cushing's syndrome, the remedy to think of here would be *Cortisone*.

Pancreatinum

Keynotes:

In cases where the pancreas is at fault, causing extreme burning, reminding one of *Iris versicolor*, the remedy to be thought of is *Pancreatinum*.

Parathyroidinum

Keynotes:

In extreme cases of calculi and calcification of glands, *Parathyroidinum IM* is often prescribed. The pathological effect of the illness is covered by the remedy as well.

Pituitrinum

Keynotes:

This remedy is indicated in pathologies where the pituitary gland needs to be excited to increase the action.

For example, after a stroke the pituitary gland is affected. A dose of *Pituitrinum IM* stimulates the vital force.

Dr. Sarkar's Clinical Approach

13

- INDIAN DRUGS WITH RELATION TO HOMOEOPATHIC REMEDIES -

Indian remedies are used often in ayurvedic pharmacopeia with good results. They are often to be remembered with the other homoeopathic remedies, and can be used as comparisons.

Andersonia rohitaka

Keynotes:

This remedy is known as “Rohitaka” in Bengali, and has been named by all Hindu physicians as “Plihaghati”, meaning that it does away with all splenic disorders.

There is constipation, which is a characteristic symptom of the drug. There is no desire for food, taste of the mouth is insipid or bitter and the patient feels laziness while getting out of the bed in the morning.

This remedy bears a great resemblance to *Cephalandra indica*, *Kalmegh*, *Azadirachta indica*, *Nyctanthes arbor-tristis* and *Khet-papapra* with regard to the burning sensation of eyes, face, hands and feet consequent to chronic fevers.

Open air, cold breeze or cold application generally mitigates or relieves all pains, especially burning of the body.

Azadirachta indica

Keynotes:

This remedy is known as the *Indian Lycopodium* and its common name is Neem. The mind state differs, where the *Azadirachta indica* patient is humble, sentimental and non-dictatorial. Like the *Lycopodium* patient, they have an aggravation from warmth, amelioration from flatulence, are aggravated between 4-8pm and crave warm drinks. These patients are generally worse in winter.

Dr. Sarkar's Clinical Approach

14

- BACH FLOWER RELATION WITH HOMOEOPATHIC REMEDIES -

Bach Flower Remedies are very useful in homoeopathic practice. We can use them successfully in potentized form as well.

Agrimony

Keynotes:

Agrimony is comparative to remedies like *Ignatia*, they like to keep the grief inside. This remedy feels tortured, is fearful, yet talks with a smiling face. There is suppressed grief, and these patients hold their breath to get rid of pain (ddx. *Belladonna*). There are hepatic and renal affections. This remedy is useful after suppressed mental traumas, and is often used in cancers of the stomach. These patients will never discuss their suffering with anybody, and often there is a conflict between employer and employee. The suppression can lead to psychosomatic disorders. There is also artificial smiling in this remedy.

The mental emotional picture for *Agrimony* is a keynote in itself. The patient who needs this remedy has masked troubles; is anxious and worried internally, has forced cheerfulness externally; hides ones sufferings, even though suffering internal torment; is full of interest in life; is a daredevil and reckless in all ways, is active and restless, always on the move, requires little sleep, is interested in the occult and magic, makes believe one is happy and cheerful while at heart one prefers death, seeks excitement, desires stimulants and is worried by an imaginary prosecutor.

Crab apple

Keynotes:

Crab apple is very similar to the remedy *Lac caninum*. There is a sense of uncleanliness, fogginess of the eye, tonsillitis, sore throat, ulcerative disorders of the mouth, burns and scalds.

Dr. Sarkar's Clinical Approach

15

- CHILDREN'S TYPES -

There are some remedies which are used more often in clinical practice for children, which may not be used traditionally.

MMR vaccine

Keynotes:

This remedy is good for those patients who experience complaints from taking the MMR vaccine. This remedy is indicated especially in children with ADHD, and has become widely useful in clinical practice.

Morgan pure

Keynotes:

Morgan pure is a bowel nosode with *Sulphur*-like indications.

Saccharum officinarum

Keynotes:

- Fat obese children
- Cross irritable like *Cina*
- Refuse food always
- Craving sweets
- Hyperactive
- Restless

Teucrium marum verum

Keynotes:

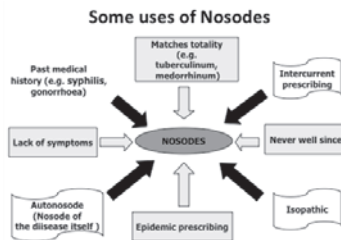
This remedy is indicated for sensitive children. Even the least bit of cold air or anything else aggravates the child. All factors aggravate the child's complaints.

Dr. Sarkar's Clinical Approach

16

- BOWEL NOSODES and OTHER NOSODES -

Bowel nosodes and other nosodes are useful in clinical practice.



“The value of the nosodes of human disease products lies in the fact that each one in a different relationship possesses the sum total background of racial miasmatic development. In this connection I offer a suggestion in the social study of the much discussed psychology of ‘mob action’ often syphilitic in its brutality and unreasonableness, sycotic in action and persistency, and psoric in the welding of many persons from various social strata toward a unified purpose. The explosive element represents the release of the suppressed miasmatic accumulation, producing an effect entirely against the routine of long established custom.”

- Waffensmith, 1929.

Anthracinum

Keynotes:

- History of cancer, tuberculosis, diabetes,
- Craving, aversion or intolerance of one or more of these - salt.

Other indications include:

- Afraid of cars and react as if every car were about to run over them. (Didier Grandgeorge).

Dr. Sarkar's Clinical Approach

17

- ALLOPATHIC DRUGS AND TOXICOLOGY -

This is just the beginning of a revolutionary approach in homoeopathy. I am always trying to think of different ways to heal the suffering and as there are a lot of failures in cancer cases, this made me think out of the box. This approach cannot be used solely, but it has to be used along with other approaches, or it can be used through an intercurrent approach.

This began when I was visiting the out-patient departments in NIH hospital – I was seeing almost 70-80 cancer patients every day and I was not able to give results in all the cases. Many patients who were taking treatment under me died as they were terminally ill cancer patients. These patients were left by allopaths telling them that they would only live a few days.

Now, I don't think we can cure them, but cure is a very relative word. We can definitely help them to decrease the amount of suffering which they undergo.

Initially, I started giving a few remedies as complementary to our so-called constitutional remedies. As I was seeing a great number of patients I was able to see a clinical pattern in them and began recording this very pattern. After a few cases, I was very confident because I was seeing miraculous results.

I remember one case where I was giving *Thuja* for prostate cancer and it was not getting better. Then I started *Ferrum picrate*, another important remedy with indications, but I couldn't see relief. With hope dwindling, I gave a few doses of *Flutamide 30C*. In a week's time, the PSA changed. I still have the reports which read that it came down from 600 mg/dl PSA to 3 mg/dl PSA.

After this, I started seeing more and more prostate cancer patients and I elicited a characteristic indication of it. It is similar to *Thuja* with brown spots on the skin, chilliness and early morning stool.

A word of caution should be mentioned here. It is with a lot of dedication and preciseness that I prescribe these remedies. These remedies need to be prescribed as an intercurrent to the main remedy. They act as a complementary and are an immense help.

Dr. Sarkar's Clinical Approach

18

- ADDICTIONS and LAYERS -

In today's world, there are many people who have a past history of addictions, in addition to newly developed sensitivities to certain food items which have relevance in developing current pathologies.

Lobelia inflata

Keynotes:

Lobelia inflata is indicated for patients who are chilly, have an aggravation from hunger, and a history of tobacco intake.

Quercus glandium spiritus

Keynotes:

This remedy has a history of alcohol addiction. Clarke specifically used it in flatulent patients with a history of piles.

Radium bromide

Keynotes:

Radium bromide is the remedy used for patients who have a history of radiation therapy. There is *Rhus* tox-like joint complaints, and these patients are better by a warm bath.

Tabacum

Keynotes:

The *Tabacum* patient has a history of tobacco addiction and cardiac or blood pressure rising suddenly.

Dr. Sarkar's Materia Medica and Clinical Keynotes

ABELMOSCHUS

Keynotes:

In most cases of hard stool and constipation, I use this remedy as an intercurrent. It is very similar to *Plumbum metallicum*. This remedy is known for pyorrhea, stomatitis, offensive smell of mouth with increased urea (ddx. *Kali chlor*) and kidney disorders.

ABROMA AUGUSTA

Keynotes:

In the clinical field, *Abroma augusta* is known as the diabetes + *Bryonia* remedy. This is one of the main remedies clinically indicated for diabetes mellitus. High blood sugar is associated with symptoms that include dry lips and dry mucous membrane with thirst for cold water. Other associated symptoms include constipation, aggravation by movement, and frontal headache. The cough can be very similar to *Bryonia*, where the cough is aggravated by movement, and there is pain in the chest while coughing. The mind state can be hysterical and quite irritable. These patients would get angry, say things out of context and they can get extremely irritable about trifles, especially with painful and irregular menses. Another concomitant is joint pains that are worse by movement, along with diabetes. This can be the one of the main plants by which diabetes can be controlled.

ABROTANUM

Keynotes:

“Metastasis” is the keynote of this remedy.

Dr. Sarkar says, “Like how Burnett (whose writings I have been inspired by) would be called ‘*Mr. Urtica urens*’, I would be honored to be called ‘*Mr. Abrotanum*’.

Abrotanum also causes alternating conditions, one diseased condition disappears and another appears. For example, piles alternating with rheumatism. The

Dr. Sarkar's Approach in Case-taking

When I approach a case I begin looking for a chronology of events and ask questions such as, *when and how did it start, what were the first symptoms, which organ system affected, what were the characteristics of those symptoms at that time?* In addition, I also look at the direction in which the symptoms move – *which side did it start, did it move or did it stay in a local area?*

I aim to elicit exact symptoms and look for the causative factors – there may be one, or usually, there are many. With each symptom, location, sensation, modality and concomitant are critical to complete the symptom and to aid in prescribing an accurate remedy.

When investigating each symptom, I explore it in depth until I get a peculiar characteristic. This can be in any area of the case, mental, emotional or physical. I emphasize the importance of peculiar symptoms because that is what will ultimately help to match the patient to the remedy. I also place great importance on concomitant symptoms as they will help to quantify and qualify the experience of the patient.

Usually, the mind symptoms come at the very end. Unlike other schools of homoeopathy who investigate the mind and mental picture of the patient first, I choose to leave it to the end. If we start with mind symptoms, then we theorize and conceptualize what the patient says. This is dangerous because if the mind symptoms are not clear and exact, then you are at a risk for theorizing. It is much more useful to start with the symptoms that are sure and dependable – choose symptoms that are factual.

In a clinical setting, we must try to understand the “apparent” behaviour of the patient, and must question whether or not what they are showing is true – is there a shield that the patient is putting up or are they revealing their true self? We have to distinguish between persona versus reality – persona is a mask or shield, and as homoeopathic practitioners, we have to aim to remove the mask and find the reality. In order to do this, we must first and foremost analyze ourselves before others. If the patient is comfortable with the physician then you can find out hidden information. When there is a good bond at an emotional level with the patient, you can ask about the mental symptoms. Once your patient is weeping in front of you, that is the best example that there is a good bond established.

Dr. Sarkar's Acute Prescriptions

First and foremost, one must be practical in acute situations. If you know how to tackle the situation of acutes with homoeopathic medicines, you will gain confidence and your patients will gain confidence in you and in homoeopathy as an effective system of medicine. It is faulty to say that homoeopathy only treats chronic diseases – we automatically handicap our system of medicine by believing this.

After the discovery of antibiotics, steroids and medicines alike, allopathic schools took the upper hand – but if you go through the history, before the discovery of antibiotics, most of the acute situations were helped by homoeopathic doctors. Dr. R.E. Robert, in the First World War, used homoeopathy. He treated soldiers with remedies like *Calendula*, *Arnica* and *Dulcamara*. Also, most of the malarial and typhoid epidemics are cured by homoeopathic medicine.

Most acute conditions are self-limiting in nature; you can either give or not give a medicine in allopathy. As homoeopaths, we give medicine to minimize the suffering and to shorten the period of suffering in acute conditions. For example, in Mumbai in rainy season, think of the remedies *Dulcamara*, *Natrum sulph*, *Aranea diadema*, *Rhus tox*, and *Nycnanthes*.

Diagnosis is a MUST to become a successful practitioner. You have to know the allopathic side and correlate this with your materia medica – remember this!

For example, if you know the application of *Arnica*, you can control most acute conditions and nothing else is required. We specifically know this remedy for its use after injuries, falls, accidents, surgeries and for bruising, however this remedy also covers conditions like heart attacks or cerebral attacks, left-sided hemiplegia, and hemorrhage. If the area is hot, prescribe *Arnica*, for left sided hemiplegia with full bound pulse, prescribe *Arnica*. If the patient is unable to recognize a grave situation (ex. a patient has lung cancer but still smokes), has a tired heart, is depleted after physical exertion or after dancing, vomits stool (intestinal obstruction), has a rigid personality, prescribe this remedy! Until and unless symptoms of another medication are indicated, use *Arnica*.

The following acute conditions can be treated very successfully using homoeopathic medicines – see below for more details.

Curing in Layers and The Ladder Approach to Prescription

The Layers concept in homoeopathy was established by Dr. Foubister and I regularly use this concept in my practice.

Words from Dr. Foubister:

“We may consider the prescription of Streptococcin in chronic disease where there is a history of acute streptococcal infection very probably including severe infection in the mother during pregnancy. Given such a history, there are two kinds of cases where consideration of a comparatively unproved remedy seems justifiable. Firstly, when there is unsatisfactory response to reasonably well-chosen medicines; when there is a tendency to relapse, or when there is only partial improvement. Secondly, where streptococcal infection immediately precedes chronic illness or when it is an outstanding event in the history although separated by a comparatively healthy interval from the illness under consideration.

Naturally, cases combining these features more strongly suggest Streptococcin, especially when it is difficult to find a similar proved remedy. These remarks can obviously be applied in consideration of other nosodes of acute infectious diseases. When there has been a number of severe acute illnesses, Dr. Gordon, of Edinburgh, maintains that best results can be obtained by antedoting the most recent infection first by its appropriate nosode, proceeding backwards and thus “curing in layers”. Another view is that other things being equal, the first lapse from health is of greatest importance and that this should be antedoted first to undermine the superstructure and then deal with the case according to the remaining symptoms.”

I also frequently utilize the *Ladder of Remedies* concept of Dr. Burnett, to assist in chronic, complex cases. A ladder approach uses a series of remedies one after another, which ultimately lead to the restoration of the health in the patient. I find that to effectively help patients, the ladder approach is very beneficial because it

Illustrative Cases of Dr. Sarkar

The following cases are great success stories from my clinical practice. I have used many of the remedies that I have mentioned in the above materia medica. These cases are accompanied by investigations and reports that depict the efficacy of homoeopathic medicines.

Furthermore, it is important to know that I do not employ polypharmacy in my cases. I adopt the ladder approach while treating patients – similar to Dr. Burnett. This means that I prescribe one remedy after another, not two at the same time.

CASE ONE

Case of Papillary Serous Cystadenoma Carcinoma of the Ovary

Case Summary:

This is a case of a post operative-papillary serous cystadenoma carcinoma of the ovary. The patient has a history of anxiety and indigestion, due to stress at home. There was also a police case in the family because of which, she had a lot of stress. Other symptoms include motion sickness, thirstlessness, burning sensation before urination and micturition, radiating pain from LIF to umbilicus, electric sensation in the abdomen, aggravated by lying on the left side, and hot flushes from the vertex. The patient has been in menopause for the past 4 years, she has a past history of typhoid, irregular menses and dysfunctional uterine bleeding. She has dreams of snakes all around her, is fearful of snakes, and is generally fearful. The patient is extremely forgetful, gets angry and throws things in anger. She cannot tolerate hunger, desires spicy food and sweets.

Initial Investigations:



The initial cancer marker reads 710.2 U/ml.

Experience with Dr. Sarkar

The following excerpts and experiences are from a wide array of homoeopathic doctors and students who have sat with me in my clinic in West Bengal.

Dr. Sujit Chatterjee

*World-Renowned Homoeopathic Doctor, Senior Consultant at
the other song – International Academy of Advanced Homoeopathy,
Lecturer and Cancer Specialist*

I visited Dr. Sarkar at his clinic in a remote village in West Bengal. To find the way to his clinic, we were communicating over the phone. When I reached there, I saw many patients who were waiting. As I approached the clinic, he came out to receive me. I was very touched by this gesture and by his humbleness – and I feel that it was a sign of a true wise man.

When we sat, he shared several cases with me, a few of which were amazing.

I remember a case of a young male patient who was suffering from lung cancer. He had history of taking sodium bicarbonate (a home remedy) for his acidity. He also had an aversion to bread and intolerance to milk. The patient was afraid and aggravated by thunderstorms. Although it was not gastric cancer, Dr. Sarkar prescribed *Natrum carb* for this patient and there was remarkable improvement. He even showed me documents and various investigations that showed the improvement for several years.

Another case, which I was intrigued by, was a case of very bad eczema. Dr. Sarkar prescribed *Arsenicum album*, with the main indication of arsenic poisoning symptoms. He explained to me that in West Bengal, water contains this impurity in a high level. What surprised me is that he did not prescribe on the keynotes of *Arsenicum* that I knew - it was not based on midday or midnight aggravation, restlessness or fear of death. He prescribed from simple observations of typical skin symptoms like bigger, brown patches/ spots on the skin and all over the body.

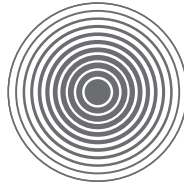
Throughout my time with Dr. Sarkar, I also saw many good results with the remedy *Carcinosin*. On observation, many cases of *Carcinosin* have numerous amounts of moles, a family history of cancer, fastidiousness, love for nature and has no major illnesses in the past.

RESOURCES:

BOOK	CONCEPT(S)
The Elements of Homoeopathy by Dr. P. Sankaran	This book illustrates practically every aspect of homoeopathic medicine, whether it is the study of Materia Medica, Hints on Case-Taking, Value of Repertory, Cross References to the Repertory, Difficulties in Practice, and The Scope of Homoeopathy.
The Spirit of Homoeopathy	This book is divided into four sections: Philosophy, The Mind, Case-Taking and Finding the Remedy, and Materia Medica. The first section looks at what disease is – the origin and the dynamics of disease. The second investigates the understanding of delusions, mental state as a whole and body-mind connection. The third section covers the artistic aspect of homoeopathy, understanding the patient. The final section furthers the understanding of remedies, and includes remedies as examples.
The Substance of Homoeopathy	This book illustrates how delusions can be classified using Hahnemann's theory of miasms. With numerous illustrative cases, this classification can be used as a map of disease to facilitate remedy selection. A detailed study of homoeopathic drugs with reference to their source reveals the purpose of the traditional classification into plant, animal and mineral kingdom.
The Soul of Remedies	Clear, concise, confirmed descriptions of the inner view of a hundred different remedies and how they express this in clinical situations.
The System of Homoeopathy	Illustrating the method of case-taking, case analysis and follow-up, this book includes detailed cases and a number of short cases, through which emerges a System of Homoeopathy. Hints and guidelines about understanding the mental state, eliciting the mind and body connection, central delusion, what to do and what not to do with dreams, plus a further understanding of miasms and kingdoms.

BOOK	CONCEPT(S)
The Sensation in Homoeopathy	Using numerous case examples, this book gives one the ability to know at all times in a given case, where to begin and where to aim, through The Seven Levels of Experience. This way of working gives a definitive pathway for case-taking, a means by which to observe and utilize the active energy patterns of the patient (hand gestures and movements), plus a way of matching the patient's level to the remedy and potency that is required.
An Insight into Plants – Volumes 1, 2, 3	This book provides a framework of how the plant kingdom can be classified and understood. Tracing the common sensation of each family, this book shows how this sensation can be seen in the remedies in that family. The remedies are differentiated by the miasm to which they belong.
Sankaran's Schema	This book aims to bring in a nut shell, in a tabulated form, the different concepts and information spread over Dr. Sankaran's books – The Spirit of Homoeopathy, The Substance of Homoeopathy, The System of Homoeopathy, The Sensation in Homoeopathy, and An Insight into Plants (Volume I, II, III), and Sensation Refined.
Structure – Experiences with the Mineral Kingdom	The periodic table readily lends itself to the task of classification. Its seven rows and 18 columns can be understood, seen and experienced as stages of human development. Recent explorations into the rows, backed by several clinical cases, provings and research, have thrown new light on the Mineral Kingdom that makes it significantly easier to recognize the remedies in practice.

BOOK	CONCEPT(S)
Sensation Refined	This book addresses the problems and pitfalls that seekers in this method face. It answers many queries about the sensation and its expression, and how to understand it better, in a clearer and simpler way. Here, there is a deeper understanding of the experience, living it and seeing almost nothing else.
Survival - The Mollusc	Within are described the qualities of Mollusca in nature, its subdivisions, and expressions in the human being. Each of these is described with source words, proving information and clinical cases, to make it easy to recognize in clinical practice.
Survival - The Reptile (Volume 1 and 2)	Within are described the qualities of Reptilia in nature, its subdivisions, and expressions in the human being. Each of these is described with source words, proving information and clinical cases, to make it easy to recognize in clinical practice.
The Synergy in Homoeopathy - An integrated approach to case-taking and analysis	An integrated approach to case-taking and analysis. Never before has the connection between the patient and the remedy been so clear – symptoms and system are two sides of the same coin and this results from an integrated approach. Both the factual and conceptual aspects of the patient and the remedy must be seen together. The knowledge of old masters, such as C.M. Boger, is explained in detail. Through illustrative cases, the secret of success is depicted through this integrated approach. Through a seamless blending of the old and new, conventional and contemporary, the results are proof of a quantum leap in homoeopathic practice.
Synergy in Practice	Practical application of the Synergy Approach in homoeopathic practice illustrated through numerous cases.



the other song

International Academy of Advanced Homoeopathy

Headed by Dr. Rajan Sankaran and supported by Homoeopathic Research and Charities (Mumbai) and World Institute for Sensation Homoeopathy (WISH.) 'the other song: International Academy of Advanced Homoeopathy' is the culmination of a vision shared by a group of like-minded homoeopaths, of establishing a world class institute that has developed into a hub for homoeopathic healing, learning and research.

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- Provide premium quality homoeopathic treatment from highly experienced homoeopathic physicians.

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- Impart systematic and intensive clinical training under the expertise of a team of international renowned teachers, with a view to bridge the gap between theoretical knowledge and practice.

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- Full access to mentor based training and opportunities to discuss difficulties

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