

Rajan Sankaran

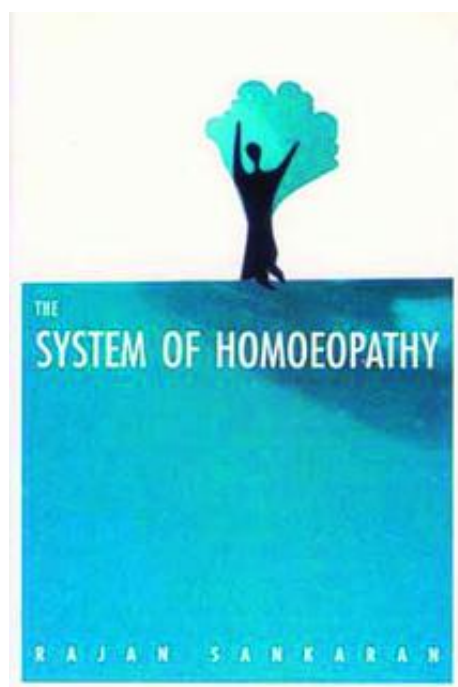
The System of Homeopathy

Reading excerpt

[The System of Homeopathy](#)

of [Rajan Sankaran](#)

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Narayana Verlag GmbH, Blumenplatz 2, D-79400 Kandern, Germany

Tel. +49 7626 9749 700

Email info@narayana-verlag.com

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CASE 19

A forty-six year old woman, Ms. B.H., who had been consulting me off and on with some acute complaints, returned in September 1994 after a gap of many years, complaining of severe joint pains and asthma. I called her a couple of days later and retook her case. I asked her to describe whatever she was feeling.

P: Yoga helped me a lot, and I stopped eating rice. That is the reason I used to get sleep and no dreams. If I do not write down my dreams immediately within fifteen minutes, everything is wiped out from my mind. If you tell me something, I will not remember it two days later. I completely forgot having an appointment with you; my daughter rang to remind me about it. I left in a flash and got on the bus without thinking what would happen to my children as I was leaving them behind. My memory is too dull. The thoughts I get are not good; all negative, about bad things. If you tell me something, I will pick out the negative things. If my husband invests in some shares and he asks me for my signature, I tell him that these will not do well at all. Plus I am scared of the dark. When in the dark, I get really scared; I feel two hands are coming from behind me to grab me. I do not go into a dark room; I send my children before me to switch on the lights. If I see any little reflection in the night, I feel someone is coming to grab me, to kill me. If I am alone at home with my servant, I feel: "Now he is coming. Now he is coming to grab me." Wherever I am sitting, I can only think of my death. If I am sitting somewhere I feel that here this type of death is possible. I think sometimes that I will get plague and I will die. I think that someone will come and tell my husband that his wife is dead. While waiting for the bus, I thought I would die, and there being nothing in my purse, how would my family know I was dead? I think then that they know my daughter and that they will call her and inform her. After that there are no thoughts. And especially because of this pain sometimes I see myself sick in bed, like a dumb person who cannot do anything and the whole family is sick of me. I had gone to secure a transfer for my daughter from a college outside Bombay to a college in Bombay. The man handling it told me that it will not be possible. That night I dreamt that I killed both of the men in charge.' I always see somebody doing something bad to me in my dreams, but if you were to actually see it, I am doing something bad to them. If somebody is sitting next to me, I may be talking nicely to her, but inside of me I am thinking that I am better than her. I feel: "What was there in her? I was just talking to her nicely and putting her up." These are the thoughts that are there in my mind; negative thoughts. I am different outside and different inside.² I do not want to become

1 There is the fear of being killed and the desire to kill.

2 There is jealousy and deceit.

like that, I want to be nice. The thoughts are so bad. I can never think good things. Sometimes, accidentally, I get a good thought and I say: "Oh, wow! Today I had a good thought." Everything I will think is negative; I do not know how to think positive. My daughter is in love with some boy, and I was telling her that he will leave her, that he will not marry her, that all men are flirts. I cannot just think that my daughter is happy and is to be married. I can only think that he will leave her after they are married and she will return to us.

Very often whatever I talk comes true. That is the reason I do a religious chant, and even while chanting, I am thinking something bad. On the outside, I look very saintly. I think that there must be no one as saintly as me. I give people religious lectures. Inside I do not believe in God myself. My Guru had said that you should not speak, because when you do you are showing off how dumb you are. So you should just practice and not speak. My husband says that I talk so much, and that when he tries to gesture to me not to. I do not listen. Because when there are people around, I get absorbed in talking and I think I am on top of the world. I want to show off. I think that there is no one as clever as me in this world. But when I am amongst people again, I forget that my husband has said not to talk too much. I forget about everything that he has said to me. I think of other people as being mad, stupid, idiotic, ignorant, not knowing anything, while I am the only one who knows every thing.

Do you want to ask me anything?

D: *You are doing well.*

P: I think that I love my family the most. I love my children, but lose my temper with them when they are sick, and hit them. When I was leaving, my husband called me because he had some problem, and I said: "Your sons have given me work to do. Plus I have to answer the phone and I have to go to the doctor. You, too, go to the doctor. Why are you calling me?" I do not cooperate with them and help them. When my daughter had a pull in her back, I said: "Go to the doctor, why are you troubling me?" Of course if something would happen to her, I would feel a pain, though I do not say it.⁴ But my attitude is different. People will not understand that I love my children. My attitude is very wrong. I know I should be loving and caring. I shout when they are sick, instead of taking care of them, and say: "Why are you all falling sick and doing this bad thing?"⁵ I do not know what kind of a love is this. Any small complaint I see as a major complaint. If my son has a headache, I think he has a brain tumour. I cannot think something small, like he has a headache and I should give him an aspirin. I make up my own story in my mind. My maid of twelve years was found to be anaemic, and I told her immediately to go to her mother's house and do whatever she wanted there. Inside of me I do not mean it. I mean that she should just go to her mother's house. But the way I put it is very bad.

I have never noticed it all these years. Now my children have pointed out that my attitude is not right. I talk as if I am lecturing or as if I am fighting. It is as if they do not do as I ask them to, I will kill them! Once someone filmed me talking to someone else without my knowledge; that is when I realized it.

Has this got to do with my pains?

3 Just as there is no one as saintly as her. She feels that she is better than everyone else.

4 There are two sides to her: the affectionate and the aggressive.

5 She has the feeling of being troubled or persecuted.

D: *Yes.*

P: My menses have stopped completely since the last six months. I sometimes pity my husband that he has put up with me. He is very cool.⁶

Anything else?⁷

D: *What else?*

P: Earlier my husband would tell me my bad points and he would be angry and we would end up fighting. There is no such day that my husband and me sit and talk without fighting. We must fight. Ninety percent of the times I fight. I do not know what kind of a person God has made me.

Outside I want to show I am the best person in the world. I will do the best for you and for everybody. But inside the egoism is different. If the woman next to me is wearing nice clothes, I think she does not look nice, and were I wearing them I would look better. I will tell her that she looks nice, but my thoughts are that I would look better.⁸ I will praise nice jewellery, but my thoughts are that I wish I had it. And God has given me everything. I have a good husband, money and children. Why is my mind like that? He has given me the ; best of everything, so why should I think this way, that I should be the best person around? What is giving me all these bad thoughts? I want to be good but what is the inner one doing?⁹ Outside I do not speak. For my family I never think bad. I give them everything. I do not have friends. Now I have two or three friends from my religious group. For them I go out of the way. These thoughts, jealousy comes with people whom I barely know or know very little. For the people I love I will never think this way, and will give them what they want.

Previously I used to be very fond of jewellery. But now I am not. But if my religious group says that I should leave my husband, I will never do it. I am very attached to him. I do not like the thought. I want to remain with my husband and family. I cannot make them as happy as I want to. So, I feel: "Why make myself miserable and harm myself? Forget it. Let them go to hell!"¹⁰, and I think only of my own happiness rather than that of others.

What else? **D:**

You continue.

P: I do not know what to say. I feel my dreams are all bad, because my thinking is bad. If I think good the dream will be good. "

D: *What are the dreams?*

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- 6 Her talk is wandering.
- 7 She is very talkative and will not need too much prompting.
- 8 Rivalry and competition.
- 9 She talks as though she is two persons instead of one.
- 10 Again the two sides to her can be seen: one that wants to make the family happy and the other that does not care.
- 11 She sees everything as wrong and negative. She has the feeling that nothing will work: her daughter's marriage will not work out, her investments will fail. She sees nothing as hopeful. The miasm is close to syphilis. Syphilis has hopeless despair. The feeling of hopelessness is strong here. Also, her thoughts everywhere are of death, as if wherever she goes death is possible.

P: I told you of them. My daughter was refused admission in a college. I dreamt that I killed both the administrators. The other dream is that someone is forcing me to eat I meat, but I am a vegetarian. My husband says that often. I dream of whoever does negative to me.¹² I dreamt that I just went and killed both those people when they refused me admission.

D: *How?*

P: I do not remember how. But it was in a very weird way; not in a smooth way.¹³

D: *Do you remember any dreams from childhood?*

P: I used to have this dream often when I was young that I was the richest woman in the world, living in my own beautiful, big house and able to do whatever I wanted to.¹⁴ But if anyone gave me misery, I had people around me who could do what I wanted them to.¹⁵ I had asked my mother, who is being troubled by her daughters-in-law, to come and stay with me, and I told her that she was the luckiest woman because she was my mother. People would come to me with their troubles. I was like an underworld Don, like the Godfather. I would give orders to finish off this or that person. I had an ample amount of money and would give money to people, there was no end. I was the happiest person in the world, nobody was as happy as me. I would not see any misery for myself. I would not see my death there.¹⁶

D: *What kind of problems ?*

P: If anyone had problems related to money or to their in-laws, I would take care of them. I remember the location by the sea, and I had a beautiful bungalow with a pool.

D: *Do you remember any other dream?*

P: No.

D: *And what was your feeling in the dream?*

P: I was very happy to be helping so many people, so that I would wish it would come true. But now I do not want to be like this because I would then have a lot of enemies. That time I was young so I did not think that I could have enemies, but now I know.

D: *You know...?*

P: When you become big you have a lot of enemies around you. I thought that I was the biggest person, so I must have enemies.¹⁷ I am very scared of pain, no one should harm me even a little. So now even if you ask me to dream this way I will not.

D: *Because... ?*

P: Because I must have so many enemies. Even if I had a lot of people to help me,

12 Her feeling is that people do negative or bad things to her, and she can see only the negative or bad side of things.

13 She dreams of killing someone. She also has the fear of being killed; she feels that someone will come behind her and grab her. So, one should expect some fear in her dreams.

14 The conscious feeling is that she is on top of the world and there is no one like her.

15 If anyone troubles her, she can kill them.

16 She has the fear of death.

17 When you are on top, anyone can kill you anytime. You are surrounded by enemies. This reminds one of *Mercurius* which is the main syphilitic remedy and has the feeling of being surrounded by enemies.

there would be a lot of enemies to harm me too. Also, I used to watch many movies when I was young. I was very fond of movies at that time.

D: *What kind of movies ?*

P: Any Hindi films, so many. You know how girls create a movie image. In the dream, I never got married or had children, because I did not want to have a weak point. You know how in the movies they find out a person's weak point; they kidnap his children or his family. So I never had any weak points.¹⁸ I was the strongest person. I am afraid even at the thought of anyone harming anybody in my family or me. I will not dream such dreams now. Maybe that time I was a child. I never thought of marrying.

D: *Why?*

P: I do not know. I do not know where this marriage came from, and I had children. I am quite attached but I told you that the love is of a different kind.

I get a lot of leucorrhoea; it stinks. I have to change my panties two or three times a day otherwise I start to get that odour myself. I hardly use perfume because that gives me asthma. I have to change two or three times a day. It is not normal; it is really too much.

That bullying nature is still there in me. I want to show everyone that: "Yes! I am really big. I am better than you."

Even now do you know why I am telling you all my problems openly? At the back of my mind there is that thing, that you will think that I am honest. I want to be good next to you. Wherever I go I want to do something or talk so that they feel I am something. I want to show my presence, that I do exist, and I am a good person.

D: *What does "good" mean?*

P: Good means good. That I am the best person. That I am better than anyone they have met till today. That I am better than all their friends.

D: *Why do you want that, that others should feel that way?*

P: I do not know why I think that others should feel that I am good. If I get an answer for that, I will become okay, no? Even with God I cheat.

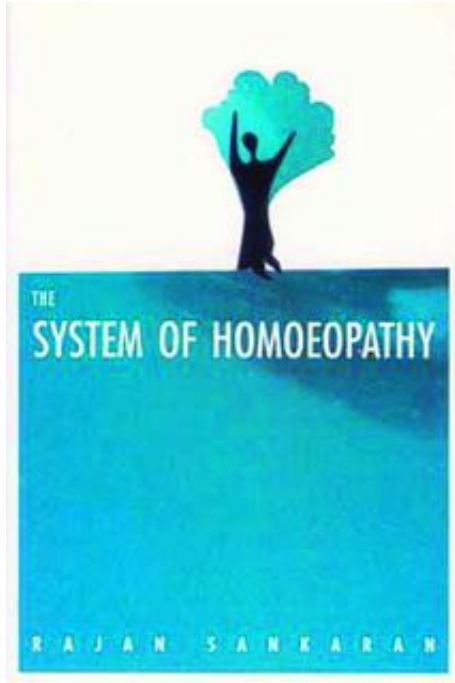
D: *How?*

P: I do good because I am scared of God. I know if God wants to punish me, it will be a big punishment. I pray so that He should not punish me. The basic thought is that I am scared of someone harming me. The main thing in me is that I do nice things so that no person should harm me. If they do something bad, I cannot take it. " Then I may even commit suicide if someone does anything bad to me. But now I will not do it because I used to have these thoughts of suicide before I became a devotee. Now I heard that Lord Krishna²⁰ says that I will become a ghost. Now I am scared; I do not want to trouble other people the way the ghost is troubling me. So I will never do that. I will take whatever pain is there. So, see I am

18 The feeling is that outsiders can harm your family; they are your weakness.

19 She is always fearful that someone can get her, that she can be killed. She prays so that she will not be punished or harmed by God. She fears being harmed/ attacked/killed.

20 Hindu deity; the incarnation of God.



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