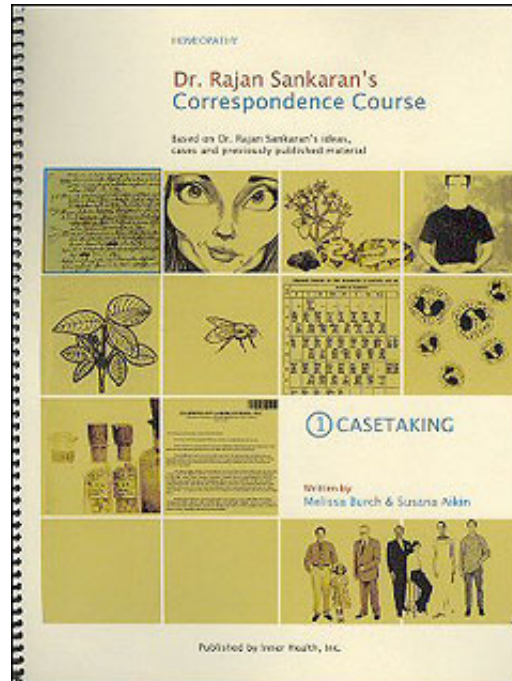


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Leseprobe

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E. THE NEW METHOD OF CASE TAKING

The approach to casetaking has changed considerably after the recent developments of the recognition of the importance of the Vital Sensation, the chief complaint and the levels of experiences. Casetaking is like a journey. It starts from the chief complaint and ends at the level of Vital Sensation. Once the practitioner has unearthed the Vital Sensation from the chief complaint, then it is possible to repeatedly find the confirmation of the Vital Sensation in all other areas of the case. The case can end at the level of Sensation or go further into the level of Energy, where the patient describes qualities of the substance required, or can even name the substance directly. During the casetaking process, the patient may take the practitioner through the different levels of Emotion, Delusion, Sensation, or even Energy. The whole process of casetaking is divided into four steps, which are not fixed but more fluid. The steps tend to overlap each other.

The concentration in casetaking should be on the chief complaint, no matter whether the problem is emotional or physical. Do not assume that just because someone comes in with a physical symptom that is their main complaint, always ask them what is bothering them the most. The chief complaint is the main support around which the case revolves. In the old method, casetaking went all around the different areas of the patient's life, instead of catching hold of the chief complaint and not letting it go. But Sankaran and others found that what was clothed in the expressions of the emotional state becomes naked in the chief complaint. When the case is explored in the other areas first, only the tremors are felt. If the homeopath concentrates on the chief complaint right from the outset, then he discovers the volcano from where the tremors originate. If the focus is on the chief complaint, its sensation and modalities, then the very core of the case comes out right away.

The body and the mind both express the same phenomenon, the same disturbance, and the same vital problem. If the homeopath understands the physical aspect first (even if it is an emotional problem), it may save him from getting lost in the story. This new approach to casetaking was the beginning of an understanding of the various levels of perception and led to the discovery of the seven levels, Name, Fact, Feeling, Delusion, Sensation, Energy and The Seventh. Levels will be covered in detail in Unit Two.

The homeopath needs a lot of persistence, and no embarrassment in order to ask the same thing over and over again. When the homeopath understands all aspects of the case, he will see the same thing over and over, which is the Vital Sensation that connects the mind and body.

When the prescription is based on deeper levels it can be more effective. Taking the case according to levels of experience offers many advantages:

- The practitioner knows where he is in the casetaking process and how to proceed further;

- It defines what to look for and how to question further;
- The process of casetaking is more systematized.

Step One

Relentlessly Pursue the Experience of the Chief Complaint

The case begins by the practitioner asking for a detailed description of the chief complaint. He keeps asking the patient to describe it further and further until the patient comes to a sensation that has a greater connotation than just the physical problem. It is a good idea to usually stick to very simple questions at this stage, like "tell me more." For example, a woman comes with a pain in the upper left abdominal hypochondria and is asked to describe the pain. She says, "This pinch thing is inside. I don't know where it comes from." The homeopath asks, "Please describe further." She says and gestures, "This pinch is like little bites, I can feel two three bites at the same time." The homeopath says, "Tell me more." She says, "...maybe like pins on the cloth, like my skin is pulling out." The homeopath reassures the patient and says, "You are explaining very well, please tell me more." She says, "I can feel this region is being attacked..."

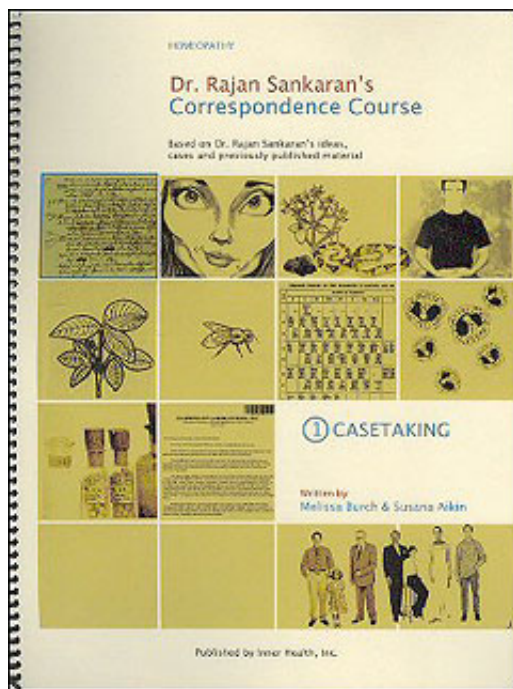
The homeopath has to be relentless about pursuing the experience of the chief complaint and notice descriptive words that carry some intensity through gestures or intonation of the voice. It is essential to stick to the chief complaint and examine all its components thoroughly and exactly.

Bring the Patient Back to the Chief Complaint if he Diverts

If the patient shifts away from the description of the specific experience of the chief complaint, the homeopath must find a way to firmly bring them back to the experience of the chief complaint until it is completely described. One way to do this is to gently interrupt the patient, and repeat the last descriptive words and ask for a further elaboration of the experience. In the beginning of casetaking, if a patient diverts to some emotional aspects of his life, then bring him back to the chief complaint.

Acknowledge and Support the Patient through the Casetaking Process

It is usual for the patient to become exasperated and exhausted with the constant repeating of the same questions around their chief complaint. The homeopath has to be aware that the patient needs reassuring. A short explanation of the method can be helpful here, such as, "You have explained your experience very well, and each time I ask the same question you give a little more information, which helps me to understand your case." It is necessary to continually acknowledge that the client is answering the questions well, and that the practitioner is repeating the question not because he does not understand their answer but that each time they answer they give more useful



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