



# Internal Focusing – to Explore the Vital Sensation

## A Case of Asarum

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### Introduction

The most obvious characteristic of our lives is that we have a body and the sensation associated with it. We are wholly dependent on our vital sensation. Yet despite this overwhelming bodily sensation, we are rarely in close contact with our sensation. We have gone far away from our sensation.

By understanding the body sensation the patient can understand his/her feelings and reactions associated with it, he can understand his fears, anxieties, dreams etc. and can become fully aware of his delusion. Once you are aware of your sensations your reaction to the sensations becomes appropriate.

Dr. Rajan Sankaran gave us this excellent understanding of vital sensation and explained many ways to explore the vital sensation in the patient e.g. through chief complaint, fears, incidents which had a deep impact on the patient, childhood history, interest and hobbies, dreams etc.

In many cases these techniques work, but in others they don't. The patient arrives at the feelings, delusions, fears and dreams but is not able to describe the sensations. The patient just doesn't understand what we are asking for. Many times he just repeats his feelings and we assume that this is the sensation. Many times we are not sure whether it is a feeling or the sensation. Many times we get confused between pure physical sensation and the vital sensation. Many times he describes the sensation but in very vague terms such as anxiety, uneasiness, palpitation, something happening in the stomach, something moving up and

down in the stomach, heaviness. The "something moving in the stomach" is not further elucidated. You are not sure what to do with these sensations. They point to nothing. I have experienced this many times. When I had newly learned about the sensations from Dr. Rajan Sankaran, I would get stuck in cases with such vague sensations, or many times would take physical sensation as the vital sensation. So what to do with these vague sensations?

As a beginner I thought that sensation might not be a deeper level than the feelings and perceptions. But as I worked more with Dr. Rajan Sankaran I realized that the vital sensation definitely is at a deeper level.

It occurred to me that there could be some way by which we could explore the sensation in each and every patient. This is how this new technique came into existence. Before I start to explain this method, I ask you to put aside for a while what you know about homeopathic case-taking, or any other process of case-taking. What I am going to show you is not the familiar "getting in touch with the feelings" or "getting in touch with your delusion". Most homeo-

paths don't know about it. A few seem to use it intuitively now and then, but the chances are you have never deliberately done it. Now it is about two years since I started using this technique, and it has really helped me in exploring the sensation of my patients to the fullest.

### What is this Technique?

It is a technique in which you make contact with your vital sensation. This is the technique that can take you from the vague sensation to the exact sensation.

It is a way in which the patient can pay attention to his/her inner self, and the inner experiences which can be felt in his/her body. It is a way to concentrate internally so that the patient can go beyond the mind and the body and will be able to focus on what lies beyond the mind and body. I call it an **internal focusing technique**.

Like other methods of case-taking, this method avoids reasoning and using the mind to understand the human being. It also avoids "getting in touch with the feelings" and expressing intense emotions, which many times patients don't want to express in front of you. It takes less time in homeopathic consultation than conventional homeopathic case-taking and yet is extremely effective.

The following are the steps which I use in the focusing technique.

#### First step

1) Tell the patient to focus on the problem which is bothering him/her most.

Or

2) Ask the patient to go back to the incident which had a deep impact on him/her.

Or

### S U M M A R Y

Getting a patient to the point to describe his/her vital sensation, which is different from and beyond physical sensations, delusions and emotions, is not always an easy task. To be able to arrive at the vital sensation in the patient the author has developed a case-taking technique which is described here. A case of *Asarum euraeum* is given as an example.

**KEYWORDS** Vital sensation, Case witnessing, Internal focussing, Alcoholism, *Asarum europaeum*



3) Tell him to go back to the situation where he had experienced his worst nightmare or delusion.

Or

4) Ask him which problem feels the worst right now. Ask which one hurts the most, feels the heaviest, the biggest, the sharpest, the one that feels bad in whatever way (you) HE and (your) HIS body defines "bad".

Or

5) In cases where the emotions are very clear, ask:

- What is the crux of the emotions?
- What is the worst of it?
- What is the centre of all the emotions?

Once this is clear then ask about the bodily experience of this. What happens deep within the body. Ask the patient to just focus on the body and see what answer it is giving you. The patient is simply focusing on his deepest problem, delusion, fear and emotions.

Ask the patient, "what does the whole problem feel like" or "what sensation do you feel when you imagine this situation". The main thing is to tell them not to answer in words – just experience the sensation in the body. Just feel it without any interpretation without words. Just experience that sensation. Tell them to experience two three times so that they are sure what they are experiencing.

While doing this the patient may experience a lot of thoughts like self-lecture, analytic theories; lots of intellectual thoughts, tell the patient to just let them pass and concentrate on the body.

Tell them to visualize the whole scene again. Tell them to focus on to the body sensation associated with it. Tell them to focus on to the body and, whatever comes, just focus on it. The main thing is just focus on it and not to describe it. Let the body give the answer to your problem and not the mind. Do not go inside it, just observe it.

The main thing is to observe it for a while till it becomes completely clear. Stay with the sensation for a while.

What we are trying to do is to get down to the single sensation that encompasses everything (your delusion/feeling/fears).

Once you have experience of the sensation, stay with it for a while. Tell the patient, "Don't try to decide what is important about it". Tell them just to let it be, and feel it.

The sensation is the holistic, unclear sense of the whole thing. It is what most people would disregard, because it is murky, fuzzy and vague.

When the patient first stays with it, they might say, "Oh that? You want me to stay with it? But that's just an uncomfortable feeling, nothing else". Our aim is to tell people just to stay with it.

*What happens when you touch the right sensation?*

The patient starts describing the sensation from his complete being. You can see his whole reaction changes. He uses hand gestures to describe his vital sensation. It appears as if his body and mind are both describing the sensation. Once you touch the sensation, the patient automatically starts connecting to his whole being. Now it becomes easy for him to describe the sensation in the areas where he couldn't describe the sensation previously. This is the moment when the patient becomes temporarily aware of his sensation bringing temporary relief to his state.

### Second step

What is the quality of this unclear sensation?

*Let a word, a phrase or an image come up from the sensation felt.* It might be a quality (or qualitative) word, like tight, sticky, scary, stuck, heavy, jumpy, or a phrase or an image. Stay with it for a while. The patient may find an appropriate word for it like "sticky", "obstruction", "blocked", "forced out", "squeezed", "excitement", "stuck," "vacuum", torn apart", "compressed", "torn to pieces" or "shock".

Or he may say a short phrase like: "like in a box", "tied down to a tree", "as if stuck in traffic", "having to perform under pressure", "an animal pouncing", "a cat scratching".

Or the patient may describe a scene, image, or picture like: "a heavy leaden ball", "my

stomach turned over", "my throat was dry, I couldn't speak", "my heart stood still, a heartbreak", "it brought a blush to my cheeks", "I was stiff with fear, butterflies in my stomach", "I completely lost my head", "my body ran away with me, I trembled like a leaf", "limp as a rag".

What you are doing in this is not asking for analysis nor giving a reasoned answer, but you are asking the body to explain its deeper problem. In this method the whole conscious mind is not coming into to picture. What you are after is the core of the human being; the sensation. We are looking for the crux of all that, the vital sensation which comes up from that.

(Note: tell the patient to avoid forcing words into the sensation experienced. Let it come to you with its own essence. Let it label itself: "scared", or a "stiff place inside me", or a "heavy feeling in the heart".)

When the patient is describing this vital sensation, you will see lot of hand gestures associated with it. These gestures with the sensation are very important. They can give us the exact understanding of the sensation.

### Third step

After the sensation is clear, our aim is to find the reaction to the sensation and how the patient copes with the sensation. This will give us the active/passive-reaction, the compensation and the miasm.

Questions to ask for this purpose:

- 1) What will be your reaction to this felt sensation?
- 2) How do you cope with this sensation?

The patient may give you the active reaction, passive reaction and compensation. Through the reaction you can come to know the depth and the pace of the sensation i.e. miasm.

## Case to Demonstrate the Method

The case has been edited for brevity.

Case of alcoholism with neuritis:

*Date of consultation 16/06/2002*



**D:** Tell me about you?

**P:** I have fever; body ache, my soles burn a lot. This is the main problem. My soles are burning like hell. I cannot give my complete history immediately but please give me something so that I can sleep at night. Even if I take Valium 5 mg, I don't get to sleep. This all could be because I used to drink very heavily.

**D:** So what is exactly happening? Tell me.

**P:** There is lot of burning. It is so much that I can't bear it. I was drinking regularly for the last 30 years. I have used homeopathy for the last two years but without any relief. I also have constipation.

**D:** Tell about this "burning like hell"?

**P:** Burning means.... When I take my feet off the ground and when they are suspended then I cannot bear it. When I take 3-4 drinks a day then my burning sensation subsides automatically.

**D:** Tell about this sensation a little bit more so that I can understand it better?

**P:** It's as if the whole leg is burning, on fire. First this sensation was restricted only to the lower leg. But now this sensation is climbing upwards and now it is felt even in my upper arms. I am not getting sleep since the last few days because of the burning.

*(Now the first question that occurs is: is this burning a sensation? Burning in alcoholics can be just a physical sensation.)*

**D:** So when this burning sensation comes to you, what happens to you?

**P:** I feel very uncomfortable. I cannot make out anything. It's a frustrated feeling. I don't feel like talking to anybody. Want to go home and have alcohol.

*(Generally deeper sensation comes first in very vague words. Note his "uncomfortable" and "frustrated feeling". So we have to see what this uncomfortable and frustrated feeling means to him and also what alcohol does to him?)*

**D:** It's a very uncomfortable feeling?

**P:** Yes, a very uncomfortable feeling.

**D:** Tell me about it?

**P:** Uncomfortable means – feels like I want to eat or smoke. I don't feel like talking to anyone.

**D:** So at that time what feeling comes right within you?

**P:** I just want to go home and drink. So that I can feel comfortable.

*(This is the action he will take to avoid the sensation.)*

**D:** This is the action; what is the sensation right within you?

**P:** As if I am not OK, I am sick. Something is really wrong.

*(These are his thoughts)*

**D:** When this thought comes that something is really wrong with you, what is the sensation you experience?

**P:** The sensation is the same. Nothing happens to my body. I feel very uncomfortable. Very, very uncomfortable. I can't express which sensation I am getting. The only solution I think of is having a drink. I can't express it in words.

*(Patient is not able to describe his uncomfortable feeling. He feels something but can't put it into words.)*

**D:** Close your eyes and go back to the problem and feel the whole problem again. See what it is. Don't answer in words; just feel it.

*(Patient closes his eyes and focuses on the whole problem)*

**P:** Dr, it comes in my mind that my life span is short because of my bad habits.

*(This answers is coming from the mind, so just ignore it.)*

I feel jittery. You can call it a fear sort of a thing. It's like a fear. *(With hand gestures)*

*(In internal focusing the answers should come from the body. Jittery should explain the complete sensation of this patient. The next step is to understand it better.)*

**D:** What is this jittery feeling?

**P:** The jittery feeling is there are some incidences; incidences keep coming again and again.

**D:** In this jittery feeling, what is the sensation you experience?

**P:** I am lost totally.

**D:** What is this feeling of being lost? Just focus on it?

**P:** When I want to confide in somebody, then they all take me for granted. They always tell me that the thing I am doing, or the way in which I am going is all wrong. Like my wife, daughter and my other relatives tell me to do things in another manner. Then I get confused. Then the only thing I want to do is to hit the bottle *(Drink the alcohol to get rid of the confused feeling)*.

**D:** What is the feeling of being confused and lost?

**P:** This feeling is there since childhood. I have never been able to express myself. When I want to express myself then someone will come and tell me to do something else. Everybody will give his or her view. Some will say I am right and some will say I am wrong. And then I get confused by myself.

It's insecurity and no love from people. Like my wife will try to show that she loves me. But I know that nobody loves me. I feel in my heart that nobody wants me. At this moment my concern is that I should not hit the bottle again.

*(This is the emotion; find out the sensation in the emotion)*

**D:** When you feel most insecure what is the body sensation deep within?

**P:** At that moment I feel so confused, I just want to hit the bottle. After I hit the bottle I will be able to tell you better.

*(Needs alcohol to come out of the confused feeling)*

**D:** Describe this jittery feeling?

**P:** I don't know what happens to me. I don't know what goes on in my body. I am totally ...

**D:** Totally?

**P:** Totally blank. When I have alcohol I never have this feeling.

**D:** Tell me more about this jittery feeling?



**P:** Right now I am not in a position to talk of anything. I am not able to concentrate on myself, my feelings. Maybe I am confusing you by talking about all this.

**D:** *What dreams do you get?*

**P:** Something very horrible, not connected to my life. I am gone somewhere, it's a village scene, mountain area ... There are some animals ... they are vomiting some horrible stuff. I am getting smaller and smaller and the smell of the vomit is so horrible ... I try to run away but I can't.

*(Lot of components are there in the dream. The aim is to find out what is the body sensation to this horrible dream)*

**D:** *What is the bodily sensation with this dream? What you experience physically with this dream.*

**P:** Shivering ... I told you – that jittery feeling ... how to get out of it ... completely confused.

**D:** *Craving and aversion?*

**P:** I love all hard drinks, especially whisky.

**D:** *What is your reaction to this confused feeling?*

**P:** Just want to have alcohol to get over this confused feeling. I can get over this feeling when I am having alcohol.

### Understanding of the case

*Sensation of the case*

Jittery, Lost, Confused, Blank.

*Coping in the case*

Cancer

*Theme of the case*

Takes alcohol to be in control of the lost and confused sensation.

Must keep control, even when confronted with lost and confused sensation.

**Remedy given:** *Asarum europaeum 1 M*

The first thing to decide is on the kingdom of which the patient needs to receive a remedy. In this case the emphasis is not so much on *structure* (mineral) or *competition* (animal) but rather on *sensitivity* (plant).

(For a more detailed description of this approach please read 'Sensation in Homoeopathy' by Dr Rajan Sankaran) The sensation the patient describes is typical for the family of the Magnoliidae (See 'An Insight Into Plants' by Dr Rajan Sankaran) and the tendency to control a sensation belongs to the cancer miasm. Within the family of the magnolias, *Asarum europaeum*, according to Dr Sankaran's analysis, belongs to the cancer miasm.

The choice of the remedy was confirmed by the following rubrics:

- Mind; Alcoholism, dipsomania.
- Mind; Alcoholism: withdrawal, to help.
- Generalities; Food, Alcohol, desire
- Generalities; Food, Brandy, whisky, desire
- Confusion of mind: concentrate the mind, on attempting to.
- Confusion of mind: headache: with.
- Confusion of mind: noise agg.
- Confusion of mind: sitting, while.
- Confusion of mind: walking: while: amel. Confusion of mind: intoxicated, as if.

### Follow-up

*After seven days*

The burning is 99% better.

There was once an incident in the house due to which he had the sensation of being perplexed.

"I am too much confused."

He got confused over his wife's medicine. (We had given him a powder for his wife. In the follow-up he told us that she is applying the medicine we had given to her. After talking to his wife we came to know that she has taken the powder and was not applying anything.)

*After fourteen days*

Burning completely stopped. Stopped alcohol.

Started taking interest in business.

Appetite improved.

Liver function tested normal.

*After two months*

No burning at all.

Slight weakness.

"My memory has improved. I no longer get confused."

*After six months*

Much better, started working in the shop regularly.

Occasional burning after exertion.

*After two years*

**D:** *Tell me how are you overall?*

**P:** Overall I am 110% fit.

**D:** *In what way are you better?*

**P:** Now my legs do not shake. *(He used to get action tremors due to alcohol.)* Now even if I take it at a party *(alcohol)*, then I repeat your dose the next day – eat for two days – then it gets better by itself. *(Patient was having placebo with him).*

**D:** *Overall in what way are you better?*

**P:** The burning of my feet was my major problem and to control that thing I had to take the pills. The burning is gone completely.

**D:** *How is this intake of alcohol now?*

**P:** This is very rare now.

**D:** *Overall what other changes have you found in you as a person?*

**P:** My family is happy. I have control over my drinking. Earlier I had to have it. That was the thing; I could not control it. The urge was so strong that I couldn't control myself.

**D:** *Emotionally how are you?*

**P:** Emotionally I am OK. Nothing is bothering me.

**D:** *In what way?*

**P:** There is no tension in the family so automatically everything...

**D:** *No tension in the family means?*

**P:** Because of my drinking, tension used to be there. I was short-tempered. I wouldn't know what I was saying. If this thing is



there automatically ... the major problem was drinking and smoking. As it is I have come down to five or six cigarettes a day.

**D:** *What was it (smoking) before?*

**P:** More than two to three packets.

**D:** *And about alcohol, what was it before and now?*

**P:** Alcohol is nil now. Before, it was a bottle (*hard drink*) a day if I started drinking from morning. (*All liver reports are normal.*)

**D:** *How is that confused feeling?*

**P:** That feeling of butterfly and everything like that? Nothing. I don't have any such feeling if the family atmosphere is OK. I don't get it at any time now because there is no urge for that particular thing.

**D:** *You used to feel confused while talking with friends.*

**P:** Yes because I used to forget what I had said the day before and what I feel today. Now there is no problem.

**D:** *How are you in taking decisions?*

**P:** No problem.

**D:** *How is your mood?*

**P:** Now as it is I drink rarely, so no question arises about me losing my temper or something of that sort and if at all I take a drink, I keep it to the minimum. I feel very comfortable from within. I don't have any tensions. These pills I used to take and after it is I am more focused, on my business or whatever it is. I don't have to struggle or anything of that sort. I have enough income, I am satisfied with that. Even when

taking a bank loan. I have taken a bank loan of 6 lac rupees, from that I have given the builder 3 lac rupees cash.

**D:** *Any dreams which come up now?*

**P:** The bad dreams I used to get earlier are gone.

**D:** *Are you happy with yourself now?*

**P:** Yes I am happy. That particular habit of mine has been broken which was creating all the problems. This I am realizing now because only after leaving it do you feel "ki life ka maja kya hai" (What is the happiness in life). And what was it earlier. When you compare this then you will see the difference. The difference is a happy family life, no troubles, no tensions, there is no need to give answer from front. I am at ease with family members, I can sit down if guests come.

I am enjoying my life. I go to a garden with many friends I met over there. I joined the RSS (Social group). I go to their meetings and all. This life feels a thousand times better than what it was before.

**D:** *How does it feel deep within you?*

**P:** Relaxed feeling, comfortable, totally with myself. I read some books, I read newspapers, and I read some magazines, whatever it is because previously I never used to get the time. I am comfortable in myself and because I have given up drinking my family also feels comfortable.

**D:** *What do you mean by 'myself'?*

**P:** You don't have to hide; you know by yourself. Now my life is contented. I am contented. I get enough money from the shop.

## Conclusion

This method has really helped me to find the exact difference between the vital sensation and physical sensation. The best part of it is that the body is giving the final answers. The patients are making direct contact with the vital sensation, which can't be wrong. There is little chance of interpretation. This is the technique that can take you from the vague sensation to the exact sensation.

## References

- <sup>1</sup> Sankaran R. An Insight into Plants; Volumes I and II. Mumbai: Homoeopathic Medical Publishers, 2002.
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