



Reviewed by Deborah Collins- FOR SPECTRUM MAGAZINE

Homeopathy and Psychiatry

Personal Evolution Model, The Foundation Book

Dr Mahesh Gandhi

Homeopathy and Psychiatry is the first of a series of books in which Mahesh Gandhi, a well-known and respected psychiatrist and homeopath from India, describes the method he has developed during his many years of practice in order to better understand and treat his patients. This is the foundation book, in which he lays out the basic principles of his work and the maps he uses to find his way through the maze of symptoms. He calls his system the Personal Evolution Model, following his conviction that illness, either physical or mental, does not strike us randomly, but corresponds to “stuckness” at a certain developmental level. Rather than being a bother or a punishment, illness has a message that we are often loathe to hear, but if we can listen well and act accordingly, we can use this information to overcome an inner obstacle and thus make a leap in our inner development, often overcoming a physical illness at the same time. Throughout the book, Gandhi stresses the importance of unfolding our personal potential to its highest levels. He quotes Abraham Maslow: “What one can be, one must be.”

This book is thus not one where diagnoses are listed with suitable remedies, but one where maps are laid out that point the way to finding the stage of development which corresponds to the way the person experiences and reacts to life, independent of their calendar age. Gandhi states that until recently, although as homeopaths we place a great emphasis on individualization, we have not had any strong base for determining this individualization in our patients; he proposes the *inner age*, the level of individuation, as a possible reliable base. He builds his work on the observations of psychoanalysts and developmental psychologists such as Freud, Erikson and Carl Jung, with some adaptations and modifications of his own. He further incorporates the knowledge of the four Elements, Water, Earth, Air and Fire, the basic constituents of life, in relation to development. It is fascinating to read how these age-old concepts can help us in understanding the intrinsic patterns in our patients, recognizing, for instance, that a preponderance of earth element predisposes to melancholy, and “air” predisposes to flightiness and an excess of thinking.

Gandhi refers to the work of Jan Scholten and Rajan Sankaran on the Periodic table of elements in cases requiring mineral remedies. For plant remedies, he makes use of Michal Yakir's chart of the plant kingdom, as well as Sankaran's sensation method. In Yakir's method the plant families are placed on a grid corresponding to the developmental stages on the one hand and the evolution from watery, female aspects to the more dry, intellectual male aspects on the other hand. This beautifully corresponds to Gandhi's concepts of the individuation process, and readily offers a map for charting the position of a person in relation to a required plant remedy. Although he is aware of Jan Scholten's recent work on the plant kingdom, which is also an evolutionary model and can be used in much the same way, he does not base his work on it. Yakir's system is arguably more approachable for many homeopaths, given its relative simplicity, though it lacks the possibility of finding the individual remedy.

The two systems, though they have much in common, do not completely converge, as they each follow a different botanical classification. This can sometimes lead to confusion when one tries to bridge the two. I personally, however, find it useful to keep both possibilities in mind when looking for a remedy.

For the animal kingdom, Gandhi has developed his own chart. As he says, animals can be understood from the perspective of Habitat, Survival strategy, Elements and Evolution. This section of the book is especially useful in that it proposes new methods for accurately identifying animal remedies, alongside the Sensation method. The classification of animals into Vertebrates and Invertebrates, and the further classification into Aquatic, Terrestrial and Aerial, based on evolutionary and developmental principles, helps to chart a person's individuation process. Learning how to differentiate vertebrates from non-vertebrates, for example, is a great step forward. Human beings, as opposed to other mammals, are considered as well, highlighting that which makes us different: our ability to have a spiritual evolution beyond our physical needs and desires. He further discusses the characteristics of bacteria, viruses, fungi, protista, sarcodes, nosodes and imponderables.

Each chapter provides case examples of how he puts his method into practice – it is above all a highly practical method. Gandhi gives guidelines for diagnosing psychiatric cases as such, following a flow-line where one determine into which category the patient falls and whether or not it is indeed a “psychiatric case”. He gives insights into case-taking and analysis, especially the necessary attitude of the therapist, that child-like innocence. His remarks on the “Art of Listening” could easily be incorporated into every homeopathic training course, for students and seasoned practitioners alike.

Throughout the book, but especially in the last chapter, “Health and Higher Purpose”, the theme of spirituality is woven. The big questions are asked: “Why are we here? What is our life's purpose and how do we go about finding it? How do we become happy, productive beings?” This, again, is not merely theoretical but an essential part of his work. When illness is seen as having a function on the road to self-awareness, each life crisis becomes an opportunity for healing. By helping people to overcome their life's obstacles in a wholesome manner, he helps them to rediscover their true humanity and purpose.

This is an inspiring book, one that I would wish to see in the hands of not only homeopaths, but of all those in the healing profession. As Gandhi says, it is one to be read several times in order to digest and put into practice. There is a surprising amount of information in a relatively small volume. Still to come are volumes on Panic Disorder, Generalized Anxiety Disorder, Social and other Phobias, Obsessive Compulsive Disorder, Bipolar Disorder and Schizophrenia, among others. I am already looking forward to them.

Reviewed by: Barbara Seideneck, CHom, CCH, RSHom  
Director, **Homeopathy School International**

I just finished your book. A wonderful literary piece of work! The book is a pleasure to read and I wouldn't doubt one moment that it can help many homeopaths to achieve a more complete and deeper understanding in their case work. The inclusion of the various approaches of psychology and every aspect of homeopathic case work in one model is what impressed me the most. In your book personal development, psychiatric disorders, the relationship to plant, mineral and animal kingdom and the clinical methods of classical homeopathic treatment are all coming together in a beautiful unified symbiotic relationship (if one can say that).

The chapter on the *Art of Listening* is the best piece of homeopathic literature I have read on the topic and I would love to share part of this with our students. Would it be OK, with the mention of your book and contact information to purchase it, to give out the "Art of Listening" (or a part of it) in a hand-out to our students? If you like, we can also write a more thorough book recommendation for our December newsletter. When we announce the book the first time, I hadn't read it yet. Now I can write a book review and use small excerpts from the book that may especially address issues of case taking.

REVIEWED BY ANNETTE SNEEVLIET, MDHOLLANDFOR LINKS

## HOMEOPATHY & PSYCHIATRY - PERSONAL EVOLUTION MODEL THE FOUNDATION BOOK

If you want to learn about a path-breaking model for understanding Psychiatric Disorders, this book is a must-have!!! It has helped me to solve my Homeopathic cases with better understanding and greater predictability.

In this book, the author, Dr. Mahesh Gandhi takes you along on a journey through his insights from several years of clinical practice and elucidates the Personal Evolution Model. This new conceptual model is a marriage of the Psychological theories with the basic Homeopathic principles. He also develops its relationship with the Plant, Mineral and Animal kingdom and thus, brings alive its practical application.

What is Personal Evolution?

At the cornerstone of Personal Evolution, is the concept of 'inner age'. We all have our biological age, but we behave and live our lives according to our inner age; our illness reflects our inner age.

In Homeopathy, we already use this in finding a remedy in the Mineral kingdom, where the rows and stages represent a certain age. With the work of Yakir, based on Cronquist's classification, we also do the same with the Plant kingdom. Dr. Gandhi, a Psychiatrist and Homeopath, has elaborated on these systems and elucidated their use in clinical cases.

Dr. Mahesh Gandhi's unique contribution is the development of a precise chart of the Animal kingdom, based on the evolution of animals and traits of the five basic elements on Earth. This chart is phenomenal because it makes it possible to now use the inner age of a patient within the map of the Animal kingdom. Additionally, the classification of the Animal kingdom into Invertebrates and Vertebrates is of great relevance in Homeopathy. It opens new possibilities of finding remedies that we often miss in Homeopathy.

In the past one was told to use Generals and physical symptoms to find the similimum in Psychiatric cases. Now we can use every detail of the case to find an appropriate remedy.

In that respect, his work is exciting, new territory for clinical practitioners that offers much hope for psychiatric patients suffering from specific disorders like Schizophrenia, Bipolar Disorder, Depression, Obsessive Compulsive Disorder, Anxiety, Panic, Addictions, Childhood Disorders etc. This is a big breakthrough in the treatment of Psychiatric disorders with Homeopathy!

However, its scope is not limited to only Psychiatric Disorders, but to all cases in Homeopathy in a significant way.

When I was first exposed to the Personal Evolution Model, I thought that one was going back to the human level, prescribing a remedy based on the life story of our

patient; until I understood that this is a great breakthrough for prescribing on the sensation-level.

Sensation level, the level where the remedy itself “talks”, is a representation of the “inner age” of that specific plant, mineral or animal.

For me, Personal Evolution Mapping brings all Systems together and gives us a deep insight into a case, at a holistic level. I now use it in every case and it has increased my success in practice tremendously.

Beyond the purpose of helping see our cases in a new light, this book also provides new insights into our life on Earth in general.

I urge you to study this seminal work and begin applying it in your practice.

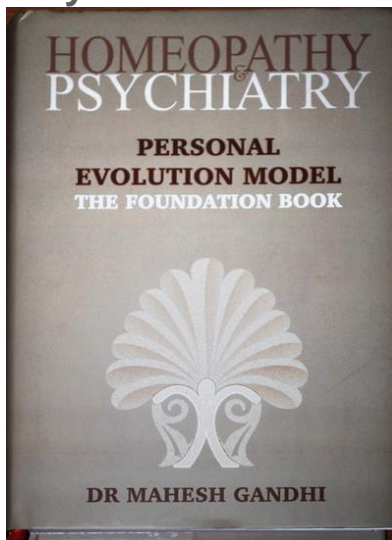
You will understand and enjoy homeopathy at a whole new level!



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## "Homeopathy & Psychiatry The Personal Evolution Model"

**A symbiotic relationship between psychology and homeopathy**



In this book, centered on Mahesh Gandhi's Personal Evolution Model (PEM), the many aspects of homeopathic and psychological work come together in a beautiful unified symbiotic relationship and reach a place of integration and unity.

"I have found that the PEM is very inclusive in nature and integrates many homeopathic systems and the symptom approach under one umbrella."

— Mahesh Gandhi, from the Introduction

Divided into three sections the book thoroughly covers:

- . The evolution of homeopathy (including the symptom, system and synergy approach) and the evolution of psychiatric treatment models (including Freud, Jung and Erikson).
2. Homeopathy from the PEM perspective (including the mineral, plant, animal kingdoms with relationship to miasms).
3. A spiritual perspective of health and disease.

EMAIL BY INA ALTHAUS- BERLIN- GERMANY

I really do enjoy reading your book. It is such a dense collection and essence of all the knowledge and wisdom there is within Medicine, Psychoanalysis, Homoeopathy and Being.

So beautiful to bring it all together to make it a whole.

I love to bring thoughts down to the point and to find the essence. Now sitting back and reading "your point" and "your essence" is very joyful. There is so much truth within and it is beautiful to see this universal truth develop, to become more and more differentiated. I am sure it was a wonderful but also challenging task to bring it all together.

Thank you so much for you work and your thoughts and your contribution and congratulations again.