

# INTRODUCTION

Exploring mammal remedies is not new to the Homeopathic world. Many homeopaths namely Massimo Mangialavori, Rajan Sankaran, Sachindra and Bhawisha Joshi, Mahesh Gandhi, Shekhar Algundgi, Dinesh Chauhan, Divya Chhabra, Jonathan Hardy, Patricia Hatherly, Philip Bailey, Farokh Master, Harry Van der Zee, Kees Dam, Aisling Murray, Jeremy Sherr, Nancy Herrick, and Chetna Shulka have written and shared about many mammal remedies in their books, articles, and seminars. Hence, the ideas and thoughts presented by me in this book are not a new discovery; it is rather better to say that this book is a compilation of what I have learnt and understood from my teachers and my own clinical experiences. I have collated the information available from various resources and tried to shape it into a book. The book contains all the information arranged in a systematic and analytical order for an easy and better comprehension of the sub-kingdom 'Mammalia' and the Homoeopathic remedies therefrom.

Actually, we have known mammal medicines for more than a century. Nevertheless, we have been using only 20 remedies that are well-known among the mammal group. The reason is being lack of systematic understanding of the remaining remedies belonging to the group. In the homeopathic literature, we have nearly 80 proven mammal remedies; but because of lack of collective study of all these remedies, we often miss to prescribe them in our cases. This book is aimed to perfect the understanding through a comparative study of all such remedies together.

Let me start with sharing my journey of understanding of the sub-kingdom 'Mammalia'. I was also not an exception like other homeopaths. I have read and known about mammal remedies since I was a college student, but often I used to have cases that appeared differently to my understanding of mammal remedies and I could not able to select a perfect match for such patients. The reason was lack of knowledge about other remedies except for the few well-known 20-30 remedies belonging to this sub-kingdom. This is the main reason to start this collective and elaborative work on the mammal remedies. I started to collect the cured cases from the Materia Medica and the proving data of mammal remedies. I was not surprised to find nearly 5000 pages of data to work on because I knew that the mammal group is well explored in the homeopathic literature. I referred to several books, journals, articles, and cured cases published to date to collate and arrange the information about mammal remedies in this book.

After scanning all the collected material, I developed a deeper understanding about the 'General Themes' of different mammals as well as several mammal families and orders. Subsequently, I started correlating the information about the natural behavioral patterns and survival strategies of each mammalian species with the Materia medica information and other available data about the corresponding remedy. Thus, I tried to synergize my understanding holistically. With this comprehension about the mammal remedies, I started prescribing such remedies to my patients with ease and confidence. Eventually, I started sharing my understanding with my homoeopathic friends, colleagues, and students. I started publishing my knowledge about these remedies in the form of articles in various homeopathic journals. I launched a video course on mammal remedies and had a fabulous response. Once I gathered a good number of cured cases, I started sharing my

clinical experience by conducting seminars and webinars. Thus, a large number of homeopaths benefitted from this inclusive study of mammal remedies. I gradually gathered more and more cases cured with mammal remedies from my clinical practice. In addition, the cases shared with me by my friends, colleagues, and students also added to confirm my understanding of the concepts furthermore.

There is one more story related to this journey which I wish to share through this book. Three years ago, I got my hands on a beautiful book about mammal remedies which presented such concepts that very much resonated with my understanding of the mammal remedies. The book was 'Homoeopathy & Patterns in Mammals' written by Bhavisha and Sachindra Joshi. The book contains descriptions about certain concepts and understanding about mammal remedies which were newer to me. It also has beautiful explanations about some mammal remedies which have not been even proven in Homeopathy. The authors have extrapolated their study of the natural behavior and survival instincts of the animal and have developed the respective thematic understanding of these unproven remedies. The second most impressive attribute of the book is the authors' endeavor in correlating the mammalian themes with the corresponding themes of Rows of the Periodic table. I imbibed this idea of correspondence and became enlightened to harmonize this newer concept with my understanding of mammal remedies, and the result can be seen in the form of themes and concepts explained in my book. This is my journey of understanding mammal remedies.

Now, let me explain about the structure of this book. The book contains 26 mammal families or orders arranged in the form of an individual chapter. Each chapter contains a general introduction or natural history of each family, list of remedies belonging to each family, and general themes of each family. In the final part of each chapter, Materia medica of remedies belonging to the respective family has been included. In the Materia medica section, the remedy personality, mental and physical general characteristics or key features as well as physical particulars have been discussed; and lastly important rubrics have been included for the reportorial understanding.

The description about 'remedy personality' is out of my understanding about the remedy. In this section, I have explained how the patients who may need a mammal remedy represents himself/herself to the homeopath with some specific attributes. It is an explanation about a particular mammal personality will appear in a compensated or uncompensated state of his/her being. It has been described how a particular mammal personality will react to, defend, or compensate with his/her life situations; and what are their group specific as well as respective vital sensations.

The general characteristics are important since they have been extracted from various Materia Medica and the proving data as it is, without any personal additions. For this, I have referred to the original proving data and Materia Medica such as 'The Encyclopedia of Pure Materia Medica - T. F. Allen', 'The Guiding Symptoms of Our Materia Medica - C. Hering', 'Dictionary of Practical Materia Medica - J. H. Clarke', 'Homeopathic Materia Medica - W. Boericke', 'Materia Medica of Homoeopathic Medicines - S. R. Phatak', 'Homeopathic Mind Maps - Remedies of the Animal Kingdom by Alicia Lee', 'The Lacs - A Materia Medica and Repertory by Patricia Hatherly', 'Milk Remedies - Materia Medica Clinica-Volume-1 by Massimo Mangialavori' 'Matridonal Remedies of Human family by Melissa Assilem', 'Matridonal Remedies in Daily Practice by Heinz

Wittwer', and many more of the kind. I followed the remedy characteristics included in these resources to construct the personality of the corresponding remedy that has been presented in my book. Such a description about the personality characteristics can be matched with a patient's expressions or general attributes, and this may ease the choice of a mammal remedy in the presenting case.

The next section of Materia medica in this book includes symptoms which are nothing but a few selectively important physical and mental symptoms reference from the well-known Materia Medica and the proving data. Lastly, some important rubrics have been included which have been extracted from the reportorial software named 'Complete Dynamics - version 2020'. These 2 Materia medica sections have been included to help with the confirmation of the selected remedy and make a confident prescription.

The book has been written in such a way that it can give the reader an overview of the mammal remedy from the kingdom, sub-kingdom, and source point of view. Basically during the case-taking, we aim to understand by analyzing every presenting case from the patient's macro-perception to micro-perception about his/her life situations as well as sicknesses. We actually follow a deductive pathway that is from a larger and broader perspective to specific details, to deepen our understanding about the patient. Let me give the example that I love the most by my teacher Dr. Sankaran, usually given while he talks about the 'case-taking and finding a Similimum'. It is about the 'satellite picture of the earth'; first we fix our focus on the earth's satellite picture and then start narrowing down to specific locations. The zooming down in such a way that first we look at the overview of earth, then the continents, then different countries, then to a specific country - Its state - a particular city, and finally look into one specific area. Likewise, we have designed this book to help every homoeopath to zoom into a broader view of general understanding of all mammals by studying their natural behavior and evolution history; then knowing the general characteristics of the family or order to which a mammal belongs; and finally extrapolating this knowledge to develop a conceptual understanding of the remedy personality, its important specific characteristics, and physical symptoms, all-inclusive with some rubrics to repertorize.

The book has many illustrative cases from my clinical practice as well as from my friends and other colleagues. The cases are written in such a way that every case can give you a clear understanding about how to match the patient's language with the language of the requisite mammal remedy. In addition, the elaborate descriptions about the themes of different mammal families and orders, remedy general characteristics, physical symptoms, and rubrics given in the illustrated cases give a more clear idea about approaching mammal cases in the clinical practice. Along with the case-notes, I have included my explanation in the (brackets). In each case I have written my analysis to describe how I arrived at the specific remedy. The cases are just to illustrate how to utilize the concepts and ideas presented in the book. Thus, the aim of this book is to enable the fellow homoeopaths to use different mammal remedies in their clinical practice; and thus, collectively strive to heal the sick mankind.

The final chapter is "Quick Reference" which is a clinically useful chapter, where you can find 'Thematic Index' and 'Charts'. This chapter is much helpful to us in our daily clinical practice. However, I urge all the readers to refer to this chapter only after gaining a thorough understanding of each mammal family and the remedies included in the earlier chapters so that they can make the

most of this chapter. 'Thematic Index' is a collection of themes presented in the book under various chapters, and arranged in an alphabetic order and remedies belonging to the respective themes are listed. Once you go through the entire book, you will realize that many themes and qualities can be found in various remedies in common. Hence, I have listed all the remedies that share some specific themes in common. This will help a practitioner at the time of witnessing a particular theme in a patient and differentiate without getting biased with other similar family themes. It also helps when a homoeopath is not clear about a particular family theme but is very sure about a few themes and attributes in the patient. Moreover, the 'thematic index' is certainly helpful in confirming a case's remedy if it exhibits the presented specific theme.

Now, let us understand the 'charts'. The first chart from the 'Quick Reference' chapter is helpful to have a collective look at the 'Rows of the Periodic Table that closely resemble the themes' and 'Miasms of each family as well as of the remedies' discussed in the book. The most prominent 'Row' is placed first in the chart followed by the second prominent 'Row' in the (brackets). The clinically confirmed and verified miasms are written in UPPERCASE and **Bold letters**, whereas normal case letters with a question mark (?) suggest less verified or unconfirmed miasms.

Secondly, we have 'charts' of all the remedies discussed in the book which are helpful in differentiating the basic themes and associated themes. These charts are also useful to have an overview of how a particular mammal personality will defend, react, or compensate in different life situations. As per my understanding, this is a vital part in terms of clinical practice. Basically, any mammal remedy may exhibit many themes or characteristics; but it is imperative to understand which group of themes are basic and the most important ones, whereas which ones are secondary and confirmatory themes. It is also indispensable to know about every reaction, defense, and compensation pattern in a remedy because a similar theme in a different remedy may manifest different reaction or compensation patterns.

Lastly, there are 'charts' with a collective listing of remedies with 'Rows' as well as those with 'Miasms'. 'Mammals and Row' charts represent a list of remedies that resemble a specific 'Row of the periodic table'; and 'Mammals and Miasm' charts include a list of remedies belonging to a specific miasm.

Thus, this is my trivial and an honest effort to create a systematic and inclusive resource about the 'Mammals' and 'Homoeopathic Remedies' from this particular sub-kingdom. I have put in my best efforts to include as much information as I can with utmost purity and integrity as possible. Nevertheless, there is always room for corrections, inclusions as well as improvisations. I believe that being inquisitive human beings, our quest to know more never ends; and hence, every one of us will look forward to further enhancements in future.



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