

EDITORIAL

Dear readers,

the comparison between the evolution in the natural kingdoms and the psychological developmental stages of humans has not only led in recent years to a better understanding of the homeopathic materia medica but also put the focus on remedy groups associated with the initial phase of plant and animal development. As a counterpart to the ancient plants “Mosses and Ferns” (SPECTRUM 2/2021) we now present the invertebrates group, which is the origin of the animal world – indeed the oldest representatives of this group are easy to confuse with plants.

Very different remedies from this group, such as *Spongia*, *Medusa* or *Helix tosta* share particular characteristics that can point us to the invertebrates during casetaking. Ghanshyam Kalathia and his Indian colleagues Yamini Ramesh, Atul Padwardhan and Ganeshwara Rao have collated the common themes of this very heterogeneous group and demonstrate their practical use with a series of cases. For the further differentiation into animal phyla such as sponges, molluscs, echinoderms, the repertorised symptoms are used along with the relevant developmental stage of the patients and similarities to behavioural biology at the sensation level.

Some authors use Mahesh Gandhi’s Personal Evolution Model (PEM) in order to assign the individual patient’s developmental stage to a specific evolutionary stage in the animal kingdom. This method helps Iris Philippsen in the prescription of *Crangon*.

The intuitiveness and clarity of the world of animals in our patients’ experience and style of expression is vividly illustrated by Jonathan Hardy’s cases of remedies from the three classes of the molluscs. Here there is a description of both the fear of the mussel’s protective shell being chiselled open as well as the feeling of contentment experienced by the rolled-up snail in its little sphere. Hardy demonstrates in a masterful way how – with the help of the sensation method – one moves from determining the animal kingdom via the invertebrates to the various classes of mollusc. The remedy choice is then so well focused that the precise remedy can often be determined with just a few symptoms. For this final step the application of the sensation method and the observation of the developmental stages need to be supplemented and confirmed by remedy knowledge from proving and clinical practice.

It is therefore especially important that we keep on proving remedies according to the method pioneered by Hahnemann. So we are pleased in this issue to describe the classical homeopathic path from remedy proving via clinical practice, focusing on the remedies from the invertebrates group. The provings are 15 to 20 years old so that the authors have since been able to gather valuable experience with the practical application. So Jutta Hettkamp’s knowledge of the proving of *lugworm* enables her to reliably recognise in her patients needing *Arenicola maritima* the familiar feeling of being beside oneself and “not quite there” yet full of energy.

So the common characteristics of the invertebrates – their primitiveness and vulnerability, rendering them in need of protection and dependent on support – can be seen in the members of each animal class in a unique way – in the physical symptoms as well as on the psychological level and in the modes of life. Patterns like the evolution model and the personal experience at the sensation level can help us, in combination with repertorised symptoms, to differentiate this very heterogeneous remedy group. This means that primitive animals such as molluscs or Cnidaria can be securely distinguished more easily than mosses or ferns. Whereas we often scarcely register these ancient plants in nature, the colourful and varied world of the invertebrates impresses us far more directly with its multifarious manifestations.

Christa Gebhardt & Dr Jürgen Hansel

Chief editors





Beauty and danger: lurking in a charming lightness there may be deadly poison.



Support and independence: this contrast typifies patients needing starfish.



A need for protection and fear of life: crab children only move forward in steps.

Distance and existence: the lugworm energy is a strange mixture of friendly participation and the feeling of not being really present, of having long departed for somewhere else.



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HIGHLY STRUNG

Heteractis malu – a flower-like animal





AUTHOR | Atul Patwardhan

SUMMARY: A migraine patient is stressed by trivial things and panics easily. She experiences herself as fragile and vulnerable, as if the slightest upset could intrude on her. To survive she needs a secure cuddly place where she can find her feet. In her dreams and fantasies she imagines the underwater habitat of the plant-like Anthozoa to be such a secure refuge. The casetaking according to the Sensation method leads directly to a remedy from the sea anemones, which heals her migraine.

KEYWORDS: Anthozoa, Cnidaria, Heteractis malu, invertebrates, migraine, panic, sea anemones, Sensation method

The Hawaii anemone – also known as the malu anemone, delicate sea anemone or white sand anemone – is a sea anemone from the tropical coral reefs of the Indo-Pacific region. Hawaii anemones have a cream or violet-coloured body. They live on sands and bury their body into the sediment. Sea anemones are the species and genus-rich subclass of Hexacorallia within the class of Anthozoa. These relatively large animals are only found in the sea, from shallow to deep waters. At the moment there are approximately 1200 known species. They can move around by slowly creeping on their foot, with which they normally cling on to harder ground or bury themselves in sand or shingle. There are species with different genders as well as hermaphroditic species. They even reproduce by transverse division or the pinching off of a part of their adhesive foot. Some species form symbiotic partnerships with other animals. For example clownfish, Buccich's goby, Stenorhynchus or Pontoniinae find protection from predators between the tentacles of sea anemones.

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CASE: 22-year-old woman, main complaint: migraine

The young woman came to see me in December 2019; we asked about her chief complaints and problems, asking her to also describe her personality and the specific quality of her pain.

Patient's account of her main complaint: I have had migraine for a long time. Whenever I have a headache, I have a lot of acidity and I feel very restless within myself. If I go out in the sun my head hurts, also if I skip a meal the pain is bad. Since this morning it's hurting a bit. It feels as if someone is banging my head and it really gets unbearable. I become extremely sensitive to noise all around me and I cry a lot with pain.

It feels as if someone is drilling something inside my head, something just going inside my head. Loud sounds also make me feel very irritable. I get very panicky and very anxious and scared whenever I have a headache. Any stressful situation increases the headache. I just feel like being in my room and shutting everything out. Any slight cause of anxiety is enough for my headache to start. I also become very angry during these episodes. I just snap at my parents or my brother.

(The sensations at the local level are something drilling inside, something going inside the head. Although it is a local sensation it is very peculiar so we need to explore it.)

CASE TAKING

Something going inside or drilling?

Sort of a needle poking or drilling. Generally, I am a very restless and anxious person. I am very scared of death. Whenever I feel scared, I want to be with somebody so that I feel better. I have a pet cat and I am extremely attached to it. If anything happens to the cat I start panicking a lot. If someone says anything to me about the cat, I get very irritable with that person and I talk to them very rudely.

(She repeats the feeling of being panicky and anxious, irritable and rude.)

I like helping everyone, I am very sensitive towards other people's suffering; I have open ears and I will listen to people. I cannot deal with loud sounds – I don't like it if anyone is shouting. It scares me. I cannot fight, I can't retaliate. I think I am very delicate by nature.

I want to have a good relationship with everybody so I also try to maintain relationships. I have good rapport with my students. I am a teacher and I don't want any bad remarks from them. Right now, I'm feeling very anxious to talk about these things. As I said, I panic very easily.

I get stressed about every little thing! Even my brother's examination panics me. If my room is messy I feel anxious.

(She feels she is immature, anxious, panicky, and vulnerable – all characteristics of the invertebrates. She is easily stressed by minor things and reacts without thinking. This type of impulsive or instinctive reaction is also common in invertebrate remedies. Having confirmed invertebrates, our next task is to find the class or order to narrow down our search. So far we have a drilling, prickling sensation with a very irritable and rude personality which is common to Cnidaria. Cnidaria have cnidocytes, which they use for capturing their prey. They are also the first animals with nerves, so they are more reactive compared to the more primitive Porifera.)

I am generally a calm person. I don't like to come out as a mean, rude person. I don't like arguments or fights. If someone is shouting at me, I will shut myself off. It makes me very anxious and stressed. If my mother shouts at me that I have to do something right now, I just feel something happening within me but I cannot retaliate. I just don't know how to fight back or retaliate.

(She confirms her typical reaction to stress: shutting herself off, unable to retaliate, very anxious. I wanted to confirm this pattern in another area of her life before becoming active in the case so I asked about her childhood.)

Tell me something about your childhood.

As a child I was very playful. I used to jump around and sing with my cousins and I was really nice. At 19 I got my first pet and my life revolves around that pet now. I care for that pet; I want to keep it safe from people. It is a very delicate-looking cat; I don't know if it can take care of itself!

(Here she says something very interesting, that her cat looks very delicate. She used this word before when she was describing herself so being delicate is her inner pattern. Her remedy should reflect her being delicate.)

I used to love dressing up and dancing. Dancing makes me feel very lively and energetic.

(Her preference for dance and needing to be energetic is an expression of Cnidaria. They are the first invertebrate animals capable of movement, so they love movement and rhythmical physical activity.)

Fights and quarrels, unhappy things – I have not been exposed to any of these things in my childhood. One of my friend's parents went through a divorce and I was feeling so sad for her. I felt very supportive towards her whenever she used to feel anxious and alone.

(We always see the world through our own coloured spectacles. Earlier the cat looked delicate to her, now her friend looks anxious and alone to her. These are nothing but her expressions about her own self that she sees in the world around her.)

I used to spend a lot of time with my grandparents and I saw my grandmother die. From that time onwards I became very

something that I am holding closely. On my own I feel I am very weak, delicate.

(Feeling weak and vulnerable is a typical invertebrate expression, and delicate is her sensation of the source.)

I want someone constantly around me like a baby needs somebody. I don't think I will be able to do anything alone. It is such a panicky kind of feeling to even think about such a thing. I want someone around all the time.

You're talking about this anxious and panicky feeling, of wanting someone with you, feeling delicate! Can you describe what exactly it makes you feel deep inside you?

I feel very fragile and lost and extremely lonely. I feel I need some support, something to hold on to or feel attached to. I feel extremely delicate and weak inside. In the abdomen there is an intense feeling as if something is churning or cramping.

(Fragile is a new word, which further explains the feeling of being delicate.)

Describe fragile, wanting someone to hold.

I feel any harm can penetrate me. I'm so delicate that I cannot survive on my own; I have to have something to hold on to. That way I can feel safe – I will be saved from the outside harm.

(Some harm will penetrate within. This is similar to the sensation she described with her headache – something going in, drilling into her head.)

Be with this experience: harm can penetrate. What do you mean?

Something poking me. *(Pause)*. If I am with somebody, no harm can come. It will be such a calm and peaceful experience. My house and my people and my relatives are where I feel very safe. But sometimes if I get very irritable and angry, I shout at my parents and then I feel even more anxious – what if they leave me? I really cannot do anything because I'm so delicate.

Be with this experience – delicate?

I feel extremely vulnerable

What is vulnerable?

Something that is very unsafe, delicate or something that can break very easily.

(Cnidaria have a very thin outer border that can break very easily.)

Break easily – what do you mean?

For example, on the road I am very scared of what will happen to me. What if some robber comes and injures me or harms me?

(Fear of injury and pain is also a common expression for Cnidaria.)

What is your experience at such times?

I feel like shutting off and just covering myself. I need to hide myself.

What do you mean shut off or hide?

You find a way to avoid getting harmed. You're already feeling so anxious and restless. On the road I am all alone and anything can happen to me, so I shut off and imagine I am in a safe place. I feel so numb! If I find a safe place to hold onto, it will make me feel grounded.

Describe this more.

Just a small, cosy, safe place. You have some attachment like your friends or parents and you feel safe.

(Invertebrates generally seek a womb-like place which is safe, protective, covered and warm and cosy.)

What would be the feeling if there is no attachment?

Very restless, panicky and lost. Like floating in water without support. I told you earlier I need someone around, to hold on to. Imagine how a baby will feel without a mother to hold him?

He is so delicate.

(The need to hold on or to be grounded is a common expression of anemones in the Cnidaria. They have intense fear of uprooting and drifting away from the ground.)

What do you mean by a safe place?

Have you seen the movie "Finding Nemo"? I can think of something like the colourful plant where that fish goes into when threatened. That plant is such a safe place.

(She is talking about a water plant or anemone.)

Just be with your imagination and describe it!

I used to have these dreams of water and I am swimming under water. I used to see these corals and fish and the plants that are there underwater and it used to make me so happy in the dream. It felt at home and safe. That is what I relate to a safe place!

What is exactly the feeling in the dream? What part of the dream do you connect to?

What is exactly the feeling in the dream? What part of the dream do you connect to?

The feeling is just calming, no stress at all. I can just spend hours looking at those beautiful plants down there. No one can invade that space. It is so pretty and colourful. They are just moving with the waves and look so delicate and pretty.

The plant is delicate?

Yes, it is very delicate. It is like a normal plant but if you touch it, it shuts off. Nothing else can destroy that beautiful space except some harmful fish like the big sharks. Every time I get this dream of swimming underwater, I am desperately looking for those plants. I feel like going inside them and experiencing the structure from inside.

(She is merging with the source.)

So that is the safe place?

Yes, it is actually very delicate. But for that fish it is the safe

SYMBIOSIS BETWEEN SEA ANEMONES AND CLOWNFISH

Anemone fishes (Amphiprioninae) – also called clownfish, which are the best known species – are found in the coral reefs of the tropical Indo-Pacific Ocean, where they live in close symbiosis with certain sea anemones. Anemone fish are initially male after they become sexually mature. They live in polyandry, one female with several males, in one anemone or a small group of them. The dominant largest animal in an anemone is always the only female. If the female dies, the strongest male turns into a female.

Clownfish and anemones have struck a perfect deal: anemones with their cnidocytes (stinging cells) offer clownfish protection from predators. Although the tentacles in which the clownfish sit are highly toxic, they have a trick to overcome this. First they acclimatise their bodies with slight contact to the poison.

The skin of the clownfish coats the tentacles with a special mucus. The anemone then takes the clownfish to be part of its tentacles and so the fish is safe in the poisonous tentacles of the coral. The clownfish return the favour of protection by in turn protecting anemones from specific predators and it also obtains food for them. The clownfish wander a little way away from the anemones, at which point other fish think they are easy prey. The clownfish then rush back, chased by the predator fish. The predators realise too late that they have followed their prey too far when they are caught up in the tentacles of the sea anemone. The remaining morsels are left for the clownfish. The clownfish also help the anemones by keeping their tentacles clean and sweeping in fresh oxygen when it is depleted in the water – especially at night when the oxygen levels in the water drop.



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ANALYSIS

Her entire experience is as follows:

- Anxious
- Panicky with anxiety in the stomach and cramps in the abdomen
- Restless, irritable, angry
- Wanting somebody all the time, like a baby wanting his mother, something that needs support all the time, something that has to hold onto something
- Being delicate, weak, fragile and vulnerable
- When there is harm coming from outside there is a tendency to shut off, hide or be safe, the way the fish goes inside the plant under water.
- That plant is so delicate, colourful, pretty but delicate and it shuts off or stings.

Her symptoms are as follows:

Weak, delicate, fragile, vulnerable feeling. The feeling of wanting so much support that you cannot do anything on your own, and feeling like a baby is typical for the earlier orders of invertebrates.

Phylum Cnidaria:

Very restless, panicky and lost, like floating in water without guidance.

Extreme sensitivity and fragility. Thin borders with sensation of something penetrating inside her, poking, drilling.

Withdrawing, hiding, shutting off in the presence of danger and stress.

Extreme need of support and a safe place, like a baby with irritability towards their support system.

Energetic rhythmic movement, dancing, floating.

Source: sea anemones.

Their symptoms are as follows: they are very sensitive to touch.

pretty and colourful. They are just moving with the waves and look so delicate and pretty.

Remedy *Heteractis malu*:

With the help of Dr Kalathia’s book on invertebrates in homeopathy, I was able to identify the Hawaii anemone as the remedy required for this patient from the three anemone remedies.

***Heteractis malu* has the following symptoms:**

- Timidity
- Fear of conflict
- Unable to assert self
- Withdrawing and retreating to avoid being exposed and injured
- Anxiety in the stomach, cramps in the stomach.

This is the anemone that provides shelter to various adult clownfish.

Prescription: *Heteractis malu* 1 M, 1 dose. Four extra doses given to the patient in case needed for further headaches.

FOLLOW-UPS

Patient’s feedback after one month (20th Jan 2020): I am feeling very calm within. I have had only two episodes of headache during this month but I managed to rest and keep it under control. Once I repeated the dose that you gave me. I am not feeling as anxious as I used to be. I also allow my cat to go wherever she wants.

Online follow-up after three months, during Covid-19 lockdown (16th April 2020): Earlier, before treatment, I used to get migraine attacks twice a week and now I get it only a few times, maybe once a month, and the intensity is also much less. I take the extra doses that you have given to me in dilution form as you instructed and it helps.

I don’t panic or get anxious at all – not even when it is a stressful situation. Earlier I used to get these panic attacks on the slightest occasion. I am better overall by about 80%

SUMMARY: This is a case which I took in December 2019 and in early June 2020 this patient came down with Covid-19 symptoms. I took her entire acute history and she fortunately had only very mild symptoms for about five days, but we were in a lockdown and hence there was no chance to meet personally. Fortunately, she had her extra doses of the remedy from me because the overall situation aggravated her state intensely. All her anxieties and panic surfaced once again. The same medicine helped her through the entire quarantine period and she sailed through it with good energy and spirit.

I am still following her and now she is in a much better mental state and is able to cope on her own a lot better. She does not have any migraine episodes at all.



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has been practicing classical homeopathy for the past 15 years. He has successfully treated various pathological cases using his clinical and casetaking skills. His in-depth understanding of the case witnessing process and keen interest in understanding the patient as well as the homeopathic materia

medica at the same depth make him a complete physician. Not only is he good with his clinical work but at the same time is also a good teacher. He has been associated with Dr Dinesh Chauhan and has been teaching at the ABIF lecture series and seminars for over 10 years. He practices in Pune and Mumbai, India. He is a member of the Maharashtra