



Sea-Cure Homoeopathy

Dr MANU KOTHARI

Dr LOPA MEHTA

Dept of Anatomy, Seth G S Medical College, Parel, Mumbai - 400 012. Tel: 24131763 Extn: 2025

The seas are the heart's blood of the earth. Plucked up and kneaded by the sun and the moon, the tides are systole and diastole of the earth's veins.

-HENRY BESTON

All the rivers run into the sea; yet the sea is not full. Unto the place from whence the rivers came, thither they return again.

-BIBLE

Since two-thirds of Mother Earth is covered and surfaced by oceans, the Greeks would have chosen to call earth as Oceanus, or Oceanea. The term ocean is traceable to Homer's okeanos, meaning "a great river encompassing the earth". Alternatively, it could have come from Sanskrit. Asayanas, meaning "Lying over against". Sea as a term is O. O. O. connoting "of obscure origin" and the nearest the lexicons define it is as a "body of salt water". Sea-water below, air in between, and the sun above comprise the trio that make mother earth as the sole planet pregnant with life.

The epigraphs from Beston and Bible size-up Nature's oceanic ingenuity. The solar energy motorized sea water, albeit restrainedly because of its salt-content, to turn into vapour lighter than air, thus climbing to the skies to float as clouds, which periodically, waterize the cloud vapours to descend as rain, this being the true sea-son, that irrigates the soil to sustain life on the soil. Interestingly, rain is synonymous with Latin rigare, meaning to water, or to irrigate. To those who abhor solar heat, need to realize that unless it rains 9 months skywards, it won't rain 3 months soilwards. Nature is seemingly, cruel, so that she can be nourishingly, kind. The sea-to-sky-to-soil-to-sea circulatory cycles comprise the heart throb of Mother Earth, her systole and diastole, the rivers and the lakes partaking dynamically in this symphony.

The sea is respiratory too. The green or blue of the sea is because of the humble unicellular plankton that, rich in chlorophyll, gives to life 75% of its oxygen, the rest coming from the plants. The planktonic algae, supplemented by minute shrimp and krill, sustain the largest living animal, the blue whale, that thrives only on the algae, proving thereby that the mightiest depend on the meekest. The day algae disappear from the sea because of human debris, not only the blue whale, but the buffoon called man, too should vanish. Man, having gutterized the Ganges and eutrophized the oceans, has lost sight of the fact that the sea, in more than one ways, is the salt-of-the earth. Life's luxuriance is richly, variedly, colorfully, amazingly, entertainingly available in and off the sea. The colorful extravaganza of the coral reef, and the transparently fragile elegance of the jelly fish are but two examples that can liberate mankind from the clutches of malls, money, and mercedez.

Viewing the sea from a Hahnemannean eye, one cannot but think of *Sepia* (cuttlefish, loligo, squid) that is the basis of a wide variety of Homoeopathic healing. If the whale is the vertebrate words, the *Sepia* is its boneless counterpart, with its gigantic tentacles, largest (over 12 inches in diameter), and most evolved eye, the largest neurons that allow Nobels to be won and nervous system to be comprehended, the sole animal to swim by jet propulsion, and hence one of the fastest swimmers in the ocean, capable of great length and awesome weight. Its special value to ophthalmic and natural research must also be accompanied by this giant offering to the Hahnemannean cornucopia of cures.

Space-travel has provided to us a picture of

Mother Earth away from earth - an azure blue sapphire majestically floating as planet life, that owes its azureness to the sea and its substances. Sea world is, hence Homoeopathy is, and we are. *Sepia* as cure-source is just one, ablest, gigantic example. From the rich varieties of life, more invertebrate than vertebrate, the Sea World Group of Remedies would fill volumes of learned

deliberations and bottles after bottles of care and cure. A Reader's Digest publication titled "The Mighty Oceans" describes the world's seas as "the least explored, most mysterious environment of all - the earth's final frontier." To the extant homoeopathic remedies that have come from the sea, many more will be added over the millennium.

Live and Let Live

SANDHYA RAO

When I look out of this magnificent window
 Watching the waves silently touch the shore
 They whisper into ears, Let go, let go, let go

The ocean beckons me into the silent depths of my soul
 I see only abundance, beauty, harmony, oneness and love
 The sky above adorned with white clouds
 The birds, the glimmer of sunshine
 Merging, soaking into the ocean
 Seamless, with perfection
 I can feel, touch and see it with my heart
 I can only WONDER!!!!

The waves teach me to move
 With courage and consistency
 The clouds teach me to move
 With grace, dignity and purity
 Untouched by imperfection
 The birds teach me to be focused and relaxed
 The fishes teach me to agree to disagree
 The shells teach me, just to shine and spread beauty and light
 The sands teach me to absorb and be non-judgmental
 The trees to be a silent spectator
 The crisp warm breeze to be unconditional
 The crabs crawling out of their shells
 With their heads popping out tell me "Live and let live"

And to sum it all, our dearest Guruji says "JUST BE"

