Plant Kingdom: A brief Understanding

Editor: This article has been an abstract from the Rajan Sankaran book Plant Kingdom An Insight into Plants, taken from his new software- Vital Quest. I felt th t without giving the understanding given in this very original and comprehensive volumes on Plants, the issue would be incomplete. But that meant I had to study it. I attended his seminar, bought the Vital Quest which gave his latest thoughts and proceeded to prepare an understanding. This also meant, the issue had been a little delayed. I beg your pardon for that.

INTRODUCTION:

The basic trait of the plant kingdom is sensitivity. This sensitivity will be further qualified in different plant families and its specific members.

Remedies from a particular family share one common sensation or type of pain. As an example: remedies of the Composite family shared the sensation of being injured or hurt.

This common sensation expresses itself in all remedies of the family albeit, in differing ways. Some like *Arnica* express the sensation directly as a bruised pain; others likes *Chamomilla* express it as a reaction by hurting others. But the main feeling is common. I saw that the sensation could be expressed in four different ways: as the sensation itself, as a passive reaction, as an active reaction, or as compensation. For example if the sensation is being injured or hurt, the passive reaction is to get dazed, the active reaction is to strike back and the compensation is to become the tough one who can take any hurt. On closer examination I realized that all remedies of a given family have all these types of expression, though one type is better known in each specific remedy.

In their choice of dress too is reflected this sensitivity. They prefer flowery, irregular patterns, something that appeals to their aesthetic taste. Their writing too is in "irregular patterns", usually rounded and disorganized. The same is true of their manner of speaking. **They present their complaints in a disorganized fashion,** often talking in between about other people's complaints, and describing their own incompletely, in no particular order. They begin their follow-ups rather abruptly. With their acute sensitivity, they feel most things intensely and are very descriptive. The complaints are of rapid onset and changing nature, with many modalities; they are usually related to this sensitivity. The causative factor is often emotional or physical, strain or hurt.

The expressions they use are: "I am affected by / sensitive to...", "This hurts me", "I can't bear", "This touches me". These expressions show them to be sensitive, soft, emotional people. Their feelings are most important to them, with the fear of being hurt. They are easily affected and can have abrupt mood changes. Even their dreams are influenced by the day's occurrences. Dreams are varied: dreams of plants, of greenery, of nature, of music, of art.

After this brief introduction, let us take up each plant family-its main sensation, understaniding that and the list of remedies belonging to that family. .

1. ANACARDIACEAE family: Main sensation - Plug: something that fills a hole very tightly. A hoop or band obstructs, fixes and does not allow you to move. There is constriction-internal and external.

Sensation: constriction, tightness, band, plug, taut, stiff, suffocated, claustrophobic. Better motion, movement, restlessness, liberated, free.

Caught or stiff, not allowed moving, restricted. **Passive reaction**: Paralysed, Immobile **Active sensation:** Stuck and wants to move constantly. **Compensation**: Always on the move.

ABSTRACTED FROM VITAL QUEST
AN INSIGHT INTO PLANTS-VOLUME I & II
By Dr RAJAN SANKARAN
Dinar, 2nd Floor, Room No. 1, 20, Station Road,
Santacruz (West), Mumbai-400054.
Tel: 26493183. Email: spirit@vsnl.com

Remedies: *Rhus- tox* (Poison oak), *Rhus-venenata* (Poison Sumac), *Rhus-radicans*, *Mangifera-indica* (Mango), *Anacardium-occidentalis* (Cashew nut), *Comocladia* (Guao) and *Rhus-glabra* (Smooth Sumach)

Karaka (Kopi tree), Rhus aromatica (Fragrant Sumach), Anacardium orientale (Marking nut) (Anac)

Some symptoms: Calf; muscles; tension; muscles were too short, as if, night, in bed [Allen's repertory] motion ameliorates. I feel trapped, I can't move my body, can't open my eyes. I feel suffocated, claustrophobic, as if someone is holding me, trapping me and won't let me go.. Do meditation - it gives peace, less internal commotion - It was different before, I was reacting to everything; it felt like being caught. I wouldn't move from this being stiff. It was as if I was in the middle of traffic, in the middle of a traffic jam. I only feel like I'm in traffic. On asking question: How is that feeling? The feeling is lack of movement.

Abstract -Comocladia proving Tremendous sadness, feeling she was stuck, at a standstill, not progressing, not reaching anywhere, not going ahead. Stuck and unable to think about the future, could not see even a ray of hope ahead, there seemed no way out. Things seemed at a dead end, everything had come to a full stop. People have to struggle a lot but there is no progress.

2. Apocynaecea (Periwinkles)

The vital sensitivity centers on the contractile power of muscles and tendon and hence we get **contraction**, (activity of muscle fibers) at one end and **relaxation, prostration and severe weakness** on the other end. Other members also show profound weakness as if approaching death, as if paralyzed (*origanum*), exhaustion, dilatation, etc and **lot of activity** and **contraction** respectively as opposite. (*Rauwolfia, Stroph. Olean*).

There is a complete relaxation of the sphincters and the muscles, and therefore the remedies belonging to this family are either good for dropsy, heart failure, dilatation of pupil, prolapse uterus etc.

The mind is also very **relaxed and not able to exert;** an **inability to use mental ability**. e.g. In Rauwolfia we find "Diminution of the memory and powers of concentration. Alternating excitability and depression. Phases of increased ability to work and well being, alternating with phases of fatigue and exhaustion". [Murphy]

Vital Sensation: Extreme prostrated as if paralyzed.Contraction and relaxation

Passive Reaction: Weakness, Dullness, Prostrated, Lifelessness, Memory weakness. Inertness, Unresponsiveness

Active Reaction: Wants to expand.

Remedies: *cari, apoc, apoc-a, olnd, vinc, stroph, alst-s, queb, cymin, ditin, echit ouabin, plume, rauw, reser, stroph-s tang, thev, tox-th, alst-c, aspin, strophin, plume-a, vinc-r, vinc-ma.*

3. Araceae (Palms)

Sensation: Burning, smarting, sharp, stinging, rawness.

Key Words: burning, rawness, sharp, smarting, stinging, acrid, biting, needles, sore, excoriating.

Remedies: *Arum-tryphalum, Arum-maculatum, Caladium, Arum-dracontium, Arum- dracunculus, Arum- italicum, Ictodes-foetida, Monstera-pertusa, Acorus-calamus*

4. Berberidaceae: Rapid change of symptoms. (Boericke). Pains rapidly change their locality and character. (Phatak). Change of: complaints, rapid. (Boger Boen Rep). Urine: changing in appearance (Complete) (1). Margery Blackie says, *Berberis-vulgaris* is useful in contradictory, changeable personalities. Careful study of all the above symptoms reveals a common theme or issue ie changeability-rapid & sudden, not only location but type and character of symptoms also changes

This sensitivity to changeability is not restricted to inner symptoms physical and mental but also changes of environment as seen in *Podophyllum*: Stool changes constantly, green, yellowish, whitish, slimy, etc. (Hering). Mind; Loquacity: changing quickly from one subject to another. (Complete). Dislikes of change (Mirilli)- passive reaction of Berberidaceae.

Sensation: The vital sensation of Berberidaceae is sensitivity to sudden, intense & rapid changeability at

mental as well as physical level.
Passive Reaction: Confusion, Dullness, Prostration of mind.Confusion of identity, Confusion from interruption
Active Reaction: Rapid change of location and character.
Compensation: Easily adaptable to changing situation. Changes quickly according to change.
Remedies: *Podophyllum* (wild Lemon), *Berberis-vulgaris* (Barberry), *Caulophyllum* (Blue Cohosh), *Berberis-aquifolium* (Oregon Grape)

5. **Cactaceae:** One sensation appears again and again, namely constriction, tightness.
Phatak mentions: "Heart: feels clutched and released alternately by an iron band, or feels it expand and contract; seems to turn over . . . As if heart would fly to pieces on holding the breath." . Things grow smaller, of being caught. "Alternately clutched and released".
Anhalonium: Generalities; pain; crushed as if [Complete] Feeling of loss of personal boundaries, a kind of expansion of the self. "things alternately get larger and smaller" which is similar to the expanding and contracting of **Cactus.** *Cere-b* has delusion-incubus weighed down on him."
Carnegia-gigantean of Cactaceae has been recently proved by Dr Todd Rowe similar themes. eg Colossal / Tiny; My son is up a huge tree. The main issue of this family is of being constricted, tightness and being shrunken and therefore the active reaction is to expand, get bigger and released.
Interestingly, Cacti have the capacity to pull in water and swell and expand enormously, and then decrease again in size, so even the plant itself shrinks and expands.

6. **Family Compositae**: Injured, at both physical + mental level. Insulted, hurt (injury perceived at mental level), fear of being approached, touched,, Shocked, Burnt or scalded, and hence the reaction of being violent, cruel, insulting, harsh (active reaction-since their perception is being injured & insulted, they also inflict that back on others).
There is sensitivity to things- hard & soft, hard things are perceived as causing injury, and soft things being opposite to hard, gives soothing feeling.
Sensation: Injured, Hurt or insulted, Shocked, Burnt or scalded, Fear to be touched, hurt, approached.
Passive Reaction: Numb, Anesthetic, Stupor, Catalepsy.
Active Reaction: Touching, Hurting others, Cruel, Violent, Strikes.
Compensation: A tough guy, Takes all the beatings., Protective of others to see they do not get hurt.
Remedies: *Arnica, Calendula, Chamomilla, Taraxacum, Cina, Eupatorium perfoliatum, Senecio, Abrotanum, Bellis perennis, Lactuca/Inula/Lappa, Echinacea, Absinthium* (Common Wormwood), *Ambrosia* (Ragweed, Roman Wormwood), *Erigeron* (Canada Flea-bane), *Gnaphalium* (Ever lasting), *Grindelia* (Grindelia Robusta and Squarrosa), *Millefolium* (Yarrow), *Tanacetum* (Tansy)

7. **Conifers** has three sensations - emptiness, brittleness and the lack of connection are linked to each other. Brittleness and fragility is due to inner sensation of emptiness. When something is empty inside surrounded by a hard shell, it will naturally be more fragile and easily broken. When the inner core is full, the container is stronger, less brittle.
The feeling of dissociation in the Conifers is not a separation from some 'thing'. The feeling is; I am brittle, I will break or crumble and be dissociated from myself. It means a break in the continuity, a break in the whole. When the Conifer patient says isolation, they perceive that the world is continuous and then there is a break. Two pieces are formed separate from each other
When glass is broken, it will dissociate from itself. It is not connected and then disconnected. It is one, it is whole, it is continuous and when there is a break the continuity is gone.
Picture an eggshell: when the egg is empty the shell is fragile and brittle. Once it is broken the continuity is lost and it crumbles to pieces.
Since Fragile, Empty, Cut-off, and Fragmented, dictates the need to be hard & rigid (active reaction)
Passive Reaction: Indolence, Fearful, Weak,
Active Reaction: Rigid, Hard

Compensation: Strength. Become strong and protective of others who are brittle and fragile.
Remedies: *Agathis-australis, Terebinthina, Pseudotsuga, Abies-nigra, Thuja, Sabina, Pix-liquida, Abies-canadensis* (Hemlock Spruce), *Cupressus-australis* (Australian Cypress), *Juniperus-virginians* (Red Cedar), *Juniperus-communius* (Common Juniper) *Sequoia-gigantea* (Giant Sequoia, Sierra Redwood), *Sequoia-sempervirens* (Redwood) *Taxus-baccata* (Yew), *Taxus-brevifolia* (Pacific Yew).

8. Cruciferae : Cruciform means cross-shaped, four-petaled flowers, arranged in the shape, which resembles a cross! Various cabbages; broccoli; cauliflower; Brussels sprouts (*Brassica-oler*), Mustard (*Sinnapis*) and Radish (*Raphanus*) belongs to this family.
The main sensation is obstruction. The flow is obstructed, blocked, things cannot flow freely. An apt example to describe the sensation is of a river that is flowing freely but its free flow and movement is blocked or stopped by some kind of huge stones. So the sensation here is obstructed, stopped, blocked or hindered and the opposite is free flow, unhindered, moving free, smooth flow etc. One has to find diversions from the block to move further. Liquid trapped in bottle and lid is closed. Pipe is narrow at a point and flow is not proper.
When we study *Cheiranthus*, Nose: Obstruction, dentition during [Boericke], Obstruction general, night, irritation of cutting wisdom teeth from. Obstructions; of liver and spleen, hardness of spleen. [*Culpepper*]. To obstruct is to block, to produce hindrance, to become a barrier, to stop (functioning of), get stuck. Present in all the members of this family *(Sinn-alb, Sinn-n Thios*). Mind: sensation of being obstructed, hindered, (*Cochlearia, Raphanus, Thiosinaminum).*
Jan Scholten mentioned, "*Cochlearia* often has "dream of being bound, stuck and not being able to get out."
The active reaction is to break the barrier so that one can move ahead and re-establish smooth, clear flow.
Passive Reaction: Getting stuck, Interrupted flow, No way out
Active Reaction: Breaking the barrier, moving ahead, smooth flow, clearing the flow
Compensation: Blocks do not bother him
Remedies: *Lepidium-bonariense* (Brazilian Cress), *Sinapis-nigra* (Black Mustard), *Iberis- amara* (Bitter Candytuft), *Sinapis-alba* (White Mustard), *Cochlearia-armoracia* (Horse Radish), *Thiosinaminum* (Mustard Seed Oil), *Raphanus-sativus* (Radish), *Bunias-orientalis, Thlaspi bursa-pastoris* (Shepherd's Purse), *Vesicaria-communis* (German bladder pod)

9. Dioscoreaceae family: twisting, coiling and stretching ameliorates. Symptoms: Dysmenorrhoea; spasmodic uterine colic; pains suddenly fly to distant parts". "Writhing, twitching, crampy pains with passage of renal calculus.". "Violent twisting colic, occurring in regular paroxysms, with remissions". 'Writhe' means 'Twist or roll oneself about in acute pain; twist about'. 'twist' means 'To give spiral or winding form or course to', 'Something bent curve' 'To move or proceed on a repeatedly curving course', 'Wind, coil, corkscrew, curl, entwine, twine, weave, writhe, zigzag, wrench'.. The opposite to the sensation of twisting is getting the twist out by stretching or pulling which is seen in the main modality of Dioscorea as -"Desires stretching and ameliorated by it".
You can understand this sensation by studying the Yam (Dioscoreaceae) family. They are twining plants. The stem is not strong so it needs something to climb up on it twists and goes from one side to another side.- Coil and uncoil
Active Reactions: Stretching ameliorates, Continuous motion, amel, Wandering, shifting,
Remedies:*Dioscorea-villosa, Rajania-sabsamarata, Dioscorin*

10. Ericaceae is extension, change, change in location, wandering, erratic, migrating, movement, running, journey. "Need to move from one place to another"
This sensation is beautifully present in *Ledum-pal* dream: "Uneasy dream, he is now in one place, now in another place, busy now with one, now with another subject" Allen's encyclopedia
Remedies: *Arbutinum, Gaultheria, Kalmia, Rhododendron, Ledum- pal, Chimaphilia.*

11. Euphorbiaceae: hidebound is described as inflexible, adherent and unyielding; adhesion, constriction (band, hoop), drawn in, held in (string, band, hoop), tight, bound. Thus main sensation is being tied, bound, trapped, gripped tight, held and it's so much tight that it becomes difficult to move. It's like a string being tied all around the body; the opposite would be released, untied, unbound and escape. Best example being in a straight jacket, where all the movement are held, restricted. One just wants to break free and escape. Bound and unbound.
Sensation: Tied and untied, bound and unbound
Passive Reaction: Tied and cannot do anything
Active Reaction: Desire to break free
Compensation: A person who is feeling free, unbound and not tied up
Remedies: *Croton-tiglium, Mancinella, Cascarilla, Acalypha-indica, Euphorbium, Hura, Stillingia, Cassada. Euphorbia-amygdaloides* (Wood spurge), *Jatropha-curcus* (Purging nut), *Jatropha-urens* (Spurge nettle), *Kamala* (Croton coccineus), *Mercurialis-perennis* (Dog-mercury), *Ricinus-communis* (Castor oil bean)

12. Fungi is exactly like its pathology, invading and excoriating normal tissues and surrounding area.On studying Agaricus we get, "Generalities: Burrowing sensation" [Bng], "Generalities: pain: digging up, burrowing, rooting sensation [Complete]
Burrowing means, 'A hole or tunnel dug in the ground by a small animal'. 'Dug' is 'To make one's way as if pushing aside other or removing materials'. The concept of 'invasion' is close to this and has a similar meaning. Thus the vital sensation we get of Fungi is invading, burrowing, digging, excoriating.
We see the sensation of pain excoriating in almost all Fungi. Erode means, 'To eat into, corrode, worn out'. Hence gangrene (where slowly slowly "Clostridium welchii, invades the normal tissue) is one of the common pathology covered by many members of Fungi *(Agar. Secal. Ust)*
Another common theme: Robbers, Danger, and sensation of being possessed by super human power.
Possessed means, controlled by a spirit or other force, a form of invasion. It has the feeling of robbers invading or coming into his territory. *(Agar, Ustilago, Sol-t-ae)*. Another thing commonly seen is he can control a situation, which seems dangerous to others, Sensation of strength and courageous [Active reaction of Fungi]
Sensation: Burrowing, Invading, Digging, Excoriating, Eroding, Expanding, Spreading, Danger, Strength, Super human control.
Passive Reaction: Wrinkled, Pities herself, Awkward, Foolish, Delirium silent, atonic, axity., Passive haemorrhage
Active Reaction: Fight, Strength, Violent, Range, Egotism, Courageous,
Compensation: Courageous in danger
Remedies: *Boletus, Bovista, Agaricus, Ustilago, Sol-t-ae, Secale-cor*

13. Geraniales. Dictionary meaning of endurance is, "the act, quality, or power of withstanding hardship or stress". Endure means " to carry on through, despite hardship." Need for sustained prolonged exertion, activity, strength, effort, exertion and industrious. Aversion to work on other side (passive reaction). (*Cocainum,Guaicum, Banisteriopsis-caapi* etc)
Coca: Mind; industrious, mania for work, "Sustains the strength. Desire for physical exertion. Great feeling of comfort. More agility in walking". (Allen Encyl). Endurance: Increased.(Allen R), Indolence: aversion to work: exhaustion, in nervous.(complete), Weakness, enervation, exhaustion, prostration, infirmity: mental exertion, occupation: agg. (Complete). So we can understand why *Coca* is a well-known drug for mountain climbers. Thus the issue here is need for sustained, prolonged exertion, activity, strength, effort, exertion. Active reaction is to be courageous, stimulated, euphoric, tough and bold. (*Oxalis, Ban-c. Guai*). Failure side or passive reaction is exhausted, weakness.
Passive Reaction: Exhaustion, Immobility, Agg. from Exertion, Weakness, Prostration, Enervations
Active Reaction: Movement agg., Bold, Courageous, Euphoric, Stimulated.
Example of Geraniales: Marathon tests a runner's endurance, Mountain climber, People who cross the

English Channel., Cross country biking, Trekking, **Remedies**: *Ayahuasca, Tribulus, Guaicum, Oxalis, Coca , Cocaine*

14. Hamamelidea

Various drugs of this family show- Mind; delusion; flying; he or she is (*Cann-i, Jug-r*), Generalities; opening; closing sensations, and (*Cann-i, Cann-s*) , Generalities; lightness, sensation of; motion, on. (Complete), Head; floating in air, as if. (Boericke)

So, we get two sets of symptoms-a feeling of being closed, pressurized, compressed, heavy and on the another hand we have feeling of being open, light, and flying. Thus the vital sensations of Hamamelidae are closed / enclosed, dragged down, pressed/compressed, confined, shut in, heavy. The opposite is open, free, flying, and light. Patient feels compressed from all the sides, feels oppressed and difficult to move,

Delusions; soda water, he is a bottle of (Complete). Soda water is an effervescent soft drink, charged under pressure with carbon dioxide. So 'delusion he is a bottle of soda water' implies pressure and compression inside. And therefore active reaction feeling better by motion in open air. Words used by patients, Load, tunnel, iron mask, anchor, controlled, rigid, limited time and space.

Sensation: Closed, shut in, confined, Pressed, compressed, Dragged down, heavy, Open Expanding, enlarged. Flying, floating, Light, free,

Passive reaction: Dullness; (Dullness means no enthusiasm, no drive, no ambition, no motivation.), Heavy and dragged down, Grounded; all movement ceases, Lie down inclination to; rest, repose ameliorate, Motion aversion to, Paralyzed. Depressed, sadness,

Active reaction: Desire to move; motion ameliorates, Desire to be in the open air; open air ameliorates. Fantasizing, imagination,

Compensation: Adapting to living within a confined, limited space, Balanced (neither high nor low),

Remedies: *Fagus-sylvatica, Cannabis-sativa / Myrica-cerifera, Cannabis-indica, Elm, Juglans-cinerea, Castanea-vesca, Juglans-regia.*

15. Labiatae: Excitement- nervous, mental or sexual, which is immediately transmitted through nerves into an end organ. The excitement of this family is a pleasurable excitement that stirs one to activity.

The excitement can be vivid, pleasant or tremulous excitement. Alongside there can be warmth, perspiration, trembling, feeling overwhelmed, passionate, etc. Mind: exhilaration, rush of ideas, loquacity, vivacity, singing, etc. At the physical level, it is seen as physical irritability (excitability) and pain (as shocks, thrusts).

Best example to understand the vital sensation of labiata is watching a cricket match, or a soccer match; the player hits a six or scores a goal! There is a kind of excitement, is immediately transmitted through the nerves.

The Labiatae excitement stirs one to activity: 'Let's do this, let's do that! Let's enjoy, let's have fun, let's party, let's take pleasure rides etc.' It is the spirit of enjoyment. The opposite is dullness, lack of interest, and decreased activity.

Patients of Labiate will say, "I looooove (love drawn out) this or that, what they mean is, I am excited by, I get great pleasure from, I enjoy immensely". The opposite of this is not hate, but disinterest, boredom.

Sensation: physical level: excitability, irritability. In the mind: Excitement: vivid, pleasant, tremulous excitement. Exhilaration, rush of ideas, loquacity, vivacity, enjoyment. Fright/Anxiety. Unpleasant surprises

Passive reaction: Lack of excitability; Absence of reaction to external things; Numbness;

Active reaction: Industrious; Motion ameliorates; Mirth;

Compensation: Calmness

Remedies: *Mentholum; Lycopus-virginicus; Teucrium-marum-verum; Collinsonial, Lamium-album; Agnus-castus; Teucrium-scorodonia; Ocimum-sanctum; Origanum*

16. Leguminosae: A study of different drugs of this family brought out a common set of two symptoms covering two opposite polarity of same phenomena. Delusion: body, of: bed, scattered about, cannot get parts together. (1). (Knerr)

Cannot keep his mind together, a wild wandering feeling (as soon as eyes are closed). (Vermeulen in *Baptisia*)

Generalities: Binding up, bandaging amel. (Complete -

Mimosa-pudica)
The main sensation: 'The feeling of either split apart or bound together.' (Incidentally, Legumes are the pea family. The fruit is bound together and gets scattered once the bind is released.)
There is an external factor splitting them up. The energy from outside is splitting them up and they want to be bound together.
Sensation: Splitting apart; Coming apart; Scattered; Bound together; Fragmented;
Passive reaction: Feeling scattered and confused; Split up; Not together
Active reaction: Getting things together;
Compensation: Feeling together and unified
Remedies: *Melilotus, Baptisia, Robinia; Chrysarobinum; Copaiva; Balsamum-peru; Lathyrus, Physostigma-caesalpinia; Dolichos-pruriens* (Cowhage); *Indigo* (Indigo)

17. Liliiflorae The proposed sensation for the family is, this forced out feeling; squeezed and forced out, oppressed, constrained feelings. When toothpaste is squeezed (forced) out of the tube.
Lil-t: Fear of being alone; child wants mother to hold her hand (Complete)
Sabad: sudden cramp in right hand, he cannot grasp anything. (Allen Encyclo)
Another common theme, is religiousness (*Lil-t, Verat, Croc*). In Latin the word 'religion' means to bind, to hold. Belonging to a religion means to belong to a group, and to belong to God. On the other hand when you are (forced) out of religion you are excluded, excommunicated. Attractive behavior is also one of the main symptoms of Liliiflorae (*Verat-alb, Paris*), attractive, attention-seeking behavior, vivaciousness, egotism, loquacity, being special, which is the other side of excluded, outside, and isolated (forced out).
Sensation: Forced out and squeezed, extruded.; oppressed, constrained; constricted. Excluded, left out.. In the mind the sensation will be excluded, in the physical sphere extruded
Passive reaction: Must hold on tight
Active reaction: must move
Compensation: Attractive behavior; Belonging; Being included, being part of;
Remedies : *Paris; Veratrum, Sarsaparilla, Colchicum, Crocus / Lilium tig / Sabadilla / Helonias, Ornithogalum, Agraphis, Aloe*

18. Convallaria Majalis (Lily of the valley) *Squilla* (Sea onion); *Trillium-pendulum* (White Beet Root); *Veratrum-viride* (American white hellebore);

19. Loganiaceae main sensation of loganiaceae is that of being shocked, shattered, torn to pieces. The shock is so sudden as to paralyze the person, or produce convulsions.
Mind: Shock, disappointment, ailments from grief, bad news.
The main feeling of *Gels* is related to shock and bad news. This is also true for *Ignatia*, one of our most well known remedies for sudden bereavement. Shocked, let down, torn to pieces, shattered, ruined all apply to *Ignatia* as well as *Gels* and *Nux-v*.
The physical sensations of shattered and torn to pieces is the same as the feelings of ruin, shock, let down and disappointment at the level of mind, which is so sudden as to paralyze the person (passive reaction) and hence we see the rubric of *Ignatia*-Mind- Silent grief, cannot cry-a form of emotional paralysis.
Sensation: Shocked, let down, disappointed, torn to pieces, shattered, ruined.
Passive reaction: Paralyzed, I cannot move; Cannot weep ; Faint.
Active reaction: Beside oneself, excitable and convulsions.
Compensation: Composed, calm. (e.g. composed, calm in the most shocking circumstances).
Remedies: *Strychninum, Nux-vomica, Upas-tieute, Spigelia; Gelsemium, Ignatia; Curare; Hoang-nan*

20. Magnolianae confused, bewildered, beclouded and strange. And because the outside is so bewildering, puzzling and confusing she feels isolated or not part of life around her, and she reacts to this by withdrawal as can be seen in the mind symptom, Curls into a ball in

Camphor and on the physical level in the symptoms fainting and collapse (passive reaction).
Sensation: Confusion; Bewilderment; Beclouded; strange.
Because the outside is so bewildering and confusing, she feels isolated and not part of things around her, and reaction to this is withdrawal.
Passive reaction: Collapse; Stupefied; Fainting; Sleepy; Floating, withdrawn, unconscious.
Active reaction: Withdrawal; Shut it out;
Creating his own world which is familiar and shutting out the world, which is strange. Leave me in my own little world.
Compensation: Adjusting or adapting easily to strange/ new/ confusing/ bewildering situations.
Remedies: *Camphora, Nux-moschata Cinnamomum; Myristica; Asarum; Aristolochia Clematitis;*

21. Malvales
The vital issue of Malvales is sensitivity to the issue of being Together and then separated, Joined and then separated, Attached and then detached, Connected and disconnected, hence feels lonely and alone. And getting estranged from surrounding is their passive reaction to the inner vital sensation.
One prover of chocolate said - Very sensitive on that part. Feeling: One way I was indifferent to my family members, like I used to read a lot, so not much contact with my family members and yet thinking about them. Like one way I am detached from family, and in a way attached with that person. I was very much affected by his absence. I missed him a lot. A kind of weepy feeling as if I am alone and he has left me. He is just a friend but I felt as if I was missing my boy friend. I am lonely over here.
Sensation: Attached and then detached, Joined and then separated; Together and then separated.
Passive Reaction: Estranged; Indifferent; Indifferent everything to; Aversion husband to.
Active reaction: Communicative; Affectionate; Dream of falling in love; Company desire for.
Compensation: Independent; Self-confident.;
Remedies: Chocolate, Abel-moschus, Gossypium, Abroma, Tilia, Kola-nut
Cacao (Sterculiaceae) ;Tilia europaea (Common Lime) (Tiliaceae)

22. Nepenthales: 3 families of carnivorous plants (attract and capture and digest primarily insects): *Droseraceae* (Sundew Family); *Nepenthaceae* (pitcher plant) ; *Sarraceniaceae* (Pitcher plant family) (Fly trap)
Remedies: *Dionaea-muscipula; Drosera-rotundifolia; Nepenthes-distillatoria* (Nepenthe); *Sarracenia-purpurea* (Pitcher Plant),
Sensation: Constriction; Sticking; Lancinating; Convulsive; Spasmodic; Deceived, enticed, entrapped, tempted, disguised. Imagine an insect being trapped by one of these carnivorous plants. He will go through all these sensations.

23. Papaveraceae: Intense suffering, pain, agony and a hell-like state. Often connected to the experience of death and dying, the death agony and the half-alive-half-dead state, like being buried alive. The dreams, dissection with corpses, no-pain, calmness, tranquility; a state that one experiences in meditation.
Active reaction: rage, violence, spasms, convulsions, and colic.
T F Allen quotes from the proving of *Opium*: It dissipates all inclination to sleep, increases the imagination and memory in the most wonderful manner, so that he passes the whole night in profound meditation; at daybreak he slumbers a few hours; he is unable to recollect all that he had thought about during the night. Meditation is a big theme in Opium and others of the family; 'Tranquility' is a symptom of *Chel, Codeinum, Fumaria, Morph* and *Opium*.
Sensation: Pain, intense pain, Torture, intense suffering, Punished, War, Murdered, xecuted, Violence, Fright and shock : The fright and shock of intense pain and torture. It is hell; the torture chamber of hell.
Passive reaction: Analgesia, coma, anaesthesia, Fainting, Catalepsy, Narcolepsy. Painless and numb, Alive yet dead, Hibernation, Meditation,
Active reaction: Pain causing rage, Violence, Spasms, convulsions, colic.. Numbness alternating with pain.

Compensation: Peaceful, serene, tranquil. Untouched by pleasure or pain
Remedies: *Morphinum, Argemone, Morphinum-sulph, Sanguinarinum nitricum, Chelidonium, Sanguinaria, Opium, Succinum-acidum, Codeinum, Fumaria, Corydalis-formosa, Corydalis-formosa*

24. Piperaceae: Fear of pain and Fear of suffering. Opposite word must be pleasure". So where there is no life or it is uninteresting and boring, we get low energy, weakness, then suddenly something interesting comes and whole energy comes back. In Piperaceae, delusion is that life is routine, boring, monotonous, without excitement and in such situation what one need is amusement, entertainment.
The sensitivity lies in anything sufficient to entertain, to amuse, to divert so as there is no boredom, or pain or suffering. The sensation experienced here is either boredom [tasteless, bland, insipid] or amusement, which is evident in the form of a little tickle /butterfly in abdomen or their giggling which again amuses them.So the situations they describe are either full of routine/monotony, which bores them or situation with a little bit of amusement in the form of TV /music / party or any form of diversions which is what they desire as that gives them pleasure, brings them out of boredom.
Sensation: Pain, no excitement and boredom. (Boredom also means monotonous, unexciting, bland, tasteless, insipid etc.)
Passive reaction: Weakness going into boredom.
Active reaction: Desire amusement, Desire for change, Cheerfulness. Entertainment ameliorates, Parties
Compensation: Pleasure, Unaffected by boredom, pain and suffering
Remedies: *Piper-nigricum, Matico (Piper angustifolium), Piper-methyasticum (? Leprous), Cubeba, Piper-betal* [Betel leaf], *Piper-sarmentosum* [wild betel leaf], *Piper umbellatum* [Periparob], *Peperomia-pellucida*

25. Poaceae (Grass)
Sensation: Tingling, pricking, needles, thorns.
Key words: needles, pricking, prickling, thorns, tingling, perforate, piercing, poking, puncturing, stabbing, barbs, spears, spikes, stinging, Pointed, sharp, splinter.
Remedies: *Agrostis-alba, Anantherum-muricatum, Anthoxanthum-odoratum, Arundo- auritanica, Avena-sativa, Bambusa-arundinacea, Cynodon-dactylon, Lolium-temulentum Phleum-pretense, Saccharinum, Saccharum-officinale, Stigmata-maydis, Triticum-repens, Zea-italica*

26. Primulaceae The word lame is defined as being. Disabled so that movement especially walking, is difficult or impossible. Therefore at mental level, *Anacardium* has lot of anger and cruelty towards the opposite person, while in *Cyclamen* there is self-imposed imprisonment. The vital sensation of Primulaceae: Unable to move because of paralytic, pressure and lame sensation that prevents movement. Rest aggravates and motion ameliorates (active reaction).
Sensation: Unable to move because of paralytic, pressure and lame sensation.
Passive Reaction: Sluggishness, Aversion to going out, Amel. in house, Confined, Not moving.
Active Reaction: Motion amel, Continuous motion amel, Desire to travel, Desire to move. Activity, Industrious, Increase strength.
Compensation: I am happy in the small space,
Remedies: *Cyclamen, Anagallis*

27. Ranunculaceae is extremely sensitive to mortification, vexation, chagrin, indignation and insults, giving rise to anger, and its effect on the nervous system. In Generalities, pains which are sharp, stabbing, stitching, stinging; could correspond to vexation on a mental level. It represents the feeling of when someone is 'needling' you, prodding you, vexing you anger, grief, or fright an outburst of emotion (*Acon. Helleb. Hydras.Clema.*), (Active Reaction) or bluntness. (Passive Reaction). Eg *Pulsatilla* - outburst takes form of weeping, in *Staph* – anger. *Helleborus* is the bluntest, most dull remedy but this theme runs through the family as the other side of the excessive irritability and anger, fright in *Acon. Puls. Staph. Ran-b.* 'trifles' < -shows the trend in sensitivity. T F Allen mentions, his ill humour and chagrin occupy

his mind for days, long after the actual occurrence.
Sensation: Sharp, sticking, stinging, stitching pains. Raw nerves as if there is no insulation mentally, emotionally and physically. Shock-like pains.Vexed, distressed, annoyed, harassed .Insulted. Sensitive to trifles. Bursting.
Passive reaction: Numbness and blunting.
Active reaction: Many emotions felt together, raw emotions one on top of the other. Raw nerves: all the emotions and pains felt very intensely. Passionate
Somatisation; mental and physical connections or alternations, suppressed.
Outbursts and brooding. The pain lingers.
Compensation: Equanimity (the quality of being calm).
Remedies: *Aconite, Helleborus, Actea-spicata, Ranunculus bulbosus, Pulsatilla, Staphysagria, Cimicifuga, Hydrastis, Clematis.*

28. Rosaceae
The common theme - pressing pains extending outwards. Pressing inward and outwardàshortness of breath and suffocation *(Prun-s, Laur)*
Pains shooting, lightening like wandering (*Agrimonia-eupatoria, Pyrus-americana, Hydrocyanic-acid.)* and Pinching sensation.
Active reaction to this sensation:desire to travel, to move quickly, to jump and wander restlessly (*Agrim-eup. Pyrus-amer. Prun-s*). Makes the patient impulsive.
Sensation: Pinched, pressing, Suffocated, Pushed out, Compression. Outward pressure.
Passive Reaction: Suffocation, Collapsing.
Active Reaction: Travel desire for, Wander, Moving quickly, Lightning like, Running about, Shifting suddenly, Jumping, Impulsive,
Remedies: *Pyrus-americana* (Mountain Ash), *Prunus-spinosa*(Black thorn), *Amygdalus* (Prunus) *Persica* (Peach Tree), *Prunus-cerasifera*(Cherry Plum), *Laurocerasus* (Cherry Laurel), *Crataegus, Rose canine* (Wild Rose), *Agrimonia-eupatoria* (Agrimony, Sticklewort)

29. Rubiaceae: Stimulation. There is a hunger for stimulus - he is greedy and has many desires; many ideas and fantasies. Enjoys stimulants such as alcohol, sex and tobacco. However, his nerves are prone to over-stimulation and too much stimulation aggravates him. Everything initially stimulates and then over-stimulates, which finally leads to aggravation. Later < joy, excitement, tobacco, alcohol and tea.
The well-known lassitude of *China* shows the other side of stimulation (passive reaction) also dullness is seen in *Coffea* and other Rubiaceae remedies.
Passive reaction: Exhaustion, weariness, Fatigue, Dullness, vanishing of thoughts. Catalepsy, Sleep ameliorates, Rest ameliorates.
Active reaction: Making plans, Theorizing, Rush of thoughts, Creative pursuits; reading, writing, music, Sleepless with fancies, Greed in eating, Activity,
Compensation: Tranquillity and meditation
Remedies: *Coffeinum, Ipecacuanha, China, Chin-sulph, Yohimbinum, Galium. Coffea*

30. Rutaceae (Citrus family)
Squeezing, in American heritage dictionary is "To press hard on or together, compress...." "To exert pressure on as by way of extracting liquid..." So main feeling is squeezing and twisting as if extracting liquid. Similar theme found in other members of Rutacéae (*Angustura, Ptelea, Xanthoxylum* etc.)
Ruta is a well-known drug for sprains and dislocation. After squeezed and twisted, what happens in dislocation and sprain if you do it one-step more then bone is broken. Therefore we can see that broken sensation is also very common in this family. (*Ruta, Angostura*)
For e.g. *Ruta* has, pain: Broken, breaking, as if: bones [*Zandvoort*]

Thus the vital sensation of Rutaceae is the feeling of being squeezed, twisted and then broken
Lemon belongs to the same family and hence helps to understand the vital sensitivity of Rutaceae. In Rutaceae, the main sensation is 'Squeezed' which is along one central axis (like what we do with Lemon and Oranges).
Rutaceae family: The sensation of Dioscoreaceae is twisting, coiling and opposite to that is uncoil by stretching and pulling. Where as in Rutaceae, the sensation is of being squeezed, twisted and broken and the active

reaction to this sensation is stretching. The patients needing remedies form both Rutaceae and Dioscoriacae family would use similar words but the essence is different in both.

Sensation: **"The feeling of being squeezed and then broken".**

Remedies: *Ailanthus-glandulosa* (Tree of Heaven), *Xanthoxylum-americanum* (Prickly Ash) *Angustura-vera* (Galipea cusparia), *Atista-radix* (Glycosmis pentaphylla Correa) (Ban Nimbu), *Aegle, Ptelea-triofoliata L.* (Wafer ash), *Ruta-graveolens*. (Garden Rue), *Citrus-limonum* (Lemon), *Citrus-aurantium-amara* (C. vulgaris) (Bitter Orange), *Pilocarpus-pinnatus* (Jaborandi)

31. Scrophulariaceae: bonds and connections are not strong. They are loose, so he wants to hold on to very tightly. When the connection breaks then fear, fright and delusion starts.

3 remedies of Scrophulariaceae (*Verbascum, Gratiola and Digitalis*) have amorous abstractions and reveries. The meaning of reveries is 'a state of abstracted musing'. The meaning of amorous is - strongly attracted or disposed to love, especially sexual love. When there is a disconnection of any kind, one starts to seek connection; this can be seeking to connect in a sexual way, in an emotional way or even in an abstract way to spiritual things, which could result in finding oneself as if in a drug-like state.

In this family, at an emotional level 'connection' means one can exist without the other, that they are two separate, independent entities, but the bond between them is very important. The feeling is not that he is dependent or that one is smaller than the other. Like a plug and a socket, one fits to the other and together they make a perfect connection. And when such a connection breaks, he experiences the separateness, disconnectedness and the incompleteness. As a result, he goes into abstract or amorous reveries (active reaction to sensation).

Sensation: Bonds and connections are not strong, so he wants to hold on to very tightly. When the connection breaks then fear, fright and delusion starts.

Passive reaction: Indifference, Detachment,

Active reaction: Adhesive, Attachment, Amorous, Compensation:, Does not need bonds.

Remedies: *Digitalinum, Euphrasia-officinalis, Veronica-officinalis, Chelone, Digitalis, Verbascum, Gratiola, Scrophularia-nodosa, Leptandra-virginica*

32. Solanaceae family as sudden, violent attacks. Other words speaking of same sensitivity (derived from other members of this family) are: Splitting, Throbbing, Bursting Explosive Tearing, Pulsating, Spasmodic, Jerking, Constricting, Shooting, (at physical level) and Violent, terror, Choking, Pursued, Murder, Killed, Snakes, Darkness, Ghost, (at mental level). The issue here is all these come up as sudden, violent attack.

The pathological conditions referred to, several times throughout this family are strokes, apoplexy, sunstroke, epileptic seizures and violent terrors.

The delusions of being pursued, of murder, of snakes, and ghosts all speak of the same sudden violence, sudden danger. The strong theme of fear of sudden death again underlines the same sensation.

Sensitivity to color black and white is also found characteristic in this family.

Sensation: Sudden, Violent, Splitting, Bursting, Explosive, Tearing, Pulsating, Spasmodic, Jerking, Constricting, Choking, Shooting, Sun strokes, Apoplexy, Violent terror, Pursued, Murder, Killed, Snakes,

Passive Reaction: Anesthetic, Stupefied, Lack of irritability, Sluggish- Cowardice, Faintness, Stupor, Unconsciousness

Active Reaction: Senses acute, Hurried, Shrieking, Startling in sleep, Spasms, Striking, Escape, Panic, Rage, Fight or flight response

Compensation: Courage, in the face of danger.

Remedies: *Belladonna / Stramonium, Hyoscyamus, Dulcamara, Capsicum, Fabiana, Atropinum, Tabacum, Mandragora, Franciscea*

33. Theales : Injury like a knock, smash, or a hit or a fall, and the pain is like, as if something is smashed into a part rich in nerve, like the head, spinal cord, the finger, nail beds etc. or something has punctured inside like a

bullet, or a knife (Phatak for Hyper.). And injury to these nerves causes intolerable, violent and shooting pains that produce spasm, convulsions, fainting.

The wounds are penetrating, stab, punctured wound. Whereas in Compositae wound is blunt and you get soreness. In Arnica there is blunt wound whereas here there is smash wound. Anything, which has pierced, punctured and gone till the nerves is Theales.

Pricking and shooting sensations are also found in *Gambogia.*

So vital sensitivity of Theales is smashed, punctured, penetrated followed by a shooting violent pain, and that produces spasms and convulsions.

Sensation: Injury especially to nerves, Punctured, smashed, penetrating wound, Shock.

Remedies: *Hypericum, Gambogia, Thea*

34. Umbelliferae

Violence is one of the key notes of this remedy (*Vermeulen*)

We see that 'violence' and 'stabbing' are important aspects in *Aethusa*. After sudden violent attacks there is profound exhaustion and lack of reaction.

Study of other members shows that the sensations running through out are Stabbing, knife like, violence, blows, wounds, injuries, sudden attacks followed by numbness, stupefaction, dullness and sadness. Expressions of the violence and sudden attack in this family, are riots and accidents. (*Cicuta, Conium*)

In the proving of *Oenanthe-crocata* by Lesigang Helga (Links 1992) from Austria the following is mentioned:

"Epileptic cramps which begin suddenly without an aura, the convulsion begins with a scream. After the convulsion the patient sleeps and often cannot speak."

Here we see 'epilepsy without aura', which means that it comes suddenly, unexpectedly without any alarm signs and after such sudden unexpected attack there is total numbness and the patient sleeps.

Weaving together all the aspects - the feeling or sensation of the Umbelliferae family may be summarized as: Sudden unexpected violence and the attack in the form of stabbing, blows, accidents, riots, epilepsy, vertigo, fainting followed by numbness, stupefaction, dullness and sleep. The reaction to this sensation therefore is furious attack, epilepsy, violent, hysteria (fits of emotions), [as active reaction] and deep sleep, dullness, stupefaction, paralysis [as passive reaction].

Sensation: Sudden unexpected violence or attack, Accidents, Blows, preparing for a blow, Riots, Stabs, Wound, Abuse

Followed by: Numbness, Stupefaction, Dullness, Sleep.

On the physical level: Stabbing , Lancinating (in Latin means to stab), Vertigo, Fainting, Hysteria, Convulsion without aura

Passive Reaction: Sudden weakness, Deep Sleep, Regressed, Paralysis, Relaxation, Stupefaction, Dullness

Active Reaction: Violent, Convulsion, Mania, Furious attack, Fits of emotion, Escape

Compensation: Calmness in a situation where there is violence and sudden unexpected attack.

Remedies: *Oenanthe, Aethusa, Sumbulus, Asafoetida, Phellandrium, Conium, Cicuta, Hydrocotyle / Coriandrum*

35. Violales

Sensation: Aversion to being disturbed

At the physical level: Cutting, Stitching, Sharp, Lancinating, Pinching,

On the mental level: Vexation, Chagrin, Disturbed feeling

Passive reaction: Prostration, Morose, Avoidance of people

Active reaction: Irritable when questioned, Violence, Malicious, Rage, Restlessness

Compensation: Quietness, Calmness, Stillness

Remedies: *Elaterium, Bryonia, Viola-tricolor, Colocynthis, Luffa-operculata, Cistus, Viola odorata, Passiflora* ❑

Remember to Renew for 2006 and for 11th SSMS on 29th January 2006