

# Insights into *Sepia*

**ABSTRACT: (Ref report of 14th SSMS pg 58)**

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## RECALLING EVENTS

"Why did I choose to present *Sepia* today?"

- To repay a debt!
- I owe my first step in the field of Homoeopathic seminars and books to *Sepia* (and *Lachesis*)
- It put us - Dr SONAWALA and myself - on the largest stage in Mumbai - the Bhaidas hall with an audience of 2000
- The year was 1981
- The event - A National Seminar
- The Paper adjudged the best paper
- *Sepia* and *Lachesis*- A dialogue with a difference, subsequently a BOOK.
- It was for me, albeit, for both of us, a defining moment
- And today I pay my tribute to my mother who took me with her to where I am today
- Beginning with *Sepia*: First time ever two remedies were enacted on stage; it was not just a presentation, it was drama! To highlight how *Materia Medica* should be taught
- It was the beginning of a change . . .
- So that today we have teachers par excellence, who bring the remedy alive, the case alive and the patient alive

## QUOTES

- Every living being locks a destiny within
- Blessed be the artist who inspired HAHNEMANN to seek *Sepia* in the belly of a cuttlefish.
- If I can have only 1 remedy, I would choose *Sepia* - L TWENTYMAN



## BOGER C M

- BOGER propounded 100 years ago that what is true of a part is true of a whole and vice versa
- It is only today we accept this as an universal principle
- Once we accept this, it makes the study of drugs sheer fun.

## PLATINA - TOO LITTLE KNOWN

- For eg if we study *Platina* and know that it was first known as a small silver and soon became BIG silver - then what does it tell us?
- Its own importance in its own eyes.
  - Its pushy nature
  - Its need to be better than others and fear that it is NOT
  - And therefore needs to be bowed down before.

## STUDY OF A REMEDY

- Expand further and you get almost the whole remedy.
- The study of a remedy has to be done from all angles and all aspects
- Learn from the stories about the remedy material, the story of its beginnings, humble

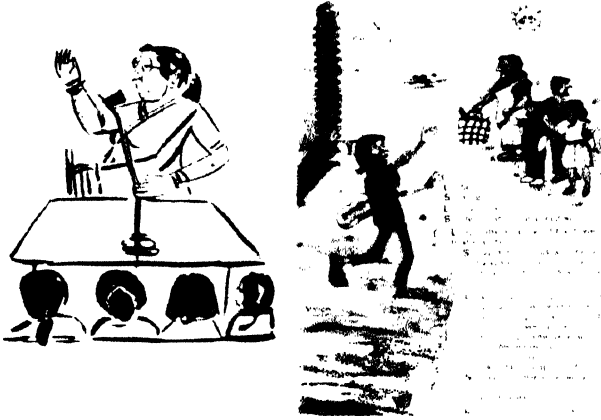


or otherwise, its uses and any other information and your remedy will evolve automatically.

**SEPIA: PROBLEM IT IS A REMEDY MOST WELL KNOWN**

- The problem with *Sepia* has come up by what is called 'death from over-kill'
- We can only see *Sepia* in the way emphasized by authors of yore and as described by Dr SARLA SONAWALA in the book in 1991
- For the record, let us just go through that

**SEPIA AND LACHESIS: A DIALOGUE WITH A DIFFERENCE**



**SEPIA - A FEMALE**

REMEDY BUT NOT FEMININE (picture from the book)

**SEPIA: THE WASHER WOMAN**

CHILDREN OF PHAMONILLA KIND WATCH EACH OTHERS EYES  
IF PUSHER WEEPS  
PUSATILLA GIRL  
BUT WHO CARES?



**SEPIA OF YORE**

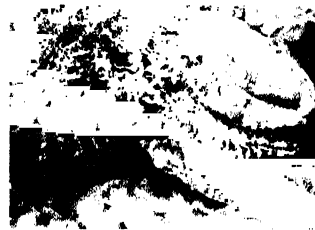
- But this does not suffice. Prescriptions of *Sepia* are few and far between. The main problem is to demonstrate, what are the newer or little known aspects and how do we go about understanding them?
- Now here starts our study of Cephalopods

**STUDY OF SEPIA**

- Let us begin to study *Sepia* in this way and see the vast arena that opens up

**CLASS CEPHALOPODS-CUTTLEFISH**

- A fish with a difference
- We have schools of fish, so called because fish always travel in groups to ensure protection



The smaller the cuttlefish are, the larger are their groups. Like most of the other cuttlefish, the *Sepia* possesses a horny beak. Around the mouth, there are about ten, relatively short arms. The *Sepia* may then be sit-and-wait predators and therefore not very quick.



## CLASS CEPHALOPODS-CUTTLEFISH

- The cuttlefish travels alone!
- It is independent and brave



- *Sepia-officinalis* is common cuttlefish
- Belongs to the Phylum Molluscs
- Appeared 21 million years ago
  - Trait- adaptable



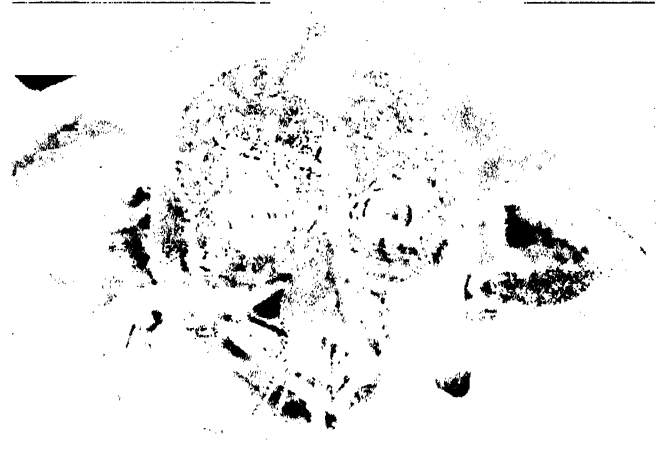
- Evolved beyond need of shell
- Evolved being? *Stithapragna- The Buddha*

- Unique ability to change colour to blend with environment and / or to attract prey?
  - Colour seen as pigmentation. .
  - *Sepia* trait or different types of *Sepia*?
- Hides and lives in the rocks and crevices
  - *Sepia* trait- Very reclusive
- Lives in the rocks and crevices, on sandy bottom. On seeing prey can immediately climb to top of water- buoyancy. You can compare this to the submarine and is called the submarine effect of *Sepia*
  - *Sepia* trait- Very buoyant. Does not remain down in the dumps.
- Very active and highly mobile
  - *Sepia* trait- Very active and very quick in work, very efficient and organized.
- Can stand very still- even for long moments. Called the helicopter effect
  - *Sepia* trait- Very still. Can be into herself. Calm. Deep. The phrase, is as if made for her 'Still waters run deep'



- *Sepia* trait- The other interpretation can be...cannot be stimulated to have joy
- Cuttlefish flat not full and curvy

- *Sepia* trait- Woman is flat chested with natural curves missing. Tomboy
- Hormonal imbalance
- Eyes set far apart on head and vision 360
  - Trait- Very observant



- The fish is inquisitive with lack of fear
- See it exploring with the divers
  - Trait - Bold and independent



- Have shell on the inside, called cuttlebone. Source of calcium for other fishes and sea animals
  - *Sepia* useful in bone problems and osteoporosis

- Cuttlebone serves as a hydrostatic organ- small chamber which fill up with gas and water. Also pushes the water out in a jet to get jet set and go propulsion
  - Trait-Speed in movement.
- Quick and efficient in work.
- Gas filled so buoyant
- Class- Cephalopods
- Lays 500-1000 eggs, does not care for the eggs and become lethargic. Dies soon after spawning
  - Trait: Fertile- Very important remedy for infertility.
  - Trait: Indifferent to offspring. Only believes in doing her duty and then vanishing. No extra love and care or pampering. She believes children can grow on their own. They cannot produce themselves... so she takes the trouble to produce them!!



**CUTTLE FISH**

**CLASS CEPHALOPODS- CUTTLEFISH**

- Soft from inside and hard skin outside
  - Trait: And this fits into the *Sepia* we know well- harsh, hard, aggressive, never shows love to children or Husband. But if we do not stop there, but try to explore behind this tough exterior- we will it shows its care through not words and hugs but through action
- Cuttlefish have a large and complex brain.
  - Trait- intelligent.
- Cuttlefish- Reacts to fright with flight



Depends not on a heavy shell but on speed  
Shoots through the water by the jet propulsion in opp direction with speed of a torpedo-23 km/hr

- Plus ejects ink as diversionary tactics:
  - By smoke screen
  - By producing a shape with the ink of a dark object- the dummy- to draw the enemy while it escapes.
  - *Clever tactics to get away from others, from crowds, social gatherings even.*



- Cuttlefish- Most evolved of the cephalopods. It has cast off the shell, but not fully. It retains half within the body - the cuttle bone.

- Because of which half the cuttlefish body must remain within the enclosing shell, in spite of all attempts to break loose. *So also for Sepia the temperamental, sexual and emotional tendencies which one would disown, cannot simply be cast off*
  - ... It ends in challenging and repressing the quiet, contemplative and receptive feminine qualities, so creates a woman with more masculine qualities.



**MELANIN**

- Pigments in the skin, hair and retina. Resulting in hyper pigmentation. Occurs in pregnancy to form -the botchy, brown pigmentation - chloasma.
- OR is it a wife to keep the man away?

**USES**

- Bone used for food for animals
- Ink used to treat liver affections and to cook food in for children of malabsorption.

**THE TRAITS SEEN FROM THE CEPHALOPODS**

- |                    |                 |
|--------------------|-----------------|
| ➤ Independence     | ➤ Congestion    |
| ➤ Motion           | ➤ Heaviness     |
| ➤ Distance         | ➤ Hyperesthesia |
| ➤ Safe environment | ➤ Music, dance  |
| ➤ Passive          | ➤ Weakness      |



- Grudge retraction,
- Dissatisfaction
- Spasmodic
- Dragging pains

**SEPIA - VARIED TRAITS SEEN;** now lets understand each and integrate it into *Sepia* personality. Or build varied personalities.

**SEPIA TRAITS: INDEPENDENCE**

- *Sepia's* main problem, is rejection and to make do without support of the family. Exactly the opposite of what portrayed.
- A person who suffers much because he is

MARITAL DISCORD



LO. ALL ROMANCE ENDS INTO A TALE OF "MARITAL DISCORD"!

unable to receive from family the support that he needs and deserves.

- The focus of rest of his life is to demonstrate to family how good he is. But gets only materialistic connection.
- No choice but to be on own and be independent.

**SEPIA - DISSATISFACTION**

- *Sepia* suffers because did not receive emotional support of family. 'I work hard so I am successful, but I get no love or support.'
- Sense of duty and responsibility, clever at school, does well, yet father does not love me.
- Wants to be career person- ambition + +

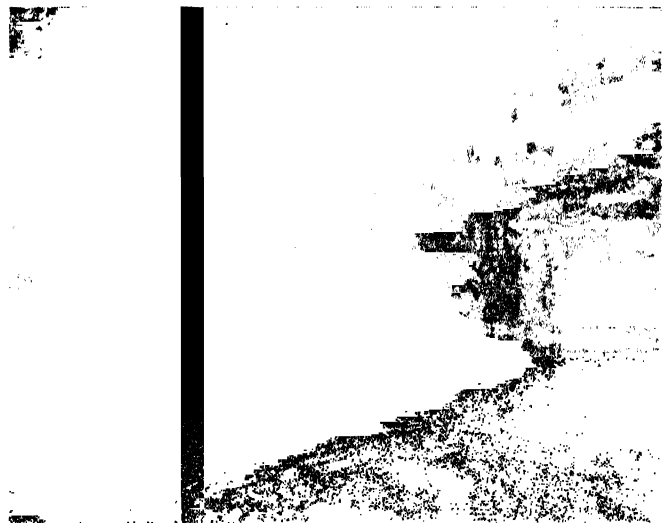
- Wants to take care of others and does so
- But not satisfied and till end, he is not recognized by family. . . again rejection

**SAFE ENVIRONMENT**

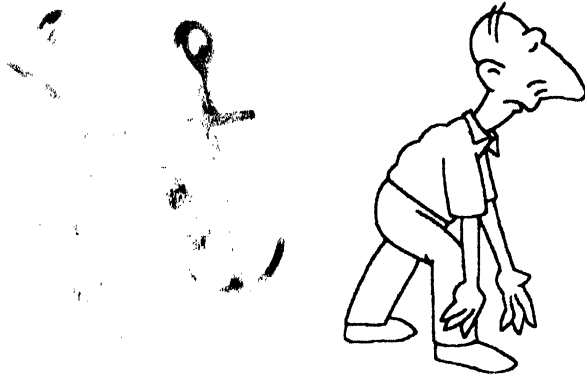
- *Sepia* then learns to protect themselves- does best to protect their inner space and their safe environment. This is weakest point for them.
- If allows someone else to enter and part with their emotions, they will get deeply wounded. So limits this and is selective.
- Keeps in safe environment- that private, metaphysical space inside themselves
- Keeps a distance from others

**TRAIT: DEEP, HEAVY**

- *Sepia* is a very deep and sensible person.
- Deep long lasting connections with some people.



- Heavy: Does everything too much, too heavy. Does much for others, costs lot of energy, yet perseveres....has to do something real and concrete and helpful.
- Internally defenseless.
- Heaviness - Dragging pains



- Weakening pains.
- Discharges - leucorrhoea, skin, constipation of emotions.

**TRAITS: HYPERESTHESIA**

- Sensitive. Can't and won't show it. Wants to appear good, strong, waterproofing, indestructible.
  - screen - good
  - strong
  - water proofing
  - indestructible
- Internally defenseless.
- Yet won't go to doctor, unless serious. So you can't see it.
- Once makes contact, will be your patient for life...loyalty

**TRAITS: MOTION**

- Efficient
- Does fast work and well
- Perfectionist



|                       |                  |
|-----------------------|------------------|
| M independent         | F emme           |
| A ffections stilled   | E motion stilled |
| S self worth          | M ystical        |
| C onnected-body/earth | I nnnate wisdom  |
| U nderstated          | N eeds love      |
| L oyalty              | I ntuitive       |
| I ntelligent          | N arrow pelvis   |
| N arrow               | E mbittered      |

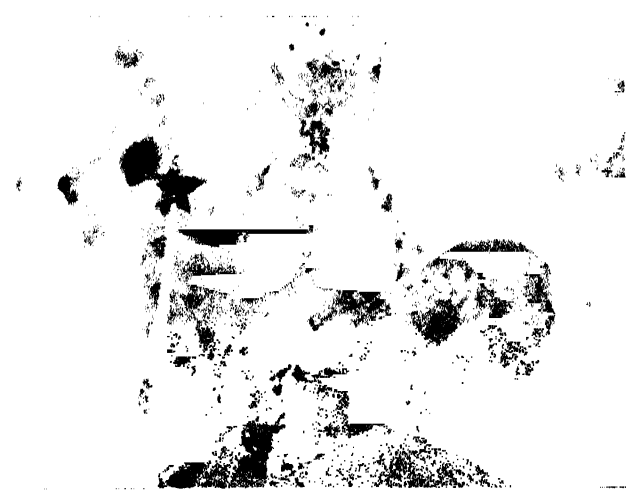
**VARIED TRAITS → LEADS WHERE?**

- Seen many traits - Some very different which all cannot fit into 1 personality
- Different personalities in *Sepia*?

We are going to see how PHILIP BAILEY describes them

**1) SEPIA - WITCH, THE WISE WOMAN**

- Truly Independent
- Not reactionary
- Celebration of uniqueness
- Pride of feminism- connection of body + sensitive to own body
- Natural wisdom. Witch- the wise woman
- Commands fear, respect, fascination
- Dedicated to her craft, wisdom



**SEPIA V/S NATRUM**

- *Natrum* independence- reaction to hurt
- *Sepia*- natural independence. Not running,

not reacting, being herself, not letting people mould her.



- If inactive, gets ill. All complaints > exercise
- Well connected with her body
- Awareness-energy and its natural flow-discomfort when blocked (*Phos, Medo, Sep*)
- Others lost touch with bodies -the analytical types -(*Nat, Kali, Lyco*)
- Graceful in dance, rhythm (*Kali, Natrum-stiff, conscious.*)

- Celebration of her uniqueness. And power as a result of connection with earth.
- Karate-hard martial art vs aikido - soft martial art
- Exists from time immemorial
- Attracts fear, respect and fascination.
- The witch in middle ages
- the high priestess in Ancient Greece or India
- Dedication to craft more than family
- Psychic
- Clairvoyance
- Delves into hidden mysteries
- Philosophical (kent 'theorizing')
- Sensitivity like *Phos* and *Chin*
- Intuitive- can sense H cheating on her
- *Sepia*- grounded. Uses intuition impersonally. Unlike *Phos*-fearful and easily carried away and *Natrum*- reactive and dramatic, *Sepia* quietly goes about her job without fanfare.
- *Sepia* are most often healers and doctors, nurses, nutritionists, with feminine wisdom and intuition. Rarely a statistician.

## 2) SEPIA - THE DANCER

- Every *Sepia* likes to dance
- But WHY?
- Better vigorous exercise, tai-chi, yoga, phy harmony/ the life force

DANCING ROUND AND ROUND  
UNTIL WHISKED AWAY BY  
HER PRINCE CHARMING



- Like the middle-aged housewife's who comes alive on the dance floor.
- Dancer
- Musician
- Artist
- Kent 'sensitive to sensual impressions'
- *Sepia's* art subtle (*Phos*- expressive and wild).
- Loves nature and meditation.
- Very down to earth with common sense. Practical arts- weaving baskets etc.
- Accepting of people
- Not judgmental
- Down to earth + sharp intellect- wry understated wit
- Acutely aware of bad ways of world, and

not Utopian -Phos ideal

- Loves to travel, so if single or widow- can take off to new lands and join the mission! A free Spirit! (*Phos, Medo, Tub, Carc*)
  - Needs to be independent and creative
  - Subtle needs
  - Needs to be more than just wife and mother.
  - Need space to meditate, dance and write even within normal family life.
  - Can mix but needs her space. Cheerful introverted. Not a brooder
- 3) SEPIA - THE COURTESAN**
- Strange!?! always thought *Sepia* a sexual no-no? But a healthy *Sepia* has a normal healthy sex life, if it is an independent and honorable relation
  - Not 'submissive', not a sexual slave, not be possessed.
  - Only ready for suitable mate, where attraction-physical and spiritual, (the meeting of minds) OR remain single and celibate
  - Courtesan is a respected, detached, amoral passion; not ordinary prostitutes but (*Platina*- compelling passion)
  - Proud, artistic. Sleeps only with noblemen or those she found attractive
  - Stops when interest wanes
  - No shame or embarrassment
  - But when independence surrendered to male domination, then is born the well known *Sepia* shrew
  - Angry and bitter about Rebellion quelled by father, not heeding her temper or tears.
  - Molding is anathema to *Sepia*
  - Then comes sensitivity, offended easily
  - < Contradiction. Anger with self. Who am I? What have I let myself become?

#### 4) SEPIA - THE SHREW

- Wants to scream, shriek, smash crockery.
  - The indifference, aversion to husband, and aggressiveness.
  - A/F surrendering her independence
  - Moody tears
  - Beats children and all
- 5) SEPIA - THE DRUDGE**
- After long period and compromise loses spirit.
  - Becomes a robot. Kent 'Dull, sluggish'
  - *Sepia* housewife - drudgery - no stimulation.
  - Gave up her sport, her poetry, now only Housewife. Bored, indifferent. Feels less and less for family. Kent 'indifference' indifferent to pleasure.
  - Gradually drained, no energy, hates to face the day. 'Prostration of mind' and the well known *Sepia* picture emerges
- So we have evolved various pictures of *Sepia*, quite distinct from our previous limited image
- She is today's 21st century career woman-efficient and well tuned to work.
  - Shoulder to shoulder with men-earning grudging admiration.
  - Don't we see many of those around?
  - And the child- quick, clever, studious, hard-working, but plain, so shunned by peers
  - I am finally going to take a case of a child and we will see how those very taints we have described will be seen so clearly, and that will bring alive this whole study done so far.

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