

STRUCTURE

Experiences with the Mineral Kingdom

RAJAN SANKARAN



La Ce Pr Nd Pm Sm Eu Gd Tb Dy Ho Tm Yb Lu

Ac Th Pa U Np Pu Am Cm Bk Cf Es Fm Md No Lr

STRUCTURE

Experiences with the mineral kingdom

Volume 1

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Homoeopathic Medical Publishers

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This work is dedicated to
Jan Scholten
in acknowledgement and appreciation
of his cardinal contribution to
the understanding of the mineral kingdom.



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FOREWORD

Those of us who have seriously and unprejudicedly followed the work of Rajan Sankaran over many years, have witnessed a flowering of insight and precision in theory, in case-taking and in prescribing. In recent years, Dr. Sankaran's methodology and conceptual framework has matured into a coherent system (see his books, "Sensation in Homoeopathy" and "Sensation Refined") that examines homoeopathic remedies from a systems approach rather than a mere collection of data. Through observation into the underlying unity of remedies in various families of plants, animals and minerals, Dr. Sankaran found the keys to a more sophisticated and reliable method of finding the Similimum.

The Sensation Method (also called the "Sankaran Method") combines both a case-taking technique (devised and improved over many years) and an analysis technique which (when properly applied) pares to the bone all the normal human temptation to interpret the evidence procured through case-taking. This astonishing accomplishment resulted from Dr. Sankaran's relentless and almost ruthless effort to find the bedrock of human experience and especially as it pertains to the homoeopathic endeavor. By tracing that human experience to almost algebraic level, Dr. Sankaran has excavated and revealed the underlying characteristics of the various families of remedies. Through the case-taking technique, the patient's experience is revealed and, without interpretation, the patient's miasm, remedy family and source are simultaneously revealed. It should be emphasized that this method does not discard any previous knowledge of remedies but frees us from the inherent flaws and inadequacies of our database. It is an achievement that I believe Hahnemann would applaud.

Not content with providing an intellectual framework for the practice of homoeopathy, Dr. Sankaran next began to fill in the details. This work began with accurate descriptions of the characteristics of each plant family in his work, "Insight into Plants". This three-volume text presents the key sensations and characteristics of some 23 plant families. I understand that a treatise on the animal kingdom is forthcoming. In the current work, Dr. Sankaran has turned his attention to the mineral kingdom.

This long awaited book deeply explores the nature of the mineral remedy – from nearly every vantage point:

*Exact descriptions of minerals in general, from the most intimate and interior experience of the patient. This description includes clear guidelines for differentiating the minerals from plant and animal remedies.

*Precise definitions of each row and column of the periodic table. Building upon his previous work on the minerals and upon the work of Jan Scholten, Dr. Sankaran has deepened and clarified our understanding of the rows and columns.

*Detailed descriptions of each individual element and many salts. When possible, Dr. Sankaran has provided his own experience of the individual remedies with new and penetrating insights.

*Dozens of case examples with transcripts of cases where the Sensation Method is applied.

"Structure" is an exciting synthesis of the work of Jan Scholten and the Sankaran Method. The book is a necessary key, enabling those who follow Dr. Sankaran's work to use the periodic table to greatest advantage. In addition, Dr. Sankaran's insight and descriptions amplify and extend our knowledge of the columns, rows and individual remedies vastly. Having utilized these insights in my own practice I can attest to their accuracy and almost uncanny relevance to case taking. At times I have almost suspected my patients of having studied Dr. Sankaran's lectures because their words are identical to his descriptions.

The ultimate test of any homoeopathic work: Do the descriptions and explanations match clinical experience and aid us in bringing cure? I can say with perfect confidence that the experienced homoeopath who applies the principles contained in this book will find great satisfaction. This work opens up possibilities of cure in cases that otherwise would go unsolved. It brings light to many areas of mystery and confusion. This book is a treasure.

Roger Morrison M.D.

NOTE TO THE READER

1. Cases to follow in the book are either edited for brevity or grammatized for better reading.
2. Some abbreviations used as follows:
 - D: Physician
 - P: Patient
 - Fa: Patient's father
 - Mo: Patient's mother
 - W: Patient's wife
3. In between cases all the comments by the physician are in italics. Some cases also have highlighted in bold the important features.
4. Keywords which hold the most importance are only mentioned in the chapters.
5. Few cases are illustrated in depth for the reader to appreciate the process.
6. Some cases enclose detailed follow-ups to enable the reader understand the finer changes occurring at different levels in the case.
7. In order to present a complete picture of remedies I have included excerpts summarized from my earlier books.
8. References of rubrics mentioned with prevalence of remedies as per the discussed topic.
9. Properties of elements and some other information related to physiology process and anatomy are extracted from internet.

INTRODUCTION

Homoeopathy has progressed from a symptom-based approach to a systematic approach where **remedies are a part of groups that belong to nature rather than discrete identities.**

The first kingdom to be classified this way was the **mineral kingdom.** The progress from symptom to system in Homoeopathy began with the exploration of the mineral kingdom. Organized according to structure, the mineral kingdom is most amenable to a systematic approach.

Even a cursory look through our Materia Medica reveals similarities between Palladium and Platinum or Kali and Calcarea, both of these pairs being next to each other on the periodic table.

Farrington was one of the first homoeopaths to study remedies in groups; later on **M.L. Dhawale** and his colleagues in the ICR did some excellent work in this field.

In 1991, I started examining the periodic table to look for patterns in the remedies and I found for example that remedies in the second column — Magnesium, Calcarea, Strontium and Barium — had a strong theme of dependence. Each is dependent in a different way that represents a certain stage of human development.

For example:

- κ Magnesium is like an infant.
- κ Calcarea is like a child.
- κ Barium is like an adult who is unable to take responsibility.

I hypothesized that Strontium, being between Calcarea and Barium, should have dependence like a teenager who needs guidance. To test out this hypothesis I conducted a proving of Strontium carb and all of the provers (who were unaware of what they were proving) spontaneously brought out the need for guidance and a need for a guide (for a more detailed understanding of the proving please refer to 'Provings').

Thus I understood that in the Periodic table **each row represented a further stage of human growth and development.**

In other words the periodic table is itself a map of human development. Later I understood that the mineral remedies themselves have to do with '**Structure**'.

(Whereas plants remedies are about sensitivity and animals about survival.)

Structure has two aspects or parts:

- κ **Forming and developing**
- κ **Disintegrating and breaking**

In my 1991 book, 'The Substance of Homoeopathy', I gave a rough framework of understanding a system within the periodic table. I observed the patterns and the themes within the rows and columns. To fill the gaps in my understanding, I conducted provings of several elements such as Ferrum, Iodum, Strontium carb and Niccolum.

Jan Scholten did some path breaking work in this regard, especially on the idea of the rise and fall within each row. He introduced the concept of how each row begins with remedies that feel no capability, then peak to success in the 10th column and then lose the capability progressively from then on through the 17th column. His work has been very useful and helped us to prescribe several remedies for the first time, bringing more elements of the periodic table into Homoeopathy.

In 2003 after a gap of nearly 10 years, while drawing clues from Scholten's works, in my practice I tried to observe and understand the periodic table for myself and used these ideas with gratifying results. **What resulted was a detailed understanding of the periodic table as a map of human development from womb to tomb. Each row represented a certain stage of human life and each column represented the development within that stage.**

We started teaching these cases and sharing these ideas in seminars. People found them useful and urged me to write them down. This could represent simply another way of looking at and expressing these concepts and ideas about the periodic table and may help practitioners in clarifying the whole picture.

This understanding has been informed by several approaches, firstly studies of individual elements through proving, repertory, clinical material and my own cases for the past 25 years. Secondly common symptoms of a particular row were yielded through use of repertory software programs, especially the Mac repertory. Thirdly, a study of the source words of patients using the sensation method, which I discovered in 2001. We now have source words for minerals in general and for each row and column. Fourthly, a study of the life situation in those stages of life which each row represents identified repertorial correlations i.e. applicable rubrics. The understanding that resulted led me to perceive the rows and columns in as pure a form as possible, without using patients' delusions, situations, etc. to understand them, since I believe that to understand something through the human filter is often interpretative and risky. This understanding has been confirmed in several cases and it is such a joy to watch patient after patient repeat almost word to word of this understanding.

It is my pleasure to offer this work to the profession, so that it may help more patients to be restored from sickness to health. Your feedback and your cases are most welcome.

KINGDOM DIFFERENTIATION

Looking beyond the Delusion:

The understanding of the plant families via sensations was like a huge breakthrough in my understanding of disease, and as has already been explained, my earlier ideas about disease being a delusion and the subsequent emphasis on the mental state have since undergone a metamorphosis.

Around 1990 a question occurred to me: Is it possible that a person who needs a plant remedy is somehow different from one needing an animal or mineral remedy? This simple line of inquiry was rather novel in Homoeopathy. And from something which seemed so simple in the beginning came a radical shift in my practise. I soon realized it was like unearthing one of the most innate truths in Homoeopathy because it brought to light a completely new insight into remedies. And for the first time in my understanding Homoeopathy became **system-based instead of symptom-based**.

Traditionally we only selected remedies according to symptoms. But then this would lead to several different remedies, often from different kingdoms.

Let us take a simple hypothetical example with the following symptoms:

- κ Mind; grief, sorrow agg.
- κ Mind; weeping, tearful mood; general; alone, being; agg.
- κ Mind; consolation; agg.

And we come to our well known Ignatia and Natrum muriaticum. But now what do we do? Which remedy to select? We often face similar puzzling situations. So in order to avoid these difficult and perplexing situations where we get so confused in our selection of remedies, I realized that we needed to categorize our remedies, based on fundamental principles, not on sheer suppositions and presumptions. **That way you do not just think of remedies matching symptoms but rather systematize the symptoms you get.** And for this the foremost and the most important question that should strike your curious mind each time is, *'Is it the plant, animal or mineral kingdom?'* And once this question gets answered cases become very simple to understand and remedies become crystal clear.

But this was not the end for me, as there was still more to this mysterious quest. As this kingdom classification unfolded to me an entire world outside Homoeopathy, i.e. the source world of the remedies.

This is an attempt to know remedies not just as a mere collection of randomly selected symptoms but to understand them beyond the physical/ local symptoms, or mental/

Ga Br
 Pd
 Cr
 Ra Cu
 Ar
 Sc Fr In Ag
 Hs
 Re Po
 P Mo Au Os
 O Ni Sg
 Hg Se Cl Sr Db
 Na Cu B Li
 Ne Sb
 Tc y
 Kr
 H

THE RECOGNITION OF

“THE MINERAL SONG”

(Extracted from 'The Other Song')

V
 Fe
 Mn
 Ru Rh
 Mt
 Te
 Ti Be
 Ga Mg Rb
 Hf Ir W
 Rs At Sn
 Cr F Co
 Cd
 Co

The central features of the mineral kingdom are its **structure and organization**. These are the features that help scientists understand this kingdom so well. The structure of minerals is ordered and predictable in many ways, allowing an exact classification of all elements into the Periodic Table. It is this structured organization inherent in all minerals which makes chemistry an exact science.

We find these features of structure and organization in persons who's "**Other Song**" coincides with the energy of a mineral. The first impression one gets on seeing such a person is that he is very well organized. Even the clothes that he wears are characteristic: symmetrical patterns, stripes, checks or plain. His speech is planned, giving a sense of exactness and precision. His hands tend to be either folded across his chest or resting comfortably without much movement. His voice and tone are quite flat without many fluctuations in the pitch. He presents his story or complaints (at a doctor's clinic) in a very systematic manner, often beginning with the previous follow up and then speaking of subsequent events almost chronologically: "I came to you last on...for the first six days, the pain in my...". I have observed that very often such a patient notes down his symptoms in carefully written points, and describes each symptom completely (in as much detail as he thinks necessary) before going on to the next symptom. He perceives and therefore describes things in an ordered manner. For instance, once treatment starts, he describes his progress at follow-ups in terms of percentages: "I am 25% better." His hand-writing is usually well structured, straight (not rounded), and angled. And he speaks precisely and to the point.

All these characteristics are due to a certain attitude of the mind and a structured thought process. Consequently, the profession such an individual chooses will be one for which he is best suited. He becomes an engineer, accountant, computer consultant, or business manager. He can be a high performer and makes a mark in his chosen field in a steady, stable and reliable manner. Whatever his/her role, be it as a mother looking after her children and home, or as a manager of a large corporation, these same characteristics of order and efficiency will be apparent.

He gives prime importance to structure in all spheres of his life – be it in his family, his relationships or his profession. His performance in all areas relates to this inner sense of structure, or lack of structure. He has issues around the security (of structure-relationship) that he has and that he can provide. The role of structure in human life is in building a society, in forming a family, and in developing an organization.

If this is his "Other Song" then the human being will view all his problems through the prism of structure.

His main problem is therefore around deficiency in or loss of structure. The precipitating problem could be a fragile or a broken relationship, the loss of a job, other financial losses or any failure in performance. (In short, any threat to or failure on his part to

MINERALS

MINERALS

Performance

Relationships

Security

Existence

Position

Identity

The main issue in minerals is about **'Structure'** where the main concern is about lacking or formation or maintaining or losing structure.

Structure is understood in terms of:

- κ **Existence**
- κ **Identity**
- κ **Position**
- κ **Relationships**
- κ **Security**
- κ **Performance**
- κ **Responsibility**

The issue is about completeness or incompleteness (like something is missing or lacking) in the self or structure, or a fear of losing that completeness. *'Am I stable or unstable? Do I need to join with something else to become stable?'*

It can be:

- **lack of identity**
- **lack of stamina**
- **lack of support**
- **lack of confidence**
- **lack of a relationship**
- **lack of security**
- **lack of position or power**

For minerals, the problem is not with the opposite person, it's with himself. For example, they would say, *'I have to take what he does to me. If only I were independent, if only I were complete, then there would be no problem. It is my insecurity that leads to the problem.'*

Mineral remedies are parallel to our understanding of the various stages of human development, like how relatively developed or undeveloped we are. This I understood by studying the periodic column with each row and column as a stage of human development, starting from row 1 which mirrors the stage of conception to row 7 which is about disintegration, and also each column (from 1 to 18) corresponding to the individual phase of development of that row.

THE PERIODIC TABLE AND HUMAN DEVELOPMENT:

In my search for a more consistent method and results, I understood the need to explore deeper levels in any given case. Starting with the idea of **Central Disturbance**, I explored further to discover the significance of **Delusions**. Later the idea of **Kingdom classification** followed and this was like an opening of a completely new frontier to a different perspective of Homoeopathy. The progress led me to the discovery of **the Seven Levels of Experience (Name, Fact, Feeling, Delusion, Sensation, Energy and the Seventh)**. This systematic approach to Homoeopathy greatly complements the symptom approach.

On similar grounds I also understood Minerals on the basis of the periodic table. In the past few years since the understanding of the seven levels, I felt the need to perceive the elements too at a non-human-specific level, at a sensation level. I understood that the elementary issue of mineral remedies is **structure**. The periodic table is a representation of the development of structure. It must then somehow also reflect the development of the human being.

A study of remedies in each row confirmed that we were on the right track. As one moves downward through the periodic table, each row reflects different stages of development, from conception in row 1 to disintegration and preparing for death in row 7. For patients needing mineral remedies, we could see how the particular qualities of one of the stages of human development rose to the fore in the case-taking, enabling us to pinpoint the row to which their remedy belonged. Once that was identified, we could consider how relatively developed or undeveloped they were regarding the issues particular to that row, enabling us to identify the column. In general, remedies on the left hand side of the periodic table experience a feeling of lack in their structure, in the middle they will be successful and on the right hand side they will feel as if they are losing or have lost their structure.

Summarizing the mineral features:

- κ A certain problem of structure. The type of structure will represent the row to which the patient belongs (e.g. row 3 has the issue of identity, row 4 has the issue of security, row 5 has the issue of going into something new, etc).
- κ Lacking structure (e.g. lacking the security or not feeling secure enough, cannot protect oneself enough). They see themselves as parts and not as a whole. When there is a problem it is like one part is not working. Their efforts are to maintain their structure despite this flaw in the system.
- κ Different stages of development of the structure. Instead of relating events, there will be a focus on 'what I have and what I don't have'. (e.g. Calcarea will say "I am secure in a normal condition but if there is a threat, I need support, backing." Chromium would say "It's a challenge for me to protect my position at work, I have to take risks even though I am not prepared".)

Absorption Acid Alloy Amalgam Ashes
Atomic Balance Base Bedrock Bend
Bent Boiling Bond Breaking Brick
Brittle Build Bulk Cables Caliber
Capacity Catalyst Cement Coins
Component Compression
Concentration Concrete Condense
Conduction Conductivity Conductors
Construction Contraction Cooling
Corrosion Crumble Crystal Crystalline
Crystallization Deficient Dense
Develop Disintegrating Dissolution
Dissolve Durable Elastic Electric
Empty Evaporate Expansion Explode
Explosion Explosive Exposure Fall
Falling apart Fatigue Filter Flatter
Fluid Foil Forgettable Form Formation
Foundation Fragment Freezing
Friction Full Fusion Glass Gold
Golden Gravity Hard Heat Heating
Heavy Height Hole Hollow House
Ignite Impact Instrument Insulation
Iron Light Liquid Losing Machine
Magnetic Maintain Malleability Mass
Material Measure Melting Metal
Metallic Melt Molding
Molecules Nuclear Pattern Piece
Pillar Plaster Plasticity Pliable
Precision Predictable Pressure
Processing Processing Information
Protective Pulverized Quantity
Radiation React Reactive Registering
information Replace Resistance Rigid
Rocks Rocky Rough Rust Rusting
Shape Shattering Shield Shock Shock
absorbing Silver Size Smoke Smooth
Soft Solid Sparks Stable Stamina
Standard Steel Stone Stream
Strength Strong Structure Structures
Substance Supplement Take of
Landing Tear Tensile Tension Test
Tools Tough Transformed Transmitted
Undermined Unstable Unyielding
Uphill Downhill Vacuum Vapor
Vibration Weakened Wear Weight
Weld Wire Work

MINERAL SOURCE WORDS

As mentioned earlier, it has been my endeavor to understand mineral remedies in terms of sensation, source language and non-human expressions.

During case taking when you reach the sensation level, you start hearing the language of the source. And this is just incredible! Because when you arrive at this point, you are quite confident the patient will do well. A kind of certainty creeps in, which one didn't feel so strongly after using the repertory and materia medica. In my understanding it is very important to know the kingdom, sub-kingdom and the source, along with materia medica. Then we have a much much better chance. In reality both the new and the old methods are not opposing but complimentary. They speak of the same things in different ways. So it is not either or. The repertory and materia medica are not redundant. Our entire system organizes knowledge from provings, repertories and materia medica. All our derivation of plant families or rows and columns or animal classes derives from this information.

This fact has very well been quoted by Samuel Hahnemann in the Organon of Medicine aphorism 144:

*"From such a materia medica everything that is conjectural, all that is mere assertion or imaginary should be strictly excluded; everything should be the **pure language of nature** carefully and honestly interrogated."*

So, human-specific words when explored deeply to the level of experience will reveal the non-human-specific (NHS) words. It is the level where you start hearing absolute nonsense. These NHS words are direct pointers to the kingdom, sub-kingdom and the source. Ideally we should be able to reach that level in case taking where patients express the source words of the mineral they need, i.e. the very qualities of the substance. For example you will read a case of Diamond (Adamas) where the patient describes not only its hardness and other properties but even the entire process of diamond formation. You will also read a case of Alumina which describes the exact qualities of the molding and the round balls, which are the common ways in which Alumina can be manipulated. We also have seen Nitrogen patients who describe expansion, to be released, light, heavy, etc and other properties of a gas.

To a lesser extent we have seen patients use strong mineral words like weight, pressure, load and bond which can be directly related to the source. However, many mineral cases do not reach this depth of case taking (as they more often do with animal remedies or even with the sensation in plant families). The reason why this does not happen that often in mineral remedies could be either that we do not take the case taking far enough or that the mineral source words like density, mass, boiling point, malleability and ductility are concepts so far removed from human experience and expression that there is a kind of block in expressing these qualities. This may improve with further improvement in techniques of case taking.

1st ROW
Two
ROW
2nd ROW
3rd
4th
5th
6th
7th

MINERALS - OVERVIEW OF THE ROWS

Periodic trends of rows:

Elements in the same row show trends in atomic radius, ionization energy, electron affinity and electronegativity.

Ionization energy: It is considered as a measure of the 'reluctance' of an atom or ion to surrender an electron, or the 'strength' by which the electron is bound; greater the ionization energy; the more difficult it is to remove an electron.

Electron affinity: The energy required to detach an electron.

Electronegativity: Is a chemical property which describes the power of an atom to attract electrons towards it.

Moving left to right across a row, the atomic radius usually decreases which causes the ionization energy to increase. And the more tightly bound an element is, the more energy is required to remove an electron. Similarly, electronegativity will increase because of the amount of pull that is exerted on the electrons by the nucleus.

Understanding of rows:

In this effort to understand the elements of the periodic table I have done a detailed study of all the elements. And what I concluded is the periodic table is a replica of the development of a person starting from conception to fetal life, to birth, infancy, childhood, teenage years, adulthood and then finally old age and death. We can identify the row by knowing in which stage of development is an individual stuck in. For each row, how relatively developed or undeveloped they are in that particular issue will decide the column. So remedies on the left hand side of the periodic column will experience a lack in their structure, in the middle they will be successful and on the right hand side will experience losing or the loss of their structure.

The important issues of the rows are as follows:

Row 1	<i>Conception and existence</i>
Row 2	<i>Fetal life and the birth process (being part within and separating)</i>
Row 3	<i>Identity and nourishment</i>
Row 4	<i>Security and task</i>
Row 5	<i>Creativity and performance</i>
Row 6	<i>Responsibility</i>
Row 7	<i>Letting go (disintegration)</i>

Here the first three rows correspond to childhood, starting from conception, then birth, separation and developing a separate identity. From the fourth row onwards the issues are related to adulthood: security, protection, finding a job, money, performing, taking responsibility, etc.

As far as children are concerned we see in them a linear growth. Right from conception, the fetus develops in the womb and then finally separates.

MINERALS - OVERVIEW OF THE COLUMNS

Periodic trends of columns:

Modern quantum mechanical theories of atomic structure explain columns by proposing that elements within the same column have the same electron configurations in their valence shell, which is the most important factor in accounting for their similar properties.

Understanding of columns:

In my understanding the columns (from 1 to 18) represent the different stages or phases of development of the structure germane to that row.

There are some important aspects to differentiate the columns:

- 1. How much has the structure developed?**
- 2. How much is the structure capable of carrying out the function of that row?**
- 3. Is the structure losing or has it lost its capability? How much has been lost?**

Based on the above features we can study the columns as follows:

- κ In column 1 there is just the notion of the structure but in reality it is totally absent and there is complete dependence.
- κ From columns 2 to 9, there is a gradual process of developing the structure.
- κ This process reaches its peak at column 10: the structure is complete and there is success.
- κ From column 11 onwards, there are efforts to maintain and defend the successful structure against various challenges.
- κ From column 12 onwards through column 17, there is a varying degree of degradation, from the start of the degenerative process to utter collapse of the structure.
- κ In column 18 (noble/rare gases), there are no more issues of that structure so there is a calm and contented state.

The remedies on the left side of the periodic table are still dependent on others for support and to complete their structure (they have a feeling of lacking). On the other hand the remedies on the right side of the periodic table have the feeling that they have to do it on their own, complete their structure themselves without anybody to help. From columns 10 to 18 the feeling of loss/losing the structure gradually increases. Gradually they become more and more isolated because of the feeling that there is no one to help them anymore. On the left side they are still dependent on others to support them and to help them. e.g. Technetium depends on a lot of group effort, team effort. He wants the whole team to work for him. They are quite social beings. On the right side they have to do it on our own. Nobody is going to support them.

Crumbling
Bet
er
om
k
e
t
r
a
y
e
d
o
w
n
Disappointed
Trapped
Solid
u
n
i
e
d
d
o
w
n
u
r
g
e
d
e
n
e
r
v
e
e
Break
f
r
e
e
Better in fresh air
s
c
a
p
e
J
u
m
p
m
p
u
s
Stabbed in the
a
c
k

COLUMN 17 - HALOGENS

Fluorine, Chlorine, Bromine, Iodine, Astatine

(Some excerpts are taken from my earlier books.)

PROPERTIES OF HALOGENS:

The term *halogen* originates from the 18th century scientific French nomenclature based on erring adaptations of Greek roots; the Greek word *halos* meaning "salt", and *genes* meaning "production" — referring to elements which produce a salt in union with a metal.

In column 17, known as halogens, elements are missing just one electron each to fill their shells. Therefore, in chemical reactions they tend to acquire electrons (the tendency to acquire electrons is called electronegativity). This property is most evident for fluorine (the most electronegative element of the whole table), and it diminishes with increasing row.

Owing to their high reactivity, the halogens are found in the environment only in compounds or as ions. The halogens are the only group which contains elements in all three familiar states of matter at standard pressure and temperature, where fluorine and chlorine are gases, bromine is a liquid and iodine and astatine are solids.

(Little is known regarding the therapeutic utility of Astatine, a naturally occurring radioactive element, which is the heaviest of the Halogens. For practical reasons, this study is confined mainly to the first four Halogens.)

OVERVIEW OF HALOGENS:

The main feeling in halogens is, *'I don't need you so much. I am nearly complete in myself.'* So they don't want to be tied down or bound for too long. (Because halogens have seven electrons in their outermost orbit, they require just one more to make them stable. When they unite with another element they tend to form 'anions', which are negatively charged ions, as opposed to 'cations' which are positively charged ions.)

At the opposite end of the spectrum are the elements of column 1 (Sodium, Potassium, etc) which have only one electron in their outermost orbit so would require seven to make them stable. When they unite with another element they tend to give up their outermost electron, thus making them a cation (positively charged) although then their next orbital down is stable with eight electrons. Hence these elements (cations like Na^+ , K^+ , etc) are very needy and dependent on others to achieve stability.

Detachment
Isolation
Distant feeling
Seclusion
Loneliness
Remoteness
Alone
To let
Self-protected
Withdrawn world
Narrowed scope
Narrow
Control
Isolation
Symmetry
Balance/
Imbalance
Complete/
Incomplete
Complete/
Incomplete
Stable /
Unstable
Predictable/
Unpredictable
Order/
Chaos
Neutral
Peaceful
Content
Unaffected
Self-sufficient
Insular
Whole
Safe

COLUMN 18 - NOBLE GASES

Helium, Neon, Argon, Krypton, Xenon, Radon

PROPERTIES OF GASES:

The word 'gas' was apparently proposed by the 17th century Flemish chemist Jan Baptist van Helmont, as a phonetic spelling of his Dutch pronunciation of the Greek word 'chaos', which was used since 1538 after Paracelsus for 'air'.

Gas is one of the four major states of matter, consisting of freely moving atoms or molecules without a definite shape. Compared to the solid and liquid states of matter a gas has lower density and a lower viscosity. The volume of a gas will change with changes in temperature and pressure, as described by the ideal gas law.

Gases have 3 characteristic properties:

1. They are easy to compress
2. They expand or diffuse rapidly, spreading apart, to uniformly fill the space of any container
3. They occupy far more space than the liquids or solids from which they form

Some types of gases:

- κ Ideal gas
- κ Various hydrocarbon gases used for heating, lighting and energy transmission
 - o Natural gas
 - o Liquefied Petroleum Gas (LPG)
 - o Syngas: various synthetic fuel gases like coal gas, water gas, etc.
- κ Gas (chemical warfare), various poison gases used in warfare
- κ Inhalation anesthetic, including nitrous oxide or laughing gas
- κ Trace gas
- κ Toxic gases
- κ Noble gases

Important (homoeopathic) themes of gases:

- κ Expanding
- κ Bursting
- κ Floating, light and opposite is heavy
- κ Bird

CONCEPTION

Row 1ne

He

EXISTENCE

Hydrogen, Helium

UNDERSTANDING OF ROW 1:

Conception and existence:

The issue in row 1 is of **conception and existence**. It is the moment of conception when two become one, when from nothing a new life is born and when energy is crystallized into matter. So far they were not there at all, they didn't exist. Now after conception the question arises, *'Am I or am I not? Do I exist or not?'* It is the question of unity or duality. They seek connection with a form, which gives them a sense of existence.

In this row we have only two elements, Hydrogen and Helium and both the remedies are not well proved.

KEYWORDS OF ROW 1:

- κ Like a baby without a body
- κ Consciousness
- κ Material form
- κ Exist
- κ Energy
- κ Ethereal
- κ Essence
- κ Seeks unity, united
- κ Split
- κ Aggravated by loneliness
- κ Feeling of isolation and separation
- κ Fear/sensitive to loss

Other keywords of row 1:

Abandon	Crack	Interconnected	Parting
Accord	Cut off	Isolation	Recognition
All alone	Deserted	Join together	Rift
Alone	Desires company	Keep apart	Seclude
Attach	Desolate	Life force	Separated from the world
Attachment	Detach	Lonely	Separation
Attention	Detachment	Matter	Solitude
Be by yourself	Disconnect	Merge	Split
Being alone	Energy	Neglected	Split up
Blend	Essence	Neglects	Tear apart
Bond	Ethereal	No connection	Unattached
Break apart	Exist	Not noticed	Unconnected
Break away	Existence	Noticed	Unification
Break off	Fall apart	On your own	Unification with higher consciousness
Break up	Forlorn	One with	Unify with god
Come apart	Forsake	One with god	Unison
Come together	Friendless	Oneness	Unnoticed
Connect	Go your separate ways	Oneness with Part	Want to be noticed Whole



Row **2WO**
Fetal Life And Separation

F

Lithium, Beryllium, Boron, Carbon, Nitrogen, Oxygen, Fluorine, Neon

UNDERSTANDING OF ROW 2:

Fetal life and birth process (being a part within and separating):

The issue in row 2 is of that following conception i.e. of fetal life and separation. This process of separation mirrors the process of labor where the fetus which was so far a part of the mother (womb) has to separate.

The only question here is, '*Am I a part of something or am I separate? Am I attached or detached?*' These people are extremely naïve and very simple. They have no concerns about their appearance or nourishment or security or performance or leadership. Their main concern is whether they are in the womb (or the protective shell or covering) or they are outside it. Do they have the capability to live by themselves or do they still need to be a part of the parental figure? Sometimes this feeling can be expressed as a feeling that they are not visible to or not noticed by others.

In order to simplify our understanding of row 2 I have taken excerpts from few articles from the internet as given below. (Important words marked in bold.)

(These articles are reproduced as written by their respective authors from the internet.)

**Frank Lake's Maternal-Fetal Distress Syndrome:
- An Analysis -
By Stephen M. Maret, Ph.D.
Professor of Psychology
Caldwell University**

The Auditory sense:

Other research has shown that from the 24th week on, **fetal listening is quite constant**.²²⁷ One study examining **fetal movement of the eyes, arms, legs and head in response to sound** found that responses first occurred between the 24th and 25th weeks, with consistent response following the 28th week.²²⁸

Any sudden noise in a room will cause a startle response in a fetus "lined up under an image intensifier."²³³ Indeed, **when fetuses are tonally stimulated, their heart rates changes immediately and they begin to move**.²³⁴

Reference:

²²⁷Erik Wedenberg and Bjorn Johansson, "When the Fetus Isn't Listening," *Medical World News* (April 1970): 28-29.

²²⁸Jason C. Birnholz and Baryl R. Benacerraf, "The Development of Human Fetal Hearing," *Science* 222 (1983): 516-518.

Na I have a separate existence but I have no separate identity. I have no capacity to find my own nourishment and care.

M I do not want to be me, because if I am me I'll be left alone and that is very frightening. I'll do what you want me to do, eat what you want me to eat, because I don't want to be by myself.

Row 3 hree

Identity

and nourishment

AI Do I want to be me or do I want to be what you want me to be?
I am separate but who am I?



P I am not you. I don't need you so much; I can take care of myself.

S This is me; this is ME. I have a definite image and a specific identity.

Q I am proud to be me and I know better than you.

C I am the opposite of you.

Natrum/Sodium, Magnesium, Alumina, Silica, Phosphorous, Sulphur, Chlorine, Argon

UNDERSTANDING OF ROW 3:

Identity and nourishment:

The issue in third row follows separation and birth (of row 2), i.e. of developing one's identity and the expressions of it like image, choice and ego.

They have developed the structure of existence and are separate, and now it is the stage where the child (or an individual stuck at this stage of development) starts discovering and asserting his own individuality and identity. The feeling is, *'I am separate, but who am I?'*

It is the stage of development in a child of approximate age 3-6 years where they begin to develop and assert their choice, to develop and demand the ability to do things for themselves and to become conscious of themselves and of other peoples' impressions about them.

It is also the stage where the child needs warmth, nourishment, care and emotional support. Also when children start developing fears of natural, unknown and unfamiliar things and start realizing the difference between the known (familiar) and the unknown (unfamiliar) and between right and wrong. There are also issues related to growth and development.

In my practice I frequently encounter cases which require row 3 remedies which have led me to believe that the issues of this row are of great significance for man as well. It is an important issue in man to develop his individuality, have an identity, choice and ego.

I will further elaborate each issue, demonstrating how each can be expressed by patients of this row.

Note: Here the reader has to keep in mind that this row is not indicated only for children cases. But any individual, irrespective of the age, stuck in this stage of development will need a remedy from this row and they will show all the features mentioned here.

DEVELOPING THEIR IDENTITY:

This is the stage where the child has developed its physical existence and established separation from the parent figure, so now they are ready to develop and express their individual will (or choice).

In order to exercise his will he is also developing the ability to be independent. In the beginning of the row (left hand side) this issue is un-developed but as the row advances, the development happens.

For example, "Which clothes should I wear for the party?" So far the parent decided for them but now they have their own choice and they want to act accordingly. We see children at this stage where they start knowing what they want and become clear about their preferences and choice. For example, they know what color or style of dress they want, or what game they would like to buy or what they want to eat when they go to a restaurant. They start becoming very clear about this and also start expressing it.

Along with the development of identity comes the feeling, '*This is mine and not yours. This is mine and that is yours.*' So the child starts recognizing what belongs to them and what doesn't belong to them.

In Sulphur, these feelings are well-established and expressed as selfishness or self-centeredness. It's a more advanced development of a sense of self. On the other hand, Natrum, as the first of the series, will totally give up everything for the other person. Depending on which column the person falls in, they may either give up (identity), or become confused, or insist on their choice, or try to get their way with the parents letting them decide or they outgrow this stage and it is not an issue anymore (like in noble/rare gases).

DEVELOPING A SENSE OF RIGHT AND WRONG:

They want to be the one to decide for themselves what is right and what is wrong rather than being told by their parents. At best they are willing to listen to the parent given the pros and cons of a situation, but they still want to be the ones to decide. This can lead to conflict with the parental figure and the child may be called stubborn or contrary or rebellious. This sense of right and wrong will later on in life develop into the feeling of conscience.

Comparison with row 4:

In row 4 this feeling about doing anything right or wrong is more to do with issues of legality, social acceptability and crime: "If you do something wrong then you can be caught, punished and put behind the bars." It is more about cheating somebody or being dishonest in a criminal sense. Right and wrong in row 3 is about deciding for oneself what right and wrong is, rather than to accept the definition of the other. This is a part of developing ones' identity and individuality.

DOING THINGS FOR THEMSELVES:

At this stage children start developing the ability to take care of themselves and their basic needs and start developing the ability to take decisions for them. For example,

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HOMEOPATHY has evolved from a symptom-based to a systematic approach where each remedy is seen as a part of a group to which it belongs in nature, rather than as an individual entity. Each patient is guided to explore his innermost experience, or Sensation, where he speaks the language of nature. In order to recognize what language he is speaking, it becomes necessary to know the features of each kingdom and subkingdom in nature. For this purpose it becomes imperative to create a body of work that looks at the Materia Medica from a systematic point of view.

After elaborating on his kingdom idea and the Sensation level, Dr Rajan Sankaran has been consolidating these with a look into each kingdom. This work is the second of a trilogy on the various kingdoms, the first being *An Insight into Plants* and the third being *Survival* (on the animal kingdom).

In the case of the Mineral Kingdom, the periodic table readily lends itself to the task of classification. Its seven rows and 18 columns can be understood, seen and experienced as stages of human development. Such an understanding leads us to prescribe new remedies with accuracy. Rajan's recent explorations into the rows, backed by several clinical cases, provings and research, have thrown new light on the Mineral Kingdom that makes it significantly easier to recognize the remedies in practice.