

Editor's Note



At the end of last year, I had a patient whom I thought needed a remedy from the Uranium Series. But I wasn't sure because there is very little in-depth information available on this series and the remedies in it. I searched the Internet for hours with little luck, until I found an email address for a Dutch woman who had cases and summaries of several Uranium Series remedies. Best of all, she was willing to share her knowledge with me. For that, I am intensely grateful, as is my patient. It made me realise how important it is for homeopaths to share their knowledge and experience. So, months later, when I found a file in my computer containing details of a 2000 college proving of Koromiko, I knew I had to share it with you. The proving will be printed in two parts, the second of which will be in our final newsletter of the year, due out in October. I hope you find it useful. Continuing the theme of sharing, information about the latest lecture in the college's successful advanced education series is given below. Come along even if you were unable to attend the first lecture of the series. Enjoy.

Kathy

Advanced Education for Homeopaths

The first session of the college's new advanced education course, taken by Jeannette Bennett, was a resounding success. Don't just take my word for it, read what some of the attendees had to say:

- ☞ *Fantastic and helpful. Consolidated various aspects of the system.*
- ☞ *I'm looking forward to more as I grasp these topics better in this setting than trying to plough through Sensation*
- ☞ *Great session. Clarified concepts for me.*

Jeannette's lecture, *on the road to the new method*, was the first of three lectures on Sankaran's methodology of *vital sensation*. The second session will be held on the morning of Saturday August 2nd.

The topic of the second session is *the vital sensation and the chief complaint*.

During this lecture, Jeannette will look at the following key concepts:

- ☞ The *vital sensation* – what is it and how does it differ to the *central disturbance*?
- ☞ How do you find the *vital sensation* in a case?



Jeannette Bennett

- ☞ What is the *non-human song*?
- ☞ What does Sankaran mean when he writes about the *language of the source*?
- ☞ What is the *vital sensation* for each kingdom?

Jeannette has been using Sankaran's methods in her case-taking for some time and continues to read widely about it. Her knowledge and experience is evident in her lectures during which she manages to break down

these difficult concepts into easily understandable parts...something which those at the course recognised:

- ☞ *The explanations and analogies were very useful for me to help understand – thank you. I liked your presentation of this subject.*
- ☞ *Enjoyed your lecture very much. Presentation was very good and good to understand.*

In the afternoon of August 2nd, Estelle Kruger, trained in South Africa, will be teaching about *nosodes and sarcodes*, using case examples from her clinical experience in Soweto.

The final lectures in this series are on November 1st.

Practical Details for the Advanced Education Course

The cost for each day is \$50, with morning and afternoon tea provided. Please bring your own mug. Each day will run from 9am to 4pm with a lunch break from 12 – 1pm.

These seminars are pitched at graduate level. Any practitioners are welcome to attend, as are students from any college

(minimum of one year's study). You may attend the 2nd lecture even if you were unable to come to the first one.

Attendance at ACCH's Advanced Education Course is recognised by the NZCH as hours for the professional development requirements for practitioner registration. Attending one day

Amounts to six hours. A *Certificate of Attendance* will be sent to all attendees in December confirming their hours of study on the Advanced Education Course

To register, please email or phone the ACCH office: ☎ Ph09 377 2214; ✉ admin@homeopathynz.co.nz.

Auckland College of Classical Homeopathy: t 377 2214; Fax: 09 377 1148
Address: 317 New North Road, Kingsland; PO Box 56 655, Dominion Road, Mt Eden, Auck 1003.
Website: www.homeopathynz.co.nz. Email: info@homeopathynz.co.nz

KOROMIKO: HEBE STRICTA

Family: Plantaginaceae

Scientific Name: Hebe salicifolia and H. stricta

Common name: Hebe



Origin and General Information

It is placed under the genus Hebe referring to a large leaved shrub found in both the South Island and Stewart Island of New Zealand. It is thought to have first been discovered by settlers in the Dusky Sound during one of Captain Cook's voyages. The plant is a low spreading shrub and flowers in a number of different colours. It has glossy green leaves and grows best on lower levels in rich soil.

Koromiko is a plant used by the Maori for a number of medicinal purposes. According to Murdoch Riley, Koromiko is identified with Tuna-rangi, son of one of the great ancient Maori *atua*, Haumia Tiketike. It has always played an important part in ritual ceremonies, as well as being widely known for the curative properties of its leaves to heal skin diseases, diarrhoea etc.

Gastrointestinal Complaints: The tender shoots were used to relieve stomach aches. The young leaf tips can be chewed for diarrhoea and dysentery. It was used extensively in the Second World War for this purpose. Dried leaves were sent to New Zealand soldiers overseas to cure dysentery, which proved very effective. The active ingredient is phenolic glycoside. An infusion of the leaf acts as a powerful astringent and if chewed can promote hunger.

Dermatological Complaints: Tender leaves were picked and applied as a poultice for ulcers; this method was also used for the *pakinbara* – venereal disease. The stick from the koromiko was used to pierce an injury to the skin from a wooden lance. A preparation of the plant was used in the treatment of *hawanivani*, a skin disease affecting children. Leaves can be used as a pack on babies for skin sores and to treat ulcers. Leaves were often chewed by Maori and applied as a poultice.

Hemorrhoids: A large amount of the leaves could be boiled up and the sufferer could sit over the steam. This was repeated until relief was given. The liquid was also used to bathe the parts.

Pregnancy: The leaves were pressed between the legs into the woman's vagina if hemorrhage was present.

Other Uses: Koromiko can also be used for kidney and bladder troubles and British cholera. Because this plant was so highly regarded for its medicinal purposes, the leaves used to be stored in gourds for later use.

General: Koromiko produces little wood but it is well known for its toughness and elasticity. Koromiko branches give off a lot of heat when burned.

Mythology: Hebe was the Greek goddess of youth, daughter of Zeus and Hera. She served as cupbearer to the gods, and when Heracles ascended into heaven after his painful death, she became his bride. She was generally worshipped along with her mother. She was the goddess of youth and spring and her name means *young maturity* or *bloom of youth* in Greek.

Bach Flower Remedy: *Positive Aspects:* Decisiveness; Positive Movement; Peace; Openness to Alternative Solutions.

Negative Aspects/Will Cure: Aggression; Indecisiveness; Stagnation. Not open to alternatives.

Do you act like the rest of the family because of fear of rejection? That builds anger and resentment.

Do you say/do to keep things peaceful? Do you prefer not to rock the boat?

Simplicity. Peace. Practical insights into difficult health/work issues.

Angela Chadwick (Healthy Options)

Too quick. Ideas & thoughts come quickly. Talk fast but may have learned to talk slowly in concern for others.

Often fall over words in attempt to stem natural flow.

Easily flustered by small things. Easy targets for practical jokers/teasing.

Everything registers in the bowels. If something goes wrong, they're off to the toilet. Performance anxiety → bouts of diarrhoea. Bowels dominate life → reluctance to travel. If travel → >toilet. Embarrassed by bowels.

Bilious attacks. Diarrhoea from milk, cheese, fruit (explosive).

Wheat upsets, esp. wholemeal; > white bread.

Thin & serious.

Laugh quickly, only to become serious again.



References:

☞ <http://pharmacy.otago.ac.nz/rongoa/pages/koromiko.htm>

☞ <http://www.aoteamoana.co.nz/native/native.html>

☞ http://en.wikipedia.org/wiki/Hebe_stricta

☞ <http://www.thefreedictionary.com/Hebe>

☞ <http://www.answers.com/topic/hebe?cat=technology>

☞ <http://www.nzfloweressences.co.nz/flower.html>

☞ www.flowervr.com/newzealand.html

☞ Murdoch Riley: *Maori Healing and Herbal*

SUMMARY OF PROVING OF 12C KOROMIKO

There were five participants - one male and four female. Each person took three doses a day for three days.

Mind: **Calm** and in control. Happy. Buoyant. Contented.
 Angry. Irritable. Morose. Hysterical.
 Nothing seemed good. Wound-up.
 Wanted to scream long and loud.
 Aware of, and in awe of, nature's beauty.
 Fear of getting diarrhoea when going for a run after the proving.
Laughing. Shrieking with laughter.
 Crying with laughter. Hysterical laughter.
 Urge to laugh, yet mood alternates.
 Feeling ai on a 'high'. Spaced out.
 Uplifted by music. Enjoying music.
 Wants to sing.
 Nervous. Apprehensive.

Vertigo: **Light-headed.** Ai on cannabis.

Head: **Dull head (frontal).** Frontal headache.
 Felt very **heavy** before headache.
 Heavy feeling in head at night.
 Ai head growing.

Eyes: After the second dose, wanting to keep eyes focussed in one spot.
Tired eyes. Eyes heavy.
 Focused in one spot.
 Pain behind eyeballs.
 Watery discharge.

Vision: **Disturbed vision.**
 Couldn't judge distances accurately, e.g. floor seemed further away. Made her clumsy.
 Photophobia. Focus strange.
 Ai has tunnel vision. Wants to look straight ahead. < turning eyes.

Ears: Periodic sore ear.
 Pain like the size of a pin-prick. Pain - pressing, as well as sharp.
 Left ear slightly blocked à pressure & slight discomfort. Periodic.
 Clicking in ears.

Nose: **Running.**
 Developed into a cold which lasted for three days. Like a cleansing.
 Clear watery discharge.

Face: Numbness on right side of face - next to eye/cheekbone/cheek which moved towards chin.
Flushed. Hot.

Throat: Dry, **sore throat.** Periodic sore throat.
 Had to clear throat often. Irritating.
 Accumulated **saliva.** Salivation.
 Clearing of throat often.

Food & Drink: Hungry.
 < fasting or lack of food.
 Thirsty for cold water.

Stomach: **Burping and wind.**
 Strange abdominal sensation ai arteries pulsating.

Sensation ai nervous in stomach - slightly upset.
 Sensation ai someone cupping her stomach.
 Sore stomach, ai done a lot of 'crunchies' at the gym.
 Sweating on stomach.
 Slight nausea.
 Epigastric tightness.
 Stomach hollow - tender to touch.
 Stomach feels queasy, gripey.
 Stomach feels empty.

Rectum: **Urge to go to toilet.**

Female: Menses heavier and more painful than usual. Wanted to walk bent over. Light-headed and weak.

Respiration: Breathlessness.
 Taking deep breaths. > Fresh air.

Chest: Warmth in chest region.
 Tightness in chest.

Limbs: Cold feet.
 Cold hands and feet.
 Itchy fingers.

Sleep: All provers slept really well.

Dreams: **COMMON THEMES:**
 Celebration.
 Revisiting old places and people from the past.
 Intense realism with respect to details.
 Animals: Dogs, deer.
 Rescue from death/danger.
 Viciousness and aggression.

Heat: Hot and sweaty.

Chill: Cold extremities.

Generals: **Yawning.**
 Relaxed. Sleepy.
 Felt strong and fit. Went for a run after the dose and it was the quickest I have ever been on that particular route.

In the next edition of the newsletter, we continue with our exploration of Koromiko with the inclusion of the following:
 ☞ 200C Proving (14 participants)
 ☞ Proposed themes.



Update on Sankaran's Advanced Video Course

Sankaran's Advanced Video Course continues next month with the fourth on 7th August. Comprising of 10 lecture sessions facilitated by Dr Pratibha Dalvi (right), this course is suitable for homeopaths with advanced knowledge of Sankaran's methods.



The Mineral kingdom is being covered in great detail, in particular focusing on understanding the mineral remedies beyond the level of delusion, at the level of sensation and their source words.

Sankaran's theories about rows and columns will also be explored.

Since introducing his new theories, Sankaran has further developed the method to make it reproducible. The guidelines are now clearer and sharper with the emphasis now on practical difficulties and how to overcome them. This will be illustrated during the *Advanced Video Course*.

The course comprises 30 hours in total, divided into 10 sessions of 3 hours each. Two sessions are held every month on alternate Thursdays, with the expected finish date being 6th November. Sessions start promptly at 9.30 am and finish at 1 pm. The course is held at the Auckland College of Classical Homeopathy in Kingsland, Auckland.

Morning tea will be provided. Please bring your own mug.

The cost of each session is \$60 if paying by single session. Hours attended can be claimed as on-going education with NZCH.

To register for *Sankaran's Advanced Video Course*, please email or phone Den Illing:

well&truly

183 Jervois Rd

Herne Bay, Auckland

Ph 09 366 6089 or 0800 9355687

www.wellandtruly.co.nz; www.thekidsclinic.co.nz

STRUCTURE

by Rajan Sankaran

Sankaran's new book, *Structure: Experiences with the Mineral Kingdom* is now available. The two volumes combine both the kingdom and sensation approach to case-taking and include new information about the rows.

In his introduction, Sankaran acknowledges the early work on the periodic table completed by Jan Scholten. Sankaran's own studies of the table resulted in a *detailed understanding of the periodic table as a map of human development from womb to tomb*.

Continuing his work on the *vital sensation*, Sankaran provides a brief summary of kingdom differentiation and recognition of the *non-human song* in the first volume. He then starts an extensive overview of the rows and columns, including a useful mineral word list. In-depth explorations of the Halogens, the noble gases and rows 1 – 3 are also covered.

The second volume is devoted to the remaining rows - Iron to Gold - with a brief look at the Actinides. A small chapter on Salts follows.

Over 20 pages of charts (most of which seem to be reproduced from Schema, are included towards the back of Volume 2.

Generous cases studies, both Sankaran's and those of

other homeopaths, are included by way of illustration.

Review

Jeannette Bennett: *Bays Homeopathy*

I wasn't sure what to expect from this book as Scholten has been the *Mineral Man* for some time now.

However, I feel that *Structure* is a really valuable book for people who **really** want to understand the periodic table.

I use both Scholten and Sankaran now as I feel they compliment each other, but I must admit that I prefer the way Sankaran explains the series and stages. Scholten can be a bit brief! The Carbon Series was always very vague to me and Scholten says in *The Elements* that it is a vague series – difficult to understand.... but maybe he was vague about it too when he wrote that book, whereas Sankaran has explained the Carbon Series so well, that I feel like I really understand it for the first time.

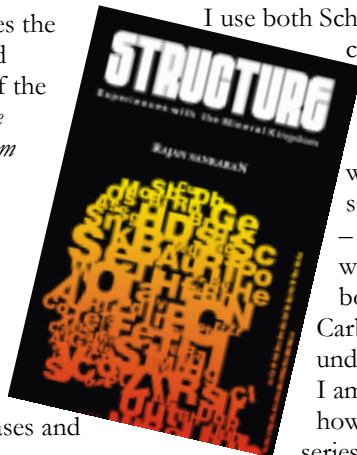
I am waiting for more on the Uranium series however.....there is hardly anything on this series from either Scholten or Sankaran.

Another plus for the *Structure* volumes are the case examples – thorough cases, each with an analysis that show clearly the features of the case that match the features of the remedy.

Available directly from Sankaran's website:

☞ thespiritofhomeopathy.com; or

Simillimum Pharmacy ☎ 0800arnica.



Articles for ACCH newsletters are welcome.

Submit your article via email to the editor (Kathy Thomas) at pukekahu@xtra.co.nz. We accept: Letters to the editor; articles on homeopathy; case studies; book reviews; editorials; photographs; cartoons; information regarding future courses or seminars.