

PILLS THAT CHANGE the path

Many find relief from chronic and acute conditions with sensation homoeopathy

BY SWAGATA YADAVAR

➔ **HOMOEOPATHY HAS A LARGE** following. Of people from diverse fields. Among them are Bollywood director and producer Sooraj Barjatya and managing director of Bajaj Auto, Rajiv Bajaj. This branch of medicine has impacted their lives in distinct ways. For Barjatya, homoeopathy has not only helped him come out of tough times but also changed his outlook to life. Bajaj, on the other hand, used the principles guiding homoeopathy for chalking out successful business strategies. "The aphorisms of this true healing art represent the soundest management principles I've ever known," he says.

It may sound strange that a field of medicine doubted by many could have such a profound impact. But recent advances in homoeopathy have not only improved its success rate, but also brought it scientific credibility. One such is sensation homoeopathy, developed by Dr Rajan Sankaran, a Mumbai-based homoeopath, thinker and teacher.

Sankaran's technique is in contrast with how other fields of medicine treat a symptom. While most other fields of medicine treat the symptom, homoeopathy focuses on the individual. According to sensation homoeopathy, each person perceives and reacts differently to reality. Like a headache is experienced differently by different individuals. "We discovered that the experience one has on an emotional plane is the same as that on the physical plane. One may describe his headache as crushing and the relationship with his boss also as crushing.

Dr Rajan Sankaran





The experience that describes the person's deepest core is called sensation. If you are able to locate the exact remedy according to that experience, the remedy will cure it," explains Sankaran.

This discovery is widely accepted by homoeopaths all over the world. But it does not stop here. Sankaran also identified and classified remedies into three kingdoms—plant, animal and mineral. They are further classified into specific individual species of that particular kingdom. According to this stream of medicine, every patient exhibits a trait or set of traits corresponding to species in one of these kingdoms. Apart from the single, omnipresent symptom, these traits are also considered before selecting the remedy. This combination of sensation homoeopathy with kingdom classification is aiding homoeopaths to find the accurate remedy. Once known to treat only chronic condi-

tions, homoeopathy now is showing good results in acute and serious illnesses, too.

For Fenny Shah, 29, homoeopathy proved life-altering. In January 2011, Fenny was unable to sit upright after she collapsed because of low blood pressure. She was brought to Sankaran on a stretcher in a condition that modern medicine could not diagnose. "Even after three months of the fall, I couldn't sit upright for more than four hours," she recounts. Her condition had peculiar symptoms—she had continuous headaches and dizziness and could not use mobiles, computers or anything that caused strain to the eye. She could not even manage taking care of her daughter and was stressed throughout that phase. After her consultation with homoeopath Dr Jayesh Shah and Sankaran, her condition improved and gradually she could manage physical activity. Now a year after her fall,

Fenny says she is completely cured.

"Since the time I have been on the course, there has been no cold or cough which was earlier a permanent state," says Fenny. A dancer, she now feels more confident and is planning on practising Kathak and Bharatanatyam again.

The treatment has had such an impact on her that she is now an advocate of homoeopathy and has also convinced her father to follow homoeopathy treatment after his heart attack. "He is doing well now and is also becoming peaceful, as opposed to being hyper and aggressive earlier. He is also controlling his diet, doing yoga and meditation," she says.

This peacefulness is also narrated by Barjatya. "People say that my films showed life as rose-petalled dreams. But that was how my life was for a long time," he says. "It was only in 2003, after *Main Prem Ki Diwani Hoon* failed and my mother was diagnosed with a serious disease, that I realised how tough life was."

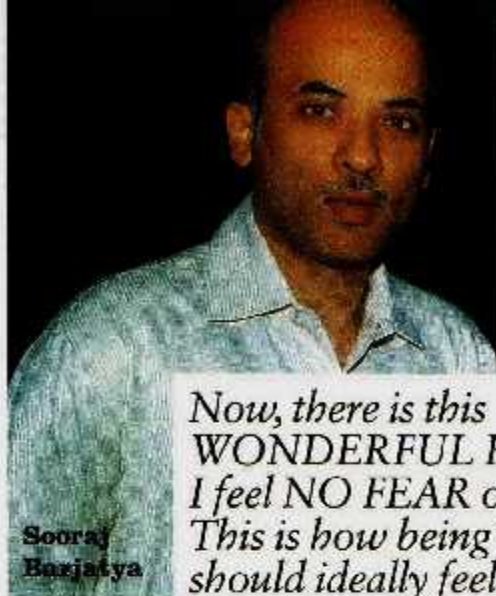
He says he was depressed and lost the "romance" in his life. Then he met Shah and started homoeopathic treatment. "Dr Jayesh told me it was okay to feel scared and to feel like not going to work. Now, there is this wonderful peace and I feel no fear of the future. This is how being healthy should ideally feel like," he says.

Fenny, too, talks about this feeling. "I felt completely at peace without any kind of meditation. You return to your energy pattern."

Ilitesh Shah, a businessman, was also impressed by the results of homoeopathy and founded The Other Song clinic in Mumbai, which practises sensation homoeopathy and acts as an academy of advanced homoeopathy. At the academy, students learn the art of asking questions and the process of diagnosis by video transmission of patients' consultation. Says Sankaran, "When modern medicine practitioners have to diagnose a disease, there are tests they can order, but we have to depend on our judgment. Thus, better trained homoeopaths would mean better results for homoeopathy."

Moses Ezeikiel, 55, and his wife, Bina Ezeikiel, 52, can't agree more. Their faith in homoeopathy has influenced their daughter to become a homoeopath. Moses was diagnosed with lichen planus, an auto-immune skin condition for which there is no proven cure in allopathy. "It was irritating and itching and doctors told me to bear with it," says Ezeikiel, who found relief in homoeopathy, and the treatment has reduced the intensity of the rashes. His wife was diagnosed with hyperthyroidism after her TSH (thyroid-stimulating hormone) levels were found to be high—13. Unwilling to take allopathic medicines for life, she consulted a homoeopath, and her TSH levels have now come down to 6.

However, homoeopaths do not promise the impossible. Often they work with allopathic practitioners to



Sooraj Barjatya

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Rajiv Bajaj



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treat patients, and if they don't see results in time, they ask patients to switch to modern medicine.

According to Sankaran, nine out of ten cases show results. "Allopathic colleagues in India are far more open-minded than in the west," he says. "When they see that homoeopathy is showing results, they refer patients to us."

Pulling up a patient from the depths of disease has to do with the curative power of medicine. But what does homoeopathy have to do with running a company? "Homoeopathy approaches a problem inside out rather than outside in. This helped us strengthen the company from within," says Rajiv Bajaj, about applying the principles of homoeopathy to pull up Bajaj Auto, whose market power had started declining since 2000. Around this time, Bajaj had started reading about homoeopathy. The principles of homoeopathy helped him redesign his company from within. Bajaj Autos is no longer susceptible to external problems, says Bajaj. "Not because of some management principles," he says, "but only because of the principles of homoeopathy." ■