

Sensations 'As if'

We have discussed previously case taking and how important it is to be listening to the exact words used to describe symptoms as this is often where the confirmation of your remedy choice lies. If you are taking notes, and I highly recommend that you do, then write exactly what the person says to you (or what you are saying to yourself when self prescribing). It's a helpful tool in uncovering remedies through the use of the person's own words when relating their experience of discomfort.

Paying attention to the 'sensations' described takes the symptom one step further and reduces the number of remedies under consideration. It is giving merit to and encourages evaluation of subjective symptoms.

A sensation in homoeopathy is an internal feeling. It can be as simple as describing a pain or as subtle as describing the feeling of being lonely. It is not an emotion such as sadness or anger, but rather how one would experience such sadness or anger. Sensations have always been very important in finding the correct homoeopathic remedies, because they express more directly the particular nature of an individual's vital force.

As home prescribers there is value in knowing some keynote sensations that indicate a remedy – when you hear the person describe the sensation in these words a remedy pops to mind.

For example:

- As if bruised and beaten – Arnica
- As if stung by a bee – Apis
- As if the nose were too heavy – Kali bic

Having chosen a remedy based on the keynote sensation you should then back up your choice by checking the remedy picture in the Materia Medica. No single symptom no matter how 'strange, rare or peculiar' should stand without the support of a well-taken case.

The book 'Sensations as if' by H.A. Roberts is a handy reference when you're looking for that unique sensation. The book is based on material secured from three major works: Hering's Guiding Symptoms, Clarke's Dictionary and Allen's Handbook. It is a special repertory that may provide a clue to a remedy not included in the general repertory. It can be used as an online reference <http://homeoint.org/books1/robertsasif/index.htm>

This case by Julian Winston describes his use of 'Sensation as if'.

A number of years ago, a friend sought my help with a bad cough she was experiencing. Had I been more observant, I might have seen clearly what remedy she needed. But I wasn't. I did not see that she was chilly. I did not see that the coughing exhausted her so, that she had to sit down after coughing. She did not tell me that when she coughed her chest burned. All those symptoms (chilliness, burning pains, and the least exertion causing exhaustion) point clearly to Arsenicum. What my friend did say was that she coughed because she had a sensation as if she had a ball of mucus in her throat. I tried finding that symptom in Kent's Repertory to no avail. She was adamant. It was not a "plug" of mucus, but rather a "ball" of mucus. I looked in H.A. Roberts' repertory, Sensations As If, in the Throat section, under "ball." There it was! "Ball; of mucus lodged in the throat." It had a single remedy: Arsenicum and the remedy cleared her symptoms quickly!

Next month we will explore **Direction of cure and remedy reaction.**