

The Joshis' Method: A Case of Recurrent Nosebleed.

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Patient and complaint

Rebecca is an eleven-year-old girl. She presents in December 2012 with recurrent nosebleeds for the past few years and offensive breath.

Narrative from the mother

"I conceived Rebecca lovingly. As a breech baby she had to be turned in utero. I had a normal vaginal delivery.

"Rebecca was breastfed for 18 months and vaccinated only for tetanus. From elementary to middle grades, she went to a Waldorf school. Before that we sent her to a daycare. It was too much for me to tend to our older children, 9 and 5 years at that time, and manage the household. My husband is not free to help with the chores. It is overwhelming and goes on and on. There is no way out. I must do it all.¹

"Rebecca is friendly.² She doesn't have any particular friend or enemies. She accommodates² everybody, gets along well with everyone. But she is no pushover.² She is strong.² She hangs out with me, does not like to be away on her own. I wouldn't call her clingy, but she follows me around like a calf.² In fact, the very first word she said was 'moo.'² As a baby, she got very excited on seeing cows² and said, 'moo.' That's what we call her at home.

"She is happy lying around at home. Placid, lethargic and quiet,² but she likes attention. Not a big reader. She does not get into the depth of a book, just grazes a bit² here, and a bit there. No hobbies or interests. She draws a little, but just wants to get it done and move on ... not into details. She likes to be in her room and waits for me or her father to entertain her.

"She is not into team sports. We insisted she play tennis. She plays okay but does not aggressively go after the ball,² as if she needs coffee. She seems to be stuck, not able to find what interests her.

"She loves to eat² ... likes a wide variety of foods, the spicier the better, and eats a lot of ice-cream.

"Her nose bleeds happen at least once or more per week, and mostly in the morning or at midnight. Blood is bright, fluid and very red. *Phosphorus* had helped a bit, but the issue is there. I have not observed any relationship between nosebleeds and food/weather, or any particular event that happened around when the nose bleeds began.

"She is organized and manages her time well. She is careful with her stuff and homework. She has great memory but does not have an in-depth authority on anything. Does not focus on academic details, just remembers practical matters."

Narrative from Rebecca

Rebecca turned out to be quite child-like, innocent, friendly and relaxed. Regarding her nosebleeds, she mentioned the same details that her mother had already told me.

About her school she said, "Holms, a boy in my class, is obnoxious. I³ do not care for him.³ He is friendless, loud and a big showoff. He tips his chair in the class just to get attention. He does not listen to the teacher. I³ do not like the math teacher.³ I am good³ at math. He is not nice.³ One girl in my class is obnoxious. She gets mad for no reason."

"At home when I get mad, I go to my room. I do not get mad often. I do not make anyone majorly mad with me either."

When asked about her favorite animal she said, "I have always liked cows⁴ since I was a baby. My first word was 'moo.'⁴ My family calls me 'moo.' Cows are smelly. I do not want a real cow.⁴ But I have tons of pins with cows.⁴ My stuffed cow, 'Cowie' goes to bed with me⁴ in my room. I have tons of stuffed doll cows.⁴ I like to milk cows.⁴ My school has a dairy farm."

“Every night I drink whole cow’s milk.⁴ It is cold and raw, not pasteurized.”

At this point I asked her, “If you had the power to turn into an animal of your choice, what animal would that be?”

“A cow, absolutely, a cow.”⁴ She became quite animated, showed a sudden burst of enthusiasm and giggled loudly.

Analysis

First approach:

From the mother’s and Rebecca’s narrative I gathered the following themes:

1. Rebecca is friendly. She desires her mother’s and father’s company. She does not want to be alone. She seeks out her mother and hangs out with her mother, follows her around.
2. In general, as well as in sports and tennis, Rebecca is lethargic, slow, as if she needs coffee.
3. Rebecca is careful about her time and her work.
4. Her nosebleeds are heavy; they happen mostly at night or early morning. The discharge is bright red.
5. Rebecca loves to eat. She likes to drink cold milk, eat lots of ice cream and she enjoys spicy food.

The following rubrics were chosen to represent the emerging themes:

Mind; COMPANYY; desire for (58)

Mind; FEAR; alone, of being (43)

Mind; SLOWNESS (25)

Mind; CAREFULNESS (6)

Nose; EPISTAXIS; morning (57):

Nose; EPISTAXIS; night (25)

Nose; EPISTAXIS; blood; bright (56)

Nose; EPISTAXIS; vicarious (5)

Generalities; FOOD AND DRINKS; SPICES, condiments, piquant, highly seasoned food; Desires (96)

Generalities; FOOD AND DRINKS; MILK, milk products; Desires (93)

Generalities; FOOD AND DRINKS; MILK, milk products; Desires; cold; icy (4)

MacRepertory software (1) created the remedy graph as shown below. *Phosphorus* and *Pulsatilla* emerged as the most indicated remedies. Next I consulted the materia medicas (2, 3 and 4).

Differential analysis between top contender remedies

Arsenicum and *Nux vomica* were ruled out based on my observation of, and conversation with, Rebecca. She did not have the debility, anguish, exhaustion, restlessness, paleness and urgency of *Arsenicum* even though her nosebleeds happened mostly at night, after midnight and toward early morning.

She did not report any burning sensation in her bloody nasal discharges. Even though Rebecca liked to hang out with her mother and expected her parents to entertain her, she did not show any morbid dependency. She could also spend some time alone in her room by herself. She was careful with her work and time, but did not come across as overly fastidious.

Nux emerged quite high in the repertorization, but Rebecca did not come across as a hard-

Total Rubrics Kingdoms	Phos.	Puls.	Ars.	Nux-u.	Rhus-t.	Calc.	Bry.	Hyos.	Sep.	Lac-c.	Bell.	Merc.	Carb-u.	Elaps.	Chin.	Sulph.	Uerat.	Nat-m.	Con.
Mind; COMPANYY; desire for (58)	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
FEAR; alone, of being (43)	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Mind; SLOWNESS (25)	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Mind; CAREFULNESS (6)	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Nose; EPISTAXIS; morning (57)	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Nose; EPISTAXIS; night (25)	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
EPISTAXIS; blood; bright (56)	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Nose; EPISTAXIS; vicarious (5)	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
FOOD AND DRINKS; ... (96)	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
FOOD AND DRINKS; ... (93)	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
FOOD AND DRINKS; MILK ... (4)	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■

charging, sharp-tongued, strong, overly sensitive type who loves to indulge excessively in food.

Rebecca's mother had already mentioned that she had tried *Phosphorus* on her own and the nosebleed had persisted. There was occasional and partial relief only. I could see why. Rebecca does not present the mineral issues of 3rd row, issues of relationships within the family, and characteristics of *Phosphorus* (5): tubercular restlessness, friendliness, communication, love, diffuse boundaries (Vithoukias), impressionable, sharing, curiosity and love of travel. A prescription based on just the appearance of bright red, fluid blood did not solve her problem of recurrent nosebleeds.

Though Rebecca is friendly, she is not overly friendly (without any boundaries), a trait typical of a *Phosphorus* child (4). She is short, a bit plump, lethargic, placid and quiet and that is quite different from the lean and hungry-looking *Phosphorus* individual who is on the go—restless, active, flitting from one point of interest to the other, and unable to sit still for a moment. Rebecca liked to eat ice cream, spicy foods and drink cold milk but she did not report that any of these foods created any discomfort for her the moment they got warmed up in her stomach. This is a strong keynote feature of *Phosphorus*. Consequently, I rejected *Phosphorus* and thanked the mother for confirming from her observation that though *Phosphorus* helped occasionally and partially, the problem had continued for years. Especially in children's cases, the observations of caregivers and parents are of utmost importance and I found this to be true in Rebecca's case.

Next, I considered *Pulsatilla*. It appeared to be a good match ... Rebecca sticks close to her mother. In fact, her mother even said, "I would not call her clingy." I recalled one of Rajan Sankaran's lectures in which he suggested that we pay special attention to anything that the patient or a person strongly denies. Such a strong denial simply means that the individual is sensitive to the particular issue and therefore, we must explore this issue further and get to the root of it. He further suggested that we may even consider the opposite of what is denied to be true. "Opposite of everything is equally true" (Rajan Sankaran).

Neither Rebecca nor her mother reported any weepiness. She is the youngest in her family and is well loved and tended to by her parents and her older siblings. She has the full attention of her mother whenever she needs it. There is no one else who takes away her share of love. These life-situations may contribute to Rebecca being at ease and not begging for love and attention. These are my observations as well as deduc-

tions based on observations, but what confirmed her need for attention is her mother's statement, "She hangs out with me, does not like to be alone on her own for a long time ... she follows me around like a calf." These traits in Rebecca strongly encouraged me to lean toward *Pulsatilla*.

However, on further examination of Rebecca and her mother's narrative, I reconsidered this polychrest. Rebecca ate a lot of ice cream and drank cow's milk every night—raw and cold—but these high-fat items did not upset her stomach. One main feature of *Pulsatilla* is that fatty foods do not agree with the person. Besides this, Rebecca loved to be in her house and sometimes by herself in her room. The warm room did not upset her. She did not run to the outdoors to catch some fresh, cool air and feel better, like a *Pulsatilla* individual would do. She was simply content to eat her ice cream, drink her whole milk, follow her mother like a calf and hang out at the house. It is worth mentioning that thermostats in homes in the American Northeast are usually set at 68 – 70 degrees and the fireplace can increase indoor temperatures by a few more degrees in the winter months.

I watched with dismay as one by one, the remedies emerging from my repertorization began to fall by the wayside. None of the top four remedies completely matched Rebecca's symptoms and personality. I did not want to give her a remedy that only partially covered her case and individuality.

Second approach:

At this point, I attempted to solve the case by application of the Joshis' method. This technique is based on and built upon the foundation of the sensation method as proposed by Rajan Sankaran (6). At the outset, it is necessary to understand the kingdom indicated in the case. Full attention is paid to words, hand gestures, energy and sensation that might indicate whether the case falls in the realm of the plant, mineral or animal kingdom. Once it is apparent that the case is calling for a remedy from the animal kingdom, then, at some point in the case taking, we can ask the Joshis' questions (7) and open up the case.

As is shown in the mother's and Rebecca's narratives, I have used bold fonts and superscripts one through four to highlight the various emerging themes.

Key to the themes and analysis

Superscript 1: These words point to a domesticated animal.

**"FOLLOWS ME AROUND LIKE
A CALF. SHE IS HAPPY LYING
AROUND AT HOME. PLACID,
LETHARGIC AND QUIET"**

Superscript 2: These words point to a large, passive, lethargic, quiet, friendly and non-aggressive animal that is content to follow the mother “like a calf.”

Expressions from mother’s narrative:

- “I do it all by myself, it goes on and on. There is no way out.” This is the mother’s experience of household chores and caring for her three children ... she must do it all, it goes on and on and there is no way out. This narrative is a common expression among people needing remedies from domesticated beasts of burden (7). I found it interesting that during her pregnancy with Rebecca and during Rebecca’s early childhood, the mother exhibited a state of being homebound to do the chores and she was unable to find a way out of this.
- The child “follows me around like a calf. She is happy lying around at home. Placid, lethargic and quiet.” “Does not aggressively go after the ball. As if she needs coffee.” In the game of tennis, the child shows no aggression, desire to be the winner, lead the team or be the most successful player. This theme points to the idea that the energy expressed by Rebecca is from a passive, prey animal and not an aggressive predator (7).
- “Rebecca is friendly, accommodates everybody, gets along well with everyone, but she is no pushover, she is strong.” These expressions point toward a large, strong, easy-going, friendly, and powerful animal (7).
- She loves to eat.
- She reads superficially, like “grazing here and there,” does not go into any depth – indicative of a herbivore (7).

Next, I considered expressions from Rebecca’s narrative and noted the emerging themes.

Superscript 3: These point toward a “me versus you” theme: a very clear indicator of an animal kingdom remedy.

Superscript 4: These indicate a large, prey mammal, namely, a cow.

- Rebecca volunteers about her dislike for her “obnoxious” classmates. She dislikes her math teacher. These interpersonal issues point to a “me versus others” theme in her narrative.
- Rebecca mentions her fascination for the cows since when she was a toddler. Her very first word was “moo.”
- Rebecca talks about her attraction to pins and stuffed animals: all showing an icon of a cow. She has a

SHE IS STRONG AND FRIENDLY, BUT HER ENERGY POINTS TO A PREY ANIMAL

stuffed cow to take with her to bed. She has named this stuffed cow, “Cowie.” She loves to drink whole cow’s milk, raw and cold. She even likes to milk the cows in the dairy farm in her school.

- If given an opportunity to turn herself into an animal, she would like to be a cow.
- She finds the real cows to be smelly and would not like to own one (strong denial).

From the mother’s and Rebecca’s narrative, issues of plant or mineral kingdoms did not emerge. A strong feature of people needing remedies from the plant kingdom is that they express heightened sensitivity to various external stimuli and their response to these stimuli is expressed as one sensation or its opposite, for example, bound or unbound, connection or disconnection, expansion and contraction, to name a few (6).

Individuals needing remedies from the mineral kingdom express various issues around existence and birth, separation, identity, security and task, creativity and performance, responsibility and duty (5 and 6). Rebecca’s narrative does not go into any of these aspects of the mineral kingdom.

Rebecca’s narrative revolves around a fundamental issue of “me versus you” (5, 7). Though Rebecca doesn’t bring out other advanced animal themes like survival, competition for a mate, jealousy, hierarchy, territorial issues, oppression, domination and fears related to these experiences, she does, quite spontaneously, bring out her issues with her classmates and math teacher. “Holms, a boy in my class, is obnoxious. I³ do not care for him.³ He is friendless, loud and a big showoff. He tips his chair in the class just to get attention. He does not listen to the teacher. I³ do not like the math teacher.³ I am good³ at math. He is not nice.³ One girl in my class is obnoxious. She gets mad for no reason.”

These are Rebecca’s observations and experiences of being in her classroom and school (territory) and she is describing her position in the herd (an issue of the animal kingdom). These clearly indicate that Rebecca does not have the energy of a dominant, threatening and overbearing predator animal. She is strong and friendly, but her energy points to a prey animal (7).

This case opened up due to using Joshis’ technique (6) of asking children the four questions proposed by the Joshis’ (7):

- i) What is your favorite animal?
- ii) Which animal you would like to be?
- iii) Which animal are you afraid of or dislike?
- iv) Which animal do you relate to in nature?

Rebecca is strong and healthy except that she gets frequent nosebleeds and has a bad odor from her mouth. Her mother's narrative and observations about the child don't give indication of any deeper disturbance.

Rebecca has mentioned, "When I get mad, I go to my room." Her mother says, "Rebecca is happy lying around the house. Placid, lethargic and quiet..." These words indicate row 4 themes of the house or house-like structure providing a place of comfort, security. Sholten mentions 4th row issues as one of protection, barricades, weapons, cooking, currency, security, job, duty, house, attack and protection, strength, security-insecurity, and the age group represents young adults who must fend for themselves in the world and he looks for task, strength, protection, attack, defense, and structure (5).

According to the Joshis' teachings, invertebrates like mollusks, crustaceans and reptiles like turtles talk about a shell; rodents talk about houses in terms of hiding from danger. These animals are grouped in row 4 of the periodic table for animals (7).

When Rebecca's narrative is examined in this light, it is clear that the house for her is simply a place to hang out, and her room provides her a place to go to when she gets mad (rarely). She is not talking about her house in terms of structure, security and defense. Her issues do not revolve around other 4th row issue of job, task and duty (5).

Rebecca does not use the language and gesture of invertebrate, shelled animals and turtles nor does she describe the sycotic, hiding and scurrying tendency of rodents, and these animals are placed in the 4th row, per Joshis (7).

Rebecca, on the other hand, is described as a placid, lethargic, quiet person, who is friendly in general, gets along well with everyone and is no pushover because she is strong. These words clearly point to a large prey animal. Her close link with mother (following her around "like a calf") and her dependency on mother for ideas and entertainment point to a *Lac* remedy.

Rebecca indicated "me versus others" animal themes and spontaneously admitted to her love for cows since she was a toddler, even before being asked Joshis' four questions (7).

On being asked what animal she would like to be, she said, "a cow."

Connection and correspondence between animal and mineral kingdoms

It is interesting in this case to observe that Rebecca has brought out row 4 theme (house) and a possible line of inquiry could have been to ask her all about her experience of being in her house when she gets mad. But the case did not flow spontaneously in that direction.

In fact, based on the narrative from the mother as well as Rebecca, it is easy to see that the case resonates with the animal kingdom. The Joshis have emphasized that a patient can be given a mineral, plant or animal remedy interchangeably but it is best to choose a remedy from a kingdom for which the patient shows inclination, and uses gestures and language that point strongly to a particular kingdom (7, 8). This idea has been explored in analyzing Rebecca's case and choosing a remedy for her.

Remedy:

Based on the analysis presented here, I recommended for Rebecca a single dose of *Lac vaccinum* 30c: a few pills dissolved in three teaspoons of water; one teaspoon of the mix to be taken on three successive nights.

Lac theme: Per mother, "She hangs out with me, does not like to be away on her own. I would not call her clingy, but she follows me around like a calf..." An eleven-year-old girl so close to her mother, depending on her mother for entertainment, ideas, and hanging out points to a close bond with the mother (nurturing/dependence) and I considered this aspect in selecting a *Lac* remedy (7).

Follow-up:

March 2013: Three months after the first prescription, Rebecca is doing fine. No nosebleeds.

December 2013: Thirteen months after the first prescription, Rebecca continues to do fine.

July 2014: Sixteen months have gone by. Rebecca is very well. She is taking a great interest in tennis. She is now a winner on her team. She loves her teammates.

At this visit, I advised Rebecca about simple techniques for improving oral hygiene, flossing, teeth brushing, gargling and oil pulling. She assured me that she would follow through.

REBECCA'S NARRATIVE REVOLVES AROUND A FUNDAMENTAL ISSUE OF "ME VERSUS YOU."

November 2014: Twenty months after the remedy, Rebecca continues to improve. She has not had a single episode of nosebleed since December 2012. Her mouth odor has become a thing of the past. She is enjoying her sports and her new school. She is well.

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