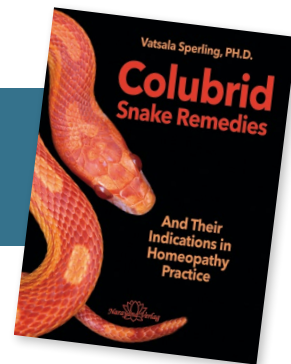


# Colubrid Snake Remedies and Their Indications in Homeopathy Practice

By Vatsala Sperling, RSHom(NA), CCH, MS, PhD, PDHom

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Reviewed by Firuzi Mehta, BHMS, HMD

When asked to review Dr. Vatsala Sperling's new book, *Colubrid Snake Remedies and Their Indications in Homeopathic Practice*, I gladly agreed, as I had previously come across her writings and cases and knew the book would be interesting. Dr. Sperling possesses a good writing style, subtle humor, and thought-provoking ideas which hold our attention from the start. The conclusion is hard-hitting and worth reading repeatedly. I say, start with the conclusion and end with the conclusion.

## Non-venomous snake remedies

We all know of the famous venomous snake remedies in our homeopathic materia medica: *Lachesis*, *Vipera*, *Naja*, *Elaps*, *Bothrops*, etc. In her book, Dr. Sperling supports using remedies derived from non-venomous snakes for cases requiring a snake remedy. Non-venomous snake remedies are unproved; hence following strict classical homeopathy methods would disallow the idea.

Many contemporary homeopaths use remedies outside those found in the materia medica. Without available provings, they match characteristics of the remedy source in nature with the narrative and behavior of human patients. Dr. E. A. Farrington (1847-1885), the author of *Clinical Materia Medica*, emphasized the value of learning about the connection between remedies and the behavior and nature of the source material.

In the past, I would have resisted using a remedy based on just an "idea." However, the case examples in the book allowed me to consider the possibility of carefully using the remedies and this method.

## The Colubridae snake family

Dr. Sperling's book provides information about the non-venomous Colubridae family of snakes by first describing how the periodic table of elements and the taxonomic classification of plants and animals creates a better understanding of homeopathic remedies. In the absence of provings, the patient's life narrative is integral, helping the homeopath identify the needed remedy on the periodic table—whether mineral, plant, or animal kingdom.

Dr. Sperling details how snakes fit into rows in the periodic table of animals based on differing themes. She further explains how the Colubridae themes clearly reflect in human narratives and how these themes distinctly differ from themes of snakes in other rows. For instance, the central theme of the Colubridae family is self-protection, placing these remedies on the 4th row of the animal periodic table.

## Colubrid snake remedy cases

Dr. Sperling matches the behavioral and energy pattern of the patient with the Colubrid snake displaying similar behavioral and energy patterns in nature, which produces lasting changes and healing.

The book features Colubrid remedy case studies, including *Natrix natrix* (grass snake, ringed snake, water snake), *Cyclagras gigas* (false water cobra), *Elaphe guttata* (corn snake), *Lampropeltis triangulum* (milk snake), and *Thamnophis sirtalis sirtalis* (garden snake, garter snake). Each case includes an analysis of the patient's main themes and how they fit into animal, snake, and Colubridae themes. Dr. Sperling shares the Complete Repertory® repertorization

for each case and highlights why she chose a Colubrid remedy over one of the better-known venomous snake remedies.

## Many roads to the simillimum

Overall, *Colubrid Snake Remedies and Their Indications in Homeopathic Practice* has been fascinating. It may take years for the Colubrid remedies to be readily available. But if we find a patient who needs a remedy from this family, we now have access to supply sources in this book's appendix.

Many roads can lead to the simillimum, and the methods mentioned in this book could be one of them! Over the centuries, thousands of new remedies have appeared in our materia medica and repertories; the Colubridae family could add even more to our references. Thank you, Dr. Sperling, for writing this book! 💧

## ABOUT THE REVIEWER



**Firuzi Mehta, BHMS, HMD**, was brought up with homeopathy and qualified as a homeopathic physician in 1996. She received her HMD from the British Institute of Homoeopathy, London in 1998 and also studied Iscador Therapy for Cancer from the Lukas Klinik, Switzerland. She completed Prof. George Vithoulkas' e-learning diploma program from The International Academy of Homeopathy, Greece, a few years ago. Dr. Mehta has been part of the [www.hopathy.com](http://www.hopathy.com) team since 2008. She practices homeopathy in Mumbai, India. <http://www.homeopathie.in>

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