

**‘The Secret to Becoming  
A  
Successful Practitioner’**

**I was invited by  
Dr. Rajan Sankaran  
to speak to the participants  
about the books,  
The elements of Homeopathy,  
volume 1 and 2,  
written by  
Dr. P. Sankaran.**



H.O.P.E

FREE WEBINAR

High

On the centenary of

\* Late Dr P

# 'The Secret to becoming a Successful Practitioner'



15th Nov.



6:30 PM – 8:30 PM IST  
9:00 AM – 11:00 AM EST  
3:00 PM – 5:00 PM CET



- ▶ Vatsala Sperling
- ▶ Dr. Farokh Master
- ▶ Dr. Manish Bhatia
- ▶ Dr. Gajanan Dhanipkar
- ▶ Dr. Rajan sankaran
- ▶ Dr. Mahesh Balsekar
- ▶ Dr. Kasim Chimthanawala
- ▶ Dr. M



A gift for homeopathic fraternity to **CONNECT, CONVERSE AND CELEBRATE**

For details contact, Whatsapp number

Mrs Avni-93236 21096 | Dr Soni-77220 35131

Dr Padmakar-8793005502 | Dr Kirtiraj -9970 333 022

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In Collaboration with



**Date: 15 th November 2022**

**Time: 6:30pm to 8:30pm IST**

## Highlights of the celebration:

**Dr Rajan Sankaran to introduce and share his experiences with his father.**

Sharing from veteran homoeopaths and colleagues of Dr P Sankaran Dr M P Arya and Dr Kasim Chimthanawala Vatsala Sperling MS, PhD, PDHom, to speak about Dr P Sankaran's book 'The Elements of Homoeopathy'.

## **Panel discussion**

Comprising of successful practitioners (allopathic and homoeopathic) sharing their experiences -

Dr Mahesh Balsekar, MD (Pead),

Dr Gajanan Dhanipkar MD (Hom.),

Dr Farokh Master MD (Hom.),

Anne Schadde

**The panel will be a unique opportunity to witness a cross discussion between experts of the two systems, on the art and skill to become a successful practitioner.**

**Dr Manish Bhatia M.D. (Hom.) as moderator of the panel discussion.**

**Special offer:**

**NEVER BEFORE WAS AN  
OPPORTUNITY  
TO GAIN INSPIRATION FROM THESE  
STALWARTS!!!**

# My take on the two volumes of The Elements of homeopathy

## **Pp1**

I am delighted to share with you my take on the book, “The Elements of homeopathy”, volume 1 and 2 by Dr. P Sankaran. These are compilations of teachings of Dr. P. Sankaran and are edited by Dr. Rajan Sankaran.

## **Pp2**

These 2 volumes are a bridge between the masters of the earlier centuries, Hahnemann, Clark, Kent, Dunham, Farrington, Hering, Lippe, Allen, and a practitioner like Dr. P Sankaran who taught before George Vithoulkas, during 1950s, 60s and 70s. Dr. P Sankaran studied hard, experimented, and experienced for himself in his practice and then taught history, research, pharmacology, philosophy, case-taking, repertory, materia medica, and proving. As younger generation, we are different. With very short attention span, we rely on our smartphones, attend YouTube university, and whatever we do not know, we ask Dr. Google, and because of these reasons, these two books are very important to us. They are full of lessons we need to learn urgently.

## **Pp3**

In volume 1, Elements of homeopathic pharmacy, Dr. P Sankaran asks us to view materia medica and repertories as indispensable because they contain the insight of the past masters who distilled the dreary account of provings into living, vibrating, throbbing images of the remedies with a personality, that we must retain in our minds and recall at the bedside.

## **Pp4**

As an experimenter, he writes that once a container holds the homeopathic potentized remedy, it continues to carry the remedy-energy till it is exposed to dry heat at 160 degrees Celsius. When properly handled, the potentized remedies do not have an expiration date. However, I must add that due to the laws governing the marketplace, all homeopathic remedies display an expiration date. These books go into the correct style of case-taking, and analysis using



repertory. The author mentions that each homeopathic remedy is an ocean. Because of our limitations, we understand just a little aspect of any remedy and therefore, we must be more diligent in using the repertories for solving our cases

## **Pp5**

Dr. P Sankaran was quite liberal with use of nosodes, and he has written about 25 nosodes. A very interesting chapter is on using remedies for homeo-prophylaxis. The author admits that since our opinions on use of homeopathic remedies as well as their dosage and potency for prevention of disease conditions are not unanimous, the remedies are not deployed for large scale immunizations. This chapter includes a list of indications for use of nosodes, and conditions for which homeopathic prophylactic remedies could be used.

## **Pp6.**

These books are evidence that Dr. P Sankaran was way ahead of his time. He begins the chapter on Alumina with a note about increasing use of Aluminum pots and pans in cooking. During Dr. P Sankaran's time, the mainstream had no idea about the environmental factors as affecting our wellness, but Dr P Sankaran connected the symptoms of Alumina to overuse of Aluminum in daily life.

## **Pp7**

What about the dietary rules during homeopathic treatment? The author's experience indicates that strict restrictions are rather unnecessary because spices and coffee do not diminish the medicinal effect of the remedies. In fact, homeopathic potentization unleashes specific and powerful curative energy that seems to antidote all morbid influences, past and present, and restores the vital force to its normal equilibrium and removes all evidence of sickness, despite apparent obstacles to recovery. His experience is very reassuring because, in the modern day and age, though people love to follow this or that diet, the discipline around eating habits are disappearing fast and a Starbucks café is just around the corner!

## **Pp8**

Volume 2. IS A GOLDMINE. Dr P Sankaran knew that despite of following the philosophy, materia medica and repertory thoroughly, we would run in to difficulties in our practice. So, he began volume 2 with a chapter on "Difficulties in practice".

Choice of potency: There is lack of a definitive guidance regarding choice of potency. Even though various masters have shared their opinions and experience, the choice of potency is

quite dependent on the prescriber's own experience. The author has given twelve rules for potency selection, and these can be useful when we are struggling.

Repetition of dose: The author observed that during acutes, repetition of an indicated remedy several times even after improvement had occurred did not create any aggravation or relapse of symptoms.

What about dosage for chronic complaints? In this regard, Dr. P Sankaran mentions that Hahnemann's immediate followers practiced the style of giving one dose, as described in the 5<sup>th</sup> edition, and waiting for it to completely exhaust itself, before giving another dose. These masters did not have access to the later teachings of Hahnemann. They masters knew that Hahnemann was making some radical changes in his methods but since the 6<sup>th</sup> edition of the Organon, written in 1842, was not published till as late as 1921; they had no idea about the new methods. In these books, the author is nudging us to embrace the 6<sup>th</sup> edition in determining repetition of dosage for the chronic ailments.

## **Pp9**

When the indicated remedies fail, Dr. P Sankaran asks us to find out if the remedy was indicated at all. An indicated remedy could quite be based on our opinion or the set of data we gathered and a fresh perspective on the case could elicit another 'apparently indicated remedy'. And, as practitioners, we must also accept that our trade has its limits but when cases do not improve, we are left wondering whether Homeopathy is useless, or as practitioners, we are utterly useless and incompetent.

## **Pp10**

But Dr. P Sankaran does not leave us doubting about our competency. He devotes a full section to "How to become a successful homeopathic physician". I really love this section.

He says a physician is much more than a mere prescriber. There can be brilliant prescribers who are poor physicians, and very brilliant physicians who are poor prescribers.

## **Pp11**

Since simply being a great prescriber is not enough, the author comes up with qualities that we must inculcate in ourselves if we are aiming to become good physicians. The very first of these qualities is patience – unlimited patience. We must also be alert and attentive observers. By developing a sympathetic, and sincere character, we should "cure sometimes, relieve often and comfort always...." We should acquire a broad knowledge by studying extensively not only Homeopathy but other subjects as well, so we may keep ourselves up to date. I wonder if Dr. P Sankaran had an intuition that one day his son will make us learn all about the hand gestures,

periodic table of elements, plants, animals and even use of classical music tunes as remedies! Working in a hurry is a trap, so is false prestige and vanity. Besides being intelligent, industrious, and thorough, we must also be good listeners and never blame and criticize our patient. While being polite and well-mannered are good traits to inculcate, if we have a natural sense of humor, even better, because humor melts the ice and connects people. Good communication skills and an ability to explain the homeopathic process as well as disease process to the discerning patients is a plus. We should also try to be hopeful, encouraging and reassuring to our patients and never judge them. In summary, he asks us that all our expressions and actions should be guided by the best of intentions. This is the road to success.

Now, this bit about how to be a better physician truly stole my heart – more so than how to be a better prescriber by reading and mastering Homeopathy for the rest of my life. The former is about developing my character, and the latter is about developing my intellect. Other practitioners and students of Homeopathy might have a different aspiration and that is fine too, because Homeopathy – AS AN ART AND A SCIENCE ROOTED IN NATURAL LAWS, AND PHILOSOPHY – has room for great prescribers as well as great physicians. Whatever we lean toward will no doubt end up benefitting a few of our patients and enabling them to enjoy freedom from disease – which is the ultimate reason why we have chosen to study Homeopathy.

I would urge you to read these books by Dr. P. Sankaran and benefit directly from his wise words. His tips on how to be a successful practitioner are timeless and worth emulating specially in the current times when we experience an awful hunger for inspiration.

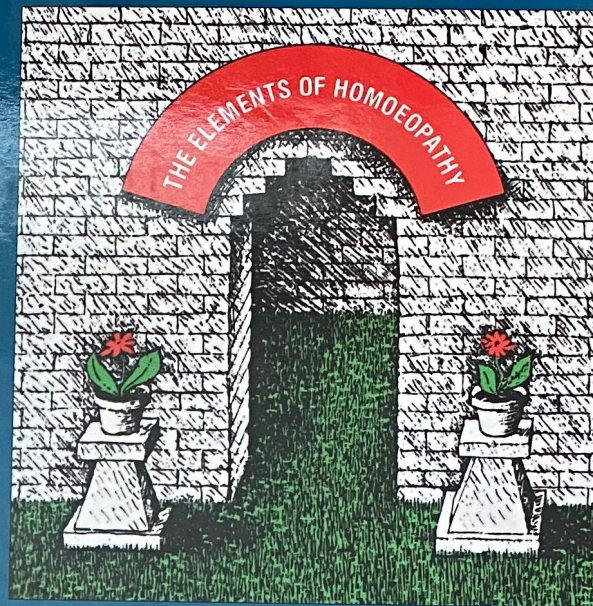




VOL. 1

DR. P. SANKARAN

EDITED BY : DR. RAJAN SANKARAN



VOL. 2

DR. P. SANKARAN

EDITED BY : DR. RAJAN SANKARAN

Tips on how  
to become a  
successful  
practitioner

Vatsala Sperling





# Elements of Homoeopathy vol 1 and 2 are a bridge between centuries

1800s	1900s	2000s
Hahnemann Clark Kent Dunham Farrington Lippe Allen	Dr. P Sankaran and his peers Jugal K Kanjilal JN Sarabhai K Phatak SR	Internet generation  YouTube University  Dr. Google



Study hard. Retain a living image of remedies

- Our heritage books are the roadmaps for our adventure in homoeopathy



As an  
experimenter,  
Dr. P Sankaran  
found

Containers used for remedies carry remedy-energy till exposed to dry heat at 160 degrees Celsius

When properly handled, remedies have no expiration date

Each remedy is an ocean we know very little about. Therefore, materia medica and repertories must be used for solving our cases



## Nosodes and use of homoeoprophylaxis

Dr. P. Sankaran found much success with use of nosodes and bowel nosodes in his practice 10 clear indications are on page 126-7, vol 1

Our OPINION AND EXPERIENCE OF DOSAGE AND POTENCY is not unanimous and therefore remedies are not to be used for large scale immunization



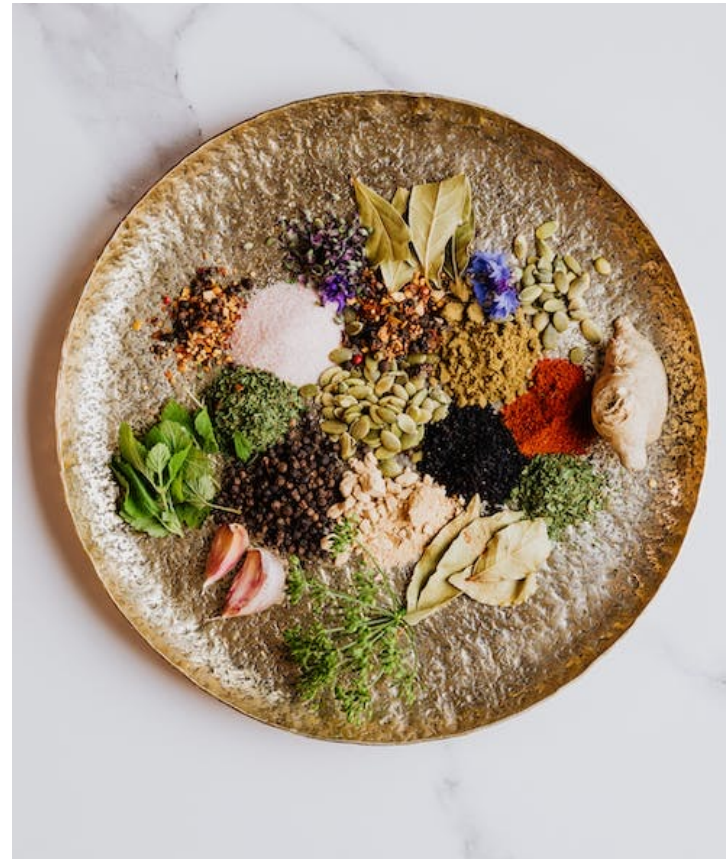
# Dr. P. Sankaran was way ahead of his time

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- He observed the connection between symptoms of aluminum toxicity and use of aluminum pots and pans
- Back in his time, such a connection was unknown, but now aluminum and other heavy metal toxicity are well-known



How about coffee & spices?  
Hahnemann said no no no



**As an explorer with a scientific bent of mind, Dr. P. Sankaran found that coffee and spices do not diminish the remedies**

# The Elements of Homoeopathy Vol 2

a goldmine for  
secrets to  
becoming a  
successful  
practitioner

- The potency problem: Go to pg 442-443 for 12 rules for potency selection
- Repetition of dosage: Acutes – repetition after improvement did not lead to relapse or aggravation – let us not fear about overdosing
- Chronic cases: Old masters gave a dose, and waited, They were not aware of the 6<sup>th</sup> of The Organon written in 1842 but published in 1921. Dr. P. Sankaran urges us to follow the 6<sup>th</sup> edition and repeat doses as often as necessary



# When indicated remedy fails?

Look

Look at the case with a fresh perspective and see if the remedy was truly indicated

Observe

Observe from every angle, retake the case, look for maintaining cause

Do not see

Do not see yourself as an incompetent practitioner

# A practitioner can be

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GREAT PHYSICIAN NOT  
SO GREAT PRESCRIBER



GREAT PRESCRIBER NOT  
SO GREAT PHYSICIAN



GREAT PHYSICIAN AND A  
GREAT PRESCRIBER

# CURE SOMETIMES, RELIEVE OFTEN, COMFORT ALWAYS

HAVE	BE	DO FOR THE PATIENTS
UNLIMITED PATIENCE	POLITE AND GOOD MANNERED	INTEND WELL
ALERTNESS	COMMUNICATIVE	CONSOLE, COMFORT
ATTENTIVE LISTENING SKILLS	HOPEFUL, CHEERFUL	FOCUS ON PATIENT AND NOT MONEY
OBSERVATION	NON-JUDGEMENTAL	
SINCERE SYMPATHY	METHODICAL	
BROAD KNOWLEDGE	INDUSTRIOUS	
METICULOUS WORK ETHICS	THOROUGH	

# Homoeopathy - an art & a science

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Great prescribers are kings of the intellect

Great physicians are kings of the heart and character

The elements of homoeopathy shows us the choices and gives us the freedom to develop ourselves as we see fit

Written in the 1970s, this book is still valid and useful today because the need for inspiration is ever present