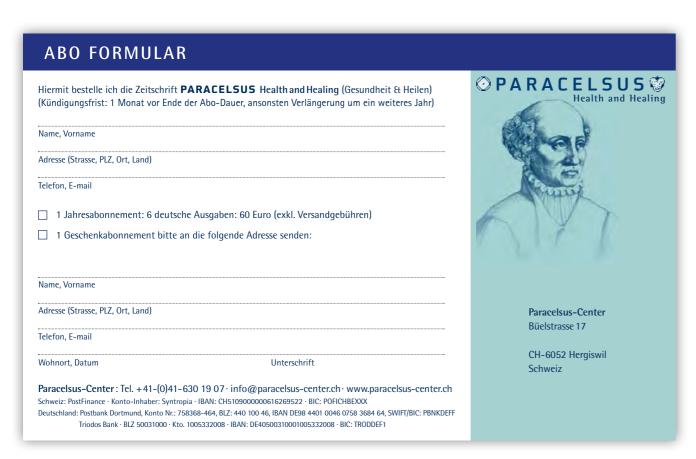


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Editorial

hysicians and scientists and all those who work for health think that the life process is contained only in the tissues, forgetting that the creativeness of cosmos is ever intensified by the subtle energies and by that invisible process, which permits perpetual change and the contact with the Cosmic Life. Life activity is intensified by different vibrations of the subtle energies. These subtle energies are so inadequately realized by those who are working for health, including the scientists. The creativeness of cosmos has also the perpetual interchange of energies, which relate to the gross, the subtle, the subtler and the subtlest. The psychic energy in man is based upon the severed their connection with this changing special energies. It is of com- subtle energy due to their excessive mon knowledge that men have different moods at different times, which cannot be traced to any cause; but the cause is in the cosmos. The maintenance of psychic energy is based upon the spiritual process. Verily, humanity must realize that the life activity is better. It can further be supplementnot just limited to the blood cells and the blood that circulates in the body.

can be vitalized by the electromagnetic impact of the psychic energy. If the psychic energy is boosted, in turn, the quality of blood assumes greater vitality and throws out the debilities,

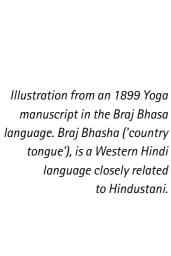
weaknesses and sicknesses. Humanity can serve itself through positive dynamic orientation and this can be supplemented with positive dynamic actions of love and service. One cannot work with ill will and look for good health. The ill health can be resisted by good will, and through love in action. The wise men in the East as also in the West resist impending and devouring sicknesses through conduct of work of good will, of love and of light, but unfortunately, the humans orientation towards material considerations. The general level of the human is that he needs to see to believe; but sight is not everything. It is not complete by itself. Sight can be supplemented by insight; then one sees ed by vision. The existence of subtle energies cannot be denied. Not only Blood is but the magnetic fluid, which that; man should learn to wisely uti-

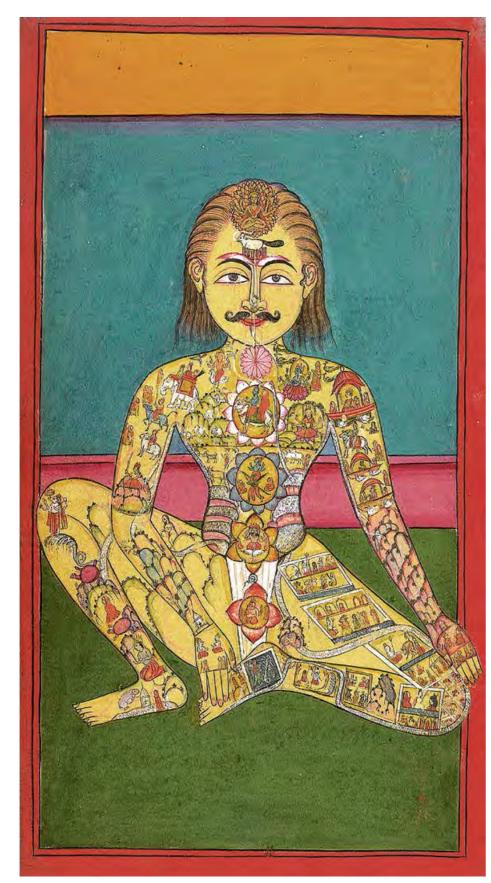
Contents

The Panacea of Paracelsus [II]5
Remedies for Healing 10
Rasa Shastra in Ayurvedic Medicine [XVI] 14
Organon [LXIV]17
The Real Scoop on Mutual Reception19
Occult Healing [CIII]24
Psycho Neuroendocrinology [II]26
Are Doctors engaged in Genuine Health Care?30
Basic Thoughts about Learning Disturbances at School [I]35
Traditional European Natural Healing - TEN [I]39
Restoring a Healthy Gut Flora [II]43
The Healing Power of Laughter Yoga47

lize, to activate the subtle energies in oneself through right orientation, imagination and visualization, coupled with right action and right speech.

Men are structured adequately, unlike the animals, to orient to and thereby constructively build a channel for influx of subtle energies. Such structuring is what is described as the etheric centers that enable functioning of the various marrow plexus in the body. When the nerve plexus from pineal and pituitary to solar plexus, sacral and the base are well understood in relation with their positive contribution to human psyche, man finds the key to complete good health regardless of the surrounding filth. This is where the science is expected to step in, to find an everlasting solution to the posterity.





The Panacea of Paracelsus [II]

Olaf Rippe



Olaf Rippe, born in 1960, is a nature practitioner in his own practice in Munich and is the co-founder of the Working Group Natura Naturans. For more than 20 years, he has been passing on his experience with a medicine according to Paracelsus in seminars. He is regularly writing for naturopathic professional journals and is the co-author of the books "Heilmittel der Sonne", "Paracelsusmedizin", "Kräuterkunde des Paracelsus" and "Die Mistel".

The Fir Tree and the Winter God

In our latitudes, evergreen trees like fir trees or pines have a special significance. Their juicy green in winter, when the vegetative forces have withdrawn underneath the ground, is an expression of lasting vitality. The seeds of fir-trees and pines therefore also served as food for the dead. They were placed into the mouths of the deceased so that they could rise again in the shape of a tree (Still-Fuchs). Death and winter are siblings; at the same time, the beginning of winter is also the magical moment when the light is born from darkness at the time of summer solstice. In the annual cycle, this is the point when the sun enters into the winter sign, Capricorn, which is governed by Saturn. This planetary force stands for internalization, vocation, and destiny, but also embodies old age, sickness and death. Conifers are in general subject to Saturn. "The walk through the coniferous forest bestows us with ancestral emotions of presence in the midst of na-

the soul when entering a fir tree cathedral (so that one feels connected with the very source of creation), are forefeel of the spiritual nature of the power of the star (Saturn), who was the guiding principle behind the conifers" (Wilhelm Pelikan).

The forces of Saturn are on the one hand the ephemeral, on the other, however, also the outlasting. This apparent contradiction finds its resolution at the moment of the winter solstice, when time stands still. At the same time, the borders between the worlds open and ghostly beings mingle with humans.

Thus, the "Green Man", roaming through the northern countryside as the winter god, is clad in pine brushwood (Storl, 2000). Krampus runs [Krampus = a mythical horned figure accompanying St. Nicholas] and perchten processions [female masks representing the entourage of the ancient goddess, Frau Perchta] remind us of this old perception, and still today, the spirits of the forest enchant our living rooms in the shape of Christmas decorations.

In Christianity, however, the Green Man giving his blessings changed into a diabolical character that had to be locked into a hole in a fir tree like a disease. But the evil is only seemingly wicked; as it is says correctly in the legend: in truth, it is the guardian of the key to true knowledge. Paracelsus used the healing power of the fir tree in manifold ways. Thus one should allow pine-cones, shoot tips of the larch and marshmallow root to simmer in water for two hours. Cloths, saturated with the liquid serve as ture, from which the melody of days wound dressing for the prevention of creation long gone arises. The sol- of purulent processes. Such dressemn and serious sensations that seize ings were also supposed to protect

The Panacea of Paracelsus



Marshmallow root



Fir-tree cone

the heart against the plague (1/724). For the excretion of toxic substances, Paracelsus prescribed sweating cures, consisting of decoctions from juniper shoots, fir tree, and fresh young pinecones, which one should use as a bath additive (II/433).

Baleful Creatures and Mythical Beings

Although spiders play a significant role in the ecological balance, there are only very few persons who really like spiders. Like so many useful creatures that were - according to heathen belief - connected with chtonic deities (these are understood as deities working in the earth, resp., earth deities themselves like e.g., the god of death, Hades/Pluto or the Deer God, Cernunnos), the spider, too, was demonized with the dawn of Christianity and put on a level with the devil. The spider was considered to be a plague demon, and accordingly, it was used in sympathetic magic as an amulet for the protection against contagious diseases. However, spiders were not only used for healing but also for conjuring up diseases. As an example, Paracelsus quoted how a witch impregnated a thread with spider poison. She then prepared a wax doll, which she revived with some item of the victim. If a toad is tied to this now, creeping into the water with the doll, without fail a nasty disease occurs (1/953).

In cases of witchcraft, only sympathetic magic is able to help. For this, one can find the following example with Paracelsus: "A live spider should be tied around the neck in a nutshell and worn above the pit of the heart until the sickness has disappeared.

until the death of the spider" (1/953,

Today, spiders are used as a healing agent mainly in homeopathy, for example the cross spider (Aranea diadema), the tarantula (Tarantula hispanica), or the black widow (Latrodectus mactans).

Poisons of spiders mainly take effect on the nervous system and influence the activity of the heart. Therefore, they are used in potentized form (D6 to D12), mainly in cases of pain, neuralgia, and convulsions, e.g., in cases of angina and Angina pectoris.

If one imagines a cross spider in the middle of its web, then this is a signature for a possible healing agent, which takes effect on the nervous system (connection, transfer and crossing = synapses) and on the heart as the central organ of the blood circulation. At the same time, the shape of a cross on the back of the cross spider is also to be interpreted as a magical sign. Paracelsus used amulets with spiders in cases of heart conditions (III/451).

In homeopathy, one also uses the web of the cross spider as a healing agent (Tela aranearum D6 to D12). Boericke states as indications: excitement, unrest of the heart, intermittent fever, mainly when the patient gives a hectic and broken down impression, true to the motto, "he who spins [transl.: German "spinnen" = to spin / to be off one's head] needs the spider! "

Beside the spider as the central figure, two further animals are mentioned in the legend. There is first of all the fire salamander. Although a truly existing animal, the colourful salamander is really a mythical creature. It is also holy to the earth deities, and This takes place on the 5th or 6th day it is the keeper of the fire element.

He who adds incense to the fire is in truth nourishing the fire god, Salamander. (A few years ago, during a ritual at the time of the summer solstice, something strange happened. While some participants were highspiritedly dancing around the fire, suddenly, in the midst of those who were dancing, a salamander appeared who slowly approached the fire, and who eventually returned to the forest after some time. Was this a common salamander or was it the earth deities who, in the shape of their holy animal, attended the ceremony? In any case, the participants were delighted.) In alchemy, which is also named the art of the fire god, Vulcan/Hephaistos, the fire salamander enjoys highest adoration. It is also supposed to be an important ingredient for the making

This maybe explains the high regard if one considers that the gland secretion of the salamander is psychedelically effective. "In Slovenia, the salamander served as a psychoactive strokes of lightning. As Thor was also ingredient of an alcoholic distillate" (Christian Rätsch 2001). The secretion of the skin glands contains steroids / alkaloids that have a strychnine-like of hazel switches. Moreover, braided effect, like for example the centrally acting and convulsion triggering salamandrin (Stübler, Krug, 1961 / Mebs, 2000).

of gold (III/704).

As another fabulous animal, the Haber-geiss [demon goat] is also mentioned. This is a three-legged mythical bird with horns of a goat, playing a role as a winter demon in the Krampus processions. It is most likely a heathen grain spirit [Haber = Hafer = oats].

The Common Hazel (Corylus avellana)

Due to its light appearance and its abundance of blossoms and fruits, the common hazel has always enjoyed great esteem. However, it is not only a food and fertility tree but also a protective wall against ominous forces; this being the reason why one liked to plant it as a boundary around house and home. The common hazel is related to benevolent elemental beings. The diviner from Passau, Jürgen Oswald, endowed with the faculty of seeing into the nature of things, describes these entities as being gnomelike and arch, but without any malice. Astrologically, the common hazel is assigned to Venus, the Sun, and Mer-

With the Teutons, the hazel was dedicated to Thor, the god of thunder. Therefore, during thunderstorms, one found shelter underneath it. People say that three (!) hazel branches in the beams of the house protect against worshipped as the protective god of the places of jurisdiction, one planted a sphere of spell around these, made crosses or "Schrattlgatter" [five small, intertwined shavings of consecrated hazel branches], attached to the stable doors, were to protect the harvest and the cattle against storm damage and witchcraft (Storl, 2000).

Besides, it is said in popular belief that a divining rod made of a hazel branch points to the concealed entrances to the treasures of the earth because the hazel is related to the ancestors and to the souls of the earth (Storl, 2000). The most suitable time for cutting the rod is on a holy day (annual celebrations or on a Sunday), without using



Common hazelnut



Thor-illustration from an Icelandic manuscript, 18th century

The Panacea of Paracelsus



Hazelnut leaves



Bark of the hazelnut

anything of iron as this would cause leaves. One can also make tea decocharm to the elemental spirits (Storl, herbal magic. Also, one should have cleaned oneself internally previous to this. And one should cite a magic fect is similar to that of witch hazel. spell, "I cut you, dear rod / so that you have to tell me / that what I am asking of you / and you must not move as long / as you do the truthful."

Herbalists, in league with elemental spirits (Paracelsus called such herbalists "spirituales") will in any case tell the plant spirits at all times what they need them for, and they pay homage to their beauty in incantations; and of course they will make a small sacrifice in return most of the time. With a magic wand of hazel wood, also the eerie character of our legend was able to get the treasures from the inside of the rock. As hazel cannot be touched VITRIOL. This relates to the initial letby evil, as shown in this theme; it ters of seven (!) words, "Visita Interiomust have rather been the case of ra Terra Rectificando Invenies Occula kind of forest deity and not of the tum Lapidem" - "Visit the core of the devil. It may also have been a relative of Hermes, the messenger of the find the hidden (philosopher's) stone gods, whose rod around - which two there." snakes are winding themselves up is also a hazel branch. With this, the Remark: The quotations with regard to god of healing opens the gates to the Other World; it also serves him as a magic instrument for the healing of diseases.

Beside the still valid herbal-magic application, mainly the bark (Corylus avellana e cortice) and the leaves (C. a. e foliis) are therapeutically used. Indications are for example inflammations of veins and skin. Beside the internal administration as tea or tincture, one can also work alcoholic extracts into ointments, or prepare compresses of the freshly crushed

tions and add these to the bathwater, 2004). "Sine ferro" (without iron) is or one can use these for washings. As one of the most important rules in a Venusian plant, the hazel is generally suited for the treatment of cosmetic problems. The regenerating ef-

The Hidden Treasure

The seemingly evil one who was freed from the fir tree by Paracelsus turned out to be the master over the earth spirits. With the hazel twig, the eerie being opened the rock and literally brought forth the two miracle cures (the devil himself would have never kept a promise!).

In alchemy, the earth element is regarded to be the treasure keeper of all things. This idea is to be found confirmed in the most important secret messages of alchemy, this message is: earth; through purification you will

Paracelsus refer to the Aschner edition in four volumes.



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Visita nteriora

ectificando

nvenies

ccultum

apidem

(Visit the core of the earth; through purification you will find the hidden (philosopher's) stone there.)

Remedies for Healing



Homoeopathy VIII

2. Eruptive Fevers

Dr. K. S. Sastry is a renowned Homoeo Physician. He has the rightful place in the field of Homoeopathy. He is a true practitioner of Homoeopathy and is fully obedient to the cardinal principles of Homoeopathy laid down by Dr. Samuel Hahnemann. He has been practitioning Homoeopathy over 35 years on a charitable basis. By this he distinguishes himself by the contemporary Homoeopaths. In spite of more than three decades of experience, he still remains an ardent student that looks for new vistas of understanding Homoeo Science. He authored a few books on Homoeo and he is a philanthropist that looks forward to serve the society in every possible way.

Measles - Measles is a very acute infection mostly in children. Its symptoms are high fever, severe catarrh, cough, drowsiness and face husky with restlessness. Rash appears on the body with burning. The rash starts behind the ears, speared to face, neck and chest and to the rest of the body. With the appearance of rash the body temperature would start going down. If the rash cannot come up in its full trunk and most thickly on the chest shape a medicine capable of bringing out the eruptions i.e., suppurative arms. It shows more on the body than drugs like Apis, Antim Tart, Chammomilla and Antim Crude should be shoulders and upper arms than on the given. Once the eruptions are externalized, unless there are any complications, no medicine should be prescribed. Otherwise it may lead to development are present at the same dangerous consequences. The best treatment is to allow it run its full course with no medicines. The ancient school of thought suggests no cation is required unless complication medication, reason being, it is a risk of improper medication. Hence, ancient

Indians termed these fevers as Mother goddess (Ammavaru) and made it customary not to treat such diseases unless complicated. Lastly a dose of Thuja 30, Sulphur 30, or Pulsatilla 30 will restore health.

Eruptive fevers may also sometimes get complicated with pneumonia, bronchitis, laryngitis or affect any vital organ. Time to time totality of symptoms should be ascertained and appropriate medicine be given.

Another important point to be noted is that, sometimes it may happen that these rashes or eruptions get inverted i.e., rash becomes black. This is an indication of impending danger. In such cases a dose of Lachesis 30 or 200 may save the patient from danger. Similarly, purulence from these rashes will also drive to danger. In such cases, Variolinum 200 may be given. In all such cases it is advisable to consult an experienced homoeopath. Many times after measles children become healthy and active.

Chickenpox – It affects with or without fever. Eruption shows itself on and back; it spreads to the face and on the face, and more thickly on the wrists and hands; more on the thighs than on the legs, feet and soles. The spot is soft to touch. Various stages of time. The treatment procedure is almost same as measles. It is wise to allow it to run its course. No medidevelops.

Smallpox - Eruptions with or with- 2. If right tonsil is swollen and fever out fever. It is a severe type of Chickenpox. Eruptions would be more on the face and scalp than on the body; more on the feet and legs than on the 3. When the swelling travels from thighs. The lesions are deep-set, hard and gritty to feel and are umbilicated and divided by sepsis. The pocks are all at the same stage of development. The treatment procedure is almost same as for Chickenpox. No medication is suggested unless totality of After the acute condition subsided, it symptoms warrant.

3. Glandular Fevers

Mumps – This is a remittent fever. It is characterised by swelling in the region above the neck and below the chin with pain to the severity that one cannot turn their neck. If these symptoms are on the left side Pulsatilla 200 will cure. If on the right Belladonna 200 will cure. If the symptoms start on the travel to left Lycopodium 200 will cure. On contrary if symptoms start on left side and then travel to right then Lachesis 200 should be given. The symptoms recede in 3 days. The symptoms mentioned here are only prominent ones. Other symptoms, if any, should also be considered before deciding the medicine.

Tonsillitis – It is a remittent fever. Tonsils get inflamed due to exposure to cold resulting in fever throat pain etc. No surgical intervention is needed if proper Homoeo treatment is provided.

Treatment procedure

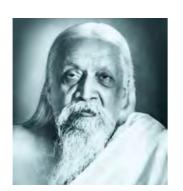
1. If the tonsil is inflamed due to ice or ice cold things Pulsatilla 200 would cure. If the left tonsil is swollen with cold sweat Merc Bin lod 200 and if it is right side Merc Proto lod 200 would do.

- along with headache, throat pain is present Belladonna 200 gives guick
- right to left Lycopodium 200 and if it travels from left to right Lachesis 200 should be given. If the swelling travels from one side to the other alternatively Lac Caninum 200 suits.

has to be treated with anti-miasmatic drugs. A dose of Tuberculinum 200 or 1M based on constitution may be prescribed once in a while during the treatment process.



Sri Aurobindo (Sri Ôrobindo), born Aurobindo Ghose, was an Indian philosopher, yogi, guru, and poet. He joined the Indian movement for independence from British rule, for a while became one of its influential leaders and then became a spiritual reformer, introducing his visions on human progress and spiritual evolution.



Remedies for Healing

When a medicine is a specific, it is scientifically supposed to be active on one particular disease and therefore quite successful.... But you don't give your approval even though these medicines are specifics in these particular diseases. It is not enough for drugs have other effects or possible effects which can be ignored by the physician who only wants to cure his case, but cannot be in a whole-view of the system and its reactions.



Medical Treatment and the Body-Consciousness

Medicine and Healing [LXI]

C. Strong Drugs and Side-Effects **Sri Aurobindo:** It is hardly possible to give a list of drugs [which should not be prescribed for sadhaks], but the them; and this "absolutely impossigeneral rule is that very strong or violent medicines should be avoided as much as possible - for Yoga increases the sensitivity of the vital and physical reactions and drugs tend to produce stronger or other effects than with ordinary persons.

The Mother: I am against the indiscriminate use of any medicine, and when a medicine becomes fashionable there is a tendency to use it indiscriminately. An hour's moving about in the sun does more to cure weakness or even anaemia than a whole arsenal of tonics. My advice is that medicines should not be used unless it is absolutely impossible to avoid ble" should be very strict. The doctor gives me medicines - I observe the medicines: they cause as much disorder as they do good. They do good to one thing and harm to another. So afterwards that has to be set right. You never get out of it.

D. Nature as Healer

The Mother: The more drugs you take, the more you undermine your body's natural resistance. Nature is the all-round Healer.



Sri Aurobindo: Medicine is necessary for our bodies in disease only because our bodies have learned the art of not getting well without medicines. Even so, one sees often that the moment Nature chooses for recovery is that in which the life is abandoned as hopeless by the doctors. It is not the medicine that cures so much as a medicine to be a specific. Certain the patient's faith in the doctor and the medicine. Both are a clumsy substitute for the natural faith in one's own self-power which they have themselves destroyed. For nearly forty years I believed them when they said I was weakly in constitution, suffered constantly from the smaller and the greater ailments and mistook this curse for a burden that

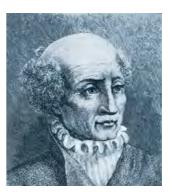
> Nature had laid upon me. When I renounced the aid of medicines, then they began to depart from me like disappointed parasites. Then only I understood what a mighty force was the natural health within me and how much mightier yet the Will and Faith exceeding mind which God meant to be the divine support of our life in this

Taken from Integral Healing, Compiled from the works of Sri Aurobindo and the Mother, Pondicherry; 2004

Philippus Theophrastus Aureolus Bombastus von Hohenheim, named Paracelsus, * 1493 Einsiedeln, † 1541 Salzburg. He founded the discipline of toxicology. He is known as a revolutionary for insisting upon using observations of nature, rather than looking to ancient texts, in open and radical defiance of medical practice of his days.



Veronica officinalis



Paracelsus - Remedies

Speedwell (lat. Veronica officinalis)

is spred across Europe. Dry habitats are preferred by the plant that grows in open forests and on dry meadows. The flowering herb (without roots) is collected in may and june and The speedwell thoroughly dried. Pastor Künzli writes:

"Because the buds resemble a radiant face the ancestors who were deeply impregnated by Christianity gave the botanic name Veronica to it which frame."

Paracelsus praised the speedwell (Veronica officinalis) as a good remedy for blood purification (III, 465) and being protective against decay (II,

Speedwell is a wound herb with outstanding facilities of healing. It is laxative, diuretic and invigorating.

Pastor Künzli says: "Speedwell tea should especially be drunk by people involved much in mental work." The plant is known to be a excellent remedy to treat complaints of the respiratory system, the digestive system, liver, spleen, kidney and bladder.

The fresh juice of the flowering plant is a blood cleansing agent. For that purpose, a teaspoon is recommended 2-3 times a day.

"Speedwell is well suited for the treatment of chronic eczema, especially if together with an annoying itch. The frequent itching of old skin is much improved by a tea cure.

Blend for old-age itching, eczema or skin problems:

100 g Speedwell 50 g of walnut leaves 50 g of pansies 50 g elderberry leaves

1 teaspoon of this mix for 1 cup of the infusion, strain it, 2 to 3 cups a day, unsweetened, drink sips.

In folk medicine the speedwell is greatly appreciated as a wound herb. For this a tea infusion is prepared to clean the wounds at lukewarm temperature. Additionally, a damp lukemeans the true image of our Lord's warm envelope is placed on the wounds. "(Willfort)

Sabine Anliker

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Rasa Shastra in Ayurvedic Medicine [XVI]

Sabine Anliker, M.Sc. (Ayu)



Since 1997 Sabine Anliker has been working as naturopath. She has been specialising in Traditional European Naturopathy, Homoeopathy and Bioresonance Therapy and works in her own practice in Luzern (Switzerland). In 2013 she finished her studies "Master of Science of Ayurveda Medicine" at the European Academy for Ayurveda and at the Middlesex University in London.

5 Preparation of Mercury

5.2 The Eight Samskaras of Parada (Mercury)

5.2.3 Samskara - Murchana (Trituration)

a) Name of the Process: Murchana Samskara of Parada (Mercury)

b) References:

(R.H.T., Rasa Hridaya Tantra, 2005)

Definition

"Murchana is the process in which mercury (Parada) is pasted with some specific drugs until the stage of 'nashta-pishta' (mercury loses its original state and is divided into fine all natural blemishes and impurities globules) is achieved. (R.R.S., 1998)

Aim and Objectives

To extract yaugika (mercury is comof mercury (Parada). (R.H.T., Rasa Hriview to remove various kanchuka doshas of *Parada* (impurities of mercury) resulting from the contact of banga (tin), naga (lead)." (R.R.S., 1998) One of the negative properties (dosha) of ly inherent blemishes), which includes effect of heat on mercury) and mala (any impurities). Aloe vera removes the mala-dosha, triphala (Terminalia bad effect of heat on mercury), and Citraka (Plumbago zeylanica) removes the visha-dosha (poison impurities). This process makes mercury free from (dosha-shunya). (R.R.S., 1998)

bined with other metals), aupadhika (acquired blemishes), and naisargika dosha (naturally inherent blemishes) daya Tantra, 2005) This is done with a mercury is called naisargika (naturalvisha (toxic impurities), vahni (bad chebula, Emblica officinalis, Terminalia bellirica) vahni-dosha (agni-dosha,

Ingredients

Sr. No.	Ingredients			Quantity
1.	Mardita Parada			1878 g
2.	Kalka Dravyas			
2.1	Citraka (Plumbago zeylanica Linn.)		1/16 part of Parada	117 g
2.2	Triphala	Terminalia chebula Retz.	1/16 part of Parada	39 g
		Emblica officinalis Gaerth.	1/16 part of Parada	39 g
		Terminalia bellirica Roxb.	1/16 part of Parada	39 g
2.3	Kumari (Aloe vera indica Linn.) pulp			340 q

Table 1: Ingredients of Murchana Samskara

Process

- 1. Mardita Parada (purified mercury of the second process) was triturated with Citraka curna (plumbago zeylanica) and *Triphala curna* (Terminalia chebula, Emblica officinalis, Terminalia bellirica) in the quantity of 1/16th part mercury in an iron mortar (tapta khalva yantra).
- 2. As much Aloe vera pulp as required was added.
- 3. Then it was triturated until the mercury lost its liquid state (nashtapishta).

Timetable

On 10th February trituration was employed for about 7 hours until the mercury was divided into a small globular form (nashta pishti) and completely integrated in the mass.

Observations

- 1. In the beginning of the trituration, the mass was of a brown colour, which after approximately 10 minutes turned more and more dark grey. figure 1
- 2. After 20 minutes, the dry herbal powder was mixed with the Aloe vera pulp and a heavy and slightly imbrued mass was formed. figure 2
- 3. After 45 minutes, the mercury started to lose its liquid state. figure 3



Figure 1: Trituration of kalka dravyas



Figure 2: Trituration of kalka dravvas and mercury



Figure 3: After 7 hours of trituration: mercury is in small globular

4. After 7 hours, the mercury had com- Footnotes pletely integrated into the mass and in sunlight, the gloss of mercury was no longer visible.

Safety Precautions

- 1. The Trituration has to be carried out carefully so that no powder comes R.H.T., Rasa Hridaya Tantra, G. (2005). out of the iron mortar.
- 2. The paste must neither be too moist nor too dry. Aloe vera (Kumari svarasa) is added during trituration depending on requirement in order to prevent the drying of the paste and to allow proper trituration.

Maharishi Sushrut (1500 BC), the

father of this important branch.

Haridwar, India

This statue is dedicated to Sushruta

at the Patanjali Yogpeeth institute in

founding father of surgery. As the author

of the best and outstanding commentary

on Medical Science of Surgery, Shushrut

Samhita is considered, to be the founding

- ¹ Rasa Hridaya Tantra Avabodha, 2/5-6
- ² Rasa Ratna Samuchchaya, Adhyaya 8/61
- ³ Rasa Hridaya Tantra Avabodha, 2/5-6
- ⁴ Rasa Ratna Samuchchaya, Adhyaya 8/61
- ⁵ Rasa Ratna Samuchchaya, 11/31-32

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New Delhi: Meherchand Laxmandas Publications.

To be continued

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Organon [LXIV]



The Art of Healing

Dr. E. Krishnamacharya

The only aspect that is to be taken care of is the specific change in the mental condition and the nature of the person on account of the disease. There is no medicine in the list of suitable drugs which is not capable of bringing a change in the mental condition when experimented on healthy persons. Each drug brings out its change in its own way.

¹ Thus aconite will seldom or never effect a rapid or permanent cure in a pa-

Dr. Ekkirala Krishnamacharya (1926 - 1984) was a university lecturer for Vedic and oriental literature, a homeopath and healer, who founded numerous spiritual centres and schools in India and Western Europe. He also established more than 100 homoeopathic dispensaries in India, where until this day the sick are treated for free. Dr. E. Krishnamacharya authored many books in English and in Telugu, covering the Vedas and the Ancient Wisdom as

well as yoga, astrology, homeopathy, and spiritual practice. One of his main goals of his work was the

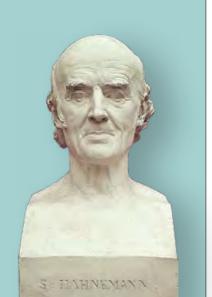
spiritual fusion of East and West.

The Creator of therapeutic agents has also had particular regard to this main feature of all diseases, the altered state of the disposition and mind, for there is no powerful medicinal substance in the world which does not very notably alter the state of the disposition and mind in the healthy individual who tests it, and every medicine does so in a different manner.

Samuel Hahnemann, M.D.

We shall, therefore, never be able to cure conformably to nature - that is to say, homeopathically - if we do not, in every case of disease, even in such as are acute, observe, along with the other symptoms, those relating to the changes in the state of the mind and disposition, and if we do not select, for the patient's relief, from among the medicines a disease-force which, in addition to the similarity of its other symptoms to those of the disease, is also capable of producing a similar state of the disposition and mind.1

Samuel Hahnemann, M.D.



tient of a quiet, calm, equable disposition; and just as little will nux vomica be serviceable where the disposition is mild and phlegmatic, pulsatilla where it is happy, gay and obstinate, or ignatia where it is imperturbable and disposed neither to be frightened nor vexed.

neither to be frightened nor vexed. Along with other symptoms in a patient, it is essential to recognize the change in the natural disposition of the patient which should also be taken into account while selecting a homoeopathic remedy. Otherwise whatever treatment is done for different groups of symptoms, cure cannot take place. There is nothing much to explain about treatment of mental diseases in as much as the same method is to be followed; that means along with other symptoms the mental condition of the patient should be considered and a drug that produces those mental symptoms is to be selected. Mental diseases including emotional disturbances do not differ in any way § 214

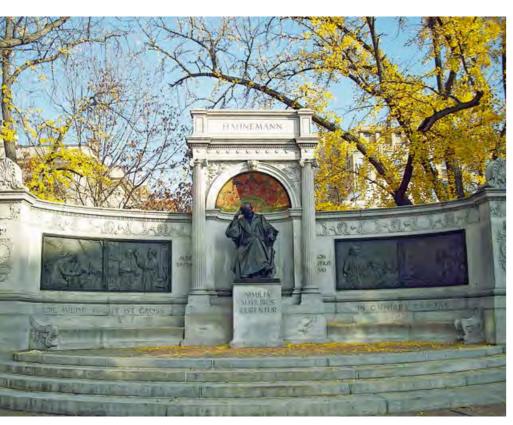
The instructions I have to give relative to the cure of mental diseases may be confined to a very few remarks, as they are to be cured in the same way as all other diseases, namely, by a remedy which shows, by the symptoms it causes in the body and mind of a healthy individual, a power of producing a morbid state as similar as possible to the case of disease before us, and in no other way can they be cured.

Samuel Hahnemann, M.D.

§ 215

Almost all the so-called mental and emotional diseases are nothing more than corporeal diseases in which the symptom of derangement of the mind and disposition peculiar to each of them is increased, while the corporeal symptoms decline (more or less rapidly), till it a length attains the most striking one-sidedness, almost as though it were a local disease in the invisible subtle organ of the mind or disposition.

Samuel Hahnemann, M.D.



from physical bodily diseases. The only difference is that besides other symptoms, mental faculty is also deranged. As time passes, vitality in the patient reduces. Inclination to express the symptoms also diminishes. Then the symptoms fade. If other symptoms disappear earlier than the mental symptoms, the mental symptoms alone remain as a partial disease and such diseases only are mental diseases.

Taken from the book

Organon of the art of healing

Kulapathi Ekkirala Krishnamacharya

3rd Edition, 1999, The World Teacher

Trust, Visakhapatnam, India

Hahnemann Memorial located in Washington's Scott Circle Park. The four panels depict Hahnemann's life as a student, chemist, teacher and physician.

The Real Scoop on Mutual Reception [V]

Alan Oken



Alan Oken was born and educated in 1944 in New York City and majored in Romance Languages and Linguistics at New York University. He lectures in seven languages, he is the author of a dozen titles, including Soul-Centered Astrology, Rulers of the Horoscope, and Alan Oken's Complete Astrology. In addition he has written hundreds of articles for Dell Horoscope Magazine and many other national and international journals.

The natal horoscope is the blueprint that reveals the natural scope of our creative potentials. It also reveals what blocks or what stands within us to either aid or inhibit the expression of such talents and abilities. The positions and interrelationships of the planets clearly indicate such circumstances. But we are not limited by our horoscopes, by any means. As the Path of unfolding presence of the Soul reveals itself, we gradually obtain the potential to co-create our own destiny. This is free will in action and when, through the Soul, free will is connected to Love, this becomes goodwill. -

Α

One of the most important factors in astrological delineation is a feature called "dispositorship." The word itself comes from the Latin verb disponere,

meaning, "to put in different places." A planetary dispositor in astrology has come to mean a planet that has the ability to move the energy of another planet (or house) to a different location in the chart. For the astrological student, the discovery of the structure of dispositorship in the natal map allows him or her to perceive a true ordering of planetary powers. Mutual reception is a facet of dispositorship that intimately links planets and/or houses. Planets are said to be n mutual reception when they are placed in each other's signs in the same horoscope. Mars in Aquarius and Uranus in Scorpio, Jupiter in Leo and the Sun in Sagittarius, the Moon in Virgo and Mercury in Cancer, are all examples of this kind of mutual dispositorship. When you are interpreting the chart, it is important to view any such planetary connections as a pair of influences. The two planets in questions work together, enhancing or debilitating their various functions. Although each of the planets in a mutually receptive pair ought to be considered individually, the effects of the combined energies existing between the two bodies also exists and needs to be interpreted as such. It is only by so doing that the full range of implications of both planets may be fully comprehended.

There are two other factors that complicate but also complete the matter of your analysis of planets in mutual reception. The first is that the astrologer has to consider which of the two planets dominates the mutuality of the reception. If we have Venus in Pisces and Neptune in Libra for example, Venus in Pisces would be the stronger as Venus is in exaltation and

The Real Scoop on Mutual Reception

thus strengthened in this sign while its "partner" Neptune is "comfortable" but otherwise neutral in Libra. If the two were Mercury in Sagittarius and Jupiter in Gemini, both planets would be seen to be weakened as both are in detriment in their opposite signs. One would have to look elsewhere (such as the house positions, other planetary aspects and if there is a sign of Jupiter or a sign of Mercury on the Ascendant) to assess which of the two is the stronger. Secondly, are the planets in mutual reception also connected by one of the six major aspects: conjunction, sextile, square, trine opposition, and inconjunction? If we combine these two factors we come up with an importantAstrological Rule: When two planets are in mutual reception and also connected by one of the six principle aspects, the effects of the mutual reception are either strengthened of the aspect.

The astrological student should also keep in mind that the houses in which planets in mutual reception are found are also closely linked. Thus if Venus in Cancer in the Tenth House were sextile to the Moon in Taurus in the Eighth, the positive energies of this combination would extend themselves over into an harmonious linkage of these two houses and their functions in the natal chart. This would be especially the case if Cancer and Taurus were the signs of the cusps of their respective house placements. Remember that in natal astrology we are always, always seeking to understand the relative strengths

houses in order to give them proper emphasis and priority in our analysis. There are literally dozens of possibilities for mutual reception in the natal chart. As this is such a common factor in natal analysis, it is impossible for us to write about all of them in the space of an article of this length. But let us examine a number of mutual receptions in order to give the reader some insights as to how to interpret such planetary relationships when they are found in a chart. To help us in this endeavor, the following is a table of planetary powers (pls see next

Sun in Aries and Mars in Leo

The first question we ask ourselves is: which of these planetary combinations is the stronger? The answer is the Sun in Aries. Although Mars is quite potent and very comfortable in the sign of the fiery Lion, the Sun in Aries for the good or debilitate the planets is in the sign of its exaltation. Thus even further depending on the nature we can imagine a person with this combination in his or her natal chart to be a "super Aries", or an individual who has little trouble projecting his or her fiery creative will. This would be even further emphasized should Mars in Leo and the Sun in Aries also be in trine. As it involves the ruling planet of the chart, we would have an even more willful and dominant personality if Leo or Aries were rising making this trine the predominate aspect of the horoscope. We must keep in mind that there are many, often contradictory elements in a given map. Thus the ease of self-projection indicated by this mutually receptive trine would be strongly modified to the contrary should Capricorn be on the Ascendant and weaknesses of the planets and and Saturn square either Mars or the

Planet	Honor	Detriment	Exaltation	Fall
Sun	Leo	Aquraius	Aries	Libra
Moon	Cancer	Capricorn	Taurus	Scorpio
Mercury	Gemini/Virgo	Sag/Pisces	Aquarius	Leo
Venus	Taurus/Libra	Scorpio/Aries	Pisces	Virgo
Mars	Aries/Scorpio	Libra/Taurus	Capricorn	Cancer
Jupiter	Sag/Pisces	Gemini/Virgo	Cancer	Capricorn
Saturn	Capricorn/Aqu	Cancer/Leo	Libra	Aries
Uranus	Aquarius	Leo	Scorpio	Taurus
Neptune	Pisces	Virgo	Cancer	Capricorn
Pluto	Scorpio/Aries ²	Taurus/Libra	Aquarius	Leo

Sun. As the reader has no doubt found out, astrology and natal analysis in particular are very complex studies!

Sun in Capricorn and Saturn in Leo

Which is the stronger? As Saturn is in detriment in Leo, the Sun in Capricorn by default is the stronger. Why do we say"by default"? The Sun is happiest and shines most brightly when it is in the fiery signs. Its energy is diffused in air, obscured in water and buried in earth. In soul-centered astrology, the potential of the Sun in Capricorn gives rise to the Initiate (i.e. Christ is born when the Sun is in Capricorn). The Initiate is a man or woman who has transcended the urge for personal power and achievement, personal wealth and worldly status and who by his or her service to humanity, re- The Sun in Libra and Venus in veals the power of what we call, the **Leo** "True Spiritual Sun/Son." But such an exalted status is not the common lot The Sun is in fall in the sign of the of humanity. A person with a highly Scales. Its rays lose their potency evolved consciousness could use this through a wavering inconsistency esmutual reception of Sun and Saturn pecially when the individual is forced

in order to express "the will-to-good," but an ordinary fellow with this combination would most likely go through life seeking to express one's personal will with the urge to dominate the environment accordingly. This would be especially true if either Leo or Capricorn were the rising sign. Thus frustration he or she would encounter in this willful urge would be even more emphasized if the Sun in Capricorn were inconjunct Saturn in Leo. The reverse could also be true, i.e. one of the major karmic inferences in an incarnation with this mutual reception would be for the individual to learn how to develop and properly use an underdeveloped sense of willpower. As is always the case, the entire horoscope would have to be examined.

Which is the stronger? Venus in Leo.

The Real Scoop on Mutual Reception



The planet Saturn is depicted as the Roman god Saturnus, holding his symbolic attributes, a sickle and scythe Lucas Cranach the Younger, 1550-70. (British Museum)

to act independently for any period of time. Libra's greatest strength (and weakness!) is when he or she is interacting in partnership or in social settings. The creative and attractive force of Venus is dramatically focused in Leo, although the "urge to merge" of the Divine Aphrodite as well as her esthetic sensibilities will tend to be personal to the extreme. The energies of this mutual reception however, especially if there be a sextile between the Sun and Venus in these signs, generally yields an artistically oriented, socially graceful and often physically beautiful individual. These qualities would be emphasized if either Libra or Taurus were rising. Even if there were a semi-square (45 degrees of separation) between these two planets, i.e. Venus at 16 Leo and the Sun at 2 Libra, not much harm could arise. This mutual reception is "soft" by its very nature as the two planets in question are quite compatible. The challenging nature of the semi-square linking this mutual reception would not deny having partners-even good ones! On the contrary, this connection by mutual reception between the Sun and Venus would tend to stimulate an intense and passionate love life and would definitely enhance the fun factor in intimate relationships. Any problems that could arise would come from the fact that the Venus in Leo, Sun in Libra person would tend to create a relationship on his or her concept of what is fun and what is passionate which may or may not be the same concept as the chosen beloved.

Mars in Capricorn and Saturn in

Which is the stronger? Mars in Capricorn. Mars is exalted in the Mountain Goat and Saturn in is fall in the Ram. Mars in this position would tend to stimulate and give focus and structure to personal drives and ambitions. Saturn in Aries on the other hand, would tend to inhibit this martial "go-for-it" attitude by limiting its scope of effectiveness based on the individual's need to create his own system of rules and regulations. This instead of penetrating (Mars) ones ambitions into a larger social structure (Capricorn) and making use of larger, collective resources, the individual would tend to shape those resources according to a sense of personal limitations and timing (Saturn in Aries). The latter is often in conflict with the larger social world in which he is a part (Saturn in fall). Should there be a square between Mars in Capricorn and Saturn in Aries (which can easily be the case), such an aspect would only enhance the natural antipathy existing between both these planets and their respective signs. The square between Mars and Saturn links them in a constant battle for dominance. Mars says, "Go!" and Saturn says, "No!" This is very much like driving a highly tuned car with the brakes on while all the time attempting to break records at the Indv 500.

But what would occur is Mars in Capricorn were trine Saturn in Aries? This could happen if Mars were in the first degrees of its sign and Saturn in the last degrees of its position (for example, Mars at 2 Capricorn and Saturn at 29 Aries, yielding a trine of 117 degrees well within the 120 degree orb

for this aspect). Although the struggle between these two very different forces would still exist, the individual could find that life would more easily provide some solutions to this "stop and go" kind of tension. The individual could more easily learn how to create native. The Moon's house position the proper boundaries and structures for his particular goals, recognizing the relationship that has to exist between the personal ordering of events at a chart with Sun in Scorpio with (Aries) and the exigencies of the social order in which one lives (Capricorn). Thus through successful trial and error, the individual would come to learn how to minimize the inherent frustration that exists within the energies of this mutual reception.

A complication arises if both planets and rising sign. are in mutual reception but are also in the signs of their detriment. This can only occur in the case of so-called, Scorpio and Mars in Libra or Taurus, Mercury in Sagittarius or Pisces and Jupiter in Gemini or Virgo, the Moon Sun in Aquarius and Uranus or Saturn in Leo, Neptune in Virgo and Mercury in Pisces, and Venus in Scorpio with Pluto in Taurus. Should any of these pairs also be in opposition, the resulting mutual reception could be even more deleterious as here you are compounding weakness upon weakness.3 In terms of delineation, you still need to determine which of these two planets will be of the greater influence. This requires that the astrological student know the "theme" of the horoscope.

Let's say that you are studying a chart that Cancer rising. The Moon, as the ruler of the Ascendant, plays one of the most if not the most vital roles

in the entire nativity/life of the person. If the Moon were in Capricorn (its detriment) and Saturn in Cancer (its detriment), the Moon as ruler of the chart would be the more debilitated and hence debilitating to the would thus be an area of serious conflict for the individual. As another example, let's say that you are looking an Aries Ascendant (that is conflict enough!) and Mars were placed in Taurus in opposition to Venus in Scorpio. As we can see, both these planets are in their detriment but Mars is much more of a debilitating influence to the native as it rules both the Sun

Yet another factor in the correct judgment of mutual reception occurs should one of the planets be in "reversed pairs": Venus in Aries or its exaltation and the other in a neutral sign. This is the case when Jupiter is in Cancer and the Moon is in either Sagittarius or Pisces. Here the Moon in Capricorn and Saturn in Cancer, the rules Cancer but Jupiter in this sign is in its exaltation as well as the ruler of the Moon's sign placement. The influence of Jupiter would thus tend to predominate unless Cancer was rising in which case there would be ample reason to give the Moon increased influence. This example leaves little doubt that it is in the ability to synthesize the various elements of a horoscope that the real art of the astrologer expresses itself.

- 1 The reader may wish to consult my book Rulers of the Horoscope (The Crossing Press, 2000) for a more lengthy discussion of this and many other important factors of dispositor-
- Although some would dispute this listing, there are a number of astrologers including the writer, who view Pluto as the co-ruler of Aries
- In the case of Mercury and Jupiter squares are also possible, i.e. Mercury in Sagittarius square to Jupiter in Virgo. In the case of Mars and Venus conjunctions may also be found, i.e. Venus at 28 Aries conjunct Mars at 2 Taurus. Such conditions would also prejudice the horoscope.

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Occult Healing [CIII]

Prof. Dr. h.c. K. Parvathi Kumar

Dr. K. Parvathi Kumar is an author of more than 100 books. He held more than 500 seminars in five continents. His topics comprise the areas of meditation, yoga, philosophy, astrology, healing, colour, sound, symbolism of world scriptures, time cycles, and many other issues.

Some are endowed with vital energy and some are not. The energy surrounding the humans is always the same. Just like the sunray reaches all the beings, the receptors of the energy are either strong or weak. Accordingly, men are of feeble health and of strong health. Health is measured Life must be understood to be abunhere not by the physical ailments, but by the enthusiasm and the swiftness of movement that a person holds. Some are able to work abundantly in from the surroundings, so that the spite of physical ailments and some are not able to do so, even while there is an insignificant physical ailment. In the former, there is better reception of energy and in the later, it is no so. Very often we see men with cardiac problems slowing down their life, giving undue importance to the physical ailment. There is a false auto-suggestion coming to the person out of can receive more life and continue to self-pity that he needs to slow down. Slowing down, enables weak flow of life and light. Similarly, there are others who nourish and nurture their sicknesses by excessively orienting to the sicknesses and the attention the sickness be, but I continue my that the sicknesses need. They do not work" is a key. Men should be educatknow that life and activity must go ed not to consider too much to their

on at fairly reasonable speed, regardless the sicknesses. This should enable to weaken the sickening psyche in oneself. The more one feels sick, the more there would be a corresponding growth of sickness.

Sickness is a vampire that sucks life. dant and unlimited. By active functioning in a meaningful way in the society, one can draw additional life vital energy is kept intact and sickness is resisted. Life is witness and the surround as well. Through activity of good will and also through activity of abundant rhythmic breathing one can draw more life from the surroundings. If one can rhythmetize his life, there can be a better reception of life. Thus, through appropriate tuning up, one be vital regardless sickness. Such ones resist disease, decay and even death until the life work is fulfilled.

There can be an attitude of intelligent indifference towards sickness. "Let



Viscum album at Nabekura Park in Tono, Iwate prefecture, Japan.

sicknesses and to go on working for enough regardless the vampirism. This continued their work of good will regood rhythm.

When we see the nature we find trees

the society constructively adapting to message needs to be taken from nature. Turn to life and conduct lively activity. The nature supports you with and also vampiring creepers that sur- its life. Turn not to sickness. Those round the tree and live by the tree. who turn to sickness are sucked by Regardless the vampiring creeper, the sickness and eventually they succumb tree continues to grow. It grows big and die. Men of wisdom at all times

gardless the sicknesses they suffered from. They did not pay too much attention to sickness, they paid attention to good will and good will is nothing but love in every action that man carries out.

Psycho Neuroendocrinology [II]

The Entire Body Thinks

Valentin Garcia Lopez



Valentin Garcia Lopez has graduated in Naturopathy. He is a health practitioner in Barcelona. Special health technique course assessment, studies in Auriculopuncture, Oligotherapy, Spagyric (Alchemical Medicine), Orthomolecular Medicine, Homeospagyric. Full training of three years in Sintergética. Part of the faculty of Merrylife Centre (Barcelona), teachings on "Supraconsciousness". He is a member of FENACO (Spanish Professionals Naturopathic)

Neurotransmitters

- Brief History
- In the sixties some fundamental discoveries were made centered in a new kind of infinitesimal chemical substances called neurotransmitters. They act in the body as "messenger molecules" allowing the neurons of the brain to communicate with the rest of the body.
- The neurotransmitters are messengers that come out of the brain and return to it, communicating to each organ of the body what our emotions, our wishes, memories, intuitions and dreams are. None of these events remains confined in the cerebral universe.
- In the same way, none of them are strictly mental since they can be codified into chemical messages. Neurotransmitters have an influence in the life of any cell.
- These messengers allow filling the void which separates mind and body. In the mid seventies, it seemed as if only two transmitters were needed: acetylcholine and norepinephrine, one to activate a distant cell, like that of a muscle, and the other to stop this same activity.

- They were a revolution for science since they demonstrated that the impulse sent from one nerve cell to another is not electrical but chemi-
- In the mid eighties, when not even ten years had passed since those discoveries, more than fifty neurotransmitters and neuropeptides had been identified. At present, new neurotransmitters are being discov-
- All of them can be made in one side of the synapsis between the neurons, and when they cross this synapsis, they all have a place in the receptors located in the neurons and in many other cells of the endocrine system and the immune system. This phenomenon entails a perfect flexibility in the communication among the cells.

The entire body thinks

- Little by little the division of the body in different systems such as the nervous system, the endocrine system, the immune system and the digestive system has been diminishing.
- It has been demonstrated that the neuro chemical substances themselves influence the whole bodymind system. Everything is interconnected in the neuropeptide system.
- So, for example, insulin, an hormone which we have always identified with the pancreas, is also produced by the brain and the stomach which themselves produce transferons (transfer factors) and cytokines as does the immune system.
- Continuous investigations are showing furthermore, that there is no better pharmacy than the organ-

- ism. It produces diuretics, analgesics, painkillers, sleeping pills, antibiotics and, of course, any of the substances made by the pharmaceutical companies; furthermore, all its products are of better quality. The doses of the drug is always the right one and it is always administered when needed; all secondary effects are non-existent; and the instructions of use of these drugs are inscribed in the drug itself; they are part of its intelligence.
- A capable of "thinking" body is not the kind of body medicine deals with. The organism knows every moment what is happening, not only in the brain, but in every part of the body in which there is a receptor of messenger molecules, i.e. in each cell.

Emotions and their relationship to health and sickness

There are more and more investigations that demonstrate the relationship between emotional factors and their impact in the great systems of the organism: to study them we will divide them in "negative emotions" and "positive emotions".

Negative emotions

- Three different studies of breast cancer survival in the United States in the mid eighties gave the following results.
- In one study, women who showed positive attitudes, survived longer than women with negative attitudes no matter what the progress of the illness was.
- It seems like positive emotions contributed to the remission of very advanced and even terminal cancers

- while patients with negative emotions died defeated by small tumors diagnosed in the first stage of development.
- It was also demonstrated that any firm attitude, if and when, was externalized and not repressed, it helped overcome any terminal ill-
- The first study corroborated common sense (the positive is better than the negative), and the second, defended a similar idea but approached from a different point of view; it is better to fight than to surrender.
- Such was the development of the concept of cancerous "C personality" capable of containing and repressing emotions to the point of generating malignancy in the cellular world. The opposite pole is that of the people "with a strong will to live".
- Persons, who live alone, especially widows, are more prone to cancer their loneliness is a risk factor.
- Similarly, women who have become widows have two times more probability of developing breast cancer and, illnesses are four times more probable in chronic depressive ones.
- Persons, who have more connection with their friends, family or support groups, have a lower index of mor-
- Friends are equivalent to good health and increase longevity. After 60 years of age, friends are very important. People of that age, who isolate themselves, without friends, they have double probability of death than those who frequent friendships.

- Similarly, we all have heard sometimes the expression of some widows or widowers when they lose their partner saying: "this has broken my heart".
- This goes beyond a simple way of expressing oneself. 40 % widowers die more during the first 6 months after the death of their spouses than males who are not widowed. This phenomenon exists especially in males because their spouses are a protective factor for them. They depend more on their wives than the wives on their husbands.
- Such is the case that widows survive the death of their husbands for many more years.

Positive emotions

- There is a lot of research demonstrating that laughter and good mood can help us overcome terminal illnesses, like drinking a glass of black grape juice every day, if our conviction is strong enough.
- than married ones. It is said that Norman Cousins is considered the precursor of "laugh therapy". In the seventies Cousins was diagnosed with ankylosing spondylitis which has very low chance of cure. Cousins arrived at the conclusion that if negative emotions were harmful for the organism, then positive emotions should have the contrary effect.
 - Cousins decided to watch funny movies which would induce laughter and he tried to burst out laughing while watching them. Cousins recovered completely and wrote the recommendable book, "Anatomy of an Illness" in which he describes the entire healing process.
 - In the seventies a study was con-

Psycho Neuroendocrinology

ducted at Ohio University about heart illnesses by feeding some rabbits with highly toxic and high cholesterol content products aiming at blocking their arteries.

■ The results were obvious in all the groups of rabbits except in one, which curiously showed 60% less of terrible symptoms. There was no element in the rabbits' physiology that could explain a greater tolerance to a toxic diet, until it was discovered by chance that the student in charge of feeding them used to pamper them; he would talk to them and caress them. He would

hold them in his hands and was affectionate with them for a few minutes before feeding them; it seems incredible, but this simple difference from the other rabbits allowed them to better endure the toxic diet.

- This kind of experiments have been repeated numerous times: some rabbits are treated in a neutral way, while the others are treated with affection, and the results are always identical.
- The occult mechanism in this kind of immunity is enigmatic and shows the influence love and affection have in the immune system.
- For many centuries the massage called "Shantala" has been used in India.
- This therapeutic technique is becoming more and more extended among western pediatricians. The infant massage helps the children acquire resistance in their organism, tranquility in their sleep, not to catch infections and to have a positive psychic development.
- It has been scientifically demonstrated that if newly born children are touched and caressed, the level of their growth hormones increases and myelin, the protective layer of the motor nerves, thickens. The loving maternal impulse to pamper the baby it ultimately translates into life sustaining biochemical reactions.
- On the contrary, babies denied of affectionate attention can become emotionally deformed or have severe malfunctions. There are cases of young children who due to their lack of love stopped growing. This syndrome is called "psychosocial dwarfism" and is present in children gravely mistreated who turn their

lack of love and affection into exhaustion of the growth hormone.

- When those children affected by psychosocial dwarfism are placed in a loving environment, little by little they grow again and after some time regain their height, development and normal weight.
- The physical exercise also has great influence in the human psyche. Certain studies of space programs have shown that the lack of physical activity during space flights leads to depression. but when a regular schedule of exercises is imposed upon the astronauts, such depression is avoided.
- Finally, the cerebral mechanism that controls depression seems to be related with the neuro chemicals catecholamines. Depressed patients who always have very low levels of catecholamines should try the natural method of doing regular physical exercise before being given antidepressant medication.

To be continued...

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"Number, Sound, Colour and Symbol hold the key for Psychical Balance and the related health."

Dr. K. Parvathi Kumar

28 Paracelsus Health & Healing 2/XII

Are Doctors engaged in **Genuine Health Care?**



Prof. Sasidharan P.K. is professor and head of the department of Internal Medicine at Calicut Medical College. He is popular for authoring the book Heal-Thy India, a collection of observations regarding the healthcare system in India. He has authored many medical textbooks and research publications.

Doctors claim that they are engaged in genuine health care. The quality and quantity of the air we breathe, the water we drink and the food we as artificial colours and flavours. To regularly eat are prime determinants of our health. The lifestyles that we follow in our day-to-day living will add to these in deciding whether we would stay healthy or would develop diseases. But by giving medicines, removing and repairing organs or even transplanting them after a person has become a patient, are doctors really engaged in health care? Diseases are the result of neglected health care. All diseases known to mankind are directly or indirectly due to problems in life style, diet and environment. The issues involved might be very obvious in some cases, but are not so in some other cases where it might have occurred in the recent past or remote past. The issues or causes would have occurred in the previous generation in case of genetically transmitted diseases. In the case of infectious diseases, the causes are often clear; it might appear as if it occurs due to some pitfall in hygiene and sanitation (both personal and environmen-

into the host. Even in these situations the role of nutrition is conveniently forgotten; the organism establishes strong foothold only in the body of a person with weakened immune status - the cause of which is malnutrition. We are oblivious of the fact that malnutrition is the most important health Prof. Sasidharan P.K. care issue for us. Even in the case of lifestyle disorders like diabetes, heart attacks, stroke and cancers, there is a strong factor of malnutrition in the form of overeating or deficiency of protective elements in diet, and exposure to various toxins through sources like alcohol, pesticides, chemicals, preservatives and food additives such put it in simpler terms – no disease on earth is due to a single etiological factor. Doctors with narrow vision and interest often fail to identify multiple factors, which are easily modifiable, and involved in the etiology of diseases. Even cancers and genetic diseases are due to a multitude of such problems and the problems can always be traced to diet, lifestyle and environment. The mutations in gene, which cause inherited disorders and cancers, are also the result of one or more of these environmental, dietary or lifestyle problems, which escape our attention. The genetic mutation in cancers is usually confined to the same individual if he/she dies due to the disease and fails to transmit it to the next generation. But in case he is a cancer survivor, he might transfer the already modified gene (susceptibility gene) to the next generation. In the case of inherited disorders like haemophilia, we know that fresh mutations occur, the causes for which

tal) where the organism gains entry

are obviously the same. At some point in foetal development, the mutation occurs due to wrong diet and lifestyle habits or some unseen environmental issues which the prospective sic health needs. As such, treatments mother carrying the foetus is exposed mutation is capable of living to adulthood and procreate, she/he invariably transmits it to the next generation. To give one example, the reason for diseases like Haemoglobinopathies (for example Sickle cell disease, Thalassemia, G6PD deficiency) in the depresence of malaria in the community. The body modifies the red blood cells to escape from the attack of the parasite. It is the long term consequence of the existence of malaria in society. Why malaria exists is basically because of poor waste management and malnutrition. Can we ever solve health problems by studying the blood or gene of the individuals with disease? Can we cure all these diseases in every individual with medicines, surgery, organ transplants and the therapy of the future – gene therapy? On the other hand, we can certainly improve nutrition, lifestyle and waste management and wait for a good outcome for the next generation in the form of reduced disease burden and improved quality and quantity of life for each individual. To identify the etiological factors in diseases we have to study the individual as a whole- his lifestyle, his dietary habits and his environment in its totality. This is what, as doctors, we should are teachers.

After making available basic health

focus on basic disease care facilities. Ultramodern and high-tech treatment facilities should not be included and conceptualised as part of baare damage repair facilities, it makes and providing more damage repair facilities, no matter how big or modern they are. Hi-tech or super speciality hospitals should be the last choice for any form of society. To provide basic disease care, we need more family doctors or general practitioners. are becoming rarer and rarer. Because of wrong polices or a lack of policies, family physicians have become a vanishing species in India. We need to revive the system, for which the MBBS curriculum has to be modified suitably. If we are human beings interested in the health of our fellow beings and welfare of our country, we need to bring about a radical change in the health care scenario. India is probably the only country wasting resources by ignoring health care and concentrating only on setting up super speciality hospitals for treatment. Many developed countries in the world like UK, Canada, Denmark and most of Europe and Australia have a strong referral system where the GPs/family doctors are the key players in disease care. In all these countries, specialists are not given undue importance and patients have no direct access to them. Even the remuneration and respect which General Practitioners (or family doctors) get in society are better also have a perfect basic health infrastructure and consequently have

to. Since the individual born with the no sense in producing more damage veloping world is only because of the But over the last few decades they be teaching people – because doctors compared to specialist doctors. They needs to all citizens, we should then a very low disease- burden as com-

Are Doctors engaged in Genuine Health Care?

pared to India and other developing countries or under-developed countries. The disease care scenario has deteriorated to organ based super speciality approach alone in some developed countries like USA and their followers like India. But the majority of these countries (except India and some African countries) have perfect basic health care and the disease burden is very low for them. Even USA has realised the mistake of ignoring primary disease care (family doctors) and are in the process of taking corrective steps.

Therefore it is a social need to change the curriculum of MBBS training, to encourage family doctors, as a national objective. This is because specialisation in any field, especially in disease care, will evolve as a natural process, because of several humane weaknesses, including the need for ego-satisfaction, greed for money, easy fame, and even some amount of laziness. But the cost effective and challenging job of basic doctors/ family doctors who have to act as friend, philosopher and quide to families or individuals, needs tremendous amount of patience, interest in human beings and all their problems, along with very good communication skills. They will be there only if the nation has a plan and will naturally disappear if we are weak with our planning. Before the curriculum change, we need to prepare the grounds for it by educating the public and authorities about what is happening in health care and disease care in India. We need to work for a health policy and implement necessary economic and social reforms to produce more GPs or family doctors. in the years to come if we don't in-

If we want to bring back GPs/family doctors we should introduce a referral system by introducing strong legislation, ignoring protests from the uninformed public, medicare industry and its supporters. The MBBS curriculum needs to be modified to produce primary care doctors who will be given training to work as GPs as is being done in Denmark, UK, Canada and several other countries. General Practitioners should be the first contact doctors who will look after all individuals under their care, irrespective of age and gender. A fixed number of families or individuals can be registered with each GP and they should consult only that doctor for all their problems. People should not consult a specialist unless and until the GP re-

fers them to a specialist. In India, doctors are becoming specialists because they gain respect and encouragement from people and the government only when they become one. GPs are neglected by the government, and the people are given the freedom to go to any specialist of their choice: this practice is unheard of in any good health care system. This leads to doctor- shopping, increased cost of medicare and other unhealthy trends in the system. Referral system is not referral protocol as some doctors think. In Kerala, the health secretary once made a genuine attempt by entrusting some doctors to formulate guidelines for introducing a referral system. But by making protocols for referring various diseases they scuttled it. Referral system needs legislation and policy change and not just guidelines. The common man and economy will suffer heavily

legislation. We will have to identify recognize this danger. The earlier we sasidharanpk@gmail.com doctors who are willing to practice as recognise this, the better it is for us GPs and then permanently register a certain number of families with each one of them.

The permanent solution to our problems lies in providing genuine health care by making available all the basic health needs to all sections of society. These include providing balanced diet and safe drinking water for all, proper and prompt waste management, good sanitation facilities, and encouraging and educating people to follow good lifestyle practices while providing facilities for that like playgrounds and parks. Providing basic health needs will reduce the disease burden in the community. This is possible only if we aim at human development and providing social security to all individuals in the society. Therefore the situation calls for strong economic and social reforms. After that we need to streamline disease care by focusing more on basic disease care. Health care should be unambiguously understood as prevention of diseases and promotion of health alone. Disease care is not genuinely a health care activity in its true sense, but can be transformed into health care if doctors recognise what went wrong in each patient and teach the patient and the attending relatives, in the hospital setting itself, about the prevention of that disease. If we want to have people-oriented health care, then what is needed is a stable pyramid of health care. But we have ended up producing an inverted pyramid, which is collapsing, and has resulted in increased number of diseases. The sad part of the story is that neither the general public nor

troduce a three tier referral system by the doctors and the administration Contact and the rest of the world.





Basic Thoughts about Learning Disturbances at School [I]

Ravi Roy and Carola Lage-Roy



Dr. Ravi Roy was born in India. In 1976 he came to Germany to study the scriptures of Hahnemann in the original language. Since 1980 he has been offering comprehensive trainings in homeopathy. Together with his wife Carola Lage-Roy, who works as alternative practitioner and homeopath herself, he has been writing 30 books on homeopathy. Carola Lage-Roy, naturopath, is running an own practice since 25 years and works as a homoeopath and Bach Flower Therapist.

The significance of school in the lives of our children

The basic schools (Elementary Schools, Secondary Modern Schools and High Schools) which start from six years onwards up to the respective final examination have lost their basic meaning to prepare the growing child for life. Thus corresponding difficulties arise for children to get along at a normal school. A child feels pressed into a scheme and has difficulties to follow the meaning of its life given by its soul.

What is the meaning of being or the sense of life?

When a soul contacts the three-dimensional world for the first time it receives a code containing the basics for all developmental possibilities. By coming into the manifested world the impulse is given to unfold the seeds of this code and the life of the human being begins to develop in the given direction. Each life germ is surrounded by a protective shell so that it cannot be negatively influenced. Ideally it reaches the blossom of its youth "unspoiled" and maintains this condi- According to their graduation certifi-

tion through its entire life. From the unique code (pattern) given to each soul, you receive the individual tasks, duties and responsibilities. They are meant to train and to further develop the abilities of this human being and thus realizing his own life purpose. This way school has the responsibility to give the child the corresponding learning materials so it can develop its own inner talents. The more the child is given individual treatment the better it can master its individual life purpose.

There are three phases of learning: the theoretical basics, the practical implementation of the subject matter and experimentation with the subject matter. Theory gives us the frame within which we have to move. The practical application familiarizes us with the subject matter until the subject matter has become second nature. Playing around with the subject matter gives us the mobility to be able to apply what you have learned thus becoming a master. The basic learning materials in order to become a master of one's life are the same for all people. First everybody has to know the basics of life. Afterwards one has to find and train towards one's own individual direction.

Not everybody is meant to become a master of music, mathematics or of other areas. But the basic knowledge of all areas is a good basis of later life. The meaning of Elementary School during the first four years is to teach a child the basics of all important lifeand science areas. The teachers' tasks are to find the abilities and talents of the child up to this point and to judge them and to exactly describe them.

Basic Thoughts about Learning Disturbances at School

cate at the end of the fourth grade the children are sent to the corresponding schools. In these schools two basic equal learning paths should be offered for the holistic development of the child: science and art. Up to junior High the basic knowledge of science and art is studied. This way at the end of junior High there is the possibility to find out which special direction of science or art is appropriate for the child. From this point on all energies of the pupil can be focused on the special subject's matters until he achieves mastery. Thus, he will be prepared for his special life task at the end of school. In order to avoid so called "subject idiots" which are irresponsibly trained in our schools, it is recommended to keep alive the interest in the diversity of life. For example, one could offer a subject matter in the changing areas of life such as actual environment topics, health provision, culture etc. At the same time it could be taught how to solve

conflicts. The task of the university is to teach the diversity of the subject of his main talent in practical application as well as independent experimentation. By finishing his apprenticeship whether it is handicraft or university this person is now ready to start fulfilling his actual life task.

The role of the parents

The influence of the parents already begins when they are prepared to take care of a soul. At this point the parents are undergoing a cleansing and developmental process which offers the best possible opportunities for the child. The conception or the decision to adopt a child should be done with highest regards for life itself. The soul of the child should be conceived with the love of the heart of both parents. The pregnancy or the waiting period for the adopted child is the time when both parents can transfer their abilities and talents to the child on the subtle level. If the mother is a musician for example she can play her favourite melodies as well as sounds which touch the spirit. Everything she learns for herself, experiences and does nice things for herself the essence of which is transmitted to the child.

In this way she can transmit basic knowledge with joy and without effort to her child while it is still in its mother's body. During the preparation-phase a child who is to be adopted also feels when the future parents mentally prepare themselves for the new family member and send their own abilities for support. It has been observed that children whose mothers studied a foreign language or a certain piece of music later learned

these subjects easily. In the same way the father can instruct the unborn child while telling his wife about his professional success. The role of the parents continues while the genetic material which has been given to the child during conception is more and more refined. However, this genetic material not only contains all the beneficial abilities but also their weaknesses. Each soul has its own strength and weakness which are anchored in their genetic code. However, this constellation is not totally active and firmly structured.

So it can receive a totally new, positive and life furthering structure at all times. In the way the parents eliminate their own miasmal burdens The task of the parents is to under-(meaning the negative aspect of their genetic codes) also the child will be freed of this weaknesses correspondingly as if they have never existed. This is true for all levels of existence. During the nine months of pregnancy and the first two years of the child it is very useful if the parents give the child their personal effort to dissolve miasms which everybody has.

From the view of the little child the parents are an absolute shining example. It sees and searches for the ideal of father and mother whom it needs for its individual development. Each child is innocently born with a longing for truth and the melting with original love. The image of an "ideal" family as it is incorporated by Joseph and Maria in the west is impregnated into the child's soul. It does not look for the high grade of Joseph and Maria in his parents but a perfect ("holy") family. Thus the soul looks for those parents whose child it wants to be in order to learn a lot and to achieve

will! This circumstance leads to the realization that parents and children are only companions on the way for a limited amount of time of the infinite distance towards the aim and that the specific freedom of the other family members are untouchable.

For who of us knows the entire plan of other souls?

Through the positive and negative characteristics of the parents and other family members, different frictions appear because the child also brings different characteristics with it which are to be implemented and supported and on the other hand have also to be corrected.

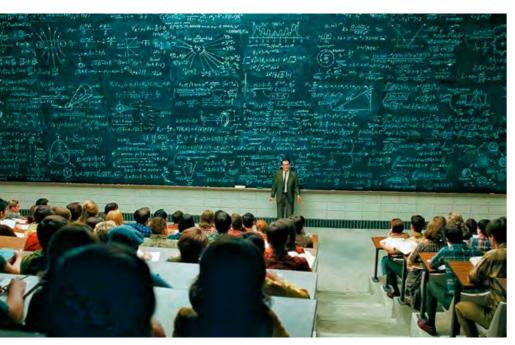
stand the child as a complex being who pursues the aim of becoming whole. The respect for this courage and the pure search of the child which in each case acts according to a divine plan is the actual "holiness" of the parents and requires endless openness, patience and the readiness to clear up much unpleasant things within oneself in order to further the child but to

the aim of realization. This is its free strengthen the good in oneself and to present the child. This basic readiness of the parents to further the growth of the child in every moment which could also mean harshness and limits is what every child longs for. If one parent is missing the effort for all family members are considerably more strenuous but also the learning experience can be more intense. The more difficult the task the bigger is the maturity process.

...to be continued

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"The darkest night is often the bridge to the brightest tomorrow."

Jiddu Krishnamurti

Traditional European Natural Healing - TEN [I]

Authors: Christian Raimann, Chrischta Ganz, Friedemann Garvelmann, Heide-Dore Bertschi-Stahl, Rosmarie Fehr-Streule

1. Definition

The acronym TEN - 'Traditional European Natural Healing' - stands for an independent, rationally comprehensible and teachable medical system, which links the traditional roots of medicine with 'modern' knowledge and hypotheses and integrates compatible diagnostic and therapeutical advancements into the TEN system. It is rather less defined by the applied diagnostic and therapeutic methods than by the underlying hypotheses and working models whose basic elements and characterizing aspects will be presented in the following.

TEN, originated in Europe and further developed as a correlation to e.g., TCM (Traditional Chinese Medicine) or Ayurveda is mainly practiced by naturopaths in Central Europe, but increasingly also by naturopathically oriented physicians.

2. Historical Background

The history of medicine starts with the history of mankind, visibly in the confrontation with health, illness,

(4000-3000 BC). A further branch of TEN develops in ancient Egypt (from 2500 BC onwards).



Spheres of influence of TEN in the European region. – During the course of coloniization, also a vivid mutual exchange with other continents and cultures takes place.

From 2500 BC, a branch of TEN develops in ancient Egypt. Due to Egyptian heritage and the influence of the Greek philosophers, medicine is strongly characterized by philosophy and ethics. In ancient Greece, around 400 BC, Hippocrates formulates humorism [teaching of the four humors] (valid in TEN until today and explained in Section 3.7), in which the human physiology and pathophysiology is systematically explained for the first time. In the 2nd century AD, the Greek, Galenos of Pergamon, expresses the teaching of the four humors in a written and binding form that is successfully life, and death. The cradle of TEN is applied by well qualified Greek inherent in Mesopotamian culture physicians in the whole of Europe.

Traditional European Natural Healing - TEN

The formative influence of Galenic teaching on medicine remains up to the 19th century.

After the European plague wave (543 AD) and the collapse of the Roman Empire, the art of healing of the Arab world is collected and further developed.

In Europe, with the spread of Christianity, health care of the people is undertaken by the monasteries, which is, however, prohibited by the church leadership in 1130 and therefore comes to an abrupt end. Celtic Germanic (healing) knowledge is curbed, and also the folk medicinal, empirical knowledge of the herb women, midwives and the collectors of roots and herbs who are skilled in the art of healing.

One of the few authors of healing is Hildegard von Bingen, who leaves writings built on Celtic Germanic knowledge and on the theory of the four elements.

In the 16th century, Paracelsus sets things in motion in the medicine practiced at that time which is fixated on Galen and taught at the universities. He collects the folk medicinal knowledge of the rural population and describes the principles of the interaction of microcosm (human being) and macrocosm (environment).

In the 18th century, the modern scientific thinking model increasingly influences medicine. At the same time – as a counter movement to materialism – vitalism develops, essentially characterized by Christian Wilhelm Hufeland.



Paracelsus (Q. Massys, 16th century)

Then, in the 19th century, due to Virchow's cellular pathology, the final paradigm shift from humoral medicine to today's conventional medicine takes place. Here, in diagnostics and treatment of diseases, the bodily functions are no longer at the centre of observation but only the cell and tissue structures. Goethe's observations of nature also freshly inspire and revive natural healing (e.g., Priessnitz, Kneipp, Künzle, Bircher-Benner, Steiner, and many others). In the 20th and 21st century, medicine celebrates great success in some domains, but in many cases cannot do justice to the individuality of the sick person and his needs. Traditional natural healing counteracts these deficits with empirical knowledge, holistic and caring thought and acting.

3. Defining Basic Elements

3.1 Acceptance of the Laws of Nature

"Natural healing is the art of healing according to the laws of and with the means of nature."

Friedemann Garvelmann

TEN regards the human being as an integrated element of the totality of nature, whose existence and quality of life is not only inseparably connected with the satisfaction of his biological basic needs also with his constitutional situation and with the quality of his social ecological and also mental environment.

Indispensable premise of TEN is the knowledge that nature has at its command such healing strategies that enable the human being to the self-healing of most diseases. If this self-healing does not take place spontaneously (which e.g., becomes clearly perceptible in the course of chronic-degenerative diseases), this is based on a blockage, resp., on inefficient modification of the natural strategies of overcoming and healing of diseases. The TEN practitioner therefore has the task of recognizing the inward (endogenous) and outward (exogenous) facts that are preventing the self-healing process, and, based on this, of taking therapeutic and prophylactic measures to a natural optimization.

The elementary therapeutic principle of TEN is the work WITH – and not against – the laws of nature.

Based on this, TEN provides an equally ranked alternative to conventional medicine. Its limits are pointed out in – even if the symptoms occur locally.

6.2. The statement that "there is no rela-

3.2 Function as a Central Aspect

According to Hufeland's understanding, TEN regards the tissues, resp., the organs as 'tools', which serve for the provision and execution of specific functions in the interest of the whole organism. Each life process becomes recognizable in its functions. Thus, functionality is the central principle of life and thus also central aspect of TEN. It is not the material-structural state of the organ that is focused upon but its functions, resp., malfunctions in the systemic context of the whole organism. The function-oriented thinking of TEN is one of the principal and defining differences as opposed to the structure-oriented thinking of conventional medicine. The physiology of TEN is also based on this, in the centre of which stands the functional interaction of the organs and the tissues (consensus, antagonism), as well as their control and regulation. As a logical consequence, pathophysiology describes the pathological deviations of these aspects that are reflected in a TEN-specific pathology. Thereby, TEN in principle follows a systemic approach in physiology as also in pathophysiology: pathophysiological processes are not regarded as a consequence of linear cause and effect relationships but always also in their significance for the whole organism. This means that there cannot be any diseases that only and exclusively concern just one organ. Any deviation of function and any organic change will have an impact and will cause reciprocations in other domains

- even if the symptoms occur locally. The statement that "there is no relationship between one and the other" is therefore - according to the understanding of TEN - principally not correct in a living, 'open' system.

... to be continued...

Reference of sources follow at the end of the article

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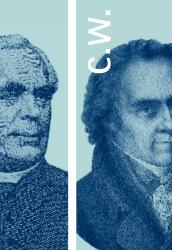
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* 1098 Bermersheim † 1179 Kloster Rupertsberg Germany



Michael Schlimpen

Gut Flora [II]

Restoring a Healthy

Michael Schlimpen, *1978, grew up very close to nature. Already by the age of 13 he was called "Kraeutermichel" (meaning "herbal Michel"). In November 2004 he passed the healing practitioner examination. Since 2005 he has been working in his own practice in a health center which is located close to a holistically working dental practice focused on laboratory diagnostics (classical as well as functional diagnostics), phytotherapy focused on spagyrics, infusion therapy and Chinese physical acupuncture and TuiNa. In addition to his practice he conducts further activities in practical alchemy and trainings in the above mentioned areas for companies, institutions and organizations as well as professional publications.

Often we find patients in the praxis with dysfunctions of the liver which are partly marked by changes of the liver function reading but partly cannot be found by school medicine but show up through classical signs of naturopathy. The number of patients with noticeable blood values is growing constantly. But it is not possible to find the causes through doctors of school medicine. The Gamma-GTvalue shows the health of the liverbile-duct. If this value is too high it could be caused by the bile fluid being too thick and due to its gravellike consistency triggering irritations in the fine and very thin ending of the bile duct. Here we should check the intake of liquids and have a prescription for cholagogue remedies. Primarily tetterwort and peppermint are recommended which stimulate the flow of bile fluid and thin the bile fluid. At the present time tetterwort cannot be found on the market with prescription. A prescription for tea could be given and tetterwort could be added in homoeopathic or spagyric form. A good recipe for a good liver-gall-tea is as follows:

Tea Recipe:

Rp (take): Taraxaci herb. Cum Fumariae herb. Menthae pip. Herb. Liquiritiae rad./rhiz. Foeniculi fruct. Cont. aa ad. 100.0 m.f. spec. (Misce fiat species = mix to let it become tea) dose 2-3 table spoons for one pot, steep 5 to 7 minutes and drink during the day

Phylak-Sachsen Chelidonium majus Taraxacum Belladonna atropa Mandragora off. Okoubaka aa ad 100.0 dose 3x21 drops

Inflammations of the small and large intestines are daily occurrences, even though many patients say that they have been examined by school medicine. Colonoscopies are not always successful because there may be remissions between inflammatory changes which do not show up in a colonoscopy. Furthermore, there could be areas which do not show up with a colonoscopy. There could be inflammatory changes in the small intestines which usually are not examined. There may be inflammations in deeper layers of the tissue as well. Faeces diagnostics brings decisive advantages because even during phases of remission the inflammation markers often

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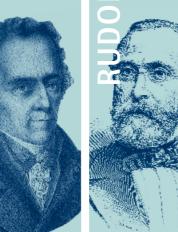
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Stephansried † 1897 Wörishofen, Germany

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Restoring a Healthy Gut Flora

through characteristic changes of the gut flora a possible inflammation. Therapeutically there are a large number of possibilities to treat inflammatory changes in the intestines. One of the most important means is Myrrhinil Intest, a remedy of the rational phytotherapy with a complex of myrrh resin chamomile blossoms and coffee charcoal. With this combination you achieve a strong antimi-

crobial effect (without attacking the

intestinal bacteria) and at the same

time an anti-inflammatory effect. In

this case also chamomile helps which

are increased or one can recognize

is widely known as mucous membrane therapeutic agent. The coffee charcoal rounds out the remedy by astringently affecting the possible "cancellous" mucous membrane and binds the toxins so they can be eliminated via the faeces. This is

also the most important remedy in our

praxis for treating intestinal mycosis.

Repha Myrrhinil Intest dose 3x4 tablets before meals

If there are serious inflammations of the inner mucous membranes the following remedies are always prescribed:

Pekana Opsonat spag. Peka drops 150.0 dose 3x1 (plastic) tea spoon in a warm liquid

Meckel-Spenglersan Colloid G 50.0 dose 3x20 puffs in tea or some liquid

From folk medicine it is known that stress affects the stomach which we see in our praxis every day. By HRVmeasuring you can recognize exactly how the sympathetic and parasympathetic nervous systems work with each other. Presently it appears much more frequently that we are not overactive sympathetically but that the parasympathetic nervous system is hypo-functional meaning that the organism cannot regenerate itself properly. It is recommended to work with potassium because this mineral helps the parasympathetic nervous system. The most simple and cheapest variation would be the potassium citrate from the wholesale.

Caelo Potassium Citrate dose 3-4 x daily 1 pinch

If further psychological facts were found they have to be treated as well. The company Alcea/Ceres has produced dynamised original mother tinctures. Naturally they have a phytotherapeutical effect like all mother tinctures. The plant can enfold its specific healing abilities by being treated specifically from the harvest to the production of the remedy. This way

the healing plants can fully enfold its Most patients irrespective of the healing abilities in the psycho-mental area. Important tinctures in the area of the intestinal track are: Absinthium, Allium Ursinum, Centaurium, Cynara, Gentiana, Hedera Helix, Mellissa, Salvia, Taraxacum and Tropaeolum majus. Though it is a mother tincture you have to give on the average 3x3 drops. The maximum daily dose for grownups is normally 3x5 drops. In case of initial worsening you know that the remedy is well chosen but an overdose was given so that you should take a onethe following day.

With the spagyric tinctures according to Dr. Zimpel you can treat the patients individually. Via the companies Staufen or Phylak-Sachsen the tinctures can be mixed individually. It is also interesting if the patient needs a long-term medication. Over a long period of time you can use the same mixture if you change the emphasis of the single tinctures from bottle to bottle so there is no habituation effect.

Two effective remedies for vegetative dystonia are:

Pflueger Nervoregin H tablets C dose 3x2 tablets sublingual

Pekana P-Sta spag. Peka drops 100.0 dose 3-4 x 20 drops In acute cases take five drops every five minutes, maximum 10 times

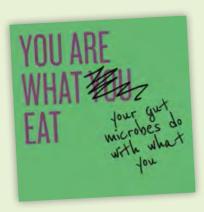
symptoms they have would benefit from a restoration of a healthy gut flora because the intestinal track is one of our central organs for food and energy production and for our immune system. Testing faeces is a good means for diagnosis because it is not invasive and therefore patients accept it and because working with an external laboratory is impressive. The findings of the test facilitate the consequent EAV-testing because you can choose the proper prescription of day-break and start with a lower dose the medication according to the resonance, the laboratory findings and the statements of the patients.

The importance of roughage and bitter agents should be mentioned. Roughage are the only substrate that our "good bacteria" can use. Only this way it is sure that we can build up and preserve a good colonization resistance and short-chained fatty acids can be produced which keep the environment sour and thus making it uninteresting for "evil" germs and nourishing our intestinal flora.

The entire intestinal track likes bitter agents very much. Unfortunately the taste "bitter" was totally eliminated from our foods so that even a chicory or rocket salad are felt as very bitter. Patients should use bitter agents in their foods. A good possibility is:

Gutsmiedl Bitterkraft 200.0 dose 15 drops before meals

or



Restoring a Healthy Gut Flora

Bitterkraft powder 100.0 dose 1 pinch pure or sprinkle it over the food

For those who like a digestive the ideal solution is the "Pflanzenbuegler" of the company Hanosan. It has very low alcohol content of 23% and thus it is a pleasant bitters before or after the meals.

Contact

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The Healing Power of Laughter Yoga

Gabriela Leppelt-Remmel



For Gabriela Leppelt-Remmel (62) from Hamburg (Germany) Laughter is a trampoline to happiness. The first Laughter Yoga master trainer of Europe trains Laughter Yoga Teacher, conducts the past ten years a nonprofit social Laughter Club, organizes acclaimed Laughter Yoga conferences and has produced a number of training DVDs.

Laughter Yoga was developed by Dr. Madan Kataria, a physician from India, and his wife Madhuri, a yoga teacher. Laughter Yoga is usually practiced in so-called Laughter Clubs, of which there are over 6000 in 72 countries. The philosophy behind the laughter (yoga) club idea is to contribute to health, happiness and world profit basis.

History

In March 1995 the medical doctor Dr Madan Kataria in Mumbai, India was writing an article 'Laughter - The Best Medicine' for a health journal. In his research he discovered many modern scientific studies that described at great length the many proven benefits of laughter on the human mind and body. In particular, Dr. Kataria was impressed by Norman Cousins' book 'Anatomy of an Illness' and the research work by Dr. Lee Berk. Profoundly inspired and being a man of action, Dr. Kataria immediately decided to field-test the impact of laughter on himself and others.

At 7 am on 13th March 1995 he went to his local public park and managed to persuade four people to join him in starting a 'Laughter Club'. They laughed together in the park that day to the amusement of bystanders, but the small group quickly grew to peace for the whole world on a non- more than 50 participants within a



Inventor of Laughter Yoga, Madhuri and Dr. Madan Kataria

The Healing Power

few days. In the initial meetings they stood in a circle while one person would step to the centre to tell a joke or a funny story. Everybody enjoyed and felt good for the rest of the day.



Woman power at Lachclub Rahlstedt · photo: www.mmfoto.de

After two weeks they hit a snag. The stock of good jokes and stories ran out, and negative, hurtful and naughty jokes started to emerge. Two offended participants complained that it would be better to close the club than to continue with such jokes.-Dr. Kataria asked the club members to give him just one day to develop a 'breakthrough' that would resolve the crisis. That night he reviewed his research and finally found the answer he was looking for: our body can not differentiate between acted and genuine laughter. Both produced Today Laughter Yoga is a worldwide the same 'happy chemistry'. The next morning he explained this to the group and asked them to try to act ing India, USA, Canada, Australia,

out laughter with him for one minute. Amid skepticism they agreed to try the results were amazing.

For some the acted out laughter quickly turned into real laughter --this was contagious and very soon others followed. Soon the group was laughing like never before. The hearty laughter that followed persisted for almost ten minutes. This breakthrough was the birth of Laughter Yoga.

Realizing that there were ways other than humor to stimulate laughter, Dr. Kataria developed a range of laughter exercises including elements of role-play and other techniques from his days as an amateur dramatic actor. Realizing the importance of childlike playfulness, he developed further techniques to stimulate this within the group.

As Yoga practitioners, Dr. Kataria and his wife Madhuri, Co-Founder of Laughter Yoga, saw the similarities between Laughter and Pranayama exercises, and incorporated elements from this ancient form of Yoga into Laughter Yoga, including the deep breathing exercises now used between laughter exercises, to deepen the impact.

The laughter club movement began in 1995 with only five people and spread rapidly throughout India. In 1999 Dr. Kataria his first foreign tour in the United States, at the invitation of psychologist Steve Wilson out. Kataria woman accompanied her husband to this day on many tours in dozens of countries to spread the idea and the techniques of Laughter Yoga into the world.

movement with thousands of laughter clubs in over 70 countries, includSouth Africa, UK, Scotland, Ireland, France, Germany, Austria, Italy, Portugal, Spain, Belgium, Netherlands, Switzerland, Sweden, Norway, Denmark, Finland, Iceland, Hungary, Slovenia, Poland, Russia, Mexico, Chile, Brazil, Singapore, Japan, Korea, Indonesia, Malaysia, Vietnam, Taiwan, Hong Kong, Dubai, Iran, Jordan, Israel, Lebanon and many other countries.

What features Laughter Yoga?

Laughter Yoga is the first effective method to generate laughter. The only previous proven means was the humor, that rarely leads to longer lasting, hearty laughter. Laughter Yoga is a completely new application system that generates laughter based on simple physical exercises enabling people to do prolonged laughter for 15 - 20 minutes.

What is the basis of the name Laughter Yoga?

Laughter Yoga is based on scientific findings from the Laughing Research (Gelotology; subspecialty of Psychoneuroilmmunology). Laughter has a number of positive physiological and psychological effects on humans when it takes at least 15 - 20 minutes, when it is loud and warm and it comes deeply from the abdomen with a very high activity of the diaphragm and the respiratory tract. Laughter Yoga is based further on traditional breathing and meditation techniques of yoga, its positive health effects are nowadays demonstrated by scientific subsequent deep relaxation. studies.

How is Laughter Yoga executed?

Laughter Yoga combines unconditional laughter with yogic breathing. Jokes, humor, or similar cognitive triggers are not used. Instead

naturally. In a Laughter Yoga session

laughter is stimulated as a body exer-

cise in a group. Participants keep doing

eye contact, making their laughter re-

ally fast through the contagion effect.

Laughter Yoga sessions follow a par-

ticular structure, with warm-up exer-

cises, chanting, clapping, singing, danc-

ing and various movements alternate.

"Laughter exercises" contain many fun

elements. A Laughter Yoga session can

end with a laughter meditation and a



Thumb chain photo: www.mmfoto.de

the theory that movement generates emotions is used. Everyone can laugh

The Healing Power of Laughter Yoga

How Laughter Yoga acts

For the participants of laughter clubs training is a workout with a high fun factor. One minute Laughter Yoga can act like ten minutes rowing, Laughter scientists have calculated. Over 100 muscles are activated, the pulse rises and the whole body and the brain are supplied with blood and oxygen, the respiratory system is strengthened, it reduces stress and endorphins are released. The number of killer cells increases. After a laughter yoga session, participants feel like newborn and take the joy back home. This feeling can hold on for days. Laughter exercises take 30-60 seconds



Laudatory laugh - you cannot do often enough;)

when sitting possible).

laughing how it goes. 2 x repeat (even

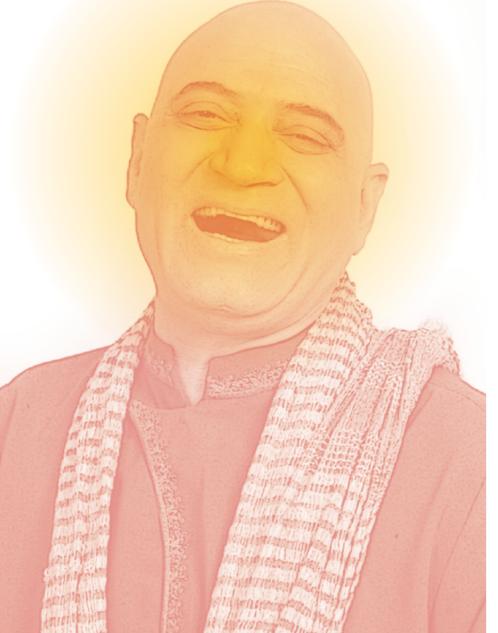
Stand upright, feet one step apart, arms hanging down the side, stretch the right arm inhaling upwards, bend and tap with the right hand on the left shoulder while laughing. Repeat for the left hand. (even when sitting possible)

...to be continued

Contact Gabriela Leppelt-Remmel www.lachyoga-institut.de

Dr. Madan Kataria Founder of Laughter Yoga www.laughteryoga.org

Laughter Clubs in Germany/Austria/Switzerland: www.lachclub.info





Sonne und Mond stehen bei diesem Kalender im Mittelpunkt. Für jeden Tag finden sich Kurzdeutungen auf der Grundlage der vedischen Mondastrologie und des Mond- und Sonnenstandes im westlichen Tierkreis. Täglich sind die Ephemeriden mit allen Planetenständen 12:00 Uhr aufgeführt.

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A SYNTHESIS BETWEEN



THE EAST AND WEST