

Homoeopathy & Patterns in

# Mammals

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The word 'Mammals' is written in a large, white, sans-serif font. The letters are filled with a light yellow color. Silhouettes of various mammals are integrated into the text: a kangaroo is positioned to the left of the 'M', a koala is on the 'a', a bear is on the first 'm', an elephant is on the second 'm', a pig is on the 'a', a rabbit is on the 'l', a horse is on the 's', and a giraffe is on the final 's'.

by

Dr. Bhawisha and Dr. Shachindra Joshi

## Dedication



We dedicate our book to these wonderful mammals who have been part of our travels and our lives.





## Acknowledgments

The genesis of the concepts in this book has been building up in our clinic for several years. Analyzing cases, bringing together the gathered information have been a crucial element in executing this task. Our patients have always played a major role educating us every day about human behavior and Mother Nature. We will be forever in debt to our patients.

Our odyssey with homoeopathy has taken us to many places in the world, and we have met some phenomenal people. Some have now become our friends, guides and followers. We are grateful to all these wonderful social mammals that met us and have embellished our quest with their valued inputs.

The onus of detailed work of cases was done by our efficient and zealous assistant doctors who worked at our clinic since 2008, from notes, to drafts, to compiling collected data, to garnering an assortment of animal pictures. All the love and blessings to our girls, they all have a great potential in years to come.

- Dr. Mitali More
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- Dr. Fatema Patanwala

Ms. Bettina Szilagyi, from Hungary has been an integral part of our work for quite some time now. We would like to extend an affectionate token of gratitude for her valued time and efforts for taking crisp notes of the patients in the clinic which helped creating a portrait of the animal.

The major editing of this book was done in conjoint efforts with Ms. Graz Baran, who painstakingly, did the major work of scrutinising our matter and being a mentor at all steps. These several years of research and exchange of concepts have further strengthened our beautiful friendship.



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## About This Book

The animal kingdom is vast and includes many groups and sub-groups: big and small. The entire kingdom can be divided into 2 major groups: Vertebrates and Invertebrates. Under these 2 major groups are several smaller sub-groups.

The vertebrates are more developed than the invertebrates; the most highly evolved classes of the former being the reptiles, birds and mammals in that order. We have worked on the entire animal kingdom, but in this book we propose to focus on the mammal sub-kingdom as this is one of the least proven and least represented of all the animal remedies in the *Materia Medica*.

The idea is to begin by providing you with an overall picture of the mammal sub-kingdom, and then follow on with pictures of mammals from the sub-groups. This way you will eventually have a thorough understanding of the entire sub-kingdom. In our practice, we have seen a significant number of patients requiring mammal remedies from various sub-groups of the larger class. This isn't surprising because we are mammals too; hence quite a few of our issues and conflicts will be mammalian!

For each mammal group, we shall consider their natural habitat together with distinct survival strategies and the characteristics that set that group apart from the rest. We will then follow on with human reflections for each group and where appropriate, we will cite examples and summaries from our clinical practice.

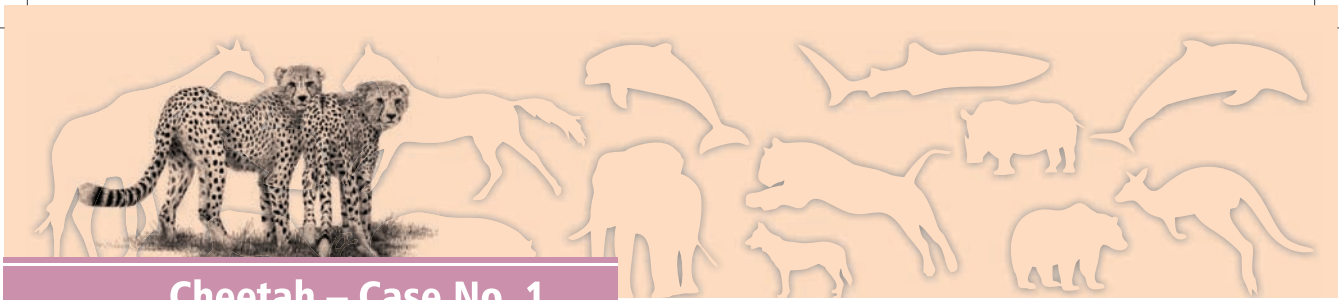
Under class Mammalia there are different families. The larger order of each family is discussed first followed by a consideration of the individual smaller groups. This approach should help the reader to get a general picture of all related animals in each group, as well as differentiate each specific animal from similar animals within that group.

E.g.: Artiodactyla are defined and described first; this is followed by a consideration of the groups belonging to the order Artiodactyla: Bovidae, Suidae, Camelidae, Cervidae, Tragulidae, Hippopotamidae and Giraffidae. After that the Bovidae group is defined and described further as we elaborate its sub-groups: Cattle, Sheep, Goat and Antelope.

We intend the book to be a handy tool of reference for comparison and

Illustrative  
cases based

**J** on  
Joshis'  
approach



## Cheetah – Case No. 1

A male patient comes to the clinic with spondylitis and high blood pressure. For two months, he has had pain in the lumbar region, occasional tingling in the hands and spasm in his neck. Lately, his blood pressure has been around 130/90 mm of Hg. His work involves a lot of travelling. With every change of temperature, he gets sinusitis or pharyngitis. Over the last 15 years he has suffered from gastritis and acidity. He had to eliminate milk from his diet as it caused acidity and flatulence. He has also suffered from constipation-he used to pass stools every 3 – 4 days.

P: Basically, I am a workaholic. I am too serious about my work. Once I get a job, I have to do it completely. If I get a challenging job, I always do the challenging job. I am telling you this so that you understand my nature.

D: Okay. Go on.

P: So, this acidity and gastritis is one problem; when I am stressed, it increases. Before that, the next most recent problem was cervical spondylitis, which was followed by sinusitis. Occasionally, I get a throat problem, which settles after I gargle. At times, the throat is bad till 5 – 6pm in the evening – I cannot talk during that time. Then after 7 or 8 pm, it gets better.

I am a geologist by profession. I have travelled frequently since I joined the company. I love to travel, to see different places, to acquire knowledge and to know about a place. I don't sit idle for long. I started my professional career in Rajasthan in 1994. Then in 1997, I was transferred to my hometown, where there was a big project in the district, and, at a very young age I became in – charge of the site as well as the entire project. I took on a lot of assignments and travelled a lot from place to place. It was then that I started getting blood pressure problems. In 1999, I developed the acidity problem and I could not sleep for 2 – 3 days. I consulted a doctor and my endoscopy showed slight gastritis, but no ulcer. I was given medicines and advised to avoid non-vegetarian food. I am very fond of non-veg food, but I have reduced it.

P: After getting married, I was constantly on the move from one place to another. After I became head of geology in 2001, I started working very aggressively and I was the head of my department. Then in 2009 – 2010, I had some tension (common Indian term for emotional or work stress). I don't always experience tension; only when there is some presentation or some review. There



## Rodentia Classification

We have followed the most widely accepted system of classification of the rodents based on the muscles of their jaws.

Rodentia can be divided into 3 major categories as follows:

Family Sciuromorpha (squirrel – like rodent)

Squirrel, Beaver, Anomalure, Springhare, Prairie Dog, Flying Squirrel, Chipmunk, Marmot, various types of tree and ground squirrels.



Flightless Scaly-tailed Squirrel-  
*Zenkerella insignis*



Prairie dog-*Cynomys parvidens*



Springhare-*Pedetes capensis*



Beaver-*Castor fiber*



Flying squirrel Genus-*Pteromyini*



Red squirrel-*Sciurus vulgaris*



Ground squirrel-*Sciuridae*



Chipmunk-Genus-*Tamias*



Alpine marmot-  
*Marmota marmota*

### Squirrel - like rodents

Canadian Beaver – *Castor canadensis*/ Castoreum (Cast-c).

Beaver Secretion – *Castor fiber*/ Castoreum (Cast-f).

Alpine Marmot – *Marmota marmota* (Marm-m).

Red Squirrel – *Sciurus vulgaris* (Sciu-v).

Siberian Chipmunk – *Tamias sibiricus* (Tami-s).

### Porcupine - like rodents

South American Tree Porcupine – *Sphiggurus spinosus* (Sphigg).

Edible Dormouse – *Glis glis* (Glis-g).

Guinea Pig – *Cavia porcellus* (Cavia-p).

## Remedies Of Lagomorpha

Hare – *Lepus europaeus* (Lep-eu).

Scrub Hare – *Lepus saxatilis* (Lep-s).

Rabbit – *Oryctolagus cuniculus* (Oryc-c).



The  
System of  
levels

## A glimpse into the Joshis' recent System of Levels

This system is neither new, nor revolutionary. It is a gradual progression that we have made over the years by building upon the already existing information and data. We wanted to create a solid and workable system for ourselves that makes the art of homoeopathy profound and one with deep healing. This system and the map created on its basis have made our homoeopathic practice, case-taking and remedy selection easy and accurate.

Everything in the universe is constantly evolving, changing and developing. This development throughout the universe can be simplified into 7 basic levels of development. Humans too, go through 7 levels of development from conception until death.

As they develop, in each level, they gather, learn and grow one step more than the previous level.

The periodic table of elements (having 7 rows), corresponds beautifully to these 7 levels of development. The plants and animals can also be plotted on this grid of the periodic table. This is because everything in this universe has a rhythm or pattern and all the kingdoms follow a similar rhythm or pattern.

It is not a mere coincidence that the Chakra System in Indian Vedic philosophy also talks about '**Seven Chakras**' or plexuses which correspond to '**Seven Levels of Human Development**' from the most basic to the most spiritual and highly evolved self. As we grew in homoeopathy and worked with hundreds of clients, we realised that all individuals reach a certain level of development in their life. This level is responsible for each individual's achievement and failure, happiness and sorrow, health and disease and so on.

Thus the pattern of the patient can be plotted on the grid of the 7 levels of development and this grid is the same in all the 3 kingdoms, (as mentioned earlier).

Hence, once the patient's level of development is known, we can find a plant, a mineral or an animal corresponding to that level to help with his complains and personality.

We have worked out the animal grid and are on our way to the plant grid. In this book, we shall specifically talk about the mammals on this grid.

Within each row, at each level of development, every individual has a specific





"We humans are primarily animals and it is only expected that we feel a connection to them in many ways. These connections could be positive or negative.

We may love them, fear them or dislike them. Some of us may simply admire them in the wild. Since the outer world is a mere reflection of our deep inner pattern, the animals we love, hate, like or fear may actually bear a resonance with our innermost nature and our patterns."

- The Joshis.

Yet another amazing book by the Dynamic Duo of Homoeopathy

### Highlights of the Book

- Concept and philosophy of 'The Pattern Approach'
- Case - taking process explained 'The Joshi Way'
- Unlock the mammal remedies in practice
- Concise and precise drug pictures and their connection to the animal in nature
- Comparative Materia Medica of similar remedies
- Quick tables and charts for ready referral
- An entire book dedicated to known and unknown mammal species
- Over 200 mammal drug pictures explained