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Reviewed By Penny Edwards

Dr. Dinesh Chauhan worked as an assistant to Dr. Rajan Sankaran in his clinic for some years in Mumbai. It's therefore no surprise that he should be a part of what I call the "Second Generation" Mumbai group, those lucky and devoted students who have had years to learn from the master in his own environs.

Dr Dinesh is an extremely gentle soul, whose work can be heard of via the Aroga course being run in Sheffield (UK contact Gurmej Virk, 01246 411 730). He will be teaching there in May 2008, so interested parties should certainly take advantage of his visit to UK. He is a very good teacher, and extremely encouraging to those who might otherwise be tentative about embarking on a new way of case-taking and case analysis.

His book "A Journey Into The Human Core" is his own interpretation of the teachings of Dr. Sankaran, with his own cases to further illustrate his experience using the Sensation Method. The first few chapters give an alternative way of looking at the journey and I, for one, always appreciate hearing about others' experiences of this method. After all, if Dr. Rajan is a bird, having developed his own method of working by trial and error, it will be second nature for him intuitively to know how to fly. For those of us who have to learn those skills from scratch, it is useful to be taught, not just to be conscious of our wings, but to flap them! This is the advantage of listening and learning from all of those who use the Sensation Method.

By writing about his own experiences, Dr. Dinesh Chauhan is also giving us another way of expanding our knowledge of the method. We follow his journey, and see the parallels he has for some of the terms used by Dr. Sankaran, which sometimes make for easier understanding. Like any of the books from the Mumbai group, we get an enormous amount of benefit from reading the cases. They give us insight into what questions to ask, how to stick with a particular sensation, when not to leave the main complaint (or when to!) and, best of all, they give us insights the whole way along explaining their thinking and why they have pursued this particular course of action.

Covering the vibrational patterns of diseased and healthy states, Dr. Dinesh gives outlines of the main kingdoms, as well as nosodes, sarcodes, imponderabilia and other sources. He explores to great depth the impact of energy and its ability to have form or be formless, and the implications for us as Homoeopaths.

I found it particularly useful to see a slightly new way of analyzing cases. By looking at three distinct areas of local, general and vital form, and then mapping them according to the seven levels of energy, it is much easier to pinpoint and see the logic of the sensation of the patient. It's also constructive to see the dates and details of follow-ups in the cases discussed, so that we can be more realistic about what reactions we expect to see and in what sort of time frames.

Apart from some minor irritations of poor editing or spelling, the information in the book is good and extremely thought provoking. It's another adjunct to the expanding library of books which will help us explore and understand this valuable method.