

# Homeopathy through Harmony and Totality

*Major writings of Ajit Kulkarni*

VOLUME 1 (SECOND EDITION)



## HOMEOPATHY THROUGH HARMONY AND TOTALITY VOLUME I-IV

A Treasure house of 87 chapters

**Dr AJIT KULKARNI**  
**M.D. (Hom.)**

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## HOMEOPATHY THROUGH HARMONY AND TOTALITY

### Discussion on Volume I

**Dr AJIT KULKARNI**  
**M.D. (Hom.)**

## Dr. Ajit Kulkarni M.D. (Hom.)



Director, Homeopathic Research Institute, Pune  
A veteran homoeopath, an academician and a famed international teacher

**Co-Author:** Absolute Homoeopathic Matera Medica  
Five regional repertories

**Author:**

- Law of Similars in Medical Science
- Homeopathic Posology
- Kali Family and Its Relations
- Body Language and Homeopathy
- Homeopathic Covidoscope (published by Amazon)
- Harmony and Totality Volume I-IV
- More than 100 publications on various aspects of homeopathy
- 26 books in Russian language
- Many books & papers translated in several languages

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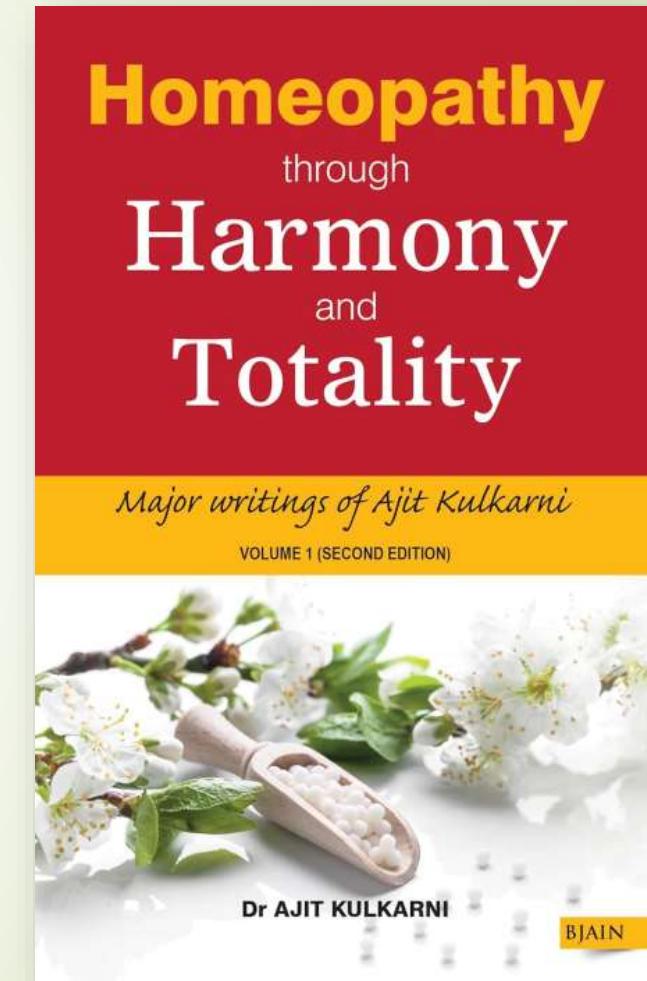
- **AN EXEGESIS OF PHILOSOPHICAL WRITINGS**
- **MIND AND ABOVE**

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► **CONTENTS**

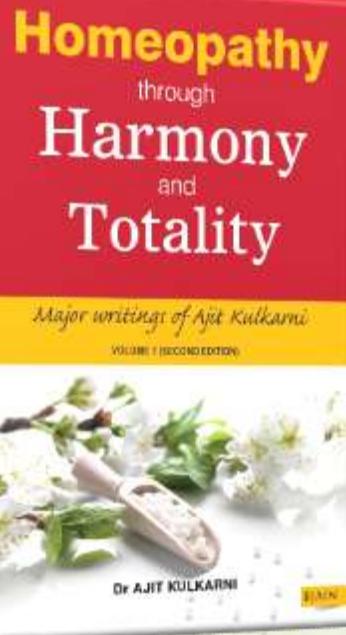
- **FOREWORD BY ALEXANDER MARTIUSHEV**
- **PROLOGUE BY DR AJIT KULKARNI**





# AN EXEGESIS OF PHILOSOPHICAL WRITINGS

1. Homeopathy: An integrated system
2. Homeopathy ahead
3. The Law of Similars in medical science
4. Perceiving life processes... through holistic lens of homeopathy
5. Ayurveda and Homeopathy: A Conceptual understanding and their co-relations
6. Yoga, Holism and Homeopathy
7. 'Trinity' in holism with special reference to Trio
8. Quintessence of Miasms
9. Latent psora: A Practical approach



## MIND AND ABOVE

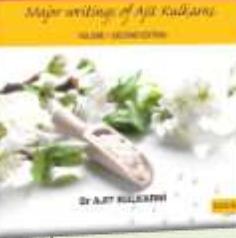
1. Study of Dispositions
2. Perspective of Stress, Cardio-vascular Response and Homeopathy
3. Anxiety: Dimensions and Miasmatic assessment
4. Conscience, shame, guilt and Homeopathy
5. Grief, the burden in its own way
6. Anger: We boil at different degrees
7. Inter-personal relationship (IPR) and Homeopathy
8. Excess, Hoarding and Homeopathy
9. Dreams: Travel anywhere, without a ticket



## EXCERPTS FROM EACH CHAPTER

### SOME SELECTIVE AND SIGNIFICANT OFFERINGS FROM ALEXANDER MARTIUSHEV'S FOREWORD

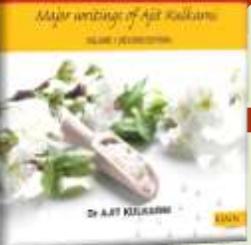
- ▶ “I have been working in close proximity with Dr Ajit Kulkarni and feel immense joy in expressing my opening remarks about this harmonious compilation of his work on homeopathy. Nearly no aspect of importance and vital homeopathic moments escape from the penetrating and attentive eye of Dr Ajit Kulkarni. It’s amazing that he does these efforts in his inimitable style in spite of his busy homeopathic practice in India and abroad, as well as his time-consuming travels for domestic and international seminars in Bulgaria, Russia, Italy, Turkey, Israel, Ukraine and other countries, along with his scrupulous work on scientific heritage of Dr Tarkas and on ‘**Absolute Homeopathic Materia Medica**’ and the **repertory** based on it, as well as his unique contribution of ‘**Body Language and Homeopathy**’.
- ▶ I am happy that his precious invaluable treasure has not gone into oblivion.”



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- ▶ “A unique feature of Dr Ajit Kulkarni’s articles is that they are truly colourful, multidimensional, deep and they combine various approaches and angles. **This is a pure gem for everyone who is interested in understanding actual practical homeopathy from working everyday experience.**”

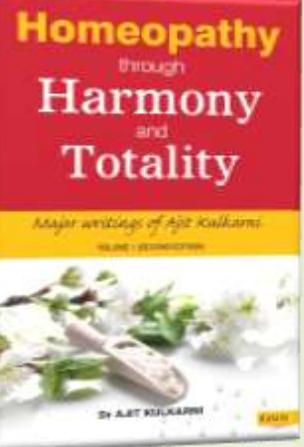


## EXCERPTS FROM EACH CHAPTER

- ▶ ‘**Homeopathy, an integrated system**’ and ‘**Homeopathy ahead**’ are the best specimens to introduce homeopathy to the readers and they combine the basic ideas and modern insights. Through the ‘**Law of Similars in medical science**’, Dr Ajit Kulkarni has positioned the salubrious value of homeopathy in a convincing manner, by appraising the curative principle of Similia as followed in several medical disciplines. Ajit’s assertion that the Law of Similars stands as a connecting thread between all medical therapies is a worthy note.
- ▶ ‘**Miasmatic understanding**’ remains among the most difficult points in homeopathic training and practical work. Dr Ajit Kulkarni, demonstrates a unique ability to explain difficult matters in scientific, practical and intellectually comprehensible way. His analytical thinking gives readers educational and clinical insights. His unique chart on miasms based on the energy pattern precisely summarizes the essence of the concept in its true spirit.

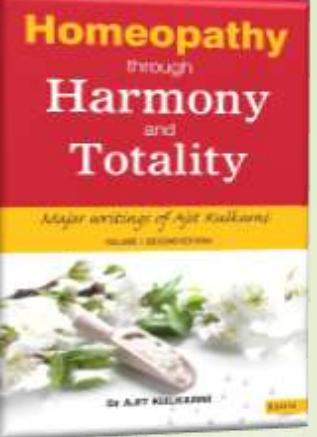
## EXCERPTS FROM EACH CHAPTER

- ▶ “Psychology nowadays has become not only an additional instrument for homeopathy, along with Materia medica and repertory but also as a cornerstone in clinical homeopathic work. New and old psychological techniques, psychoanalytical methods become more and more familiar and are widely used by homeopaths. The essential '**Study of dispositions and personality types**' is thoroughly covered in articles of Dr Ajit Kulkarni who works as an experienced clinical counsellor.”
- ▶ Integration of clinical approach and homeopathy is receiving more attention today. Articles like '**Stress and Homeopathy**', reconnoitre many clinical entities in homeopathic perspective. Ajit's in-depth study of '**Basic emotions**' like **Anger, Anxiety, Conscience, Grief**, etc. renders a well-organized effort and lays the path to make the future generation aware of creating new rubrics essential in practice.



## EXCERPTS FROM EACH CHAPTER

- ▶ Teachings of Dr Ajit Kulkarni have case-taking and interview skills as an essential integral part, along with body language that was made extremely popular because of Ajit's recent contribution "**Body language and Homeopathy**".
- ▶ Needless to repeat, but all instruments of understanding human nature are of great benefit to homeopathy, for the sake of remedy selection and other parts of homeopathic practice. The three mighty articles elaborating these instruments include '**Inter-personal relationship**', '**Excess in hoarding**' and '**Dreams**'.



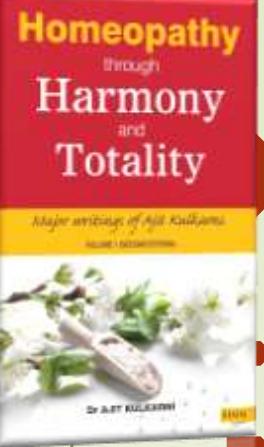
## SOME SELECTIVE AND SIGNIFICANT OFFERINGS

**FROM DR AJIT KULKARNI**

**FROM PROLOGUE**

### **Homeopathy: Science and Art**

► Both science and art are the human attempts to understand and describe the world around us. Both are related to knowledge, but it is the art that represents it in the form of subjectivity, while science represents it in the system of acquiring knowledge. In short, art is subjective while science is objective. Art is individualistic and is driven by emotions and self-expression; while the science is driven by facts and figures. Science begins with the physical, observable, concrete occurrences in the world and scientists generate abstractions that communicate their understanding of these phenomena while the artists deal with intellectual creativity, given their talent and skill.

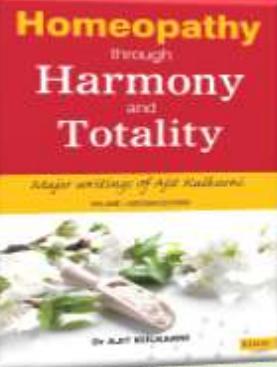


## SOME SELECTIVE AND SIGNIFICANT OFFERINGS

**FROM DR AJIT KULKARNI**

### ► **Homeopathy: Science and Art**

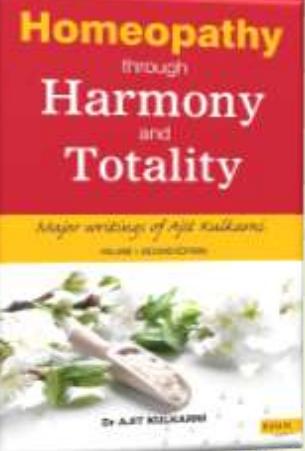
- The line between science and art is blurred. But the fusion of art and science allows the intangible to become tangible making the result excellent. The mutual wealth of both art and science can grow if they blend together in harmony. The ongoing process has to be perceived and maintained by utilizing resources in their fullest possible extent to yield the results.
- The homeopathic artist who has the scientific mind can produce the best results in clinical practice and the scientist who has the best artistic mind can bring forth the best scientific part of homeopathy. A homeopath must be ruled by a set of principles and at the same time, he must be creative. A bird can aim to fly high but remember, he has to approach earth for food and shelter. Every homeopath needs to remember this when he tries to soar new heights. A homeopath requires both science and art that should go perpetually parallel; this will help grow and deliver consistent results in clinical practice.



# HOMEOPATHY THROUGH HARMONY AND TOTALITY

## WHY THIS TITLE?

- ▶ Every individual is unique in its quintessence and is connected to and is in harmony with the world around him.
- ▶ Every individual is inseparable from the world; separation is a delusion.
- ▶ Every individual is the unfathomable reality; all differentiations are conceptual.
- ▶ For human life to be complete and balanced, it must consist of the harmony of all dimensions of reality, from the ultimate non-conceptual source to the diverse dimensions of the manifest existence.
- ▶ All the forms and phenomena of manifest reality - in all of its physical, mental, emotional and spiritual dimensions - flow together with total and perfect harmony.



## THE PATH OF TRUTH

- ▶ Oneness and seamless harmony are fundamental to the world.
- ▶ Harmony between everything is meaningful. The meaning is the presence itself; it is within the totality of reality of harmony.
- ▶ The curative process as evoked after the application of the Law of Similars must follow the path of truth.
- ▶ Homeopathy directs the flow of creativity for the sake of harmony to be maintained; within and without; through totality, by following the path of truth.
- ▶ Homeopathy attunes to the dynamism of 'being' and leads towards the implicit harmony.
- ▶ Hence the title, '**Homeopathy through Harmony and Totality**'.



## FROM CHAPTER I: HOMEOPATHY, AN INTEGRATED SYSTEM

### DRUG PROVINGS

- ▶ Drug provings' have always been carried out very systematically and scientifically. Hahnemann himself set forth certain rules for proving and quoted, "Proving should exclude every supposition, every mere assertion, and fiction."
- ▶ And indeed, homeopathic physicians all over the world are daily confirming the validity of proving symptoms since the past two centuries. Further, when it was suspected that the homeopathic proving method is not scientific, some substances were reproved under control conditions; the provers were unaware of the substance they were proving.
- ▶ And the results have only corroborated the original provings.



## FROM CHAPTER I: HOMEOPATHY, AN INTEGRATED SYSTEM

### SOME MISCONCEPTIONS

►Cloudy, confused, preconceived and wrong ideas prevail in the minds of laymen, physicians of other systems of medicine and even in homeopathic physicians themselves.

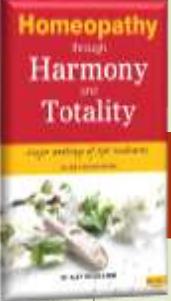
1. Homeopathic remedies are (nothing but) placebos.
2. Homeopathic remedies act slowly.
3. Homeopathy is effective only in chronic cases and not in acute & emergency cases.
4. Vigorous dietetic restrictions are imposed during homeopathic treatment.
5. There is no research going on in the homeopathic field.
6. Homeopathic remedies can't be given along with conventional medicines.
7. Homeopathic remedies contain steroids.



## FROM CHAPTER I: HOMEOPATHY, AN INTEGRATED SYSTEM

### DO HOMEOPATHIC MEDICINES CONTAIN STEROIDS?

- The answer is NO. A well-selected homeopathic remedy has the capacity to bring about a drastic (even immediate) change in the complaints. People, at times, feel that a steroid is being used to bring about this change.
- The commonly performed test to detect steroids is the **“Colorimetric Method”** test which gives a false positive result for any reducing sugar, like aldehyde (homeopathic medicines are sugar, lactose, and alcohol based).
- The best test to find out if the homeopathic medicine contains steroids is the **“Lieberman-Burchard”** test. **Thin layer chromatography** and **UV absorption methods** can also be used.
- These methods should be used to differentiate and find out if the substance actually contains steroids or not.



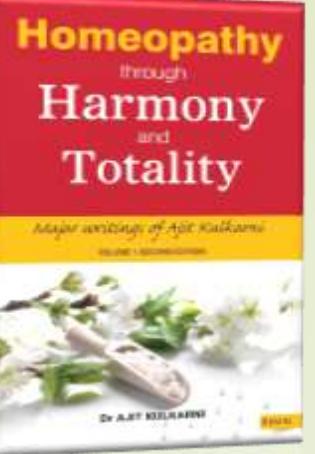
# FROM CHAPTER I: HOMEOPATHY, AN INTEGRATED SYSTEM

## THE PLACEBO EFFECT

The action of a homeopathic remedy is not a placebo effect.

If homeopathy had a placebo effect only, how could one explain the following observations?

- ▶ Why some patients don't feel better with many homeopathic remedies, but feel better when the right homeopathic remedy is given?
- ▶ Why isn't there always an immediate amelioration after the first remedy, but sometimes only after the fifth or eighth remedy?
- ▶ Why do patients have (strong) aggravations when they hope to be cured by homeopathic remedies?
- ▶ What about homeopathic curative results for babies, animals and plants?
- ▶ How will you explain the positive results in unconscious and comatose patients?
- ▶ Why the patients not getting cured after allopathic treatment, but get cured after homeopathic treatment?
- ▶ Why some visible organic/structural problems disappear after homeopathic treatment?



## HOMEOPATHY: MODALITY FOR 21<sup>ST</sup> CENTURY

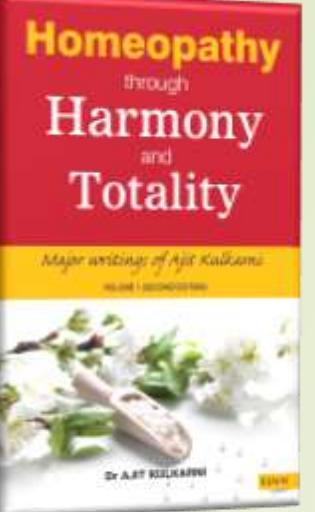
- ▶ “Homeopathy is ideally placed to be a part of the solution, rather than part of the problem. Homeopathy is one of the greenest medical modalities. It has a very small, sustainable footprint, it doesn’t pollute, it’s not tested on animals and the experience of taking a homeopathic remedy often awakens us, at a profound level, to the interconnectedness of all living things and helps us to recognize suppression both on an individual scale as well as on a global scale”.
- ▶ “Time will show that materialism, in its many guises, is destroying our beautiful home, the earth and that homeopathy, with its gentle, yet effective micro-doses, is the perfect medical modality for the 21<sup>st</sup> century” (Homeopathy and Sustainability by Maryhome, April 1, 2012, Homeopathy plus Newsletter).



## CHAPTER III: THE LAW OF SIMILARS IN MEDICAL SCIENCE

### PART I: THE LAW OF SIMILARS IN HOMOEOPATHY

- ▶ Introduction
- ▶ What is it?
- ▶ The Discovery of the Law of Similars
- ▶ The Formulation of the Law of Similars
- ▶ Furtherance of the Law of Similars
- ▶ Corollaries of the Law of Similars



## CHAPTER III: THE LAW OF SIMILARS IN MEDICAL SCIENCE

### PART II: THE LAW OF SIMILARS AND ITS HISTORY

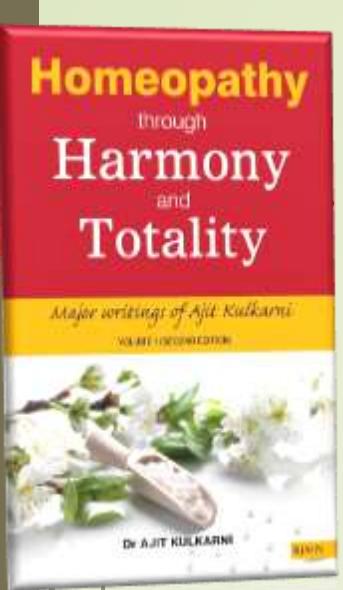
- ▶ Hippocrates
- ▶ Paracelsus
- ▶ Aristotle
- ▶ Boulduc
- ▶ Betharding
- ▶ Stahl
- ▶ Ayurveda
- ▶ Sanskrit Write-up
- ▶ Ancient Chinese Writing
- ▶ Traditional Chinese Medicine (TCM)
- ▶ Prof. Arndt and Prof. Schulz Law



# CHAPTER III: THE LAW OF SIMILARS IN MEDICAL SCIENCE

## PART III: THE APPLICATION OF THE LAW OF SIMILARS

- Biphasal Action of Medicine
- Physiotherapy
- Mechanical Manipulation
- Spondylotherapy
- Dietetics
- Psychotherapy
- Psychology
- Psychiatry
- Acupuncture
- Modern Medicine



# CHAPTER III: THE LAW OF SIMILARS IN MEDICAL SCIENCE

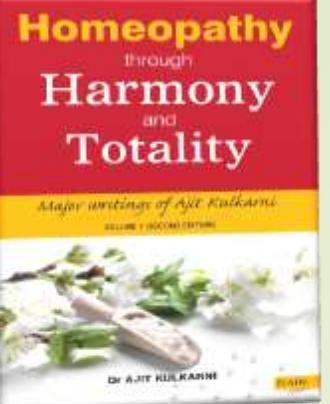
## PART IV: THE LAW OF SIMILARS AS A UNIVERSAL DOCTRINE

- ▶ Prophylaxis and the Law of Similars
- ▶ Law of Similars and Self-Recovery
- ▶ Law of Similars and Human Phenomenon
- ▶ Limitations of the Law of Similars
- ▶ Conclusion



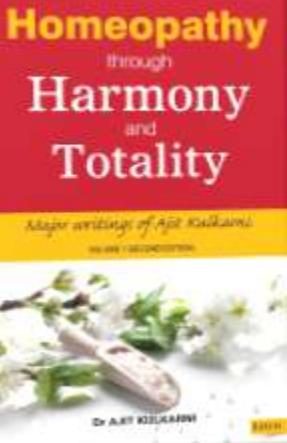
## THE LAW OF SIMILARS AND HUMAN PHENOMENON

- ▶ Homeopathy conceives the disease in terms of a human phenomenon on the human scale.
- ▶ Disease is not primarily a disorder of molecules, cells or any other abstraction. It is actually a deed, an expression of one's deepest beings. It belongs to one's biography and no account of human illness would be complete without perceiving it in relation to the individual and his life history.
- ▶ “Symptom is not only a manifestation but a phenomenon”; the phenomenological approach of homeopathy deals with a human being in totality. In other words, ‘Human synthesis in human design for a human purpose’ is the substratum of homeopathy.



## THE LAW OF SIMILARS: THE CONNECTING THREAD

- In the present era, when the winds of integration are flowing amongst the physicians of all schools, the Law of Similars stands as a connecting tool to bridge the existing gap.
- The Law of Similars stands as a unique confluent theme to start a fruitful dialogue which will reduce the castigation sparked off by physicians of other schools and will allow the critics to look at homeopathy with a fresh, inquisitive approach.
- Once the Law of Similars is comprehended in its complete depth and extent, the acceptance of homeopathy will surely be on a wider scale.



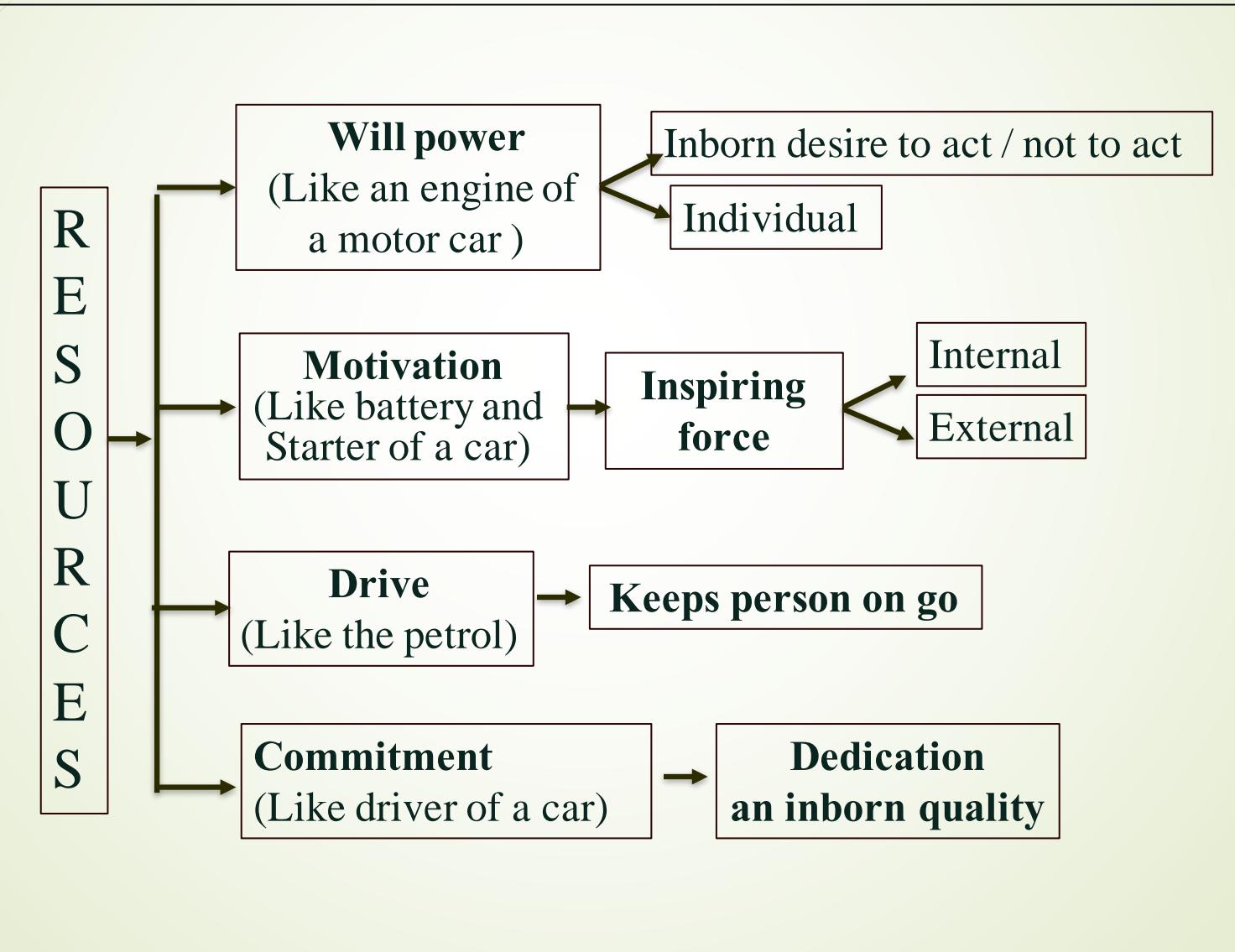
## CHAPTER 6: YOGA, HOLISM AND HOMEOPATHY

### Conclusion

- ▶ To live in harmony with oneself and the environment is the wish of every human. However, greater physical and emotional demands are constantly placed upon many areas of the modern life. More and more people suffer from physical and mental illnesses
- ▶ The concept of self is basic to each individual and Yoga and Homeopathy share the same tools of investigating the self and knowledge of the self.
- ▶ Homeopathy and Yoga, in unison, make a wonderful, salubrious combination to uplift the human beings from the rubbish heap that they are in; trapped: mentally, emotionally, physically and socially.



## CHAPTER 10: STUDY OF DISPOSITIONS





# CHAPTER 10: STUDY OF DISPOSITIONS

## CONCLUSION OF DISPOSITIONS CHAPTER

- ▶ “Every person has his or her unique input → output functions and ‘self’ is an umbrella-term for the sum of all these functions”. (Maarten Van Doorn)
- ▶ A homeopath needs to explore the uniqueness of an individual through the matrix.
- ▶ Totality of personality makes a large headway to perceive the nuances.
- ▶ Beyond the illness, there is a person. Beyond the symptoms, there is a system.
- ▶ The study of disposition allows a homeopath to perceive the evolution that an individual pass through.
- ▶ The perceptual filter of an individual is largely dependent on the dispositions which shape up the human experiences one has to encounter in his/her life.



## CHAPTER 13: SHAME AS AN EMOTION

### DIMENSIONS OF SHAME

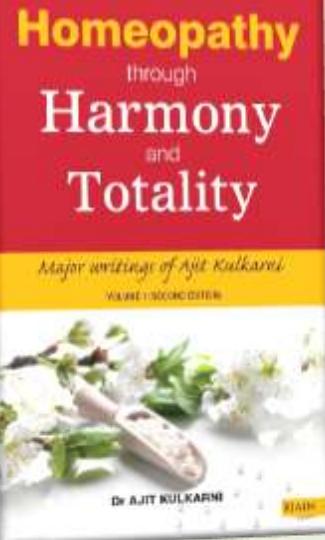
- ▶ Shame and curiosity
- ▶ Shame and guilt
- ▶ Shame and conformity
- ▶ Shame and culture
- ▶ Shame and shyness
- ▶ Shame and embarrassment
- ▶ Shame and narcissism
- ▶ Shame and anxiety
- ▶ Shame and pride
- ▶ Shame and self-hatred
- ▶ Shame and rage
- ▶ Shame and identity



## CHAPTER 15: ANGER: WE BOIL AT DIFFERENT DEGREE...

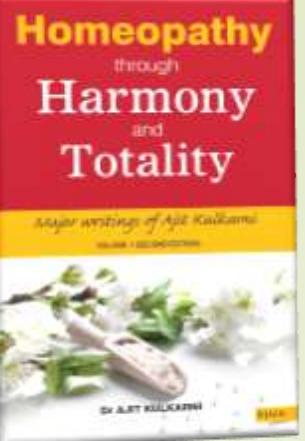
### Differentiation between **Chamomilla**, **Colocynthis**, **Nux-vomica** and **Staphysagria**

- ▶ *Cham.* is cross, *Staph.* has indignation, *Nux-v.* projects its sensitivity and *Coloc.* has to deal with an offended feeling.
- ▶ *Staph.* and *Coloc.* may suppress their anger but *Nux-v.* and *Cham.* can't hold back.
- ▶ *Cham.* likes to be held and carried. *Coloc.* is 'disinclined to talk, to answer, to see friends' while *Nux-v.* is 'sensitive to all impressions...talks about his condition'.
- ▶ *Staph* is more morbidly sensitive to being offended than others and also has the feeling of mortification. *Nux-v.* is the most chilly of all remedies. *Cham.* and *Coloc.* have a tendency to diarrhoea while *Nux-v.* and *Staph.* have a tendency to constipation.



## CHAPTER 16: INTER-PERSONAL RELATIONSHIP (IPR) AND HOMEOPATHY

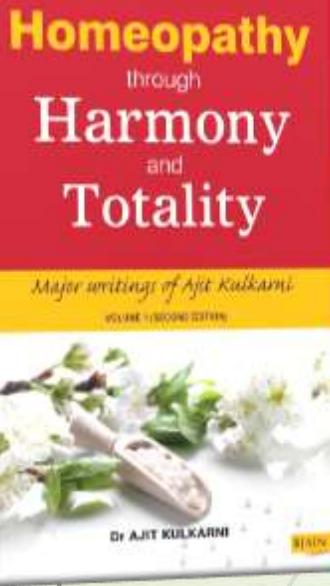
- ▶ The disturbed IPR acts as a maintaining/precipitating cause of the disease which gets manifested in the intra-psychic conflict → somatization mechanism, which again may act as a stressor. Thus, the cause becomes an effect, and effect again becomes the cause → the vicious cycle is thus set-up and continued.
- ▶ The consideration of inter-personal relationship may give a new dimension to our thinking of disease phenomenon. 'Stressors' deviating the immune response can be better identified when one explores the IPR of the patients.



# CHAPTER 16: INTER-PERSONAL RELATIONSHIP (IPR) AND HOMEOPATHY

## CONCLUSION

- ▶ A homeopathic physician is an important component of the therapeutic context and a facilitator in the healing process. The communication between a homeopath and a patient is a highly subjective and inductive process. 'Connecting' with the patient not only serves to establish a complex set of relationships but also serves many functions which in turn reinforce the trust and succour.
- ▶ The skill based and inductively shaped interview through the major component of IPR helps a homeopath achieve the role of a healer in a far better way. Cultivating empathy and developing a deeper connection with the patient is highly possible if a physician focusses on IPR of the patient.



## CHAPTER 17: EXCESS, HOARDING AND HOMEOPATHY

### RELATIONSHIP: TOXIC

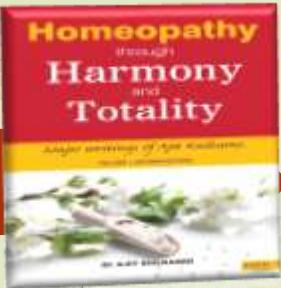
- ▶ Lack of cohesiveness in the relationship, no support within the people involved, conflict, disrespecting and demeaning others characterise a toxic relationship (Lillian Glass).
- ▶ Violence, abuse and criminal behaviour are the red flags of toxic relationship.



# CHAPTER 17: EXCESS, HOARDING AND HOMEOPATHY

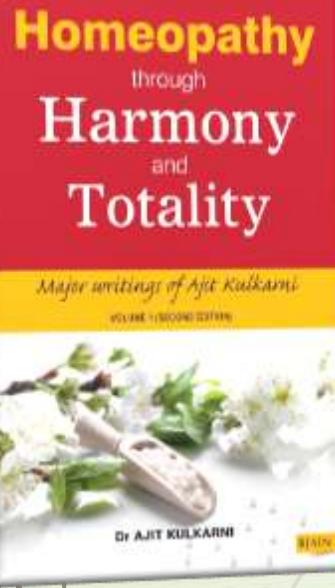
## RELATIONSHIP: TOXIC

- An active conflict in the relationship may cause relations to be toxic but sometimes it becomes compulsive for many people to continue the toxic relations.
- Toxic relations are the major causes of illness for human beings and outweigh the infectious diseases. In the so-called lifestyle diseases, the role of toxic relations can't be underestimated.
- Toxic relations irritate, erode the people as the honour and the esteem are confronted, challenged as well as hurt over the years, and the individuals involved can't cope up for long.



## CHAPTER 18: DREAMS: TRAVEL ANYWHERE, WITHOUT A TICKET

- ▶ Dreams may be intriguing, ridiculous, mundane or frightening. But what do our dreams really mean? Where do they come from?
- ▶ The cause of the dream is not material or physical in nature. Hence it is difficult to understand dreams.
- ▶ Dreams should not be relegated to the low as they reveal the inner mental state in a far clear way.
- ▶ The mind has the ability to release repressed fears, anxieties and wishes through the conceptual imagery, i.e. the coded language of the subconscious brain.



## SUMMARY HARMONY IN TOTALITY VOLUME I

### Harmony in Totality Volume I is devoted to

- ▶ Philosophy
- ▶ Mind and Above
- ▶ Philosophy is presented through 9 chapters
- ▶ Mind section is presented through 9 chapters
- ▶ **Pages:** 300
- ▶ **Chapters:** 18
- ▶ **Price:** Rs. 499/-

Thank you