

Here is the case I started to present whilst Dr. Chauhan was having trouble with his Internet connection. I hope you enjoy it. I apologise for the IT issues at the start of the webinar.

A simple case displaying the concept of the Sensation Method using Dr. Dinesh Chauhan's Case Witnessing Process..

(Please note this is considerably abbreviated and is only meant as a simple example of the process.)

A young boy, aged 16 years, presented with hay fever and sinus inflammation so distressing it kept him awake at night. The exhaustion that followed this meant he was home from school one day a week to catch up on the sleep he had missed due to his difficulty breathing at night. On examination his eyes were watery and had dark rings below them. His breathing was labored and his concentration scattered.

To begin the process, a short explanation describing the needs of the session are explained. For example – I don't ask leading questions. The client has control of the direction of the information given. The better I know how he experiences many areas of his life, the more I will be able to help him. He is asked if he has any questions before we start.

I usually start by asking something like,

“so how can I help you?” (this is what Dinesh describes as the passive phase of case taking).

He explained that he had recurrent and chronic sinusitis.

When asked to describe his experience of the sinuses, not surprisingly, he said all of his face and nose felt **blocked**. Although there was more detail than this, **blocked** was the repeated description used. Once I had exhausted his ability to describe his sinuses I asked him if he had anything else that bothered him.

He explained how he really wanted to change schools and attend another school that was more sports orientated. He was frustrated by his failed attempts at application and felt **blocked** from attending the school he wanted to go to. We chatted about this for a while and then I asked if there was anything else he could chat about.

He went on to explain how he was **blocked** from playing football at the level of interest he desired. He knew he was good enough to play seniors football, but somehow every time it came to selection something happened and he was not picked. He described the experience as

being **blocked** from the opportunity. We chatted about this for a while and then I asked if there was anything else he could chat about.

He went on to complain that his parents **blocked** him from the social life he craved. They did not trust him and would not let him attend functions that they perceived as inappropriate. His experience was he was locked in his room and **blocked** from enjoying life.

*Clearly the pattern or sensation in this case was '**blocked**'. As his health companion I brought this to his attention (he had not realised he had made the same description in all areas) and asked him to describe **blocked** further, (this is what Dinesh describes as the active phase of case taking).*

He explained that **blocked** meant that he had come up against a wall. I asked him what happens when he comes up against a wall. He replied that he fights against it, throws himself at it, does all he can to remove the **block**. I asked if that was helping and he laughed, absolutely not. I just feel frustrated. Life should flow, but I come against blocks and can't carry on. It is such a struggle.

This takes us to the remedy quite clearly.

What we know is the main feeling is 'blocked'.

We know that his response to that or how he handles the block is with frustration and struggle.

Using the sensation method of investigation we can confidently go to the cruciferae family – more commonly known as the brassicas. The experience of this family, according to the sensation method is:

Obstruction, blocked, hindered, things cannot flow freely.

The second part is the miasm – when the response is struggle and frustration the miasm is ringworm.

The ringworm miasm in the cruciferae family leads us to the remedy – sinapsis album and this is what I prescribed for this boy.

When I take a case I like to enable the patient to gain a conscious connection to what the disease is telling them. Although the correct remedy will help them make good choices for themselves I find when they really understand their disease they are more inclined to recognise poor choices and are more inclined to respond rather than react to life's difficulties.

I explained to him - fighting against the **block** is following the 'law of contraries', trying to do the opposite of what is in front of you. In homoeopathy we prefer to use the law of similars, which is to do the same things as what is being presented. I asked him to embrace, stimulate, and make larger that experience of coming up against a wall. Without hesitation he related to me that if he was to come up against a wall he could try to force his way past it, but if he were to embrace it, he would stop and reflect on his options. On doing so he realised that if he spent just a little time in contemplation and reflection, only a few seconds, instead of the bull at a gate approach he had been displaying recently, there was a chance he would not be **blocked** at all.

He was prescribed; sinapis album 200c daily for three days, for the experience of being blocked and frustrated, but he also took home with him the conscious understanding to take a little time in all areas of his life to think about his options.

Upon returning in one month, not only had his sinuses completely cleared for the first time in years, he was sleeping soundly all night and not feeling exhausted at all. He had had no further time off school. He had enrolled in the school he was keen to attend and he had played two games in the senior's football team, something he had been dreaming about. He realised he was not **blocked** by his parents regarding his social life, and was choosing fulfilling ways to spend his spare time.

Another month later all things continued to improve without no need for further treatment.

Six months later there had been no return of the hay fever or sinus issues and he continued to reflect before making decisions. This young man was able to understand these concepts with incredible speed and also chose to implement them and did so very successfully. The outcome surprised his family and himself, both because of his improved attitude to life and his obvious physical improvement.