

Chetna Shukla

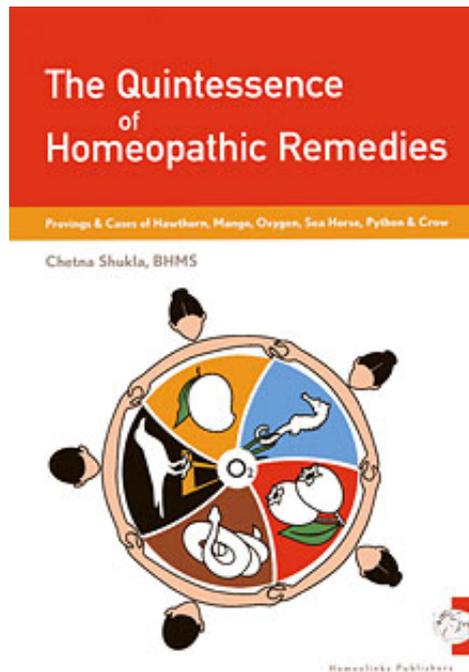
The Quintessence of Homeopathic Remedies

Reading excerpt

[The Quintessence of Homeopathic Remedies](#)

of [Chetna Shukla](#)

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About Oxygen

From the book 'Chemistry Made Easy' by *Louis T. Masson*.

While we could exist for days without water or food, we should succumb quickly if deprived of air. With respect to oxygen, the human body is an animated engine. Through chemical change this gas helps to maintain a low fire within us, at a constant temperature of 98.6 °F. Many functions of the human body depend on the energy thus released. Research studies indicate that the weight of oxygen used by us daily exceeds the total weight of the food consumed by us in the same time.

Air, the medium in which we live, is about one-fifth oxygen (21%) by volume. Water is eight-ninths oxygen by weight. The cells of all living matter - both plant and animal - contain oxygen. It is also a constituent of thousands of compounds known to man. In the free and combined states, it is the most abundant of nature's building materials. It equals in weight the total of all the other elements of the earth's crust.

That is why chemists call it the *indispensable* element for humans.

Rightly said! The proof for this we find in the proving of the remedy Oxygen, which is the verbal expression of the feelings of the substance Oxygen as expressed by humans.

The preparation of the medicine Oxygen

The most common method of preparation of oxygen, the decomposition of potassium chlorate, was used. This was heated to about 360 °C, potassium chlorate gets decomposed and its oxygen is liberated. The gas was collected by water displacement in 10 ml of distilled water. The oxygen was collected till saturation. Manganese dioxide was used as a catalyst in the process. My friend's mother Mrs *Manju Chhabria*, a chemistry teacher, helped me in this procedure.

Since Oxygen is only slightly soluble in water, no time was wasted in the preparation of the 1C potency out of the distilled water through which the gas Oxygen was passed. The 10 ml of distilled water through which Oxygen was passed was used as the Q potency. 0.1 ml of this with 9.9 ml of pure alcohol was given 10 succussions that gave the 1C potency.

The subsequent potencies were made using Korsakoff method up to the 30K potency.

Themes of Oxygen

- **Necessary/Value/Important/Ego**
- **Bluntness/Rudeness**
- **Air**
- **Free**
- **Money**
- **Nature**
- **Dullness**

Necessary /Value/Important/Ego

- Dream: The feeling in the dream is that it is very important for him to have a job in the U.S or he will have to come back to India (P1).
- Why do *gadha-majoori* (donkey-work)? It is not necessary to work for people who don't value your work, however big they may be. We may be seeing two to three patients... in fact they cannot do without the work we do. Our work is equally important (P1).
- So what if we are junior to them, they must respect us (P1).
- Because till now I feel I have been taken advantage of. They have taken me for granted (P2).
- If I can explain, it was that I was only satisfying my ego; that I wanted to be a person of great importance. I wanted to satisfy my ego (P2).
- I feel my ego has reduced. I have just no problem at all. Earlier if my father spoke in a high pitch, I used to flare up (P2) <C>. (<C> Means cured symptom)
- You don't think at all from others' point of view. I was not going to the discussion for you. You can't take me for granted (P3).
- We are harming everything and destroying everything, animals are becoming extinct. We just don't value anything. I was feeling angry towards the human race (P3).
- Dream: Only because we pay they are running the whole show. Through our taxes they get their salary paid. They are there because of us (P4).
- When somebody speaks or answers bluntly to me I feel they are not even considering me, and not considering my emotions (P5).

Bluntness/Rudeness

- I was very blunt in the past, now I am not (P2).
- I was very blunt with her. But I had no hostility towards her. I answered back to another friend and spoke bluntly to him (P1).
- I fought with my mother and have been talking to her very rudely (P3).
- Dream: bluntness (P4).

Air

- I have been telling everybody that "*I have been born by a special birth, I am vayu-putri (the daughter of air, vayu = air)*" (P1).
- My star sign is an *air sign*; I might as well *be in the air!* (P2).
- I had dreams of birds practically daily, which is very unusual for me (P3).
- Dream: I am in a nightdress and I have to climb up some place in a balloon (P1).

Free

- I have also been very expressive about my feelings with everybody. I feel free to communicate (P1).
- I had dreams of birds practically daily, which is very unusual for me (P3).

Money

- I have also been quite thoughtful while spending money. I don't travel by rickshaw much; I travel by bus for the same distance and save money, and petrol and the environment into the bargain (P1).
- I was a spendthrift. I have begun to save every possible rupee I can. I also don't dream as much as I used to (P2).
- My mom lost a large sum of money (P3).
- Dream: The scene is that of extreme poverty (P3).
- Dream: He was telling me that one book costs 10 rupees, outside it will cost more. I say I will take four books for 40 rupees and the next time I come I will buy more (P5).
- I have been spending a lot on food, on booze, on cigarettes and on note books (P5).

Nature

- I can't tolerate the noise of the television. I cannot tolerate this noise pollution (P1).
- I travel by bus for the same distance and save money, and petrol and the environment into the bargain. That is how I think (P1).
- I don't like the atmosphere in Bombay. Here people don't have time for each other. The freedom to do things, that is totally gone (P2).
- It is as if all this is because we are going against nature. We don't value nature. Everywhere we are going against nature (P3).

Dullness

- For the last two days I have been feeling very dull. I sleep a lot during the morning hours. I had to force myself to go to work; I feel too dull to do any work. I feel very dull in the head (P1).
- During the period of the proving everything was dull, nothing was registering, there was no inclination to do anything, no driving force to do anything (P3).

Repertory of Oxygen

<C> Means cured symptom

MIND

- Abrupt; curt, blunt
- Abrupt; patients, with
- Ambition; want of
- Ambitious
- Anger
- Anger; granted, at taken for
- Anger; human race, towards
- Anger; reprimanded, when
- Anger; slice neck others; desire, to
- Anxiety <C>
- Anxiety; prove remedy, to
- Answers; decidedly
- Answers; monosyllables, in (yes or no)
- Arguments; aversion to
- Austerity (fasting)
- Avarice
- Calm; confidence
- Calmness; religious hymns, from
- Calmness; surge ahead life, in
- Censorious; critical
- Censorious; laughing others, at
- Censorious; old historians, at
- Communication; easy
- Company; aversion to
- Company; aversion to; acknowledged, where he is not
- Concentration; difficult
- Concentration; difficult; patients, listening to, while
- Confidence; calm
- Confidence; lack of; patients, in
- Confidence; self of
- Confidence; want of, self
- Cool; depressed, but
- Countryside; life desire, for (a life of calm, peace)
- Courageous (Inner strength)
- Decide; life; path, own
- Decisions; mature, take to; one's own
- Decisions; parent's approval; taking without, take
- Dullness; speak effort, to
- Dullness; mind of; registering, nothing
- Emotions; cut off
- Family; important, more is; friends than
- Feeling/Delusion; acknowledged, not, he is
- Feeling/Delusion; appreciated, not, she is
- Feeling/Delusion; air god; daughter, she is
- Feeling/Delusion; birth; special; born she is

A Case of Oxygen 1

By Chetna Shukla

(The proving was done in April 1997. I had already prescribed Oxygen with good results for this patient before that.)

A 51-year-old man, a social worker at Sarvodaya Organisation by occupation, consulted me in November 95 for his breathlessness. This is his voluntary narration about himself and his problems:

"I am suffering a lot for the last 1,5-2 months. I have this asthma. I get a cough in the night at around 2-3 a.m. It lasts for 15-20 minutes. Then I feel dust in the throat and I start coughing again. This lasts for 2-3 hours in the night. I feel breathless."

"I took allopathic medication last winter. I had continuous breathlessness, when running for a bus, walking, in a crowd and in basements. I would get breathless, suffocated and get palpitations. This year when winter set in I had the same problem. I took some medicines but I am not better. My neighbour is your patient. She has asthma and she asked me to see you, so I came to you. I also have gas trouble, stomach ache and backache causing uneasiness. With this gas I get this mental tiredness. I cannot think, read, write or do any mental work. I cannot do anything unless someone pushes me. If someone is with me, pushes me, I can work but I am not active. I feel a mental heaviness and a mental tiredness. Also my digestion is a problem; it is as if food lies in the stomach. No proper evacuation, urine burns and my rectum burns. I have pain in hands and feet. I feel a pulling inside in the chest. The complaints are becoming worse. I am 51; surely it's not just getting older that's causing all these problems!"

"I am a pure vegetarian, a Gandhian, influenced by Sarvodaya. With self-control and disciplined living, I try to keep my body fit and follow nature's way. Also I prefer homeopathy." (He paused.)

Q: *What else?*

"My parents were uneducated. In my village hygiene was not maintained. Every August, in my childhood I got dysentery for one month with itching of the skin in winter. These two complaints were with me till I was 15-16 years of age and they went away on their own. From 16-30 years, in my youth, I enjoyed good health. After my marriage I lived independently of my parents. I had social and financial difficulties because it was not in my attitude to have a fixed source of income. I earned and lived only for the day. This my father didn't like, and so we had a difference of opinion. He never liked my social work. From the beginning I wanted to do social work. It had been my strong desire since childhood. If I see anyone unhappy, man or animal, anyone being treated unjustly, I can't tolerate it. I feel I must do something. Because of my differences with my father I felt I couldn't stay too long like this and I set up with Sarvodaya. In such an organisation there is no scope for earning a fixed income."

"Even here there are a lot of frictions. And after marriage and having children at 30-35 years, I had a sort of depression because of financial setbacks. That time I

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