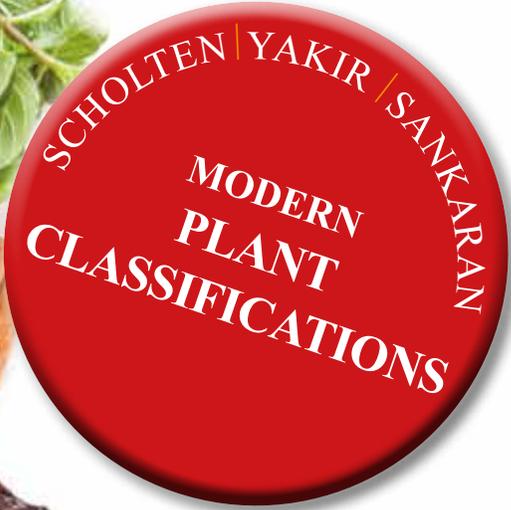




# SPECTRUM OF HOMEOPATHY

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SCHOLTEN | YAKIR | SANKARAN  
MODERN  
PLANT  
CLASSIFICATIONS

## SPICE OF LIFE

LAMIACEAE AND PIPERACEAE

Christian Weidl | Dinesh Chauhan

Sigrid Lindemann | Ulrike Schuller-Schreib

Bhawisha Joshi | Angelika Bolte, Jörg Wichmann

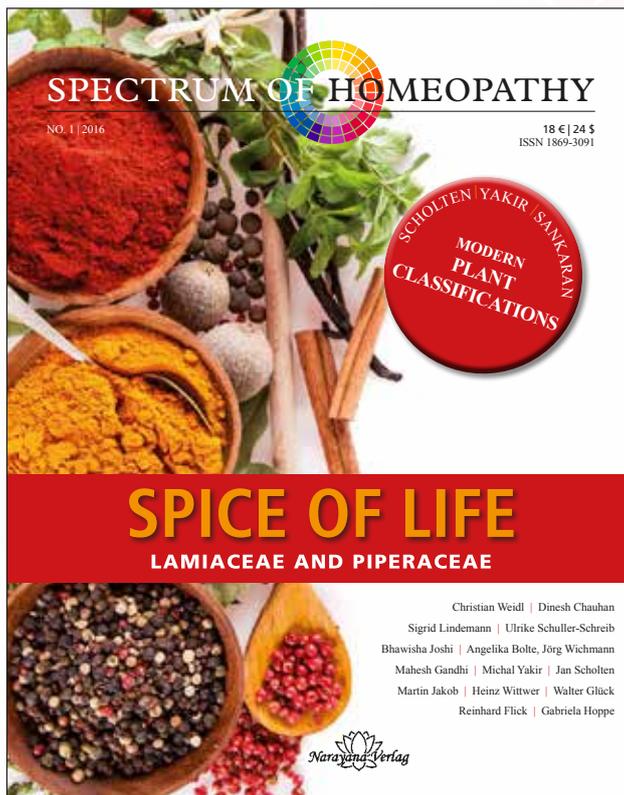
Mahesh Gandhi | Michal Yakir | Jan Scholten

Martin Jakob | Heinz Wittwer | Walter Glück

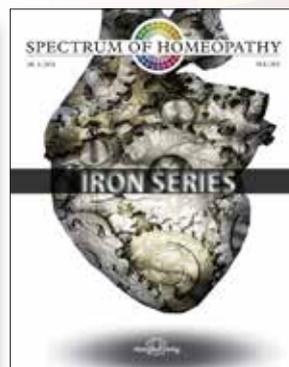
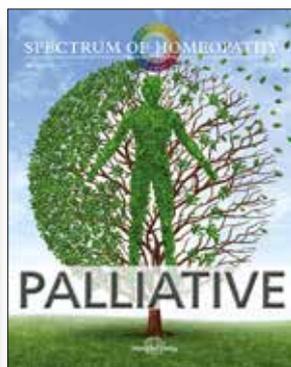
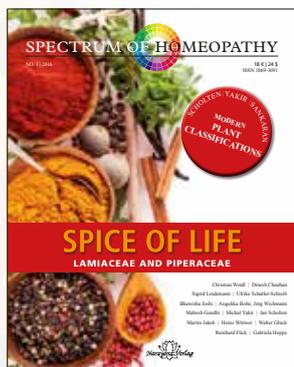
Reinhard Flick | Gabriela Hoppe



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# EDITORIAL

## Dear readers,

The two plant families that we shall study in this issue represent a typical attitude to life found in modern society. The kids complain – “I’m so bored” – and demand to be entertained. The parents are constantly checking their mailbox, Twitter feed and Facebook to make sure they have not missed anything. The desire for change, entertainment, and action, due to the fear of monotony and boredom, is central to the homeopathic remedy picture of the Piperaceae family just as much as the Lamiaceae family.

This can clearly be seen in the cases of *Piper nigrum*, *Cubeba* and *Mentha piperita* presented by the three representatives of Sankaran’s Sensation method: Bhawisha Joshi, Sigrid Lindemann and Dinesh Chauhan. Our authors show how it is possible to differentiate these remedy families, which have a very similar sensation. Ulrike Schuller-Schreib explains the subtle differences in the vital sensation, also distinguishing them from the Rubiaceae. Angelika Bolte and Jörg Wichmann supplement the Sensation method with the perspective of plant evolution, from which point of view the Piperaceae and Lamiaceae could not be more different. In both Jan Scholten’s Plant theory and Michal Yakir’s developmental table of plants, they are in fact diametrically opposed. Often, in order to distinguish between these two families, it proves necessary to understand their placement in the developmental hierarchy of plants, with the Piperaceae belonging to the more “primitive” plants, and the Lamiaceae showing the more refined qualities of the more highly developed plants.

These two Spice families are therefore especially well suited to present the different approaches to the Plant kingdom. With this issue, you will have the opportunity to compare and contrast the approaches and practical applications of Scholten, Yakir, and Sankaran in relation to the same plant groups.

The Israeli homeopath Michal Yakir uses the spice ginger and banana – both from the Zingiberales order – to show how she views Plant remedies in terms of their place in evolution and in relation to female and male aspects of human individuation. The Indian psychiatrist Mahesh Gandhi has been working for many years with Yakir’s Plant system, and his case of *Scutellaria*, a highly developed member of the Lamiaceae family, shows the value of this way of working for homeopathic practice.

The most comprehensive of the three approaches has been developed by Jan Scholten in recent years, based on the modern botanical APG3 classification, using the series and stages of the periodic table, plus a new concept, the phases. In his overview, the Dutch homeopath first describes the composition and significance of the remedy code. Then, together with Martin Jakob, he illustrates the use of his system with cases from both plant families. The way in which Jan Scholten is constantly refining his Plant theory is

vividly seen in this issue, when he describes the splitting of the Lamiaceae into the subfamilies Lamioideae and Nepetoideae, the subfamilies corresponding to different subphases.

The Plant theory provides Martin Jakob and Heinz Wittwer with a satisfying explanation of the pronounced phosphoric aura of the Lamiaceae. These are located in phase 5 and subphase 5, each corresponding to Phosphorus. The double Phosphorus aspect can be readily recognized in Heinz Wittwer’s case of *Salvia officinalis* (sage). This remedy, as shown by Walter Glück, can obviously also be successfully prescribed based on organotropism and proving symptoms. Glück proved *Salvia* together with Reinhard Flick, finding a clinical picture of tubercular pneumonia not so dissimilar from Phosphorus.

Remedy provings are as ever the most important source of our knowledge about homeopathic remedies, forming the basis for all systematic classifications of remedy groups. So, we consciously round off this issue with two new Lamiaceae provings: Thyme by Reinhard Flick and Ground ivy by Gabriela Hoppe. After all, Christian Weidl even undertook some remedy provings of unknown Piperaceae remedies on himself as input to his learned contribution on the king of the spices, supplementing his homeopathic knowledge with insights from Ayurveda, folk medicine, and cultural history.

You may have noticed that for the first time there are two titles for a single issue of SPECTRUM. The spicy materia medica topic is supplemented by a comparison of the three contemporary approaches. The example of the Spice remedies clearly shows the differences and overlaps of the three approaches. So, no chance of boredom here, although we admit to a certain amount of repetition, which is after all the basis of learning. It can undoubtedly be a heady and entertaining adventure to grasp the exciting developments in the contemporary homeopathic cosmos of the plants, so unlocking new remedies and paths to the simillimum. This requires us to comprehend novel ideas and apply them in practice. Jan Scholten, Rajan Sankaran and Michal Yakir have all played key roles with their pioneering work in this area, ensuring that homeopathy – whatever else it may be – is certainly not boring.

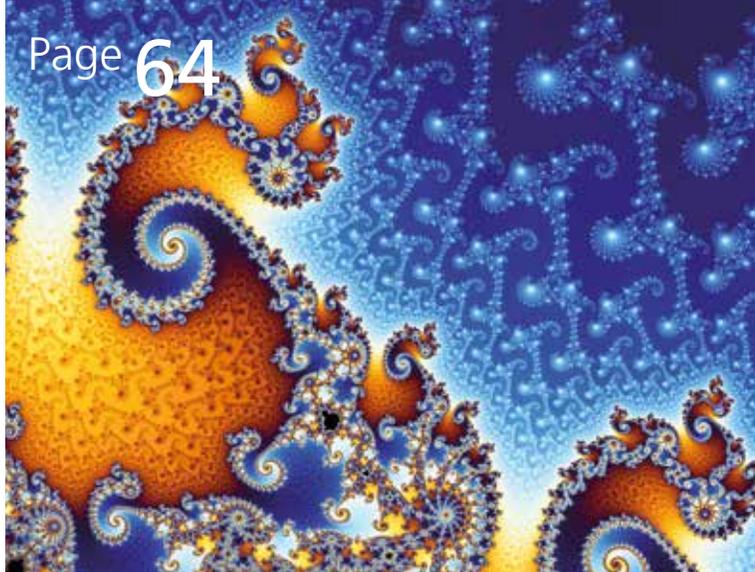
**Christa Gebhardt & Dr Jürgen Hansel**

Chief editors





Evolution: vital sensation and plant order by Michal Yakir.



Coding: how to systematically bring together numbers and plants patterns.



Zingiberales are very similar to the Lamiales in their overexcitation.



Energy: Mentha piperita and the contrast between enthusiasm and depression.



Structure: the quality of the symptoms is seen in various subphases in the Lamiaceae and in the subfamilies Lamioidae and Nepetoideae.

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# PUNGENCE AND A FLEETING AROMA

A comparison of Piperaceae and Lamiaceae

We are less aware of the evolution of the plants than we are of the hierarchy of the animals. Michal Yakir's system of plants makes clear how different ferns and thyme are in terms of their developmental history. There is a similar developmental difference between *Chrysanthemum*, from the most highly developed Asteridae subclass, and the Magnoliaceae family.

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AUTHORS | Angelika Bolte, Jörg Wichmann

**SUMMARY:** two cases of adolescent patients clarify the typical vital sensation of the Piperaceae, with the polarity between boredom, limpness, and pain versus enjoyment, amusement, and variety. The Lamiaceae, on the other hand, seek more sensual stimulation and tend to suffer from addiction, as shown in the third case. A comparison from an evolutionary perspective between the two plant families elucidates the differences in the vital sensation.

**KEYWORDS:** addiction, eczema, Lamiaceae, Magnoliaceae, miasm, mononucleosis, plant evolution, Piperaceae, Piper methysticum, Piper nigrum, puberty, Rubiaceae, sensation level, temperature regulation, Teucrium scorodonium, vital sensation, Yakir

Routine processes and permanent pressure to perform in the world of work on the one hand and overstimulated, advertising-driven leisure on the other cause many people to fluctuate between excessive tension (“stress”) and relaxation (“lazing around”) without finding the sweet spot, unable to establish that creative tension we could call the “spice of life”. Some important plant families provide us with remedies to influence the patient's sensitivity to stimuli or lack of stimuli, to over-intensity or under-intensity, experienced as boredom. These families include the Piperaceae, Magnoliaceae, Lamiaceae, and Rubiaceae. In this article, we show how to differentiate the vital sensation of two of these families – Piperaceae and Lamiaceae. We would also like to discuss how an understanding of the developmental stages of the plant families help us to better classify them so as to achieve a clearer overall picture of the Plant kingdom.

**Case 1: sixteen-year-old boy with recurrent tonsillitis and extreme fatigue; he is seeking “something to do where I don't have to really do anything!”**

**Casetaking:** Sebastian is an intelligent sixteen-year-old teenager who, following an episode of mononucleosis, is suffering above all from tiredness. He starts by telling me about his last year's medical history. There is still a question mark as to whether he needs to have his tonsils removed because they are so often infected. He is also suffering from severe sleepiness.

## CASE TAKING

### What's your main problem at the moment?

Pffff (long sighing exhalation with a pfff sound). Well, particularly this sleepiness.

### That is since the glandular fever?

Pffff (...) that was quite a while ago (...) pffff, yup, since then.

### Describe your sleepiness.

I have days when I can get up, I'm awake, and things are OK, but that's rare. Usually, I'm tired for an hour or two and then I do more things and then it's OK again. And then there are days when I feel like I could immediately fall asleep again, and that doesn't depend on whether I've done anything or not.

### So, when do you get tired then?

Pffff, in the morning in any case, and the afternoon. In the evening, it depends, that's rare.

### Tell me a bit more about your sleepiness.

Well, it mainly comes out in the feeling that I simply (...), that my body is heavy, that I feel like my eyes could close. (This all dates from before the mononucleosis, since fourth grade.)

### What does it do to you?

Pfff (...). The (...) in the end, it means there's absolutely no motivation because I, as I said, it's pretty hard to start anything because it feels like I'm totally tired. I normally notice it when I start doing something that's fun and it slowly goes away. Just, er (...), I normally can't motivate myself to do it.

### How is that?

In the end, I don't want to do anything, just lie and sleep. Sometimes, it happens that I fall asleep but not often. Instead (...) pffff (...) I'm bored and somehow try to find something to do, something where I don't really have to do anything.

### What does that mean?

That I can lie in bed and (...) pfff (...) and, for example, just watch a film or something. Although I often can't be bothered after twenty minutes. It's better on days when I have a lot to do. That doesn't make me any more tired. Only if there's nothing going on, that's when I get so tired and can't motivate myself to do anything at all.

### How does it actually feel physically when you're so tired?

In fact, I feel pretty relaxed but at the same time really lazy.

### Can you describe that?

Pffff (...) Well, it feels a bit like I was just about to fall asleep. It's actually like everything relaxes and I mostly stop thinking about anything much. I feel my body parts pretty accurately, my hands and my legs. It's intense. Everything feels light but I guess that's this relaxation.

### What happens then?

Usually, I immediately fall asleep in two or three minutes, but I'm not aware of that anymore. When my mother wakes me, I never know about it. Or I turn off my alarm clock without noticing. It feels like being in a dream, as if I was still sleeping.

### What does this state feel like?

It doesn't feel bad in itself but I realize I'm totally bored. Yet, I still can't start doing anything.

**Describe that feeling of boredom.**

Pfff (...), the feeling is actually that, how can you say, I get a bit nervous. I feel such an urge to do something. If it's easy, I think to myself: "I'm feeling bored right now, I'd like to sleep." If it's stronger, it makes me really nervous. Then, I don't know what I should do. I can't just keep lying down. I have to start doing something and I can rarely do it. It's just not possible. It's like a block about doing anything.

**More precisely?**

It feels like an adrenalin kick on the rollercoaster but rather bad.

**In what way bad?**

Pfff (...). So then, in fact, I'm pretty wired but I still have this block about doing something. And both at the same time. That's pretty confusing, and yes, I don't really know how I should react, what I should do (...) pffff (...). So, how should you say (...), it feels like a stressful, unpleasant situation, like for example, if you've forgotten something totally important – something like that.

**How do you start doing something?**

By, er, somehow finding something else to spur me on to do something, like listening to music. So I prefer playing guitar, and that sometimes also stimulates and inspires me to sit down by myself and play a bit.

**So it must come from outside?**

Yeah, or someone needs to call me and says: "Let's meet up or something," and it works out too. When I've done something, it's better afterwards and doesn't go straight back to like it was. It's always like that, that I only get the motivation from outside to do something.

**Is there a reason why you got like this?**

I can't think of anything.

**How is it at school?**

School has got relatively boring. Things used to be relatively new and exciting but even then, I immediately forgot most things. And then it just continued like that for a long time and I lost interest. And then (...) pffff (...) my basic attitude was that I couldn't be bothered anymore because I knew that I was bored all day. Meanwhile, I've got used to it. But now there's also the fact that I almost never do my homework. I don't even write down what I have to do for the last few years because I know that it's going to be boring when I'm at home. Usually, I'm a pretty good pupil.

**ANALYSIS**

This is the main part of the casetaking. If we attempt an overview by classifying the information received according to the patient's level of sensation, we see the following:

Factually (level 2), we find the state following glandular fever, with frequent tonsillitis plus pressure in the throat, sleepiness, only ameliorated by activity and distraction. At the level of feeling (3), he shows a lack of motivation, only wanting to lie down or sleep and feeling listless. At the mental level (4), there is not much of homeopathic relevance. And at the fifth level, the

experience of the vital sensation, we have above all his "pffff" vocalization gesture – this repeatedly recurs while he talks, as an expression of boredom, listlessness, and heaviness. He experiences his body as relaxed, sluggish, as if he were just about to fall asleep. He is wired but he has a block about doing anything.

**Piperaceae:** the flowering plant family that reacts so sensitively to boredom and that can only be extricated from this sensation by external distraction and stimulus is the Piperaceae (details below).

And what "miasm" are we dealing with here – in other words, what is the dynamic of sensation in the complaints? The patient says that he has got so used to his state that an impetus can only come from outside, never from himself. He is doing badly but his behavior remains the same; he does not even bother to write down the instructions for his homework because he does not want to get bored. This style of dealing with things is called sycotic in the Sensation method, and the remedy assigned to this miasm is *Piper nigrum*, a remedy that is relatively poorly known in homeopathy. Without the search for the central vital sensation, it would certainly not have come up. It has no obvious connection to the symptoms of the case.

So, in this case, we are forced to rely on the experience of the Sensation method since the local and general symptoms are too non-specific to justify a well-founded prescription. Some people might say we have here a typical "lazy" youth. Fortunately, however, the boy, in his state of boredom and listlessness, was able to express his experience so succinctly that we could find an appropriate remedy for him.

**Prescription:** *Piper nigrum*

**Follow-up:** just two weeks later, at the next consultation, our patient says he once again feels like doing things. He even no longer finds homework boring. His energy is good, he feels more alert, and his concentration is better. Other people say he is happier and more forthcoming. He is doing sports again and has more fun playing the guitar. He has not noticed the pressure in his throat anymore. Whereas he used to just push his problems aside without changing anything, now he is considering what to do and he is searching for a solution. He maintained this improvement.

---

**Case 2: twenty-year-old young man, lack of drive, dizziness, concentration problems, he says: "I'm done in!"**

---

**Casetaking:** Florian is twenty and relatively healthy. He comes due to lack of drive, dizziness, and concentration problems. His case resembles the first case in many respects so that we have decided not to reproduce the entire case here but only the chief sensations, concentrating on the miasm. At the factual

## LAMIACEAE ; PIPERACEAE

level (2), he complains of bad mood, eye problems, headaches, dizziness, concentration problems, and sleep disorders. His feelings (3) are mainly that he cries a lot, including during sad films; he feels unmotivated and cannot enjoy himself. He is often afraid he will not manage something and is then very tense, as if agitated. (This characteristic polarity of a lack of motivation together with agitation is something we also saw in the first case.) Mentally (level 4), he talks about bad thoughts against which he cannot do anything. He reflects about the situation and wants to remain mentally strong. The actual vital sensation expresses itself in his description of the daily grind, the grayness, with everything feeling heavy, and he feels no spontaneity. The gray has no contrast. Nothing is fun and he does not want to do anything. He is collapsing, exhausted. Everything only gets better when he is active.

**Comments:** we can see here very clearly – as in the previous case – the polarity between boredom and activity, as well as the reaction to this, which is that only an external impulse can pull him out of the listlessness. This again brings us to the Piperaceae family. The basic mood of the case-taking is however quite different (although this may not come across well in a written report such as this) – Florian's tension is much worse than Sebastian's. Florian does not say that he has got used to his situation, instead he says that (summarized): "I've always been doing stuff, doing stuff. It's all so exhausting. I'm not in charge of things but I don't want to lose control." The way he cries during sad films is also an expression of strong control, which is then released at innocuous moments. This strong need for control and the constant, highly exacting activity is what we find in the cancer miasm (in the language of the Sensation method). This leads us to the remedy *Piper methysticum*, Kava-kava, the best known remedy of the family. It quickly helped our patient to regain his strength, freeing him from his complaints, so that he could once again concentrate on his studies.

### VITAL SENSATION OF THE PIPERACEAE

The vital sensation of the Piperaceae, with its polarity between < boredom, listlessness, pain versus enjoyment, amusement, variety >, is very often found in puberty. Both the active reaction of a desire for change, enjoyment, amusement, fun, and partying, as well as the passive reaction of wallowing in listlessness are very typical of this phase of life, in which the person resorts to early oral behavioral and satisfaction patterns as a preparation for the serious business of life, while simultaneously avoiding taking the necessary steps. Here, we need to distinguish whether we are dealing with a disturbance that needs treatment or with a basically healthy and age-appropriate phase of changeable moods, even if it gets on the nerves of other people. Although the genus *Piper* contains 1,200 species and the Piperaceae family contains almost 2,000, we only use four of these homeopathically. Interesting other plants from this family,





*Teucrium hyrcanicum* is one of approximately 150 Gamander species of the Lamiaceae. In terms of the flower morphology, the short split upper lip is worth mentioning. Its tips are pulled down to the upper lip, giving the impression that the lower lip has five flaps, and the upper lip is completely missing.

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such as Betel (Piper betle), have so far not been used. Along with the mood-enhancing and stimulating or calming effects, the Piperaceae are chiefly known as aphrodisiacs, e.g. *Piper longum* (long pepper) and Matico.

#### PEPPER PLANTS AND MIASMS

<i>Piper nigrum</i> (Pip-n)	sycosis miasm	Black Pepper
<i>Piper angustifolium</i> (Mati)	sycosis miasm	Matico
<i>Piper methysticum</i> (Pip-m)	cancer miasm	Kava-Kava
<i>Piper cubeba</i> /Cubeba (Cub)	leposy miasm	Tailed pepper, Java pepper

Before we move on to differentiating the families, here is a further interesting case.

---

**Case 3: forty-year-old male patient, addiction, inner restlessness, condyloma, eczema on face, herpes, headache, with the key phrase: "Anticipation is so awesome!"**

---

**Casetaking:** Andreas is an event manager, a very lively and intense man who talks and laughs a lot, openly "flirting" with his words and gestures. He has been coming for a long time due to his addiction and inner restlessness, and he also suffers from condyloma, eczema on the face, herpes, and headaches. This is a summary of several consultations, showing how he expresses himself.

**Patient (summarized):** "There's a simmering under the skin. It itches, dragging under the skin, on the arms and face. It moves and throbs, ameliorated by cooling. There's something teeming under the skin. Then, I'm thoroughly sluggish and sensitive to light. It gets on my nerves. I'm tired and irritable. It's crawling under the skin and I can't stand being touched. A throbbing, wave-like motion. This feeling of itching under the skin moves upwards. I'd like to wake up and it's no longer there. It's burning hot, a flush, much aggravated by the sun. A flush, anxiety, with pressure like underwater. It's better when there's work with a particular target, in motion. I need three days detox. I'm totally wired, and give off loads of energy. I often have feelings of addiction, totally driven, like a fly wheel. My head is roaring full,

a flood of ideas. I've put on weight again, turned into a fatty. I compensated with sweet stuff. Grass [marijuana] makes me very creative. Then, I'm an actor."

### ANALYSIS

Andreas says he has extremely creative phases when he is on drugs and can keep an entire bar full of people entertained for hours on end with music, stories, and jokes. He loses all his inhibitions and can keep going all night. In this state of excess he needs a variety of drugs, always alcohol, and lots of sex – and he likes describing this in detail. He is addicted to all this stimulation and keeps going during the necessary phases of work with the anticipation of the upcoming excesses. He, however, repeatedly ends up in the opposite state, when the drugs do not give him the expected kick or his mood tips over into listlessness. Let us listen to what he has to say again:

**Patient:** "Anticipation is so awesome, and then, I'm instantly in a good mood. The best thing is the anticipation. (...) Cocaine and then withdrawal, with the computer, sunk in my thoughts, sexual ones. But it's not so great. I'm happy when it's over. It becomes the focus of my life. I repress the feeling of addiction but that's such hard work. I've got no desire to be with people, I'm totally fixated on the job so I don't need to escape to my friends. I rarely meet up with them. Alcohol was often the key to the outside. It was getting drunk. It's no longer such great fun for me, I can't get it up. So many years on drugs. Totally love cooking now – then I'm in the flow. Make music and have ideas for writing. I'm pressured from all sides. I've no get-up and go. Then, I just do sit-ups, I'm such a doer. Always the biggest anticipation with coke. Drugs are a reward. Cooking is a minor relaxation, I let myself go there. Like anticipating Christmas. I like stimuli, jumping from one thought to the next. Major unrest in me. Focus then through work that calms my head down. It's all broken inside me, inner anarchy. I'm very tense. I'd like to look forward to something, that'd be so nice, but the attractions don't reach me. I'm not there. Even as a child, I was in such a state of mind. I'm very afraid of constriction, cramped rooms, and tight situations. I need a lot of freedom."

**Comments and prescription:** I could say a great deal more about how he describes the states he gets into, his ideas, sensations, and complaints, always told with great intensity and each time differently. It would be easy to convincingly justify a whole series of remedies from this cornucopia. Cases with an excess of information can sometimes be more difficult to clarify than the very meager ones. What is the essence here? For years, he had repeatedly received – along with a series of incorrect prescriptions – *Medorrhinum*, various drug remedies, and *Cantharis*, which helped him in particular situations but without getting to the root of the problem. Finally, it became clear that the key to his remedy was not the particular "what" of his experiences but rather the actual addiction to all this stimulation. The common factor is that he experiences these

stimuli in an intensely sensuous way: drinking, sex, cooking, at times also sports, various drugs, being in the flow, over-working – whatever it is, the main thing is to experience it intensely and sensuously as a pleasure.

**Lamiaceae:** the remedy family with this vital sensation is the Lamiaceae (also known as the Labiatae), a large plant family full of well-known spices and medicinal herbs (3,200 species in 200 genera). These include thyme, mint, basil, oregano, marjoram, rosemary, and melissa. Their vital sensation consists of the polarity between intense, vibratory excitation, cheerfulness, flood of ideas, garrulousness, liveliness, singing, pleasure on the one hand, and on the other, a lack of excitability, lack of reaction to impressions, and stupor. Here, however, it is not about mental stimulation and ideas, as with the Rubiaceae, but rather about physically experienced stimuli, pleasure in the corporeal sense, a feeling of elation.

**Prescription:** *Teucrium scorodonium*

**Follow-up:** the miasm for Andreas, with his impulse to constantly flee from one situation to the next, and his ceaseless inner restlessness was the tubercular, hence the prescribed remedy *Teucrium scorodonium*. Repeated over the course of a year, this remedy helped him to overcome his drug abuse and to experience his sensuality in a less destructive fashion. His working habits became more regular and he enjoyed greater success, less frustration and more financial security, so that he was less prone to fleeing into excess, as he used to in the past. The change of behavior benefited him and helped him to become more stable. Another indication of returning health was that the skin irritations due to eczema almost completely disappeared and he felt far less tension in his musculoskeletal system.

### Comparison of Lamiaceae, Piperaceae, and Rubiaceae showing their differences

<b>Lamiaceae</b>	–	Desire for excitation (physical)
		↔stupor, daze
<b>Piperaceae</b>	–	Desire for amusement (emotional)
		↔boredom
<b>Rubiaceae</b>	–	Desire for stimulation (mental)
		↔stupor, overexcitation

**The anthroposophical perspective:** it is especially interesting to contrast and compare the Piperaceae and Lamiaceae, understanding their fundamental differences – despite the obvious similarities in their homeopathic vital sensation. Both are spices with an influence on our temperature regulation, although in very different and opposed ways.

According to the anthroposophic viewpoint, our ego development is fundamentally based on our quality as warm-blooded organisms, which is why the spices – which affect this – have such an impact on the organization of our selves. The Piperaceae



Drugs, sex, drinking, cooking, over-working, being in the flow, and above all, living intensely. The remedy family with this vital sensation is the Lamiaceae.

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are directed at an ego that is repeatedly withdrawing to a core sphere of unity, which is then reawakened by the spicy hot concentrated pungency. In the oldest and proverbial spice, the peppercorn, the spicy pungency is constricted into a small hard sphere, which appears externally as thoroughly innocuous, without taste or smell. It only reveals its richness when ground down.

The Lamiaceae, on the other hand, freely exude the warmth of their organism into the surrounds: essential oils positively dissipate in warmth, are readily combustible, yet trigger a feeling of coldness when in contact with our senses. Homeopathically, they help in a state where sensuous excitation is too keenly

sought, becoming an addiction in which the ego loses itself in the stimulus it seeks. Anyone who wants to see how organisms without a controlling ego completely lose themselves can watch the videos on YouTube showing how cats react to the genus *Teucrium*, commonly known as Germander. The hot-cold spiciness of the Lamiaceae has a particular effect on the mucous membranes, the bridging zones at the interface between the inside and outside worlds, where people can easily be overloaded if the stimuli are too great.

**Developmental logic of the plants:** is there a logical, structural, or even developmental explanation of the different sensations observed in the plant families? The Sensation method is no help here. In contrast to the minerals and animals, in which the developmental logic is a fundamental part of our understanding, the Sensation method has so far simply listed the plant families together with their vital sensations, but without

OVERVIEW OF THE SIX SUBCLASSES OF THE DICOTYLEDONOUS PLANTS

Egoism, struggle, survival in the world, society	Relationships to groups, hierarchies, organizations	Forming and nourishing of the individual, giving and taking	Efforts to separate and become independent	Longing to merge with the lost unity	Still part of the unity and the boundless mother	Evolution: Individuation →
Defending individuality	Sharing individuality	Nourishing individuality	Rejecting unity	Losing unity	Withdrawing into unity	
→ increasing yang →		→ decreasing yin →				
Asteridae	Rosidae	Dilleniidae	Caryophyllidae	Hamamelidae	Magnoliidae	↓ Stages of life
Solanales	Rosales / Rosaceae Myrtales	Theales  Dilleniales		Urticales	Magnoliales	pre-birth ↓
Gentianales / Apocynaceae  Gentianales / Loganiaceae	Fabales = Leguminosae	Nepenthales  Ebenales			Piperales Illiciaceae Nymphaeales	baby ↓
	Geraniales  Euphorbiales Malpighiales, Violales	Malvales	Caryophyllales / Cactaceae	Hamamelidales	Laurales Aristolochiales	young child ↓
Scrophulariales Orobanchaceae	Sapindales / Rutaceae Rhamnales, Cornales	Primulales		Juglandales	Ranunculales / Berberidaceae	child ↓
Rubiales Plantaginales	Sapindales / Anacardiaceae	Ericales / Ericaceae  Cucurbitales (= partially Violales)	Polygonales	Myricales		teenager ↓
Lamiales / Lamiaceae Boraginaceae  Dispacales Campanulales	Santalales, Celastrales				Papaverales	adult ↓
Asterales / Asteraceae	Apiales = Umbelliferae	Capparales / Cruciferae Salicales		Fagales		old age

The Cronquist system of plants distinguishes six subclasses in the dicotyledonous plants, beginning on the left with the ancient Magnoliidae, progressing on the right to the more complex organization of the Asteridae, the most recent development in the Plant kingdom. Michal Yakir's idea was to contrast this plant development with human development, from the original unity with the mother and the world up to ever higher stages of individualization. Within each column (subclass) there is a further development corresponding to the stages of human life. In the table shown here, we can see how the Piperaceae and the Lamiaceae are at opposite poles of the developmental scale.

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It might be clear if we think of a fern, which is as developmentally distant from thyme as a frog from a horse – but the notion that a marigold is as distant from magnolia as an ape from a mole is less evident. Michal Yakir was the first homeopath to draw attention to this important structure, which she illustrated in her well-known table. In the light of the Sensation method, we can make several adjustments here since Yakir's table mainly uses input from the emotional and biographical level, whereas we are interested in the structure of the different sensations.

The Piperaceae belong to a primitive group of the flowering plants and are closely related to the Magnoliaceae and Lauraceae, and rather more distantly to the Papaveraceae and Ranunculaceae. Magnoliaceae, Piperaceae, Ranunculaceae, Berberidaceae, and Papaveraceae – as families of the subclass Magnoliidae – are characterized by rather non-specific states of stimulus and reaction, which are very close to emotional states. During case-taking, it is often difficult to disentangle statements belonging to level 3 or 4 from the vital sensations

any recognizable relationship or pattern. An examination of the evolution of plants, which we are normally unaware of since it is not as obvious as the organizational hierarchy of the animals, can help us here.

of strangeness, boredom, nerves on edge, change, and pain as real sensations. The common factor of these families is the experience of the unbearableness of certain nervous states of irritation.

### THE DEVELOPMENT OF PLANTS ACCORDING TO MICHAL YAKIR

If we place the evolution of plants as a template over the pattern of human development, we are concerned here with the first phase of contact with physical sensations. With the Magnoliaceae, the newborn baby enters a foreign and unfamiliar world; with the Piperaceae, the baby is confronted with the alternation of external excitation and its own lack; with the Ranunculaceae, the overwhelming power of emotional excitation; with the Berberidaceae, the constant changes in the outside world; with the Papaveraceae, the terrible threat of physical pain. The opposite reaction in all these families is withdrawal and numbness (search for / addiction to reunification and fusion with oneness / wholeness). This corresponds to the encapsulation of all intensity in the tiny peppercorn mentioned above. The ego, which in puberty has the task of going out into the world, takes fright at this and instead withdraws to an early childhood state of waiting for outside stimulation.

Whereas the Piperaceae are too far inside, the Lamiaceae are too far outside. An already fully differentiated ego (sixth column in Yakir's table) shows itself to be incapable of the task of protecting its borders and completely falls for the external stimuli. Following Oscar Wilde's famous saying "The only way to get rid of temptation is to yield to it," the Lamiaceae patients get lost in the outside world. Since they are highly differentiated and with a strong ego, they thereby attain great creativity and productivity. Their addiction is – unlike the early developmental stages – directed not to withdrawal into a uterine state but to achieving ever more, the ever bigger kick. This, however, overloads the body, feelings, and human relationships, leading to illness. Much here resembles what we know from the Minerals as the illness pattern of Phosphorus, an element that is important as an aromatic compound in the essential oils of the Lamiaceae. Just as with Phosphorus, the task of this stage of the Lamiaceae is to retain their individuality despite an intense and creative exchange with the outside world. This is shown at the physical level in the integrity of the mucous membranes and personally in terms of steadfastness in the face of the fascinating charms and sensual temptations of the world.

**Final comments:** the contrast of the two plant families in view of their evolutionary position may not help us directly with our homeopathic prescriptions but it deepens our understanding of the vital sensations of the individual families, bringing order to the confusing Plant kingdom. With the necessary experience –

after we have identified for many patients where their complaints lie along the spectrum of plant development – we can start to develop an awareness of what is typical in the manifestation of remedies in the subclasses and families. A synthesis of the Sensation method and Michal Yakir's evolutionary table brings us a great deal further along this path.

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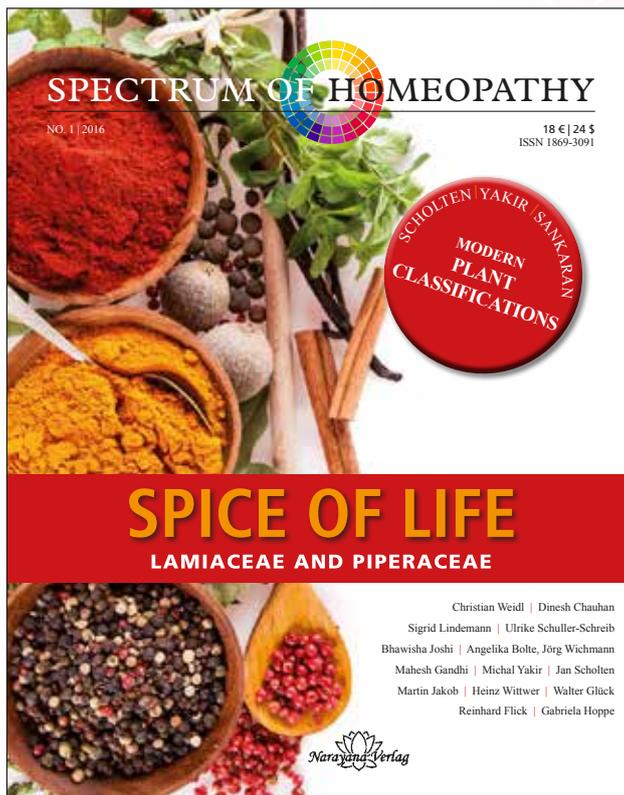
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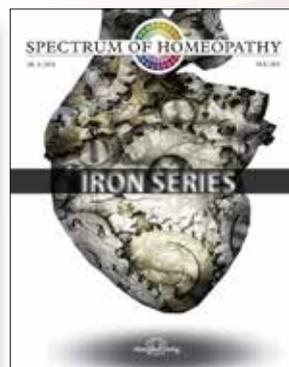
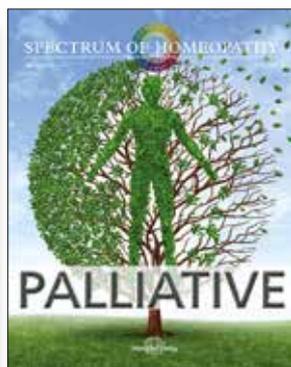
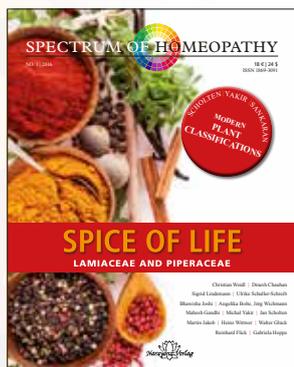
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