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Foreword

It has been my good fortune to come in contact with Dr. Sunirmal Sarkar, as I had the pleasure of visiting his clinic in a remote village in Bengal, where he sees about 100 patients a day.

Many of these cases that I saw were of difficult pathologies, and Dr. Sarkar had a very short time period available to him for case-taking.

Dr. Sarkar has evolved into practising a unique method. He uses every possible approach within the spectrum of homoeopathy and prescribes his remedies.

He uses mental symptoms, organ based remedies, Indian drugs and a variety of potentized allopathic drugs. Depending on what he sees prominently in the given case, he chooses his approach. He has a phenomenal knowledge of repertory and materia medica, in addition to a mind with openness to any and every approach possible.

Dr. Sarkar has a very deep and infectious passion for homoeopathy. His keen interest and enthusiasm inspired us to invite him to *the other song - International*



Academy of Advanced Homoeopathy to teach a course of over six months duration. During this course, students see live cases of Dr. Sarkar and observe the way he practises.

I took the liberty of trying to understand for myself the various approaches that he uses, since he did not have the time to explain it in-depth.

With Dr. Sarkar's seal of approval and the help of Dr. Gaurang Gaikwad, who sat with Dr. Sunirmal Sarkar for six months, various approaches were documented, along with some added examples to explain the approach used by Dr. Sarkar in this short handbook.

Manish Yadav and Sadaf Ulde were the two main people who worked on the section of the toxicological materia medica.

Armeen Jasavala spent considerable amount of time to bring together the scattered notes of Dr. Sarkar and successfully made it into a clear and comprehensive format for the readers.

This handbook is a very raw edition. It is only an overview, as we hope to bring out more detailed books, with more information and supporting cases.

Many of his ideas have already been very useful in my practice and have enabled me to see more clearly the wide spectrum of homoeopathy, and I hope it will do the same for you.

- Dr. Raj an Sankaran

GALEGA OFFICINALIS**Keynotes:**

This remedy is similar to its relative *Glycyrrhiza glabra*, the well-known source of licorice. I give it as an intercurrent to increase appetite and increase the quantity of milk in nursing mothers.

GALLICUM ACIDUM**Keynotes:**

I use this remedy mainly in pathological cases of tuberculosis, fibrosis and advanced lung pathologies. There is hemorrhagic diathesis and its symptoms are a mixture between *Tuberculinum* and *Stramonium*. The mind symptoms include abusive behaviour, lots of fears/ terrors, restlessness, kicking and throwing and acting rudely.

I often see these symptoms in ADHD children - especially violent children. This is one of the important remedies that I differentiate with *Stram*, *Hyos*, *Tub* and *Tarentula*. There is a craving for meat which can be due to the tubercular diathesis .

GALIUM APARINE**Keynotes:**

This is one of the main organ remedies that I use for nodulated tumors, hard tumors - especially of the tongue and oral mucosa. These tumors will have a slow growth period. The remedy is very similar to *Calc fluor* and *Cistus canadensis*. It is a chilly remedy, again similar to *Cistus canadensis*. It is also used for renal stones, calculi and there is a constant urging for urination. Ulcerated tumors with psoriasis of hands is one of the keynotes that I have found useful when utilizing this remedy. Enlarged lymph glands can be treated by *Galium aparine* as well. There is a stagnation of water in the body, in the lymphatic, kidney and bladder. This remedy has a special affinity for fibrous tissue and treats multiple fibrocystic breasts. There is lymphatic swelling behind the ear, Morton's neuroma, neurofibromatosis, itching of the skin, dry eyes, and a sensation of never being satisfied.

GAMBOGIA**Keynotes:**

The keynote that I found the most useful for this remedy is gurgling, gushing, sudden, gunshot-like, profuse, watery stools - similar to *Aloes*, *Podo* and *Croton tig*. The main modality is better after stools, along with pain in the navel, like *Dulc*. Although in some cases there is a burning feeling which remains. In some children, I have treated the symptom of itching in the eyelids with *Gambogia*.

GELSEMIUM SEMPER VIRENS

Keynotes:

In this remedy, one of the fever indications I have confirmed is extreme clinging during fever.

GENTIANA LUTEA

Keynotes:

This is the medicine for people who want to progress but are having setbacks. They doubt their healer and the remedy. They need continuous reassurance even when they actually feel better. There is hysteria, shock, jaundice, diarrhea, dyspepsia with mental and physical depression, and a lack of trust in the doctor.

Other indications include:

- Headache > eating
- Colic in umbilicus
- Flatulence as he eats
- Ravenous hunger
- Used to increase appetite
- *Lycopodium*-like

GERANIUM MACULATUM

Keynotes:

This remedy is especially used for peptic ulcers with vomiting + *Nux vomica*-like stools.

Other indications include:

- < Sun
- Ineffectual urge for stools
- Headache > closing eyes
- Nipples sore
- Dry mouth
- <Summer
- It is like a specific hemostatic remedy