

# Sensation Refined

By Dr. Rajan Sankaran, Hardcover, 432 pages, \$95.00, ISBN-978-81-903378-7-8,

Printed in India

Reviewed by Kavitha Kukuvoor, RSHom (NA), CCH, BHMS

The Sensation Method grew from Dr. Sankaran's understanding of the energy patterns of homeopathic remedies and how they relate to the energy patterns of human beings. It is as if two songs are playing in the same person, i.e., the human and non-human energy patterns that correspond to the energy patterns of plants, minerals and animals. The song of the remedy will appear in the language of its kingdom—resembling sensitivity in the Plant Kingdom, survival in the Animal Kingdom and structure in the Mineral Kingdom. In this text we see the evolution of the author's ideas since publishing *The Sensation in Homeopathy*, consolidating the concepts described therein. As the title suggests, we savor the refinement of the ideas in his earlier work, in an attempt to make the Sensation Method more effective, consistent and finally, to achieve success with greater ease.

The first half of the book reviews and expands on the basic principles of the Sensation Method through several examples and different methods for identifying the sensation. The second half is concerned with its application and actual case-taking process. This text is an excellent teaching tool for those already familiar with the Sensation Method and those who are beginning to explore it.

Dr. Sankaran emphasizes the chief complaint since the physical expression of disease is the crystallization of the general vital disturbance. He states that one needs to focus on the energy pattern through hand gestures associated with the chief complaint. He used the example of a woman whose chief complaint was depression who kept folding and unfolding a napkin. Dr. Sankaran asked, "What is this you are doing?" Patient: "This? This is confusion...and this is clarity." Dr. Sankaran: "Can you talk about confusion and clarity?" ... and the whole case opened up!" (P. 27)

This information ultimately led to a prescription of *Alumina*. In a nutshell, gesture is the key. When words and gestures are different, they need to be collated.

He did a fantastic job in capturing the detailed aspects of global and local sensations, global themes in the kingdoms and

sublevels of sensation, etc. Dr. Sankaran cautions us that when we hear pure "source words," at the sensation level, we are not supposed to look for a remedy there. These words have to be seen in the context of kingdoms and subkingdoms. He discloses that the internet is the place to find "source words."

Dr. Sankaran explains how the patient moves from the local sensation of the complaint to the corresponding general sensation. He points to "source words," which when verified at all levels, lead to the universal experience of the individual. This directs the homeopath to the deepest acting simillimum. The fundamental idea is that the remedy is curative when it is given based on the patient's deepest level of experience—the "Vital Sensation."

"Sensation is deeper than emotion or delusion, experienced in the mind & body simultaneously." (P. 77)

In *Sensation Refined*, Dr. Sankaran elaborates on the "Seven Levels of Experience," his central thesis. Potencies that correspond to levels of the disease state are explained in a detailed manner. He also discusses LM potencies and how they relate to the corresponding levels.

"The potency is selected according to the level that is experienced daily by the patient." (P. 117)

This book provides the homeopath with a technique of case-taking, analysis, prescribing and long-term case management, knowledge of remedies and an understanding of how this system relates to the fundamental principles of nature. Using this in conjunction with Dr. Sankaran's system of miasms and kingdoms makes an effective system of homeopathic practice.

He advises us to let the patient lead and this happens best when we merely say, 'Tell me more about...' which has no direction and takes the patient to all of the levels of experience. The sensation is always with the patient—it is present and continuous—so Dr. Sankaran insists that we keep the patient in the present—in the sensation level—even if the experience was in the past. Once the sensation is clear, focus only on the sensa-

tion—going along with the patient to the deeper subconscious level. For the moment, ignore the patient's emotions, delusions and physical complaints. "When the sensation is not clear, the question, "What is the effect on you?" takes it further." (P. 215)

Philosophically, he defines health with respect to the levels of experience. When we ask a patient WHY, it leads to a theory and puts the patient's MIND to work, which is of no use to us. Instead, we need to ask "What does it feel like?" which is more effective and goes deeper—touching their experience. "Truth is not the Why of something, but the What of something. The Is-ness of the moment is the entire truth." (P. 182)

In discussing what needs to be looked for in follow-ups, Dr. Sankaran writes, "The objective in the follow-up is to find out to what extent the basic sensation has been reduced." (P. 331)

I found the chapter on doodling fascinating. Dr. Sankaran relates how he was able to see the "Vital Sensation" in doodles,

which when verified were very similar to the inner turmoil of the person. Other valuable tidbits include a questionnaire on how to elicit sensation, information on repetition of dose and a questionnaire from readers.

The Sensation Method is reproducible, and if homeopaths follow the method exactly, they will come to the same conclusions as Dr. Sankaran. This book will be a challenge for those who are not familiar with Dr. Sankaran's school of thought, but for those who are already following his thought processes, he offers refined techniques for dealing with cases.

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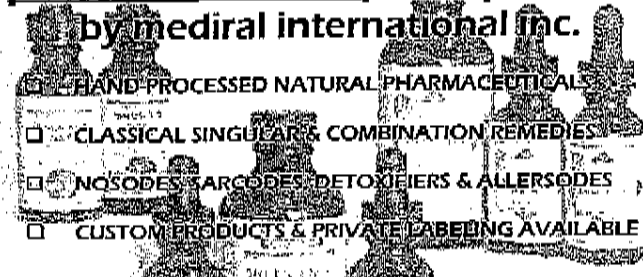


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