

Therapeutic Transformation Through Sensation-Oriented Homoeopathy: A Case Study Of Nelumbo Nucifera In A Female With Emotional Dissonance And Psychosomatic Complaints

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ABSTRACT

Background: Psychosomatic illness that bears deep emotional dissonance is not ordinarily easy to cure in any medical intervention because there is no identifiable pathology. The Sensation-Oriented Homeopathy developed by Dr. Rajan Sankaran has an individualistic strategy which studies the utilization of symbolic, metaphoric expressions and vital sensations in identifying medications.

Objective: To record and assess therapeutic transformation of a female patient through the Sensation Method of homeopathy which has a prescription of Nelumbo nucifera for chronic vertigo, emotional suppression and psychosomatic symptoms.

Case Presentation: A 38-year-old female patient came with chronic vertigo, emotional numbness, PCOD, and psychosomatic symptoms. Her expressive metaphors (e.g., floating, rhythmic breath, light within), pointed to themes of being detached and spiritually longing. A specific classical case-taking technique and symbolic analysis pointed out the vital sensations that go with the plant kingdom particularly the Nymphaeaceae family.

Intervention: On sensation analysis, thematic mapping, and repertorisation, Nelumbo nucifera 200C was prepared. The archetypal images of blossoming, rhythmic peace and divine silence in the patient were taken into consideration during the remedy selection.

Results: First Follow-up (2 months): Significant vertigo, emotional balance, and stamina improvement; low residual joint pains. Second Follow-up (3 months): Full emotional stabilization, increased vitality, and strong images of inner peace and being at one with nature.

Conclusion: This case justifies the application of the Sensation Method using Nelumbo nucifera in controlling complicated psychosomatic and emotional disorders. It is a clear indication on how sensation-based prescribing can bring significant inner healing, and in that ability, it calls for further clinical investigations into lesser-known remedy such as Nelumbo nucifera for personalized treatment.

Keywords: Sensation Method, Nelumbo nucifera, psychosomatic, emotional suppression, homeopathy, symbolic healing

1. INTRODUCTION

In the modern clinical environment, the practicing professionals tend to come face to face with patients who complain of a combination of physical complaints as well as delicate, generally imprecise emotional disorders (1). Such cases are notoriously difficult to treat through the conventional means because of the non-existence of a specific and identifiable pathology and the fundamental nature of their origin in the psyche (2). Patients in such situations usually claim that they have constant feelings of detachment, internal combats, and a sense of being 'out of place' in the world. Such problems are not just symptoms. they are forms of an inner pattern or vital disturbance, and its treatment needs a method that goes beyond surface diagnosis (3).

Homeopathy especially Sensation Method of homeopathy by Dr. Rajan Sankaran provides really deep approach to such cases. This approach explores the deepest experience of the patient – what he or she feels, perceives, and brings out metaphorically or symbolically, frequently through hand gestures (HG), spontaneous speech, and images (4). The vital sensation is the most profound level of the experience of the patient and indicates their bond with one natural kingdom. plant, animal, or mineral. By sorting out this sensation and its corresponding kingdom and miasmatic background, the practitioner can give a remedy that touches on what is inside the patient (5).

This manuscript describes a unique and very descriptive case of a 38-year-old female that attended medical facilities for treatment of chronic vertigo, giddiness, and emotional disconnection. In her narrative, she used metaphors of floating, suffocation, rhythmic breath, internal light and the general need for peace, stillness and oneness. Her story also involves emotional deprivation, repression and spiritual longing, reflected in her account of being shut down and then coming to bloom – like a flower opening to the light. These themes, which were considered under the prism of the Sensation Method, resulted in the prescription of *Nelumbo nucifera* – the sacred lotus.

Lotus is a key symbol in many spiritual communities, the most prominent being in Buddhism and Hinduism (6). It symbolizes purity, spiritual awakening and ability to remain pure in struggles. The healing *Nelumbo nucifera*, harvested from this plant, inherits similar motifs of clarity within, rhythm of the heart, connection with the supreme and the ability to stand by oneself in the midst of setbacks (7). Such phrasing as experiencing herself as a floating petal, breathing rhythmically with the sea or being “choked” when ‘closed’ equally reflected the proving’s and *Materia medica* accounts of this remedy to an exceptional degree (8).

2. CASE PRESENTATION

Patient Profile

A 38-year-old female came with chronic complaints of giddiness, vertigo, emotional detachment incidence of feeling disconnected with the world. Her chief complaints consisted of a sense of not belonging in an overwhelming way, with bodily aches such as back cramps worsened by activity, PCOD and periodic bronchitis.

Past and Family History

She was suffering from a record of miscarriage as a result of rubella infection, polycystic ovarian disease and severe cases of bronchitis. Her mother was diabetic. She had no significant illness in her father or siblings.

Personal History and Disposition

The patient was introverted, sensitive, independent from the childhood. She characterized herself as misunderstood by her family, and a social construction made of her as either being conceited or distant emotively. In spite of being a topper in school her being late riser and strange views of life were not spared of criticism. Her emotional strength was manifested at the early stages when she reported never having sought assistance to achieve her objectives and everything on her own.

Life Events and Turning Points

Marriage was the turning point from a psychological point of view. She entered an orthodox family in which she was suppressed to be open and socially connected. Her life was eventually confined and inhibited. She developed emotional numbness, low sense of personal motivation, social withdrawal, and even daytime sleep and lethargy episodes. Her previously bright and active temperament faded and she got considerable body mass, above 120 kg.

Mental State and Core Sensation

She reported extreme emotional suppression in her 17 years of marriage, pining to ‘blossom’ and ‘open up’ while feeling trapped in a metaphorical box. Her language was centered on the view of an adrift petal, inner rhythm, cold deep sea, and divine silence. She explained suffocation on being ‘closed’, breathlessness when confined to and peace in states where she floated and felt free.

Symbolic and Dream Expressions

The patient was using metaphors that were rich in sensations: floating on a leaf, with inner lights, transparent creatures with rhythmic movement matching her breath and light emitting jellyfish in dark sea. Dreams often had the theme of being unprepared, exposed, or hiding herself. She discussed recurrent issues of being covered, feeling not complete, and the longing to exhibit inner beauty which seemed to be restrained.

Energy Patterns and Emotional Themes

Her energy was in a state of flux – two days of vigor followed by two days of complete exhaustion. She swung between acute sensitivity to high degree of indifference. She yearned for equilibrium, liberty, and spiritual heights, and talked of divine connection, flowering, and peace frequently.

Thematic Analysis

The most important themes of the case were such as rhythm in breath and movement, floating, unity with nature, emotional confinement, suffocation, inner light, peace, and dynamic picture of opening/closing. The feeling of “not of this world” and “desire for divine oneness” was striking as the strongly rooted emotional expressions.

Provisional Diagnosis and Remedy Selection

The nature of her narrative was compatible with plant kingdom, that is, *Nymphaeaceae* family. Her vital sensation involved

inside-outside dichotomy, float versus heaviness, closure versus bloom and connection with divine, and they all culminated into the indicated remedy being *Nelumbo nucifera* 200C.

3. CASE RUBRICS AND REPERTORISATION

A repertorial analysis was collected by rubrics which expressed correctly core sensations and emotional expressions, and symbolic imagery of the patient. The following rubrics were selected and tabulated in **Table 1** and the Repertory chart is shown in **Figure 1**.

Table 1: Rubric Description and Repertory Section

No.	Rubric Description	Repertory Section
1	Delusion – floating in air	Mind
2	Delusion – separated from the world	Mind
3	Indifference – apathy	Mind
4	Desire for – freedom	Mind
5	Dreams – unprepared for examination	Mind
6	Delusion – body is delicate, easily injured	Mind
7	Delusion – she is not appreciated	Mind
8	Lightness, sensation of	Generalities
9	Delusion – blossom, she will	Mind
10	Concentration – difficult	Mind
11	Aversion – to company	Mind
12	Meditative disposition	Mind

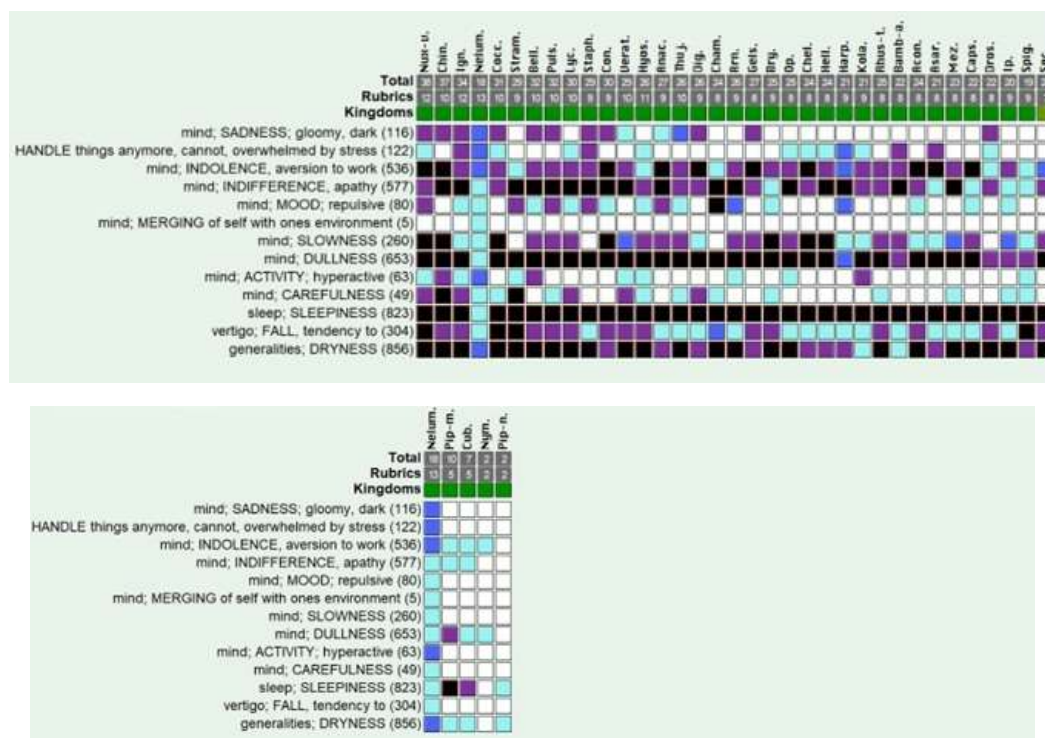


Figure 1: Repertory chart shows all remedies from subclass one

The *Nelumbo nucifera* remedy was highly present in the analysis, with a clear synch with plant kingdom remedies carried by floating, rhythm, and inner light. More support was gained by citing Sankaran's schema and thematic *Materia medica* hints.

4. FOLLOW-UP EVALUATION

First Follow-Up (2 Months After Prescription):

The patient gave a complete relief of giddiness and vertigo. Her physical vigor enhanced a lot to enable her to carry on day-to-day activities without feeling exhaustive. She was filled with a feeling of freshness and endured constant energy without crashes. Emotional state was more stable than it was previously. Knee and ankle pain continued, but was not as consequential (Table 2).

Second Follow-Up (3 Months After Prescription):

She defined herself as an emotionally balanced and very energetic person. She complained of no emotional turbulence and added that her productivity and clarity enhanced. As a symbol she defined herself as "on top of the world" and had intense feelings of being oneness with nature and the divine. The imagery created a sense of extreme peace within the mind and body of the patient while floating above mountains, with cool air, and internally in harmony (Table 2).

Table 2: Follow-up

Follow-Up	Time Since Remedy	Key Observations	Emotional State	Physical Symptoms
1 st	2 months	Giddiness and vertigo resolved; improved stamina; reduced need for rest; still some joint pain	Fresh, emotionally stable	Knee and ankle pain mild, energy levels improved
2 nd	3 months	Clear emotional balance; described a state of bliss and internal peace; enhanced productivity and clarity	Elevated confidence; peaceful, joyful	No major complaints; full physical vitality

5. DISCUSSION

The outstanding changes just in physical and emotional parameters in this case show the power of individualized homeopathic treatment on the basis of the Sensation Method. The patient's deep metaphoric expressions in terms of floating, rhythmic breathing, internal light, and blossoming coincided with the plant kingdom, specifically with *Nymphaeaceae* family to endure *Nelumbo nucifera*. This does not only entail mitigation of symptoms but a story of change and affirmation with the patient's true self (9).

The lotus remedy reflects the ability to stay focused and brilliant in hardship, which is a part of this patient's process of liberation from suppression and restriction towards emotional and spiritual liberation. From the depth of darkness and weight of emotional suffering, she emerged into a lighter, freer, and a more connected existence. The progressiveness of recovery between two follow-ups anew without reappearance of earlier complaints brings to the fore the action of the remedy (10).

In a kingdom view, the sensitivity, desire for unification, inner radiance, and responsiveness to closure of her expressions fall under the profile of the plant, whilst her archetypal experience of inside-outside dynamics, openness vs. suffocation belongs to subclass 1 characteristics. Besides, the feeling of floating, pictures of petals, and rhythmic breath correspond to nature and morphology of the lotus flower. Sankaran's classification and *Materia medica* references to *Nelumbo*'s divine symbolism, indifference to external turbulence, pure expression positively confirmed the prescription (11).

6. CONCLUSION

The selection by the prescribing Sensation Method in this case of chronic psychosomatic and emotional dissonance of *Nelumbo nucifera* 200C shows the depth of what individual homeopathic prescribing can achieve using the Sensation Method. The transformation of the patient was not restricted to relieving the symptoms, but it covered profound emotional unloading, clarity, stable energy, and reestablished connection to her internal self. Her vocabulary, imagery, and metaphors were filled with such themes as rhythm, openness, floating, lightness, divine connection, which had a profound interconnection with the lotus archetype.

From this case, it is evident that it is effective to analyze the patient at an essential level of sensation, to know the patient's core conflict and match it to the proper medication through kingdom classification and miasmatic mapping. The dramatic and long-lasting improvement observed in physical and mental health parameters drives home the idea that a holistic approach to the problem can prise open healing in cases where traditional diagnostics and cures are hostilely unhelping.

More to that, the patient's sense of inner peace, vitality, and spiritual integration is more than dissolution of disease but transformation of life quality. Her transformation from a cocooned, psychosomatically stifled caged bird to a sensitized, empowered, and relational individual presents powerful evidence in favor of the effectiveness of *Nelumbo nucifera* and confirms the wider use of plant remedies from lesser-known families such as Nymphaeaceae.

This given case encourages homeopaths to adopt deeper case-taking approaches and apply the Sensation Method as an important source to reveal the language of healing of the inner world of the patient. It also advocates for more clinical documentation and research for cures such as *Nelumbo nucifera*, which are likely to change the complex emotional and energetic pathologies.

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