

## In-Depth Understanding of Plant Kingdom (Mumbai: Feb 19, 2012)

It's not a method used by many practitioners but I find Dr Rajan Sankaran's Kingdom Classification a vital tool to assess patients. Admittedly, Kingdom Classification, as is Dr Sankaran's Sensation Method itself, can be extremely complex. But this highly refined approach provides an invaluable framework towards the eventual fixing of Rubrics. Why, some even call Kingdom Classification 'ethereal' and 'dreamy'!

Dr Sankaran's method focuses on discovering the underlying *theme* of the patient's basic nature as it pervades their entire being – their perception of the world, their reaction to it or, in other words, their very *experience* of it. Amazing, isn't it?

In my own experience, classifying patients into one of three kingdoms according to their constitutional nature – plant, animal and mineral – solves half the riddle during the Case Taking. This classification can be used within a more comprehensive framework to distil the patient's experience and thus narrow down possible remedies. After all, Pulsatilla *cannot* be Plumbum, and making this distinction by systematically classifying your patient at the very beginning makes for greater accuracy. So you might say that at our workshop, we will be discussing Class VIII biology with a twist!

More specifically, we will talk about 'Plant People' and the 32 plant families (proving by Dr Sankaran) to which they belong. This finer classification is achieved by observing the patient's core disturbance in all its nuances. We thus pinpoint their vital sensation; the subject or content of their speech and the language they use to further classify the patient.

Here's a snapshot of the 'Plant Personality' and an insight into the subject of our discussion at the workshop.

Plant Personalities: Plants are rooted to the soil and the only way they can grow and flourish are by being sensitive to their environment. And since the environment is constantly changing, they need to keep adapting.

'Plant people' are typically soft, **sensitive**, emotional, easily hurt, moody, mercurial and whimsical. Some are nervous and fragile, and they hyperventilate over minor issues or even non-issues. They get 'inflamed' easily and cry at the slightest provocation. Their thoughts seem random and they lack structure. Their core issues centre around support and nurturing. They are hypersensitive in their relationships as they get hurt easily. They are also dependent on people and need to be anchored by someone. (The "I can't do without you..." syndrome).

On the creative side, people belonging to this kingdom have highly developed aesthetic sensibilities and may be creative and artistic.

Where does Kingdom Classification fit into the larger context of homeopathic practice? Well, there are approaches and there are approaches, and who is to judge which one is better? I suppose what matters most is that the method works. My own approach uses Kingdom Theory as one of many entry points to any given case. It will always remain one of the most crucial.