

# **DECODING MENTAL RUBRICS**

**By**

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**&**

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**Printed in India.**

First print – 2019

Second print – 2020

Third print – 2021

ISBN number – 978-93-5406-620-7

Printed in India by  
Gurukrupa Pvt Ltd., Mumbai

Published by  
**Dr. Gaurang Gaikwad**  
**gaurangh@gmail.com**



## **DEDICATED TO MY MENTOR**

**DR. RAJAN SANKARAN**

## **GRATITUDE**

I have been working on this book for past 9 years.

My friend and brother Late *Dr. Rameez choughe* has been the co-author in this book, and we worked on this book together for 3 years, it was our dream to publish this book and share it with everyone, about our journey with Rubrics.

Special thanks to *Mrs. Sabina Mirchandani* and her Husband (who have gone out of the way to help refine the book), *Armeen Jasawala, Dr. Amruta Hede, Dr. S. Parkavi, Dr. Sheetal Bidri, Dr. Athishaya Mamatha, Dr. Juhi Malhotra, Dr. Utsav Katariya* and *Dr. Shishir Paranjape, Dr. Jaya joshi* and *Dr. Vasudha Gupta* who have all helped in refining this book.

My Gurus at different points in my life, from *Dr. Vijay Vaishnav, Dr. Kamlesh Mehta, Dr. Jenil Panthaki, Dr. N. O. Goel, Dr. Devadiga, Dr. Jayesh Dhingreja, Dr. Nimesh Mehta, Dr. L. M. Khan, Dr. Subash Singh, Dr. Sunirmal Sarkar, Dr. Milind Rao, Dr. Gopinath Menon, Dr. Gajanan Dhanipkar, Dr. Ashok Borkar* and my mentor *Dr. Rajan Sankaran*.

My sincere gratitude to my parents *Dr. Pushpa Gaikwad* and *Dr. Hemant Gaikwad* who have always stood by me, and my friends *Dr. Amruta Hede, Dr Alpesh Oza, Dr. Pratik Jain,* and *Dr. Shrikanth Jhumale,* who have been very supportive.

Special thanks to my college, *Smt. CMP Homeopathic Medical College* and *Mumbaidevi Homeopathic Hospital,* especially the OPDs, the teachers who mentored me and lastly my gratitude to 'The Other Song Academy', where I was nurtured and where I grew my understanding about the Mind Rubrics.

-Dr. Gaurang Gaikwad  
&  
Dr. Rameez Chougale

Mumbai

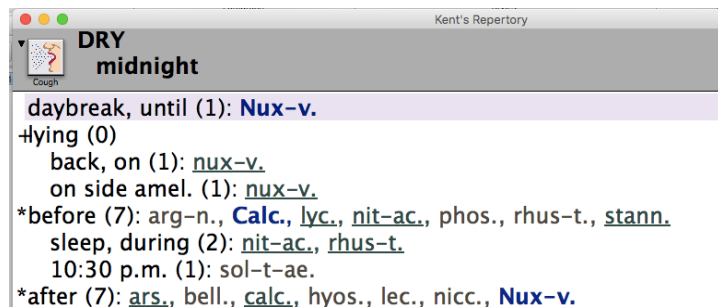
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### JOURNEY WITH MIND RUBRICS

When I look back from my college days, Repertory has never fascinated me. I always wondered about the use of repertory and would always use Allen's Keynotes and Boericke Materia Medica. Now, it has been 10 years since my Repertory journey started with different teachers, mentors, and colleagues.

My first mentor Dr. Vijay Vaishnav, was a master of Boericke Materia Medica, and was the first one to point out to me the clinical application of Repertory and how Repertory can be indispensable in practice. I remember the most interesting acute case of pneumonia, where the patient would get dry cough after midnight, especially the cough would aggravate while lying on back and would get better lying on side and better after morning. I remember him showing me in Kent Repertory how all the single rubrics pointed towards *Nuxvomica*.

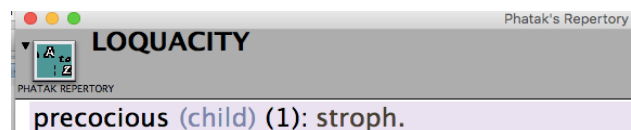


I remember his advice fondly as he said, "If you want to learn in depth case taking, first browse through entire Kent Repertory, and you will get oriented towards it."

Further, Late Dr. Milind Rao, was a master teacher who would teach metaphorical understanding of Mind Rubrics, more in the way of Dr. M. L. Seghal's way. He would call me to his OPDs weekly for a period of 6 months, which I attended religiously along with Dr. Rameez.

I remember a difficult psychiatric case of a child, who he was treating when I was assisting him. The child would almost speak like an adult, talking about politics, life lessons, and marriage.

He showed me an interesting rubric:



Later, I spent the next few months, with Dr. Gopinath Menon, who would painstakingly answer all my queries and questions about understanding of Mind Rubrics.

Dr. Kamlesh Mehta, was the main teacher of Repertory in our college, he would encourage me into self studying, and I remember actually studying with him in his department, sometimes even while he had lunch, he would be listen to my Repertory adventures.

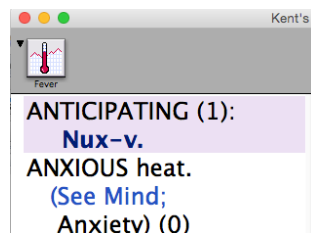
Special thanks to Smt. CMP Homeopathic Medical College and Mumbaidevi Homeopathic Hospital and its teachers Dr. Jenil Panthaki, Dr. Devadiga, Dr. N. O. Goel, Dr. Nimish Mehta, Dr. Nimish Shukla, Dr. Jayesh Dhingreja, Dr. Rupa Rao, Dr. Sumit Goel and Librarian Mr. Viren who all have supported me during college days, to think and apply different rubrics especially in the OPDs.

Some personal battles in life ushered me to leave the city and go some place far, and my mentor Dr. Vijay Vaishnav, sent me to Kolkata, suggesting Dr. Sarkar that he is sending his best man from Mumbai to train from him.

In 2010, I met Dr. Sarkar and stayed with him for 8 months and saw many cases day and night at his clinics at Saltlake and Thakurnagar in West Bengal.

I remember one of the incident, a case which really impressed me was of a man about 35 year old had come to see him who had a cough for last 3 days, he felt that he will develop fever any time and he is worried that he will develop fever.

Dr. Sarkar, like an ace player opened the Kent Repertory and showed me an interesting rubric: fever; anticipating (1) with the only remedy as *Nux vomica*.



He said "Give it and Just you see in 7 days". The patient came back and was smiling, said "I felt much better after the medicine"

This case impressed upon me the passion in which he knew the entire Kent Repertory and would use it more than many times a day and with such amazing results.

I wrote a book on how he analyses the cases, called 'Just You See' after I came back from Kolkata.

Dr. L. M. Khan, was at that time the HOD of Organon, National Institute of Homeopathy, Kolkata. His knowledge of Materia Medica Pura intrigued me. I remember him showing me how to use physical confirmations of remedies for e.g. in cases of tuberculosis he would often give *Drosera* with confirmatory symptom of where he would examine the face and hands of the patients and invariably if there would be heat of the face and coldness of hands, it was strong symptom for him to prescribe *Drosera*.

Heat face : coldness of, with: hands. {2> 1> 24}(KentRepertory)

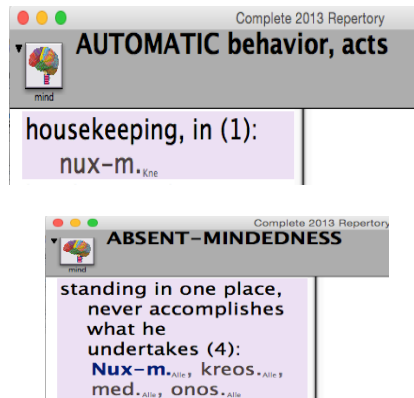
Dr. Subhash Singh, was one of the reasons I went to Kolkata. I would read his small booklets on Organon and Materia Medica, was intrigued by the Kolkata approach. He would encourage and motivated me to understand Allen's Keynotes more in depth and understand it with Repertory.

Late Dr. M. M. Dutta, at that time was suffering from a health condition, but still he would come weekly to teach at NIH. He would teach the MD students, different repertories and old books of Homeopathy, which we hadn't heard or read before, this is where the inspiration came to study different types of Repertory.

When I returned from Kolkata, I met Dr. Sankaran and from then started my journey of understanding the Repertory in depth and understanding the artistic use of Repertory.

I remember this case very clearly of a lady who had come with asthma and she said that nowadays she doesn't understand what's happening with her. She at times sits in one place and if 100 rupees notes kept in front of her, for some moments she is unable to find it at all, her attention is not there for few minutes. She said this happens especially while cooking food, she is standing in the kitchen and she doesn't understand what she is now supposed to do.

The way in which Dr. Sankaran probed the repertory and understood in depth the rubrics converting the patients language to exact rubrics he showed the following 2 rubrics exactly matching the state :



The remedy given was *Nuxmoschata*, what I learnt was not just the remedy but the approach to find the exact symptom in the repertory to whatever maybe the patient's language.

This was mesmerizing and filled me with passion to learn the Repertory and like a madman on fire I started studying different types of Repertories.

Kent Repertory, Phatak Repertory, Boericke Repertory, Allen's Repertory, Knerr Repertory, BBCR, Reference works etc. Following is an attempt to give an idea on how to use each repertory.

I spent next few years, just watching and studying his cases and how he understands the person in depth; here especially 'the other song academy' nurtured me during my initial days.

Since 9 years, I have been trying to understand Mind Rubrics, Delusions, Deliriums and dreams.

Especially trying to understand the rubrics after learning from all mentors, I developed, a deeper understanding, my analysis became an amalgamation of all my gurus knowledge.

This book is more of a map for the right way to understand mind rubrics, where I have tried to understand the rubric, the exact meaning of the rubric, word origins, how to clinically apply the rubric, how to understand the subrubrics, and how to understand important remedies in a rubric.

*I am just a medium of my gurus.*

*Welcome to the world of Repertories!*

- Dr. Gaurang Gaikwad

Mumbai, 2019

**IN MEMORY OF  
DR. RAMEEZ CHOUGLE**



*Have you been ever as a lost, perplexed trying to understand the intricacies of the human mind , to find the exactness of the language and converting into rubric, finding its origin, its meaning, and its application, ? then this is one of the best literatures written by a young wizard in homoeopathy Dr Gaurang Gaikwad....it crystallizes the information from the most authentic authors and his clinical experience to make it very lucid to understand and apply in clinical practice.one important aspect of the book is the cases dr Gaurang has quoted to explain, add that little extra to help a new comer and even a senior to get a practical perspective ,this book reflects the simplicity of the author to get the complex mind to simplified format and I feel it keep u turning the pages and make dramatic change in your practice..*

*My best best wishes to this most promising young man in homoepathy*

*Dr Gajanan Dhanipkar*

*I have gone through few pages of Dr Gaurang's book.*

*The idea of integrating the origin of words used in rubrics and the area where the Master's have explained them in their material Medica is very unique. It helps us to link how the Master's thought of putting the exact word to the prover's experiences.*

*Further the brief summary of the drugs used in the rubric with clinical case examples are very useful.*

*It will be a great help to the practitioners trying to practice by understanding the Mental state of the patient.*

*Dr Ashok Mohanty*

*The "Laborious Homeopathic Mind" at Work finally sees the light of the day with a very detailed and careful study of each Rubric - a treat for the new homeopath or the settled practitioner as well.-*

*Dr Alpesh Oza*

*Congratulations Dr Gaurang Gaikwad.*

*The hard work and heart work you put in this work is enlightning for budding Homoeopaths. To understand the state of mind this work is surely helpful. With your persistent efforts u have made this work very sophisticated and way of presentation easy. Obviously this book will be a guide to achieve successful results in various cases.*



*Dr Amar nikam*

*A well - Researched , Meticulously Composed Book which makes the use of the repertory easy , effective and interesting !*

*A Must Have for every Homeopath*

*Dr Ashok Borkar*

*I am glad to receive long awaited book 'Understanding Mental Rubrics' from Dr. Gaurang Gaikwad. This book is a tribute to his one of the closest and beloved friends Dr. Rameez, who had died unexpectedly before starting his promising career. I have seen Gaurang going into transition and getting transformed from a student to international teacher. This book seems a sharing of his learning process and is interactive in its presentation, hence it will be interesting for students of repertory who wish to perceive the subject at experiential level. I wish him success in his endeavor.*

*Dr Kamlesh Mehta*

*Converting the patient's language and your own observations into the repertorial language is never easy. It takes years of practice to master the art of case taking and repertorisation. The most difficult part is to master the mind rubrics. The mind can be a minefield.*

*Many books have been written to make understanding of mind rubrics easier but none has been able to do justice to the task at hand. Until now! I find Dr. Gaurang's book a delight to read because it not only gives you the meaning of a rubric, it gives the word origin, how and where the symptom appears in our provings and clinical case examples to ensure that you get it right.*

*This book is going to be very useful to all homeopathy students and practitioners. I highly recommend it!*

*Dr. Manish Bhatia*

*Dr. Gaurang has prepared this book with profound depth and compassion. The wisdom of all his gurus Dr. R. Sankaran, Dr. Vijay Vaishnav, and mine, has been well preserved and delivered by him. He is a true Hybrid of his Gurus and this is reflected in how he writes the book, which will make it a Milestone in the History of Homoeopathy.*

*- Dr. Sunirmal Sarkar*



## **MIND; ABRUPT**

The main meaning of the rubric *Abrupt* is the state of being and doing everything suddenly and unexpectedly; almost brief, to the point of rudeness; curt.

### ORIGIN

From the Latin word *Abruptus* meaning 'broken off'; from *Abrumpere* (ab-'away', rumpere-'break').

### UNDERSTANDING

Comes from the Latin origin *rupture*, which means sudden, unexpected, break.

Kent gives only 2 remedies in his repertory under this rubric: *Nat mur* and *Tarentula*. *Nat mur* can be understood through this rubric by someone who would suddenly break a relationship and then have an aversion to that person.

*Tarentula* would do something abruptly and suddenly to gain attention. Seeking attention from others is one of the main spider qualities.

Phatak Repertory gives 5 remedies - PHATAK REPERTORY; ABRUPT (5):cham,med., nat-m., plat., 2tarent.

One of the patient who did very well on *Platina*, would come inside the clinic consultation room, without a prior notice, would walk in suddenly and abruptlyslamming the door open(sometimes abruptness – is an action).

*Blatta* is one of the remedies which is given in Sub-rubrics of the repertory

- mind; ABRUPT; speak, when obliged to
- mind; ABRUPT; speaks bluntly

One of the Subrubrics worth knowing of Rubric *Abrupt* is -

State of *Puls* is that even with the abruptness and suddenness there is an affectionate flavor in them

- mind; ABRUPT; affectionate, yet : 4PULS

The way to study the Repertory is to understand how the rubric originally came in the Source Books.

## ALLENS ENCYCLOPEDIA

Cross, tendency to *get angry and to speak abruptly; is obliged to move the limbs, with tearing and pressing pains in the stomach*, and in the left side of the chest; great thirst, with necessity of introducing his fingers into the mouth.

## BOGER

Selfish. *Suddenly changing moods, fancies* or strength.

## ALLENS HANDBOOK

Falling *suddenly as if struck by apoplexy*, then shortness of breath, blackness of face, hands, etc., he revived as he heard music, sighed, moved first his feet, then hands and rest of body, and on being raised to his feet danced vigorously, sighed deeply, rolled upon the ground, kicked vigorously, the dance was repeated for three days and

he was restored by the perspiration thus induced, but each year, about the time of the bite, pain reappeared in the affected part, with the above symptoms in less intensity, again ameliorated by music and dancing.

#### ALLENS ENCYCLOPEDIA

**RESPIRATION:** Suffocation; violent and painful palpitation, causing great anxiety. Suffocation, constant want of air, beating of the heart, *ceasing suddenly, then the patient thinks he is going to die.*

What we understand from the following references is that one can generalize the idea of the state of Tarentula as a sudden, abrupt innate quality within them. This has beautifully been concised and coined as a term by C.M. Boger in Boger Synoptic Key – in the First line – VIOLENCE , Sudden .

If one considers the pathology – which *Tarentula* produces they are also sudden like jerking, convulsions, twitches, quivering, and synalgia.



VIOLENCE, sudden  
**Restless, fidgety, hurried**, in incessant motion, but walking aggravation.  
**Rolls from side to side.** (Am-c. Ars. Lach.), aggravation head, and rubs it.  
Quivering.  
Numb prickling.  
**Jerking Twitching.**  
Chorea.

Often when we study the repertory, we need to study the cross references as well. There is another place in the repertory where the same rubric or symptom is given in a similar way. For example, 'MIND; TALK, talking, talks; abrupt'.

Another similar rubric is 'MIND; HURRY, haste'. The main idea here being everything is done faster; while in *Abrupt* there is more sudden, unexpected behavior.

Another similar rubric is 'MIND; IMPETUOUS', which is an act done quickly, without any care or thought, especially with rapidity.

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