

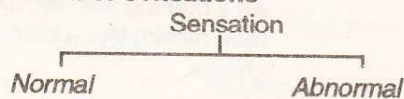
## UNDERSTANDING DIFFERENT KINDS OF SENSATIONS AND THEIR PROPER INTERPRETATION

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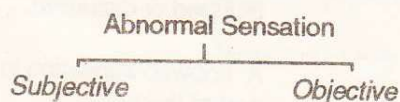
### Introduction

The first requisite to a correct understanding of the subject is to know the full meaning of the word "Sensation". By sensation is meant the impression or consciousness of an impression upon the central nervous system through the medium of the sensory or afferent nerves, or through one of the organs of senses. This feeling or state of consciousness is the result of an external stimulus or some change in the internal state of the body or some morbid agent either by disease or drug. When a person is affected with a disease or medicinal force and when there is a derangement of the vital force, the subject expresses his internal derangement of his body and mind by the expression (manifestation) of some abnormal sensation. Hence, this abnormal sensation is the foremost indication of a deranged state of health of the person. From the homoeopathic point of view the symptom is regarded as a complete one when it comprises of its location, sensation and modalities. Totality of symptoms may likely to be considered when the above fact is associated with concomitant symptoms.

### Classification of Sensations



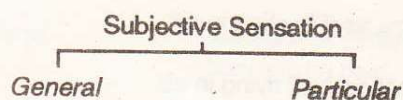
It is known to everybody that sensation is nothing but a feeling of a person. This may be a normal or abnormal feeling. Normal feeling is expressed by the subject as a feeling of well being or sensation. But, actually the sensation it denotes is the abnormal sensation when found in disorder of the normal state of health.



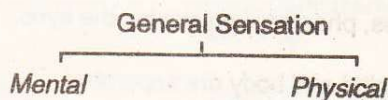
The sensation always implies the subjective, but some of the sensations may be interpreted by the inves-

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tigator or attendants through objective signs e.g. chilly feeling of a person is manifested by goose flesh, shivering, demand for covering or heat etc.



The sensation relates to the man as a whole      The sensation relates to a part, organ or tissue of the body



The sensations relate to the mind      The sensations relate to the body as a whole

### Different Kinds of Sensations

#### Mental Sensation

"Sensation as if" plays an important role in homoeopathy. It falls under the category of Delusion, Illusion, Hallucination and Imagination. When it is observed in a prover or a diseased person it is considered to be characteristic in a drug or a patient. The following are the different kinds of "sensation as if" in brief obtained from various homoeopathic literatures.

- Delusion of animals like cats, dogs etc.
- Delusion as if he is hovering in air like a spirit.
- Delusion of seeing hideous faces.
- Delusion of seeing devils, dead persons etc.
- Thought he was about to die.
- Fancy illusion of vision of fire.
- Illusion of mice running under his chair or table.



- Duality as if someone was with him in bed.
- Sensation of being double.
- Body scattered in bed, tosses about to get the pieces together.
- Feels the body is shrunken.
- Seems the body or part of it is enlarged.
- Seems as if floating in air.
- Sensation as if flying in air.
- Seems that he is made of glass.
- Feels that his body belongs to another.
- Images, phantoms on closing the eyes.
- As if mind and body are separated.
- Feels that he would be murdered.
- Fancies he hears music.
- Old rags seem beautiful to him.
- As if someone was behind him.
- Thought that she is pregnant, feeling of something alive moving in the abdomen.
- Thought that she is being pursued by enemies.
- Seems as if snakes in and around her.
- After a dream will not believe the contrary until search is made.
- Time exaggeration.
- Enlargement of distance.
- Enlarged and swollen feeling.
- Imagination of wealth.
- Time passes too slowly.

### Physical Sensations (General as well as particular)

The following are the different characters of sensations with interpretation in general and particular as available in homoeopathic literatures.

<i>Sensation</i>	<i>Interpretation</i>
Adhesion	Drawing together
Anaesthesia	Loss of sensation
Apprehension	Pre-occupation fear
Asleep	Numbness
Ball, lump, knot etc.	Sensation of a ball, lump or knot lodged in any part of the body or as if it is ascending to the throat.
Band	Somewhat a sensation of constriction around abdomen or any part of the body.
Bearing down	Sensation of pressing down.
Bubbling	Boiling sensation (Sensation of boiling sound).
Bruising	Soreness.
Burning	As if burning like fire, moist heat (scald) like rubbing of chillies.
Brittle	Easily breaking down sensation.
Buzzing	Humming sound like the hum of a bee.
Choking/Closure	Sensation as if breathing stopped or disturbed.
Cobweb	A cobweb sensation in any part of the body.
Coldness	Cold feeling (chilly), coldness of the part.

Compression	Crushing, squeezing etc.	Heat	Hot sensation, hot flushing sensation.
Contraction	To draw together, shorten, shrink, wrinkle etc.	Heaviness	Sensation of increasing weight of part.
Constriction	Sensation of narrowing.	Hollowness	Emptiness.
Cracking	Noise in the ear.	Humming	Buzzing noise in ear.
Cramp/Colic	A painful muscular contracture, spasm. Gripping pain in intestinal colic, a professional neurosis, writer's cramp etc.	Imaginary odour	Imagination of an odour.
Crawling	Formication.	Numbness	Absence of sensitivity or numbing pain.
Dryness	Dry feeling both internally and externally.	Paralysis	Loss of motor power of muscles.
Emptiness	Hollow, sinking sensation.	Plug - like	Plug - like sensation in different parts particularly in orifices or the body.
Elongation	Feeling of a part being elongated.	Pulsation	Throbbing sensation.
Enlarged	Swelling	Rawness	Soreness
Faint	Sensation of faintness.	Ringing	Noise in the ear.
Falling as if	Feeling as if he would fall.	Rumbling	The sound felt only subjectively.
Foreign body	Lodging of foreign particles.	Snapping	Sudden sharp sound in ear.
Flushes	Hot flushing sensation.	Sore	Bruised.
Formication	Moving of an ant on the skin, crawling sensation.	Stiffness	Contraction or rigidity of the part.
Fullness	Feeling of distension.	Stone	Hard sensation as if like a stone.
Gnawing	To bite persistently.	Swashing/Splashing	As of water.
Gurgling	Gurgling sound, audible both subjectively and objectively.	Taste	Bitter, metallic, saltish, sour or sweetish.
Hair	Sensation of hair.	Tension	Tightness.
Hanging down	Sensation as if a part is loose, hanging down.	Thundering	Noise as of a thundering storm.
Hard bed	Hard feeling of bed.	Tickling	Itching sensation internally.
		Tingling	Itching sensation externally.



Trembling	Twitching sensation.
Weariness	Lack of strength.
Weak	Feeling of weakness.
Wandering	Shifting pains from one place to another.

Gripping	Cramping or squeezing.
Hammering	Like the beating of a hammer.
Jerking	Pains comes suddenly and intermittently.
Lancinating	Denoting sharp, cutting or tearing pain, piercing pain.
Lightening	Shooting, electric like pain.
Maddening	Shrieks with pain.
Neuralgic	Pain along the course of the nerve, electrical pain.

### Different kinds of sensation of pain

The pain becomes significant in homoeopathy when it is characterised by finer sensation in detail. The following are the different characters of the pain as obtained from various homoeopathic literatures. These are applicable both in general as well as in local pain.

<i>Character of pain</i>	<i>Interpretation</i>		
Aching	A pain of less than severe intensity that persists for a long time.	Piercing	Penetrating.
Biting	Sharp, cutting.	Pinching	To give pain by pinching.
Burning	As if burning like fire, scalding, burning like rubbing of chillies.	Pressing	Pressure pain.
Bursting	To break open or splitting.	Pricking	Sensation of pain as if pricking by a needle.
Contracting	Drawing pain.	Prickling	Pain just like that of prickly heat.
Constricting	Band - like.	Pulsating	Throbbing pain.
Cramp/Colic	Already mentioned under general sensation.	Shooting	Sharp pain like lightening.
Crushing	Compressing pain.	Sore	Bruised.
Cutting	Tearing.	Spasmodic	Intermittent pain in paroxysm.
Darting	Shooting.	Splinter	Sharp, piercing.
Digging	Burrowing.	Stabbing	Deep, punctured wound pain.
Drawing	Dragging.	Stitching	Pain as from a needle prick.
Dull	No sharp or acute pain or heavy aching.	Stunning/Stupifying	Severe pain associated with faintness.
Gnawing	Digging pain.	Tearing	Cutting.
		Undulating	Waving pain
		Wandering . Waving	Shifting Pain just like a wave.



## Discussion

Before the time of Hahnemann the sensations in relation to a particular part of the body were not taken seriously. But from his time the sensations have been analysed and classified, and eventually the sensations have become characterised and they fall under certain group of remedies. In Homoeopathic Materia Medica and in the rubrics of Kent's Repertory, different kinds of sensations have been mentioned, but in provings and also while taking a case sometimes it is quite difficult to interpret the exact sensation as related by the patient in spite of the dictionary meaning of those sensations. So, the proper recording of symptoms in relation to sensations is not done.

To give proper expression to a subjective feeling or sensation, a good deal of intellectual capacity of observation, grasp of language and power of expression are required. Sometimes it becomes impossible to give a proper word to represent the exact nature of sensation even to the commonest and crudest type of pain. We ourselves also feel this difficulty while recording the nature of any pain narrated by the prover while conducting a proving. If this is so with us who are intimately acquainted with many types of pain, how can it be expected from lay man as a patient or a prover. They often complain of burning pain (in our experience most common characteristic of any sort of pain) when they actually have a cutting or lancinating pain, or stitching pain when they have actually pressing pain or shooting pain when they actually have tearing pain and so on. If such is the difficulty in eliciting even a crude sensation like pain, then the problem in eliciting a finer sensation like feeling of constriction, pressing, etc. is more harder. These sensations like pain are often expressed by the prover/ patients as some uneasy or "unusual feeling". etc. If we press too much for an exact expression they will often give some word which is far off from the exact sensation.

This difficulty may be mitigated, to some extent by making the patient compare his sensation with some common expression, for e.g. when he complains of burning, we may ask him what it is like? Is it like rubbing of chillies to the part or burns like fire or boiling water (scalding) etc. He may say no, if it is none of those. If he complains of pain, then whether it is like cutting with a knife (cutting) or like sting of a wasp (stinging pain), when

he complains of itching, we may ask him is it like ringworm or itch? He may say no it is like prickly heat or hives or like touch with poison ivy, then we can take the sensation as pricking or creeping or worm formation and so on. But, a great deal of care, patience, tactfulness and circumspection is necessary in eliciting the exact nature of subjective sensation. What is to be scrupulously avoided is putting the words in the provers/patient's mouth or putting leading questions and thus relieving him of the botheration of pondering himself for expressing the exact nature of his trouble or finding a suitable comparison. If at all we are forced to suggest any comparison we may give two or three alternatives. And whatever he says must be carefully verified by tactful cross examination on different occasions in different contexts without embarrassing him or even letting him feel that you are cross examining him.

In any case, we should always remember that a sensation i.e. a subjective symptom has more value, as it represents the exact nature of the deviation and must always be absolutely sure about its exactness and be very careful that our overzealousness may not bring out a wrong expression from the prover/patient thus leading to wrong observation. When we have the least trace of doubt as to exact nature of the sensation it is always safe to add a mark of query in our notes and give common value as a symptom in general without putting any characteristic value of any grade.

## Conclusion

The investigator should be well acquainted with the subject of different kinds of sensations and its interpretation, grasp of language and power of expression for conducting the work of proving.

The provers themselves should also be well acquainted with the different kinds of sensations before the commencement of the proving.

In the case of non-availability of exact character of sensation of pain it is better to take the general rubric of pain only. As in homoeopathy this pain as a general may become characteristic when it is modified by certain modalities and location. So, in that case the exact modality and location of the symptom are to be found out.



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"It is only after a careful and complete study of the finer provings of drug and the same of the finer features of disease that a law can be demonstrated."

"The finest degrees of sensation are to be perceived for these changes constitute the nature of the disease. If drugs could not produce these changes they could not cure. This is the foundation. If you would discover whether the law of similar is the law of cure you would need to draw upon this store of finer symptoms."

"All susceptible provers will bring out the image of the remedy. The prover catches the drug disease from one or two doses just as people do the Scarlet Fever or the Grippe."

"There are degrees within degrees to infinity. All may be made sensitive or become so to certain things and with differing degrees of susceptibility; hence what folly to lay down the rule for a fixed dose beyond which the result would be fatal, and beyond which if a physician should go he would be responsible in case of death."

*Aphorims and Precepts  
Lesser Writings by J.T. Kent*

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