

# The Zen Method (Three Dimensional Prescription) and a case of Stomach cancer

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**Abstract:** This article gives an account of the Zen method of homeopathic treatment that has been formulated by Dr Torako Yui. It is a method of three dimensional prescription through which the homeopathic medicines act on three levels of body, mind and soul acting in a holistic manner. The patients are prescribed homeopathic medicines as potencies, mother tinctures and tissue salts. A case of stomach cancer that has been treated using this method of three dimensional prescription has been illustrated.

**Keywords:** zen method, homeopathy, cancer

## Introduction

### The Zen Method

The Zen method is summarised below. (See Figure 1)

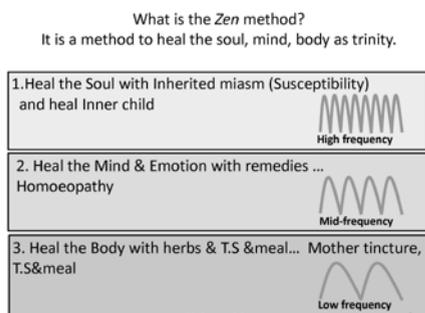


Figure 1: Zen Method

The Zen Method works on three dimensions:

1. Soul: Inherited miasm, susceptibilities, and inner child.
2. Mind and emotion: Homeopathic remedies heal this sphere.
3. Body: Herbals (mother tinctures) and tissue salts heal this sphere.

Patients are healed only when all of these three spheres are covered by the treatment. As the frequencies of the soul, mind and body are different, so only one remedy cannot match these three frequencies. There is an inherited tendency of acquiring

a disease; the mind has a tendency to think and feel in a particular way; it is these tendencies that create a disease in a body. I think a disease of the body cannot be healed without considering all the three aspects cited above.

### The Structure of the Zen Method

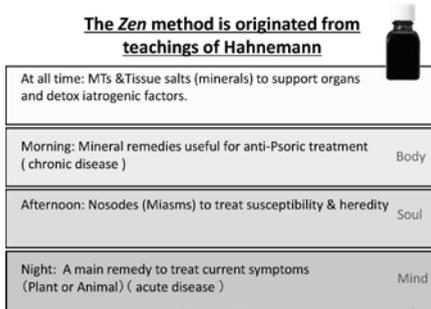


Figure 2: Components of Zen Method's Prescription

In the morning, I prescribe anti-psoric beneficial mineral remedies. The remedy is decided based on *The Bönninghausen Repertory* (TBR), *Materia Medica* and miasm of the patient. Hahnemann said that more than 80% of diseases come from the chronic miasm: Psora. According to my experience, many of the chronic Psora miasm are caused by lack of essential minerals.

In the afternoon, I prescribe for the patient's miasm, which is a tendency of contracting a disease.

The remedy is decided by examining interview sheet and case taking. Medical history of the patient's family members is also important information to choose miasm.

In the evening, I prescribe for the current symptom. This remedy is decided by referring to *The Bönninghausen Repertory* (TBR), *Materia Medica* and considering the miasm of the patient.

Then, I prescribe organ support remedy which is a combination of mother tinctures, tissue salt remedies, and tautopathic remedies at all times. I take into account §279 of *Organon of Medicine* and ascertain the patient's weakest organ through the case taking.

The Zen method was formulated considering the current situation in Japan, adhering to the teachings of Hahnemann.

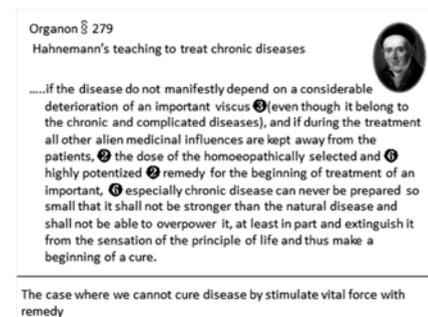


Figure 3: §279 (*Organon of Medicine*)<sup>1</sup>

\* Numbers in black circle indicate the edition of *Organon*. I put these numbers to understand Hahnemann's transitions when I published the Japanese version of *Organon*. This work helped us to understand *Organon* much easier as discrepancies in Hahnemann's statements were especially decreased. The important point is that Hahnemann was giving remedies which contain original substances until the 3rd edition of *Organon*. As he was giving toxic substances, he could not repeat the doses of remedies.

## Stomach Cancer: A Case Report

A 46 year old male patient, presented with a diagnosis of signet-ring cell carcinoma in lower body rear wall. He was an office worker by profession, being involved in research and development work. On questioning, it was found out that there were a lot of stress factors in this patient's life that were affecting him at the mental level, like demands from others, refusing requests from others, being unable to meet expectations, receiving excessive expectations, vexation due to the people who were quite demanding without trying it by themselves.

### Family Medical History

The patient's mother suffered from colorectal cancer and athlete's foot; the father was apparently healthy, his elder brother suffered from depression and the younger brother had a cardiac problem and his liver was slightly weak.

### Life space Investigation

Birth weight: 3,500 grams

1 – 3 years old	Vaccinations (BCG, Diphtheria, Whooping cough, Japanese encephalitis, Polio, Small pox, Influenza)
8 years old	Younger brother was born.
10 years old	Suffered from rhinitis and sinusitis, consulted otolaryngologist for treatment and used inhaler.
15 years old	Severe Athlete's foot treated using liniment.
24 years old	He started to work at an electronic company.
25 years old	His stomach was damaged. He took conventional medicines

and swallowed gastro-camera. He had joined a chorus group and used to go out for drink in the late night. He used to drink coffee a lot.

34 years old	He was inoculated vaccination for mumps.
45 years old	He had to work for two people as his junior was on sick leave. He felt it was quite hard for him. He had to take sick leave due to back pain for one week.
46 years old	He had massive workload. He had to bring his work to home and stayed late at night. He was hospitalised due to stomach ulcer but was diagnosed as stomach cancer after the investigations.

### First Consultation on 20 November 2012

#### Particular Symptoms

Uncomfortable feeling in his stomach, heartburn, fatigue, nausea from eating, haematemesis (black).

Rhinitis.

Wart and moles on outer corner of the right eye.

Left parotid gland swollen.

Body used to remain cold when he was a child, the temperature was 35 centigrade.

Stiffness in his neck and shoulders.

Humpback. Back bone was twisted, a kind of scoliosis

Feet: athlete's foot.

Knotty stools.

Endoscopic photography clearly showed that the ulcers had left scars behind them.

### Dialogue on the first consultation

Dr Yui (Y): You were told that it was definitely cancer, weren't you?

Patient (P): Yes. The result of tissue examination was cancer, as the ulcer was bleeding.

Y: What did your doctor suggest?

P: He suggested, as the ulcer was in middle part of the stomach, if this part needs to be got rid of, whole stomach should be removed or only one fifth could be remained. Parotid gland was swollen a bit a few days ago.

Y: Did you have mumps?

P: No. I was inoculated mumps vaccination when I was 34 years old. We had one child at that time. As we thought if we could not conceive a second child, it would be a problem. That is why I took the vaccination.

Y: What time do you get up and go to bed? What time do you eat meals?

P: As I am on sick leave at present, so I go to bed before a day changes, but I used to go to bed around 1 or 2 am and get up around 6 am. Dinner time was around 11:30 pm.

Y: This gives a heavy load on your stomach. You should eat dinner before 9 pm latest.

P: Yes.

Y: Do you think your body is cold or not?

P: I am rather a chilly person as my body temperature was relatively low. When I checked my body temperature before being inoculated a vaccination, it was normally 35 odds centigrade.

Y: You said that you suffer from athlete's foot, didn't you? You need to increase your body temperature. People who suffer from cancer really need to increase their body

temperatures to overcome candida.

P: I understand.

Y: Did you come in useful for your company?

P: It seems that I am expected to be.

Y: I thought so. Are you a person who tries to meet expectations from others and work very hard?

P: Yes, that's right.

Y: How did you learn the attitude which you have to work hard? Was it your father?

P: Yes. My father was of the same type as me. He was relatively hard working.

Y: Your father does not cry or make complains, does he?

P: He rarely cries. If he argued with my mother, he just escaped to his work place. I did not like seeing my parents' quarrels.

Y: Did they often quarrel?

P: They sometimes did as they tried to insist on themselves.

Y: They persisted in their opinion. I think there are many of such people in your company. What do you think?

P: Yes, that is right.

Y: What do you think about that?

P: I feel difficult to deal with them.

Y: I assume that you are thinking 'Why can't they speak gently in a moral way? People will not follow even if there was anger.'

P: That is correct.

Y: You have a tendency of working quietly. You do not complain even you work double the time than others. You have become a person who is comfortable being alone. If you make too many efforts, the stomach will be worn out. So, please relax, and scamp a job. Then, please forgive yourself who scamp your job.

P: O.K.

### Repertorization by TBR

1. 1973# 3. GENERAL - 3. Generals - 7. Ulcers - Cancerous:
2. 368# 2. Systemic - 1. Alimentary - 1. Viscera (organs) - Stomach
3. 538# 2. Systemic - 1. Alimentary - 2.7. Evacuation & Stools - knotty (lumpy, like sheep-dung)
4. 121# 1. Regional - 1. Head - 4. Ears - Glands (Parotid gland + regional lymph nodes)
5. 921# 2. Systemic - 6. Thermoregulatory - 1. Chill - Internal
6. 2186# 4. Modalities - 4. From food and drink - Meat

### Repertorization Result

20th Nov, 2012  
ZEN Method

順位	レメディー	出現回数	累積合計	1	2	3	4	5	6
1	Sulf.	6	19	4	4	4	3	2	2
2	Merc.	6	17	3	2	4	4	3	1
3	Sil.	6	15	4	3	2	3	2	1
4	Carb-a.	6	12	2	2	3	3	1	1
5	Caut.	6	11	1	3	3	1	2	1
6	Sep.	5	14	3	3	3	2	3	
7	Bell.	5	12	2	2	1	4	3	
8	Thu.	5	10	2	1	3	1	3	
9	Staph.	5	9	2	2	1	2		2
10	Mag-c.	5	7		1	2	1	1	2

Figure 4: Repertorisation dated 20<sup>th</sup> November 2012

### Prescription

20th Nov, 2012  
ZEN Method

It contains Carc. nosode 30C

Figure 5: Prescription dated 20<sup>th</sup> November 2012

### Explanation of the above prescription

*Causticum* is worse from cold. This remedy covers stomach cancer with ulcer. I combined *Psorinum* and *Syphilinum*, as *Psorinum* is

for epithelial cell and *Syphilinum* is for ulcer. *Mercurius solubilis* is prescribed for the symptoms, ulcer and parotitis which currently appeared. Syphilitic tendency has to be conquered as soon as possible; otherwise bleeding from the stomach could not be stopped.

### 2<sup>nd</sup> consultation on 24 January 2014

#### Generals

He feels good. The pain was reduced.

He can walk and eat.

Bed time: 11 pm; wake up time: 7.30 am.

Dizziness from standing up and after having a bath.

Haemoglobin value was 8.4gm%.

Small dried stool like rabbit's ones. He feels uncompleted when he evacuates the bowels. He has a bowel motion every day, but has a tendency of constipation.

He used to eat meat a lot.

When he ate fish, he had black stool.

Endoscope photograph: Scar of ulcers. Convexoconcave can be clearly seen.

### Dialogue at 2<sup>nd</sup> consultation

Y: I saw the endoscope photograph and thought folded parts have increased more than before.

P: Yes, that is right.

Y: Is your doctor saying that your condition has been advanced, is he?

P: Yes, he is. He says that condition has been advanced as long as it is judged from the photograph. It seems there was bleeding from ulcer in the stomach, as blood was mixed with my stool. I felt dizziness from standing up and was examined and told that was due to anaemia.

Y: How do you feel about your condition? Do you have any uncomfortable feelings or any pains?

P: No. In fact, my pains have been reduced a lot and I am feeling good.

Y: Although your doctor told you that cancer has been advanced, you feel good, right?

P: Yes, I think so.

Y: Carrots are good to close ulcers, as it contains vitamin A. Vitamin B is also good for closing ulcers. Soy beans and powdered barley contain a lot of vitamin B. I also suggest that you go to the mountains and natural environments more often, then being bathed in the morning sun. Please practice this. Especially please try to absorb morning sun into your irises. This makes it better for you to be cured from a disease.

P: Thank you very much.

### Repertorization by TBR

- 2556# 4. Modalities – 5. From Situation & Circumstance – Rising, on (in the act of – raising-up, becoming erect)
- 1651# 3. Generals – 3. Skin – 1. Skin in general – pale (iron-deficiency anemia (chlorosis), etc)
- 368# 2. Systemic – 1. Alimentary – 1. Viscera (organs) – Stomach
- 1900# 3. General – 4. Excrescences (growths) – haematodes (haemangioma, haemangiosarcoma)
- 538# 2. Systemic – 1. Alimentary – 2.7. Evacuation & Stools – knotty (lumpy, like sheep-dung)
- 716# 2. Systemic – 4. Respiratory – 3. Coryza (catarrhus narium, head-cold) – Coryza, fluent – obstructed (stopped)

### Result from the Repertorization

24th Jan. 2014  
ZEN Method

順位	レメディー	出現回数	重複合計	1	2	3	4	5	6
1	Sulf.	6	22	4	4	4	3	4	3
2	Nux.v.	6	19	4	3	4	1	3	4
3	Sep.	6	15	1	3	3	2	3	3
4	Bell.	6	15	4	4	2	2	1	2
5	Nit-ac.	6	15	3	4	1	3	1	3
6	Merc.	6	14	1	2	2	3	4	2
7	Carb-a.	6	13	1	1	2	4	3	2
8	Staph.	6	9	2	2	2	1	1	1
9	Phos.	5	17	3	3	4	4		3
10	Lyc.	5	16	3	4	3	3		3

Figure 6: Repertorisation dated 24<sup>th</sup> January 2014

### Prescription

24th Jan. 2014  
ZEN Method

It contains  
Carc. nosode30C

Supporting  $\Phi$  for stomach cancer

- A + Nat-m.LM2 (Support for gastric fluid) + His.12X
- M Carb-an.LM2 (chronic disease) Anti-Psor Anti-Syco Anti-Syph
- D Psor.LM3 Tub.LM3 } Combination
- N Nux-v.LM4 (acute disease) → Help detox of digestive organs

Dr. Torano Yu, JPNMA & Oshim

Figure 7: Prescription dated 24<sup>th</sup> January 2014

I prescribed *Natrium muriaticum* as he was lacking of sodium and discharges from his nose (body fluid outside of cells).

*Histamin* is for allergy from stopping using inhaler which he used to take for a long time.

*Carbo animalis* is good for cancerous ulcers.

Cancer is a disease only that is caused after Psoric, Syphilitic and Sycotic miasms are combined.

I prescribed *Tuberculinum* for the blockage of nose. *Nux vomica* promotes detoxification of digestive organs.

### Third consultation on 11 April 2014

I confirmed that his stomach wall had become smooth from checking endoscope photographs.

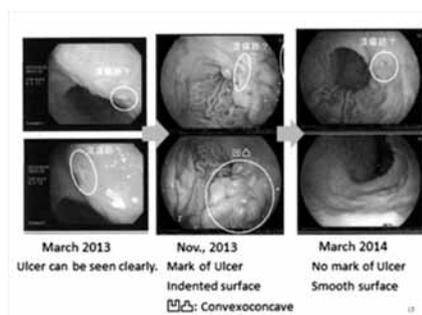


Figure 8: Comparison of Endoscopic photographs of the stomach ulcer

### Dialogue at 3<sup>rd</sup> consultation

P: I have submitted the endoscope photographs.

Y: Yes, I saw them. These are very good this time, isn't it?

P: Yes. I feel that things are getting well.

Y: That's right. The condition of stomach wall has been very good as compared to the last time.

P: Yes.

Y: You showed me a photograph when there was no fold on the stomach wall at the first consultation. That means the wall was swollen. As it was swollen, I could see that cancer was staying there. However, the second time it seemed that something had started to shrink. Your doctor might have said that the cancer was advancing; I had thought 'Ah, it has started to shrink.' Then, the folds had started to smoothen little by little. In other words, the swollen period was the time when it had a strong tendency of creating cancer, but folds meant shrinking the tendency. That is why folds were not bad.

*Causticum* and *Mercurius solubilis* worked very well. Then, *Carbo animalis* helped to close the ulcers. They enabled stomach cancer to be improved in such short period of time.

P: That is why I was feeling good.

Y: That's right. By the way, what are

you going to do with your company as you are getting better now?

P: I will be on sick leave until the end of May and then start to work again.

Y: As you are getting better, there is no choice but you go back to work, isn't it?

P: Yes.

Y: If you return to your previous life pattern, it might recur. Did you decide how you should do within yourself?

P: Yes. I decided not to overwork. I will work while listening to my body. I will not make excessive efforts in work.

Y: You have one more thing to do. It is important to affirm your emotions. When you have an emotion, please introspect yourself. If you suppress the emotion from moral way such as 'I should not feel so', you will have cancer again. So, please affirm the emotion in positive manner, even it is hatred feeling, grudge feeling or anger feeling.

P: It means that I recognise about my emotion, doesn't it?

Y: Yes. It means that you accept it. Adults tend to suppress emotions from morals such as 'I should not feel bad as he/she has a reason.' 'Why do I think in this way? That's not good. Hatred is not good.' This will create the same result from taking antipyretic when you have fever. That is why I think it is very important to keep an emotion diary when you have an emotion.

P: O.K.

Y: I thought that showing emotion or talking real intention had not been quite allowed in your family while I was talking with you. Is it correct?

P: Well, I was told that a boy should not be so talkative.

Y: If you try not to be talkative, you will start to suppress good emotions

as well such as 'Oh, I was moved.' 'I feel very good by listening to murmur of the brook.' isn't it?

P: Yes, that is correct. I have been suppressing such emotions, too.

Y: See. If so, you cannot empathise. You are feeling something, but do not share in the end. Impressions and sufferings are the same. You do not tell that you were suffering. You stopped talking as that was a rule in your family. You swallowed many emotions. You swallowed them deep into your stomach passing through your throat. I told you that 'You worked too much, didn't you?' you often replied me 'Well, it was average.' However I wondered if it was really so. I have been seeing other gentlemen who suffered from stomach cancer. Many of them were just working desperately without moaning. If your ability was 100, you worked at 120 levels. So, you may not feel so, I think you have been working very hard. That is why it will be a very important point that you listen to your body and tell yourself not to make effort. Especially, I would like you to remember any instance when you were told off about being talkative.

P: I remember one memory now.

Y: O.K. Please tell me.

P: When I succeeded in performing double under for the first time, I went to my mother to tell her 'I made it!'. However, it was when my mother was carrying my younger brother to let him urinate and he was surprised by my loud voice and his urination was stopped. Then, my mother told me off 'His urination was stopped because you made such a loud voice!'

Y: But you were very happy as you could succeed in performing double under, weren't you? You

experienced that you were told off when you expressed your happy feeling, so you started to leave your feeling for a while, but if you leave it for a while, the feeling will be past. The feeling becomes flat. I think you swallowed many emotions such as I should not say this in this situation, and so on. I think it would be good if you keep remembering such situations more and more. I also think it will be the most important point that you flatter yourself that you have a great healing ability. Please try to express your feelings without putting it down to stomach from your heart.

P: I understand. Thank you very much.

### Remarks on the Prescription

I think *Carbo animalis* worked effectively.

*Carbo animalis* is very good for stomach problems, stomach ulcers and stomach cancer. I have observed that it sometimes brings back a memory which you had forgot about your childhood. (In CK30: 'Weakness of memory: the forgets the word in his mouth')<sup>3</sup>.

As on 4 July 2014, he has achieved full rehabilitation. He has now returned to work and is working not so hard as before.

### *Carbo animalis*: Materia Medica References<sup>2,3</sup>

**Parotid gland:** Tumentia of parotid gland (Rererence: Rust's Magaz. a.a.O). Swellings of parotid gland (Rust's Magaz. f. d. Heilk. Bd. XXII. H. 1. S. 198.) (RA42)

**Stomach:** Indigestion in the stomach. Almost all of food which was eaten caused all symptoms. Tightening pain in stomach as from a load. Gripping in the stomach as if it was grasped strongly. Pain as from soreness and burning, like heartburn, in

the throat, extending down into the stomach. Tightening pain in the stomach even when it is empty. (RA80). Severe pressure in the stomach, in the evening, after lying down in bed; she had, in order to relieve herself, to press with her hand on the region of the stomach (aft. 16 h.).(RA81). Pressure in the stomach, with heaviness and fullness, with tendency to waterbrash. Frequent stitches in the stomach (Htb. u. Tr.). Boring pain in the stomach, almost as if from fasting, extending into the abdomen. Pressure in the stomach, in the chest and at times in the abdomen.

**Mind:** In the morning, he feels, as if he was deserted, and full of homesickness. (Male). Melancholy (not only homesick, but also longing for place and people in the past). Indifference in the beginning. Thereafter, he becomes very sensitive to stimulation from outside. (RA189)

**Nose:** Stoppage of the nose. Coryza. He cannot breathe with his nose (Male) (RA127). Stoppage of the nose. Coryza. From the morning till the evening (1<sup>st</sup> day) (Htb. u. Tr.). Stoppage of the nose. Coryza. When he wakes up, but it disappears after he gets up. (Htb. u. Tr.). Left nostril is blocked. In the morning (2<sup>nd</sup> and 3<sup>rd</sup> day) (Htb. u. Tr.)

## Conclusion

A patient starts to live by him/herself after their immunity was increased by remedies and they were cured from a disease. I observed that *Carbo animalis* is specially indicated in stomach cancer. I also recommended him not to work more than he can for the sake of his company. In other words, I recommended him to heal his 'inner child'. I would like him to cry or moan even though he is a male. As fever is a means to

eliminate body wastes, any welled up emotions are to be eliminated.

The reason why I have created the *Zen* method was because I could see Hahnemann's 'true image of a man of originality and ingenuity' more clearly, not his 'manipulated image' in "In Search of the Later Hahnemann" by L. Handley, when I read it while I was living in the U.K. about 20 years ago.

As all people who are creative and imaginative, Hahnemann broke rules provided by himself over and over. We also found that Hahnemann, the person who created and spread homeopathy was always learning and evolving as a homeopath. He had an experimental mind, and free from his own opinions. He often observed unexpected results.. It was true that he continued observation and experiments until the end of his life. I learnt this spirit of Hahnemann and have built up the *Zen* method in Japan. It would be my greatest pleasure if the *Zen* method could be referred in order to save patients suffering from complex pathologies in the world. May all be blessed with the benefit of Homeopathy! Wishing all of you enjoy living the gift of life, being grateful to all of creation, the existence of the universe itself!

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## About the Author

Dr Torako Yui, (Ph.D. Hom.) is the

leading practitioner of homeopathy in Japan. Her homeopathic practice and the study of Hahnemannian principles have gained international acclaim. She has written many homeopathic books, articles and translations.

"I suffered from ulcerative colitis when I was living in London, United Kingdom. When I reached the end of my rope, I found homeopathy and was cured completely. This experience made me want to learn homeopathy and I became the first Japanese homeopath. About 20 years ago I brought homeopathy to Japan, where almost no one knew about it. I established the first professional homeopathy course in Japan in 1997, serving as the principal. Currently, there are over 300 homeopathy centers throughout Japan and more than 600 homeopaths are in practice. Three hundred clients visit the Tokyo Headquarter Center every month where I am practicing. I am serving as a president of the all Japan homeopathy centers and am devoting my efforts to bring up juniors. In 1998, I set up the Japanese Homoeopathic Medical Association (JPHMA) and succeeded in applying indemnity insurance for JPHMA homeopaths to establish a social position for homeopaths. Homeopathy has been spreading and it is estimated that 150,000 people are now using homeopathy in Japan. After I brought homeopathy to Japan, I established the *Zen* method (three dimensional prescription) after ten years of treating various intractable cases. Japan is a nation with prevalence of many iatrogenic diseases. This *Zen* method has a high curative rate even in pathologies often considered incurable, such as atopic eczema, developmental disorders and cancer. By sharing my cases cured by the *Zen* method, I wish to contribute to the development of homeopathy all over the world."

