

The *Zen* Method (Three Dimensional Prescription) and a Case of Breast Cancer

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Abstract: This article gives an account of a case of breast cancer treated with the *Zen* methodⁱ of homeopathic treatment that has been formulated by Dr Torako Yui, Japan. 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.

Keywords: zen method, breast cancer

Introduction

A 43 years old female patient presented in February 2014 with a cancerous tumour in the left breast (Stage III b). At 39 years of age, she could recognise a lump in her breast. After two years, she consulted Dr Yui for tremulousness in her face; and discontinued the treatment after she improved. At 43 years of age, she was diagnosed of breast cancer and consulted Dr Yui again in April 2014. The surface overlying the tumour was hard, tight and uneven and dark red coloured (See Figure 4). She had piercing pain in her breast. The axillary lymph nodes were swollen. She had pain in her left shoulder blade as if bruised since the last five months. She could raise her arm only up to 45 degrees and it was very painful. She had pain around her ribs, big bones and right femoral head. There was severe back pain (in the middle of scapulae); she had to discontinue her job because of this. It kept getting worse and she could not turn over in her sleep. She could not bear heaviness of her arms and had to put them around her waist when she walked. It was suspected that she had bone metastasis. Pain in her breast was worse by anger. There were inspiratory rales and she felt as if she was suffocating. She had burbling sensation in abdomen.

She did not like dictatorial people (her father was so). As a child, she did not like going to the school. She did not want to live as her teachers and parents expected. From her life history, it was found that she had been betrayed several times and this feeling was lingering on. She divorced with her husband when her daughter was 1 year and 8 months old. She returned to her parents' home and started to work.

Past History

Chicken pox (3 years), head injury (5 years), endometriosis and fibromyalgia (28 years), mumps (33 years). She had been taking antibiotics, antipyretics (acetaminophen) and histamine for itchiness.

Family History

Mother: macular degeneration, back pain, pain in coxae, cough; father: gout, hypertension, alcohol, hepatitis; maternal grandmother: gallbladder disease, cataract; paternal grandmother: cardiac insufficiency?; maternal grandfather: cerebral infarction, asthma; brother: pain in coxae.

Gynaecological History

Menarche at 13 years. Menses painful with clotted discharge. Strong pain in her lower abdomen and back during menstruation.

Dr Yui (Y): When did you realise your left breast had a problem?

Patient (P): I think that was September last year.

Y: It is yellow and swollen. Was this part swollen in September 2013?

P: Yes. Then, whole part became hard. I sometime erupt in anger but I am always so exhausted after it. I have pain in my liver region if I get too angry. Then I need to skip one meal. I have piercing pain in my breast after erupting anger. If I think too much of my situation or my future, I am easily moved to tears.

Y: You need to cry more and be able to whine. As much as you suppressed until know. Otherwise cancer won't get better. Well, which part is most painful?

P: The most painful part now is spine side of my left shoulder blade. It is painful as if I got bruised. It was end of the year that the part started hurting for the first time.

Y: From now, find the way to take care of yourself as you have neglected until now – your body, your heart. You need to ask yourself what is your true honest feeling again. Please try the sun praying to receive the energy of the sun when you wake up in the morning for your body. Please use apple and brassica vegetables to make a smoothie and drink this much every morning. You should be relaxed as much as possible. Forgive yourself when

i. Refer to The Homeopathic Heritage, December 2014 for summary of the *Zen* method.

you have something you cannot do as you have this condition now.

P: Thank you. It is very good for me to receive your consultation again. You told me 'Please focus on your inner child and forgive yourself'. To be honest, I was thinking 'if I could do that, there would be no problems.'

Y: Please keep expressing your honest feeling and whine. It is very important to seek help.

Repertorisation by The Bönninghausen Repertory

23 Apr 2014

1: 2052# 4. Modalities- 1. Modalities - 5. Situation & Circumstance - Movement (moving, motion) - affected parts :

2: 251# Trunk (torso) -> 4. Back-> Scapula (shoulder-blade):

3: 1166# Glands -> Bruise (contusion), pain as if from a:

4: 1242# 3. General - 3. Generals - 3. Bones (& periosteum) in general - Stitching (piercing, pricking):

5: 1274# 3. General - 3. Generals - 4. Joints in general - Awkwardness of joints :

6: 789# 3. General - 1. Mind (& Disposition) - 1. Mind - Hopelessness(despair):

7: 777# 3. General - 1. Mind (& Disposition) - 1. Mind - Nervous (excitable):

順位	レメディ	出現回数	病数合計	1	2	3	4	5	6	7
1	Sep.	7	21	1	4	3	4	4	2	3
2	Puls.	7	17	3	2	1	4	3	3	1
3	Sulf.	7	15	2	3	1	1	3	3	2
4	Ruta.	7	13	2	2	3	3	1	1	1
5	Bell.	6	19	3	3		4	3	2	4
6	Chin.	6	16	3	4		3	1	2	3
7	Caut.	6	16	2	3	1	4	3		3

Figure 1: Repertorisation

Repertorisation Result

The remedies which cover all rubrics are only *Sep.*, *Puls.*, *Sulph.*, and *Ruta*. Although the total score of *Ruta graveolens* was the lowest, it matches with her character the best. *Ruta graveolens* is the remedy which matches with bone cancer caused from breast cancer.

Materia Medica

References

Ruta graveolens

'All day long cross and suspicious; he

would no longer trust his best friend, and imagined he was always being deceived (aft. 40 h.).' (3)

The patient has a feeling of being betrayed by someone who she trusted - her ex-husband and ex-boyfriend. As this feeling has not been healed yet, *ruta graveolens* will be suitable for her.

Calcarea phosphorica

Severe pain in region of transverse colon, 3 P.M. A tumour like a walnut in left mamma. In left mamma, a hardness, like a walnut, sore to pressure; with a man of eighteen years. Severe pain in region of transverse colon, for half an hour, at 3 P.M. Pains in the bowels today, most in the region of the ascending and transverse colon. Pain in the region of the heart, violent at times. (4)

Mind: Decline of memory ('I have noticed too a great lack of definiteness in my memory; an inability to remember common symptoms of common remedies (twelfth day)' (4))

Body: Many problems in bones. Growing pain in limbs. Legs are too weak to walk (There are 74 cases of bones in Allen's *Materia Medica*).

Prescriptionⁱⁱ

Classical homeopaths often claim that prescribing so many remedies is not homeopathy. However, I believe that we, homeopaths, are responsible for patients' lives. Giving good pathological remedies and mother tinctures for bone cancer means to save patients. I learnt such combinations of mother tinctures from Cooper⁽⁵⁾ and Rademacher⁽⁶⁾ and examined *Materia Medica Pura*⁽³⁾ and *Materia Medica in Chronic Disease*⁽⁷⁾ to create these

combinations.

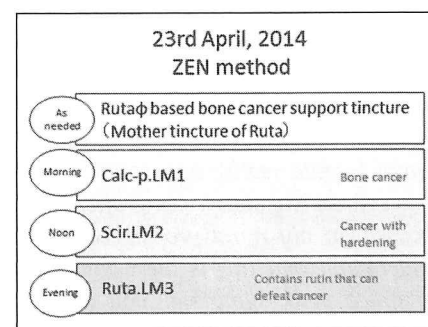


Figure 2: Prescription 23rd April, 2014

Follow up: 1st August 2014

Y: I was surprised when I saw your wound as it was getting better. (See Figure 4) It is much better than last time I saw it. I think it has improved as you have been working on your emotional part. I assured that it is really important to heal inner-child again.

P: I think my mental background affected me a lot. I realised how much I had been suppressing my emotions and which emotions were in my mind. I felt really great after I could express my emotions at last.

Y: Wonderful.

P: Around 10 days ago, I suddenly thought I should get up as my back pain had improved. Then, I did. Then, 3 or 4 days later, I could stand up. I could go to short distances in the home. I could also use shower now. At last consultation, I could not raise my arms, but now I can. I am feeling so free now. I deeply felt the wonderfulness of human's self-healing ability.

Y: Well done! You looked into yourself properly and whined. I am so glad to hear your report.

P: That is right. I'm very happy, too.

ii. 'As needed' remedy: 10 drops of the remedy in 500ml natural water. To be shaken every time.

LM potencies: to be taken in morning, noon and evening, the bottle is to be hit twice against a palm, 2 drops poured into 2cm depth of water in a small glass, stirred 20 times and taken it at once.

The contents of 'Bone cancer support tincture': Mother tinctures: *Hamamelisvirginica*, *Urticaplathyphylla*, *Echinaceaangustifolia*, *Thujaoccidentalis*, *Calendula officinalis*, *Hypericumperforatum*, *Morusnigra*, *Rutagraveolens*

Homeopathic medicines as potencies: *Symphytum* 9X, *Calcarea phosphorica* 9X, *Phosphoricum acidum* LM2, *Manganum sulphuricum* 12X, *Asafetida* LM4, *Pulsatillanigricans* 6C, *Phosphorus* LM2, *Calcarea carbonica* LM2, *Arsenicum album* LM4, *Medorrhinum* LM2, *Silicea* LM2, *Syphilinum* LM2, *Lachesismutus* LM4, *Mercurius solubilis* LM4, *Carbo animalis* LM2, *Scirrhinum* 15C, *Psorinum* LM2, *Nitricum acidum* LM2

As I can get up now, I do nippai-gyo (worship of the sun). When I came to know that a doctor had said I had just 3 months to live 2 months ago, I was depressed. However, now, I can get up like this and stand up on my feet again. I could realise how important it is to express my own feelings after I had focused on my mind properly. I could understand that this is the meaning of 'embrace your symptom' you said at last.

Prescriptionⁱⁱⁱ

1st Aug., 2014 ZEN method		
As needed	Bone support tincture +Ruta.LM4	
Morning	Calc-p.LM2	Bone Cancer
Noon	Scir. LM3	Cancer with hardening
Evening	Symph.LM4	To strengthen bones

Figure 3: Prescription 1st August, 2014

Materia Medica of Symptum officinalis

'It is a remedy which reproduces osteoblast and promotes a process of ossification. Inflammation or dismemberment in broken bone section. Sharp pain in periosteum. Osteoporosis, ill cohesion of strands. It promotes formation of callus.'⁽⁸⁾

Comfrey's (Symphytum's) therapeutic history is rich in amazing clinical cures of round cell sarcoma of the antrum and many cases of bone cancer. It seems to have special curative action on the periosteum formation of callus in fractures, bringing about union even in compound fractures and in cases of slow, delayed union.⁽⁹⁾

Follow up: 19 September 2014

Y: I think the affected area is quite dried out. Is that right? (See Figure 4)

P: I think it is dried out very much. Earlier, it completely stuck to my rib cage. It is like that all fat was absorbed from my mammary gland.

Y: How about the bone pain?

P: Bone pain has really disappeared. Well, I can now go upstairs. I used to eat meals alone on my bed before but now I can walk around, then finally I could go to a dining room on the 1st floor and have meals with family (clapping her hands).

Y: Do you go outside?

P: Yes. I could go for a walk around my house about 10 days ago. I did, starting from 5 minutes, then increased to 15 to 20 minutes. Finally, I could walk around for 40 minutes and come home today. I could realise that autumn has come from the type of cloud when I went out today. I am enjoying it as I haven't had time to walk and see like that one year before.

Y: That is wonderful. I think you used to take it for granted that something you could do ordinary thing. For example, walking was ordinary thing for you, wasn't it? I think that people who changed their way of thinking for such ordinary things are very grateful after they suffered from cancer and are truly wonderful.

P: Yes.

Y: It must have been hard for you to suffer from cancer. I think you had very hard time that you felt hopeless as you were told that you had only 3 months left to live at one time. However, even in such situation, you gradually accepted that you got cancer and then you tried to mend what you eat and to follow my advice properly. I can see your vital force is working hard by following your efforts.

P: I can understand what you said so much. I think it was a grateful thing.

Y: I think your appearance become very mild. You are not like that now. You

have much softer atmosphere.

P: That's right. Thank you very much. I was not scared so much when I came to know that I have cancer and thought that it would be cured if I would get treatment properly. My father said to me that I can do what I want for my rehabilitation and he would support me as much as he could. Since then he started to ask my will what I want to do every day. I used to think he was stubborn and obstinate before, but I realised that he was not so. In fact he has very deep affection and is trying to work out differences by spending time to find what is really good for me.

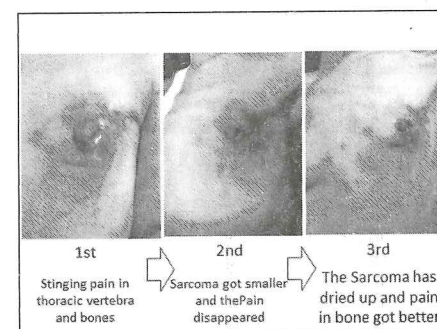


Figure 4: Appearance of lesion as in April, August and September 2014

On 15 October 2014 the patient sent the following reports:

Change after consultations		
1 Oct Tumor marker declined largely than the last time		
Tumor marker of breast cancer declined largely and became standard value.		
Tumor marker of general cancer also decreased rapidly to almost the half		
Tumor marker	8 May 14 (lasttime)	1 Oct 14 (thistime)
CA15-3 (Tumor marker of her breast cancer) (normal upper value: 27.0)	37.7	27.1
CEA (Tumor marker of general cancer) (Standard upper value: 5.0)	40.1	22.3

Her doctor said 'It is normally impossible that tumor marker declined without taking anti cancer drug' and 'It may be because of your spirit to recover from bedridden. But I can't believe the decline of tumor marker.' Herself 'I have self healing power and it is totally natural that my disease is cured!'

Figure 5: Results of examination at the hospital on 1 October 2014

The patient mentioned, 'the doctor declared that, 'It could not happen that the tumour marker declined without taking anticancer drugs from common sense. If I share

iii. The contents of 'Bone support tincture' (It is different from 'Bone Cancer support tincture):

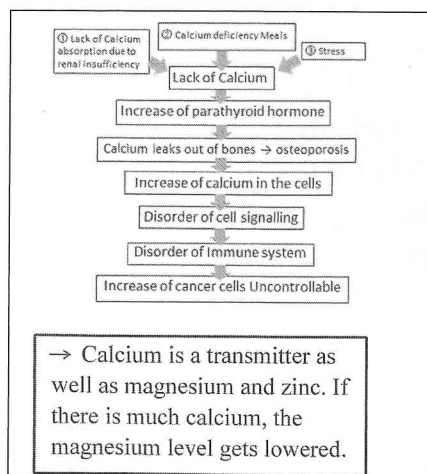
Mother tinctures: Morusnigra, Valerianaofficinalis, Urtica-platyphylla, Equisetum arvense, Homeopathic medicines as potencies: Asafetida 6C, Zincummetallicum 6C, Manganumsulphuricum12X, Boraxveneta6C, Calcareaflourica 12X, Parathyreodinum 12X, Heclalava 6C, Calcarea phosphorica12X, Silicea 12X, Phosphorus 6C, Estrogen 9X, Symphytum 9X, Sulphur 30C, Magnesium phosphoricum 12X

this information with other doctors, I will just end up being called a useless doctor whose patients hide information' With regard to my recovery from being bedridden, he said 'I tried to understand the situation as spiritualism, but it could not have happened that the tumour marker declined. I cannot really understand this time.' Rales while breathing had disappeared about a week after the last consultation. I did not have any bad expectorations or coughs. I am working on recuperation every day, believing 'There is no way that I will not be recovered!'

Rutin and Calcium

Rutin, the active ingredient of *Ruta graveolens*, is known for its anti-oxidant and anti-inflammatory activities, and also for reducing oxidative damage in a rodent model. In addition, *Ruta* is also known to protect from DNA strand breaks and prevent mutagenesis. Calcium phosphate activates phospholipase, which cleaves a membrane bound molecule that activates protein kinase C. ⁽¹⁰⁾ According to the study by Dr Prasanta Banerji and Dr Pratip Banerji, the combination of *Ruta graveolens* and *Calcarea phosphorica* brings cell death and spontaneous regression of cancer cell or long-term suspension of growth of cancer cell.

Calcium Deficiency and Cancer



A research group in University of California studied intake of calcium and occurrence of colorectal cancer and rectal cancer. ⁽¹¹⁾

In Japanese ancient Shinto, it is said that people could get full of energy in body and mind by nippai-gyo (worship of the sun) every day, absorbing morning sunlight into irises of eyes.

Conclusion: Approach to cancer by the Zen method

What I observed by seeing many cancer cases is that the patients' bone had been already invaded when cancer appeared on surface such as breast or other parts in many cases. Homeopaths must try to improve every day, find the hidden deeper pathology behind the symptoms of patients and talk with patients in such a way that their sufferings emerge on surface. In order to achieve this, homeopaths ourselves should heal our own inner child, as adults who suppressed emotions and adapted without solving the problem. What is needed is both of love for humanity and technical skill. 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.

Editorial Comments

This case has been approached by the Zen method of homeopathic treatment taking into account the three dimensional aspect covering the body, mind and soul. The emotional aspect and suppression of emotions have been highlighted. It has indeed been proved in scientific studies that psychological distress plays a significant role in the development of advanced pathologies by bringing about changes at the cellular level. In addition to this aspect, the clinical aspect cannot be neglected in such cases of advanced pathology.

Homeopathy is such a system of medicine in which there are several homeopaths that claim to have successful results inspite of having different approaches and methodologies. This case is such an example of a distinctive approach.

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