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Critical Review On Role Of Psychology In Homoeopathic Practice

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ABSTRACT:

Mental health is vital for the growth and productivity of every society and for a healthy and happy life. Homoeopathy, a holistic system of medicine, emphasizes treating the whole person rather than just the symptoms of a disease. It gives great importance to mental health both in the treatment of physical and mental illness. The homoeopathic understanding of health is intimately connected to its understanding of the mind in general. They generally assume that body and mind are dynamically interconnected and that both directly influence each other. Psychological factors play a crucial role in homoeopathic practice, as mental and emotional states are integral to understanding and treating patients. This literature review explores the integration of psychological principles in homoeopathic practice, highlighting the importance of addressing mental and emotional aspects of health for effective treatment

Keywords: Psychology, Homoeopathy, Organon, Practice of Medicine, Hahnemann, Similia similibus. Holistic.

INTRODUCTION

Homoeopathy based on the philosophy of treating the whole person based on mind, body and life force relationship. In this concept, health is considered a perfect state of harmony of functions in mind-body-life force and illness is often the result of disharmony. The disharmony can come from dysfunction in any one. A key aspect of Homoeopathy is its holistic approach, which considers the physical, mental, and emotional dimensions of health Psychology, the scientific study of behavior and mental processes, is inherently connected to homoeopathic practice, as understanding a patient's psychological state is essential for accurate diagnosis and effective treatment. Holistic health care believes that a dysfunction in one affects the whole person and not just that one part of the body. Holism promotes that a human being must be treated together to achieve healing rather than simply treating a person for a specific illness. Holistic health looks into the need of the sick and provides customized care. Understanding the patient is the cornerstone in Homoeopathic health care.

MATERIAL AND METHOD

Current scenario of mental health

Nearly 150 million Indians need mental health care services but less than 30 million are seeking care, according to national mental health survey.

The prevalence of mental health disorders in India is estimated to be 10%.

For every 1000 people, prevalence of mental disorder is

1. Neurotic and other disorders-70%
2. Substance abuse- 7%
3. Bipolar affective disorder-12%
4. Schizophrenia-2%.

Holistic Approach in Homoeopathy

1. Treating the Whole Person

Homoeopathy aims to treat the individual as a whole, recognizing the interconnectedness of the mind, body, and emotions. Psychological factors such as stress, anxiety, and emotional trauma can significantly impact physical health. By addressing these factors, homoeopathic practitioners can provide more comprehensive and effective treatment

2. Individualization of Treatment

One of the core principles of Homoeopathy is the individualization of treatment. Each patient presents a unique set of symptoms and experiences. Psychological assessments help practitioners understand the mental and emotional aspects of a patient's condition, allowing for more precise remedy selection and personalized care.

The Role of Psychology in Homoeopathic Diagnosis

1. Understanding Mental and Emotional Symptom

In homoeopathic diagnosis, mental and emotional symptoms are given significant importance. Practitioners seek to understand a patient's psychological state, including their thoughts, feelings, and behaviours to gain a holistic view of their health. This comprehensive assessment helps identify the root causes of the patient's symptoms and guides the selection of appropriate remedies.

2. Case Taking and Patient Interview

The process of case taking is central to homoeopathic diagnosis. During the patient interview, practitioners gather detailed information about the patient's medical history, lifestyle, mental state, and emotional experiences. This holistic assessment helps identify the root causes of the patient's symptoms and guides the selection of appropriate remedies.

Psychological Principles in Homoeopathic Treatment

1. Mind-Body Connection

Homoeopathy recognizes the mind-body connection, understanding that mental and emotional factors can influence physical health. By addressing psychological aspects of illness, homoeopathic practitioners can help patients achieve a more balanced and harmonious state of well-being.

2. Placebo Effect and Healing

The placebo effect, where a patient's belief in the efficacy of a treatment leads to real improvements in symptoms, is well-documented. In Homoeopathy, the therapeutic relationship and the patient's positive expectations play a significant role in the healing process. Building trust and rapport between the practitioner and patient can enhance treatment outcomes.

3. Homoeopathic Remedies and Mental States

Many homoeopathic remedies are selected based on a comprehensive understanding of the patient's physical, mental, and emotional state with individualization. Remedies like Ignatia amara (used for grief and emotional

distress) and Arsenic album (used for anxiety and restlessness) address specific psychological symptoms, promoting holistic healing.

PHYSICAL CONDITIONS THAT ARE AFFECTED BY PSYCHOLOGICAL FACTORS

CARDIOVASCULAR DISORDERS	ENDOCRINE DISORDERS
Essential Hypertension	Diabetes mellitus
Coronary artery disease	Hyperthyroidism
Post-cardio surgery delirium	Cushing syndrome
Rheumatic fever	Peri-menopausal syndrome
Ventricular arrhythmias	Amenorrhea
GASTROINTESTINAL DISORDERS	IMMUNE DISORDERS
Peptic ulcer	Autoimmune disorders
Gastro-esophageal reflux disease	Bronchial asthma
Ulcerative colitis	Hay fever
Crohn's disease	Lupus
IBS	Multiple sclerosis
MUSCULO-SKELETAL DISORDERS	SKIN DISORDERS
Rheumatoid arthritis	Psoriasis
Psychogenic rheumatism	Atopic dermatitis
Fibromyalgia	Acne

Muscular dystrophy	Hyperhidrosis
Ankylosing spondylitis	Urticaria
	Alopecia areata

Psychological Benefits of Homoeopathic Treatment

1. Emotional Support and Empathy

Homoeopathic practitioners provide emotional support and empathy to their patients, creating a safe and supportive environment for healing. The therapeutic relationship is built on active listening, understanding, and compassion, which can significantly benefit the patient's mental and emotional health.

2. Stress Reduction and Coping

Homoeopathic treatment can help reduce and coping mechanism by addressing underlying psychological issues. Patients may experience increased resilience and better stress management as part of their healing process.

3. Improved Mental Clarity and Focus

Homoeopathic remedies can enhance mental clarity, concentration and cognitive function by addressing underlying imbalances and promoting overall mental health.

Integration of Psychology and Homoeopathy

1. Collaborative Care

Integrating psychological insights into homoeopathic practice involves collaboration with other healthcare professionals, such as psychologists, counsellors, and psychiatrists. This multidisciplinary approach ensures comprehensive care for patients with complex mental and emotional needs.

2. Ongoing Education and Training

Homoeopathic practitioners benefit from ongoing education and training in psychology to enhance their understanding of mental health and improve their diagnostic and treatment skills. This includes attending workshops, seminars, and courses on psychological principles and therapeutic techniques.

CONCLUSION

Homeopathy play the vital role on the treatment of psychological disorder. Mental health is the superior in all aspects if mind goes well then person runs well & lives a healthy life. The integration of psychology into homoeopathic practice is essential for providing comprehensive and effective care to patients. By understanding and addressing the mental and emotional aspects of illness, homoeopathic practitioners can enhance the overall well-being of their patients and promote holistic healing. The importance of psychology in Homoeopathy cannot be overstated, as it contributes to a more individualized, empathetic, and effective approach to treatment.

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