



# THE HOMOEOPATHIC PERTINENCE OF DREAMS IN CASE TAKING AND REPERTORIZAZION: A *RETROSPECTIVE* *STUDY*

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**Abstract:** Dreams provide the inner essence of an individual at the subconscious level and play an important role in homoeopathic case taking as well as Repertorization, so also in homoeopathic prescribing. This study explores the clinical utility of dreams in understanding the inner mental state of a patient and its reportorial significance. This study highlighted the role of dreams in individualizing prescriptions by analyzing recurrent, vivid, elaborate dreams that have a powerful impact on a patient. This retrospective study evaluated cases from the OPD of Shalinitai Meghe Homoeopathy Hospital, College & Research Center, Nagpur, and demonstrated how 'Dream' rubrics from Dr. Kent's Repertory and Synthesis Repertory can help in the selection of the similimum. The observations emphasize that dreams not only reflect the suppressed desires and emotions of the patient but also contribute to the Reportorial Totality, thus providing valuable insight into homoeopathic prescriptions.

**Index Terms** - Dreams, Homoeopathy, Case taking, Subconscious mental state, Individualization.

## I. INTRODUCTION:

Dreams are a series of thoughts, images, emotions, and sensations experienced during sleep. It often reflects the deeper layers of the psyche. Classical Psychotherapists such as Sigmund Freud and Carl Jung contemplated dreams as a route to know the unconscious activities of the mind and the psyche's attempt to communicate important things to the person. According to homoeopathy, dreams are significant expressions of the person's subconscious mental state, and hence valuable in homoeopathic case taking. Dreams depict suppressed emotions, hidden perceptions, and obscured will/desires, thus assisting the homoeopath in selecting a similimum.

## II. OBJECTIVES:

- To understand the mental state related to the will/desires through dreams for the selection of a homoeopathic remedy.
- To depict the clinical utility of Dreams in case taking and repertorization.
- To peruse the mental and physical spheres of the patients with characteristic dreams.
- To eliminate unrelated medicines and narrow down the field of choice of remedy, concentrate on a smaller set of indicated remedies using the 'Dream' rubric.

## III. MATERIAL AND METHODS:

**3.1 Study Setting:** 30 cases were taken randomly from the OPD of Shalinitai Meghe Homoeopathy Hospital, College and Research Center, Nagpur.

**3.2 Methodology:** The methodology followed here was a logical, philosophical, and clinical approach.

### 3.3 Methods of Dream Analysis:

- The dream doesn't stand alone; it is useful only if it is related to the individual dreamer. Dreams are only valid and can be taken for repertorization if they are correct and helpful for the individual dreamer. The patient/dreamer must agree with the interpretation. If the patient/dreamer doesn't agree, then it can't be used as a reliable homeopathic symptom.
- To perceive exact and detailed information from a dream, we permit the patient to narrate the details about his dream with only a small non-leading question during case taking. It is the dreamer who is directly associated with the dream and has experienced the unfolding patterns together in his/her dreams.
- To analyze the dreams only "what you think about your dreams? How did u react to that dream? What was the impact of that dream on you? Does any part of that dream affect you more or bother you the most?", such type of enquiry must be done during case taking. As the case taking progress, the detailed information about the dream will unfold.

**3.4 Type of study:** Retrospective study

## IV. RESULT AND OBSERVATIONS:

This study of 30 cases was done to study the dreams and correlated them with the expressions of the lurking mental state. Anatomization of multiple cases demonstrated that-

- 72% patients showed progress with the prescribed Similimum and 28% patients showed no significant improvement.
- In this study, dreams served as characteristic symptoms in 23 cases.
- Out of which, 9 frightful dreams served as Eliminating symptoms.
- Dreams play a good role in the management of chronic as well as acute diseases when correctly interpreted.
- The detailed case taking is necessary to analyze the dreams by co-relating them with patient's life situation.
- In this study, the constitutional remedy was the main stay, along with the other remedial measures.

- Active interaction with the patient and their relatives (in some cases) at some stage of the treatment helped in the curative process.
- Solitary dreams or theme of the Dream are more useful for constructing a reportorial totality. The dream sequences have a minimal role in the process of repertorization, but these are very valuable to understand the mental state of the patient.
- This study accentuates the significance of dreams as important aspect in the assessment of follow-ups. The dream sequence altered considerably post-treatment and helped in efficient understanding of the remedy response.
- On repertorisation, all the dreams seen by the patients are not present in the repertory. We have to consider the dreams with similar themes for repertorisation in such cases.
- A variety of dreams has been seen in the 30 cases taken in the study. The highest incident is DREAMS FRIGHTFUL in 13 cases, followed by dreams of EXERTION (metal/physical/busy), and followed by CLAIRVOYANT, ANXIOUS, AMOROUS.

TYPES OF DREAMS	FREQUENCY OF OCCURRENCE IN CASES
Frightful	13
Exertion (daily routine), busy	4
Clairvoyant	2
Amorous	2
Anxious	2
Robbers	1
Animal	1
Business	1
Vivid	1
Murder	1
Death	1
Flying, Falling from height	1

- The theme of fright, sudden violence, horror is prominent in Plant Kingdom (Solanaceae family), Mineral kingdom (Natrums and Phosphorus group), Animal Kingdom (sepia).

## V. DISCUSSION:

Interpretation of dreams was not possible in 17% of cases (5 cases), because the correlation between dreams and the life situations could not be established, such as dreams about business, Robbers, fire, forest, crime, and murder.

Out of 83% of the cases, interpretation of dreams played an important role in understanding the real mental state of the patient in 18 cases; and in the remaining 7 cases, such as Dreams of father, Frightful dreams, Amorous dreams, Clairvoyant dreams, fear of misfortune, dreams of exertion/ exhaustion. The mental state could be well reasoned through various life situations of the patient, and their dreams magnified the understanding of the mental state of the patient. Dreams play a useful role in the management of chronic and acute diseases as well.

In 6.67% cases (2 cases), dreams served as an eliminating symptom, such as dreams about Fear of misfortune, Clairvoyant dreams, and horrible dreams.

In 93.33% of cases (28 cases), dreams have been used as the characteristic symptom.

This study accentuates the significance of dreams as an important aspect in the assessment of follow-ups. The dream sequence altered considerably post-treatment and helped in efficient understanding of the remedy response.

On repertorisation, not all the dreams seen by the patients are present in the repertory. We have to consider the dreams with similar themes for repertorisation in such cases. A variety of dreams have been seen in 30 cases taken in this study. The highest occurrence is of 'Frightful Dreams' in the case study, followed by 'dreams of dead people' and then 'dreams of ghosts & accidents'.

In this study, total 20 cases were given a constitutional remedy. 5 cases were given Natrum mur. 3 cases each received Lycopodium, Phosphorus and Sepia, and the other 2 cases each received Nux vomica, Sulphur, and Arsenic respectively.

10 cases received other remedies like Vanilla, Staphysagria, Lachesis, Ignatia, Stramonium, Hyoscyamus, Pulsatilla, Rhus tox, Thuja, and we can say that the profundity of Homoeopathic Materia Medica by using dreams was vast.

In this study, the constitutional remedy was the mainstay, along with the other remedial measures.

Active interaction with patients helped in the curative process. In cases of Frightful dreams, the physical effects like waking up at night, Restlessness, and swearing in sleep get reduced with decreased frequency by the given constitutional medicine.

In cases of amorous dreams that are related to suppressed desires, the follow-up shows results such as diminished desires.

The other mixed category of dreams which contain dreams of Robbers, Business, Daily Routine, Flying, Falling from height, Clairvoyant shows improvement in follow-ups of cases; patients feel better and gets a refreshing sound sleep after the prescription of the Similimum.

## VI. LIMITATIONS AND RECOMMENDATIONS:

- Homoeopathic materia medica is not cromulent in the representation of dream rubrics such as 'dreams of examination' and 'dreams of failures', which are present in the Synthesis Repertory. The remedies covered by these rubrics are Rare, and well-proved remedies are not represented well in the repertory under these rubrics.
- Interpretation of the dreams can mislead the physician if they are not correctly interpreted. Dream interpretation demands the utmost rigor and requires discipline. Ornate interpretations may lead to errors in understanding the real mental state of the patient.
- Dreams can provide some of the most redolent information to come out during homeopathic case taking, and yet it can be arduous to use them efficiently in clinical practice.
- A thorough case taking is essential to grasp the significance of dreams and their interpretations in relation to life experiences and behavioral patterns, focusing upon different stages of life like childhood, upbringing, school life, work, and family, with respect to various expressions/reactions of the patient at that time.
- Further studies with long-term follow-ups are recommended for further validation of the clinical importance of the 'Dream' rubric.

## VII. CONCLUSION:

The dreams succor to understand the inner feeling of patient who was not able to emanate his mental state properly. This study includes 30 cases, in which majority of cases were prescribed constitutional remedy, where the 'Dream' rubrics played an important role in selection of final remedy. Studying dreams from different perspective, 'Dream' rubric can be used as eliminating symptom, Peculiar symptom or as a simple dream rubric. It helped in reaching out the Similimum as well as in the process of Repertorisation. In closing, the present study bestows in understanding of growing frightful dreams, this regards to increasing stress in life and a much needed study in psychosocial dimension of person. The results indicate that further research on sub-rubrics of dreams is necessary for better understanding of the mental and physical state, the psycho-social dimension of person.

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