



HOMOEOPATHY IN RELATION OF PSYCHOLOGICAL FACTORS THAT AFFECT PHYSICAL CONDITIONS

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ABSTRACT

Psychosomatic disease which are also called as psychological Factors that affect Physical condition by DSM-V. These are the condition by where psychological factors (stress, anxiety) triggered or exacerbated physical illnesses. Stress has a strong influence on mind and emotions thereby affect the functioning of mind and physical body. The article shows how Homoeopathic approach is best for psychosomatic diseases, how the principle of homoeopathy helps in understanding the psychosomatic diseases because when homoeopathy cures a normal individual, the deeper side of his being i.e., emotions, the will and the understanding or the rational mind comes into equilibrium i.e., health.

KEYWORD: Psychosomatic, Psychophysiological, Homoeopathy, Holistic treatment

INTRODUCTION

The term psychosomatic was first used by the German psychiatrist Heinrich in 1818. Felix Dutchsen coined the term psychosomatic medicine in 1922. The term psychosomatic comes from the Greek words psyche and soma. The term literally refers to the effects of the mind on the body. The Diagnostic and Statical Manual of the American Psychiatric association in 1980 removed the term 'psychophysiological' or psychosomatic and replaced them with the 'psychological factors that affect physical conditions'.

There are many stalwarts who describe the relation between psyche and soma and give theories about how mind can affect our body. Sigmund Freud was the first theoretical to bring psyche and soma together and demonstrate the emotions in producing mental disturbances and somatic disorder. There is also stress theory that says prolonged stress can cause physiological changes that result in physical disorders. Each person has a shock organ that is genetically vulnerable to stress. Some patients are cardiac reactors, and other are gastric reactors and other are skin reactors. Walter Canon also demonstrates that under stress the autonomic nervous system is activated to ready the organism to fight or flight action. Not having a choice for either can result in psychogenic disease.

DSM V Diagnostic Criteria For Psychosomatic Diseases

- A. A medical symptom or condition (other than a mental disorder) is present.
- B. Psychological or behavioral factors adversely affect the medical condition in one of the following ways:

The factors have influenced the course of the medical condition as shown by a close temporal association between the psychological factors and the development or exacerbation of, or delayed recovery from, the medical condition.

The factors interfere with the treatment of the medical condition (e.g., poor adherence).

The factors constitute additional well-established health risks for the individual.

The factors influence the underlying pathophysiology, precipitating or exacerbating symptoms or necessitating medical attention.

- C. The psychological and behavioral factors in Criterion B are not better explained by another mental disorder (e.g., panic disorder, major depressive disorder, posttraumatic stress disorder).

Specify current severity:

Mild: Increases medical risk (e.g., inconsistent adherence with antihypertension treatment).

Moderate: Aggravates underlying medical condition (e.g., anxiety aggravating asthma).

Severe: Results in medical hospitalization or emergency room visit. Extreme: Results in severe, life-threatening risk (e.g., ignoring heart attack symptoms).

PHYSICAL CONDITIONS THAT ARE AFFECTED BY PSYCHOLOGICAL FACTORS

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

HOMOEOPATHIC APPROACH

Way back in 1796 Samuel Hahnemann the Father of Homoeopathy recognized the importance of integrating mental and subjective symptoms in addition to pathological diagnosis or symptoms in selecting the simillimum for cure. Then in 1815 he mentioned Biological-whole treatment theory in his famous essay "Spirit of the Homoeopathic Doctrine of Medicine" then recapitulate the theory in the 6th edition of Organon of Medicine. Today, popularly known as psychosomatic medicine. Homoeopathy is the science which believes in the role of mind in health and disease. Hahnemann shows the importance of mind in disease process and also states that disease starts in mind. Hence, Homoeopathy offers much useful aid where emotions are primary cause to the production of disease.

A psychosomatic illness therefore is an illness that has its foundation in mind but is manifested or has symptoms in the body. In Organon of Medicine Hahnemann describes psychosomatic disease in Aphorism 225 as emotional disease and states that the corporeal health destroyed by the emotional causes such as continued anxiety, worry, vexation, wrongs and frequent occurrence of great fear and fright. and there are many medicines in our Materia medica whose helps in proper treatment of these psychosomatic disease.

Hahnemann indicates the use of certain remedies in these clinical situations in his all too brief introductions to the proving: Of Aconite "after fright or vexation in women during the menses"; of Opium "a trembling caused by a fright, and vomiting produced by mental excitement, loathing are quickly removed by Opium if given immediately"; of Pulsatilla "the child makes himself quite stiff with crossness" ; of Ambra grisea "shaking and trembling all through the body, especially in the lower extremities as a result of conversation"; of Chamomilla "the illness resembling fever that often comes on immediately after a violent vexation causing anger with heat of face, unquenchable thirst, taste of bile, nausea, anxiety and restlessness" ; Ferrum " anxiety with throbbing

from slight cause "; Ignatia "especially in morbid states which are produced by occurrences that cause grief". Let us, however, be quite certain that we identify the emotions aroused by the traumatic experience.

There are so many examples in repertory who suggest that how mental and emotional symptoms affect the health of a person and cause the disease. Some of which are given below but as homoeopathic principle states that disease originates in the psyche, we have to find the appropriate mental and emotional causes in cases, wherever necessary.

MIND

MIND; ANGER, jaundice; from anger

MIND; INDIGNATION, Stomach with complaint of

MIND; INDIGNATION, Stomach with complaint of

HEAD

HEAD; PAIN; excitement depressing or sad news, after

EYE

EYE; STRABISMUS, Fear from

THROAT

EXTERNAL THROAT; PAIN; throat pit, anger after

THROAT; PAIN; mental excitement, after

STOMACH

STOMACH; VOMITING, anguish with

STOMACH; HEARTBURN; excitement, after

STOMACH; APPETITE, wanting; vexation after

STOMACH; INDIGESTION, vexation after

ABDOMEN

ABDOMEN; ENLARGED, liver; anger after

ABDOMEN; PAIN; indignation after

ABDOMEN; INFLAMMATIONL liver, indignation after



RECTUM

RECTUM; DIARRHEA, indignation from

RECTUM; HAEMORRHOIDS, excitement after

RECTUM; INVOLUNTARY stool, excitement agg.

RECTUM; PROLAPSUS, mental excitement from

STOOL

STOOL; Complaint of stool, fear with

BLADDER

BLADDER; URINATION, Involuntary; fear from

FEMALE GENITALIA

FEMALE GENITALIA/SEX; INFLAMMATION, uterus; indignation from

FEMALE GENITALIA/SEX; Menses suppressed, anger after, indignation with

FEMALE GENITALIA/SEX ; lochia, suppression; vexation agg.

FEMALE GENITALIA/SEX; menses painful, vexation from

FEMALE GENITALIA/SEX; CANCER, uterus; grief, after

RESPIRATION

RESPIRATION; ASTHMATIC, anger from

RESPIRATION; PHENOMENA; ASPHYXIA, death apparent, pain in heart, after, from fright or grief

RESPIRATION; ASTHMATIC, grief; from

CHEST

CHEST; CONSTRICTION, anger after

CHEST; HAEMORRHAGE Of lungs, excitement agg

CHEST; PALPITATION of heart, excitement from

BACK

BACK; PAIN, vexation after

EXTREMETIES

EXTREMETIES; paralysis, anger after

EXTREMETIES; CHOREA, fear from

SLEEP

SLEEP; SLEEPLESSNESS, fear from

SKIN

SKIN; ERUPTION; urticaria, excitement from

SKIN; ERUPTIONS, psoriasis; grief or suppressed emotions; after

GENERALS

GENERALITIES; CANCEROUS affections, grief, after

GENERAL; CATALEPSY; anger after

GENERAL; WEAKNESS; anger after

GENERAL; FAINTNESS, Anguish after

CASE EXCERPTS:

Source: (case 1 & 2) Beyond Limits seminar at Regensburg, Germany May 2012 by Dr. Prafull Vijayakar

Case 1.

If a lady sees something bad happening, what she doesn't want to see, she will develop opacity of lens, sclerosis, tumor, etc. which will blind her and not allow her to see anything, as if she wants to 'turn a blind eye' to something (Sycosis, growth). But if she is very angry and says 'I saw my husband with this other lady, why did my eyes not break, why did I have to see this' ? She will get detachment of retina (anger will lead to degeneration or destruction i.e., syphilis).

Case 2.

A lady had a schwannoma inside the left ear. Her son was a surgeon, he rung the doctor and asked if he could treat her, because she was old and he did not want to have her operated. Doctor asked him, how the family works, he said she had three sons.

Doctor said: 'One of the sons had done something which she had heard from the outside and which she was not happy about.' She said 'Are you a homoeopath or an astrologer?' left side belongs to home and children; she was not able to get a message about her child. The man said, his elder brother is also a doctor, he came and asked his mother for money, she said that she is a widow and cannot give him any money. The brother went away in anger. Opened his own hospital only one street away without informing his family. Neighbors who were at the opening came to the house and asked the mother 'Why you were not at the opening of your son's hospital, were you not invited?' The mother felt very bad, hurt and angry. 'This is my own child and I could not hear this message' – at that moment the body started multiplying cells – I should hear better – this was the body's reaction.

Case 3.

A female aged 45yr, principal by profession came to see me in the college OPD complaining of Palpitations since 2 years, Agg. from exertion and walking. She was on conventional treatment on and off with no relief.

On further inquiry, she mentioned that all her problems started after the death of her son in law in car accident just after 6 months of his marriage. She is very sad and depressed but suppressed her grief.

I considered the following;

1. Heart: Palpitation : grief from (Phatak Repertory)
2. Mind: grief; silent (Clarke Materia Medica)

I prescribed her Digitalis 30C and she was much better afterwards.

Case 4.

A female patient aged 46 came to my OPD complaints of hoarseness of voice (croaky voice) since 2 year. Initially there is slight hoarseness but by the time, hoarseness preventing speech or others are not able to understand her words properly.

When I further asked about the complaint what actually happened 2 years ago and how this problem arose ?

At first she denied that nothing happened and why I am asking about the past. But on repeated questioning, she told that her only son had slapped him at their wedding ceremony in front of everyone because of a dispute with his wife and afterwards her voice started getting hoarse.

Past history: Recurrent episodes of urinary tract infections since marriage.

Patient is chilly and other physical generals are not much specific.

As son slapped her, she suppressed her anger.

Here I take " anger with indignation¹ ". So the suppressed anger affects the vocal cord.

So I take rubric

1. SPEECH & VOICE; HOARSENESS; weakness of vocal cords, with.
2. SPEECH & VOICE; HOARSENESS; anger, vexation agg.
3. BLADDER; INFLAMMATION, cystitis; recurrent.

As patient is chilly, I prescribed her Staphysagria 200Ch 1 dose stat followed by Nihilinum 30Ch TDS . Now after 3 months, she is almost better and talking fluently with clear voice .

CONCLUSION

Homoeopathy is the science of Holistic approach so that's why it's best for psychosomatic diseases. These diseases have their origin in mind and there are many theories behind it. The stress, the emotional turmoil, the way of thinking affects the health of an individual and cause serious medical conditions and when we learn about Homoeopathy, its principal is based on the individualized holistic treatment and says that the cause of disease lies in mind.

Homoeopathic understanding of health is intimately connected to its understanding of the psyche in general. This acknowledgement of the interconnectness of body and mind often play a major role in the selection of the similimum in psychosomatic diseases.

There is very little research on psychosomatic diseases in homoeopathy. we need more research to show how well homoeopathy treats these diseases, especially specific physical ailments arising from mental and emotional causes.

¹ INDIGNATION: Intense deep felt resentment aroused by wrong they have suffered.

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Note: The rubrics mentioned in this article are taken from Synthesis, Robin murphy, Phatak and Complete repertory.

