



“Exploring Mental Health through the lens of Homoeopathy”

L. R. SHAH HOMOEOPATHY COLLEGE

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Published By : L.R. Shah Homoeopathy College

Utility of synthesis repertory in the treatment of Anxiety disorders: A Prospective interventional Study



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ABSTRACT :

Background : Anxiety is a psychological and physiological state characterized by cognitive, somatic, emotional, and behavioural components. These components combine to create an unpleasant feeling that is typically associated with uneasiness, apprehension, fear, or worry. Anxiety is a generalized mood condition that can often occur without an identifiable triggering stimulus. Objectives of the Study were Utility of Synthesis repertory in the treatment of anxiety disorders, to study the Clinical aspect of this repertory and to see the efficacy of Homoeopathy in treatment of anxiety disorders.

Material And Methods : The subjects were taken from the O.P.D and peripheral centres of Baroda Homoeopathic Medical College. Cases were screened after fulfilling the inclusion as well as exclusion criteria. The diagnosis was made on the basis of strong clinical presentation. A totality of symptoms was erected in each case and a remedy was selected for each case after referring Homoeopathic Materia Medica, after following up cases the inferences were drawn by analysis of the outcome.

Result : Maximum prevalence of Anxiety Disorder was noticed in the age groups of 20 - 30 yrs. and 30-40 yrs. There was significant difference in the incidence of anxiety disorder according to the sex. Out of 30 cases, 23 were males (76.67%) and 7 were females (23.33%). There is 90% case is of GAD while 6.66% cases is of OCD and 3.33% cases is of panic disease. The maximum prevailing co-morbidity is Depression, seen in 16.66% of cases, whereas, Panic attacks is seen only in 1 (3.33%) case. Out of 30 case, 83.30 % cases are improve while 6.66% cases are left out and 10% cases as it is.

Conclusion : From the analysis of the above results obtained it is obvious that the Homoeopathic drugs are very effective in the treatment of anxiety disorder. All the cases were repertorized in synthesis 9.1 for obtaining the constitutional remedy. Synthesis is one of the latest repertories, the rubrics are well represented which makes the Repertorization easier and quicker with reliable results.

Key Words : Homoeopathy, Anxiety, Synthesis Repertory

Introduction : Anxiety is a basic emotional expression which all of us experience in day-to-day life, everybody knows what it's like to feel anxious-the tension you feel when your boss is angry and the way your heart pounds if you are in danger. Nobody on this earth is free from it and experiences it to greater or lesser degree. All of us have anxiety of different kind that at times lead us to perform well. In most of the instance, we channelize this nervous energy into performance and anxiety vanishes the moment the task is accomplished. In some instance anxiety can be incapacitating and

hinders the normal working capacity of an individual such anxiety saps us and does not allow us to take right decision and needs to be treated. Anxiety is caused by multiplicity of factor and gives rise to multiplicity of effects which are clinically detectable. The importance of the mental symptoms has been talked of in homoeopathy from very inception of the science master Hahnemann was quite forthright and unambiguous about this aspect vide aphorism 211,212 and 213 of the 6th edition of the Organon of medicine. Different person expresses various shades of anxiety in different circumstance .Unfortunately various shades of anxiety are often lumped together like 'Anxiety future about' or 'anxiety family about' etc. The repertory does have specific rubric that covers anxiety in many fine shades.

Review of literature : The anxiety disorder makes up one of the most common groups of psychiatric disorders. The national co-morbidity study reported that one of four people met the diagnostic criteria and that there is a 12-month prevalence rate of 17.7 percent. Women (30.5 percent lifetime prevalence) are more likely to have an anxiety disorder than are men (19.2 percent lifetime prevalence). It is fairly uniform across all culture.

High rate in low socio-economic status and education level. Highly common in unemployed persons and home makers. Certain phobias and generalized anxiety disorder are common in students. Anxiety disorders are amongst most prevalent psychiatric conditions in most of the population studied .anxiety disorder also may increase the rate of cardiovascular related mortality .Hence clinician in psychiatric and other specialty must make proper anxiety disorder diagnosis rapidly and initiate treatment. Types of anxiety disorders

1. Generalized anxiety disorder (GAD)
2. Social anxiety disorder.
3. Phobias.
4. Panic disorder.
5. Agoraphobia
6. Obsessive compulsive disorder (OCD).
7. Post-traumatic stress disorder (PTSD)

As a Homoeopath, we need to determine the source, nature and manner in which anxiety evolves. Kent has mentioned about almost 204 remedies .it is useless to consider all remedy for rubric of anxiety, so qualified mental has to use for differentiation. Anxiety involves from 'past' into 'present'. In addition, it's expression in relation to surrounding. Anxiety is caused by many factors and gives rise to multiplicity of effect. So it is necessary to understand the each and every aspect of patient for homoeopathic management. For treatment of anxiety disorder by homoeopathy we have to take full case i.e. patient's physical, mental and particular part is very important Synthesis repertory is the product of continuous teamwork with superb technology. It is the printed version of RADAR (Rapid aid to drug aimed research) computer program. This repertory has set a new standard by adding many information and continuous verification by its users. It is last among all

repertories. It is enlarged version of sixth American edition of Kent's repertory. It contains all its rubric and remedies. This repertory has been improved qualitatively in structure and language to make it more comprehensible and to facilitate easy reference at time of need.

Material & Methods :

Project Site : Baroda Homoeopathic Medical Hospital material utilised for study: Specially designed case records for the study. Synthesis 9.0 repertory from RADAR software.

Methods of collecting data : Case taking has been done according to guidelines mentioned by Dr. Hahnemann in aphorisms 83-104 & specially designed format for study. Cases where anxiety comes with anxiety as a characteristic symptoms, will be taken up for study. All cases will be recorded and processed in the standardized case record. The symptoms of anxiety through standard textbooks of normal psychology and psychiatry. All cases will be repertories in synthesis 9.1 repertory and the results analysed. The synthesis 9.0 repertory will be studied to get rubric related to anxiety expressed as symptoms. The meaning of these rubrics will be studied. The remedy spectrum in the 30 cases will be elicited & compared in this light.

Inclusion Criteria : Cases belonging to all age group. Cases which have received other modes of treatment in the past but with partial or no relief. Cases which have other mental or physical symptoms that have arisen out of anxiety.

Exclusive Criteria : Cases with simultaneous other modes of treatment. Cases with Somatopsychic symptoms i.e. physical illness giving rise to mental symptoms.

Results :

30 cases with diagnosis of "Generalized anxiety disorder" (20 cases of pure GAD, 4 cases of GAD with Depression and 1 case of GAD with Panic attacks and 2 cases of OCD) were taken up for the study and all the cases were followed up to a minimum of 6-9 months. Patients included in the study are up to age of 75yrs. Maximum prevalence was noticed in the age groups of 20 - 30 yrs and 30-40 yrs. There was significant difference in the incidence of GAD according to the sex. Out of 30 cases 23 were males (76.67%) and 7 were females 23.33%).

The major clinical features showed by these cases in GAD were Anxiety anticipatory, fear of unknown things, fear of being alone, fear of animals, lack of concentration palpitation during anxiety, tremors, restlessness sleeplessness due to anxious mood or due to flow of thoughts, fear of people, increased sweating. In patient with associated depression there was poor concentration, sadness, loss of interest in work. Other physical symptoms such as fullness of abdomen, loss of appetite, constipation, pain in chest, breathlessness were also found with the features of anxiety.

Out of 30 cases selected, all cases required constitutional remedy. The most frequency of use of potency was 200th potency in 25 of the cases out of 30 is around 83% which was found effective.

DISTRIBUTION OF DIFFERENT SHADES OF ANXIETY IN 30 PATIENTS

| SHADES OF ANXIETY | NO OF CASES | PERCENTAGE |
|----------------------------------|--------------------|-------------------|
| Anticipatory anxiety | 23 | 76.66 |
| Anxiety health about | 10 | 33.33 |
| Anxiety future about | 7 | 23.33 |
| Anxiety family about | 8 | 26.66 |
| Anxiety financial | 2 | 6.66 |
| A/F anticipation | 2 | 6.66 |
| A/F anxiety | 5 | 16.66 |
| Somatisation of anxiety | 19 | 63.33 |
| Anxiety leading to fears | 3 | 10 |
| Anxiety conscience of | 2 | 6.66 |
| Anxiety with compulsive thoughts | 2 | 6.66 |
| Anxiety work about | 2 | 6.66 |

DISTRIBUTION OF MEDICINE PRESCRIBED IN 30 PATIENTS

| REMEDY | NO OF CASES | PERCENTAGE |
|---------------------|--------------------|-------------------|
| Argentum Nitricum | 3 | 10 |
| Arsenicum Album | 3 | 10 |
| Aurum Metallicum | 1 | 3.33 |
| Calcarea Carbonicum | 4 | 13.33 |
| Causticum | 1 | 3.33 |
| Ignatia | 1 | 3.33 |
| Phosphorus | 4 | 13.33 |
| Sulphur | 1 | 3.33 |
| Lycopodium | 4 | 13.33 |
| Natrum Muriaticum | 4 | 13.33 |
| Natrum Phosphoricum | 1 | 3.33 |
| Silicea | 1 | 3.33 |
| Staphysagria | 1 | 3.33 |
| Calcarea Silica | 1 | 3.33 |

Discussion :

For exploring utility of synthesis repertory in the anxiety disorder in this task, anxiety disorder was studied from the 30 cases of both sexes, various occupation, different age group. This anxiety was found to be hidden behind other emotions, in somatic complaints, at subconscious level i.e. in dreams. Some of the cases were having anxiety as a chief complaints where as in some cases anxiety produced somatic complaints in other cases. Some of the cases were having chief complaints that were originated from anxiety, where as some cases had anxiety as a dispositional quality present in mind of patients throughout his life. So, the conclusion part of the observations that were made after studying 30 cases of anxiety are as follows. The number of cases covering anxiety which were analyzed on the basis of age factor, it was found that 20-30yrs is the most vulnerable period for anxiety cultivate in the mind. 20-30yrs of age group as all responsibilities are needed to be taken up in this age only, so can lead to anxiety about future, anxiety about exams, which may lead anxiety enter in the life. The Psychiatric disorder that were found in the initial two decades of life may suggest that whether there is any role of genetic factors that may lead to such disorders. After this group there comes 30-40yrs age group where anxiety about health, anxiety about financial matter are the common anxieties. Continuous this anxiety produce the various manifestation of anxiety disorders. Another observation that was made to differentiate cases based on sex state that male ration in cases is 23 while female part is 07. This may conclude that males are more prone to harbor anxiety disorder easily. The recommendation that can come up here can be that it can be studied further what are such common factors which precipitate anxiety in these age groups. How society, family, occupation are responsible for the development of anxiety disorder. Repertory used in these cases was synthesis which may conclude about easy handling of this repertory and the number of subrubric present under anxiety, which explore the shades of anxiety up to the finer level. It was found that out of these 30 cases most of the cases had qualified symptoms and few of them had characteristic modalities and physical generals. So most common approach taken in these cases was Kent's approach. It was found that out of 30 cases were 4 cases of Cal. Carb , 4 Cases of Phosphorus , 4 cases of Lycopodium and 4 Cases of Nat. Mur. These remedies were mostly used. Most of patients had an anticipatory anxiety followed by anxiety about health and anxiety about family. It was found that with help of Homoeopathic Medicine out of 25 cases(83.33%) cases were improved and 2 cases(10%) were as it is(status quo) and 10% cases were left out.

Conclusion :

Repertory is mean and not an end in itself' Repertorization helps to come to group of remedies. Final court is materia medica and so you have to go back to materia medica after Repertorization .this is seen in most of the cases.

All the cases were repertorized in synthesis 9.1 for obtaining the constitutional remedy. Synthesis is one of the latest repertories, the rubrics are well represented which makes the repertorization

easier and quicker with reliable results This task helped in getting familiar with computer repertory available now a day. Familiarity with rubric of mind increased so that now its not needed to search for similar word if any rubric is difficult to find thus search made easy. From an analysis of the above results obtained from this study it is very obvious that, Homoeopathic medicines are quite effective in the treatment of Anxiety Disorder.

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**Title: The Psycho Neuro Endocrine Axis :
A Comprehensive Approach to Preventing
and Tackling Body Imbalances in context to Homoeopathy.**



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Abstract

The Psycho Neuro Endocrine Axis (PNEA) is a complex communication system within the body that plays a crucial role in regulating various physiological functions. Understanding the PNEA can help us prevent, tackle, and deal with imbalances in the body, leading to better holistic health. In this article, we strive into understanding the intricacies of the PNEA and its significance in maintaining overall well-being. Additionally, we explore how the understanding of the PNEA complements the principles of homeopathy as a science. By incorporating the PNEA into our approach to healthcare, we can achieve a more comprehensive and effective way of addressing health issues.

Keywords :

Psycho Neuro Endocrine Axis, PNEA, body imbalances, holistic health, homeopathy.

Introduction :

The Psycho Neuro Endocrine Axis (PNEA) is a complex interplay between the psychological, neurological, and endocrine systems within the body. It involves the intricate communication and regulation of hormones, neurotransmitters, and psychological factors, all of which contribute to maintaining homeostasis and overall health. Understanding the intricacies of the PNEA can provide valuable insights into preventing and tackling imbalances in the body and promoting well-being.

The PNEA and its Role in Preventing and Tackling Body Imbalances :

The PNEA is integral to the body's ability to adapt to internal and external stressors, regulate mood and emotions, and maintain physiological balance. Any dysregulation within the PNEA can lead to a myriad of health issues, including anxiety, depression, hormonal imbalances, and other physiological disturbances. By understanding the PNEA, we can identify and address the root causes of these imbalances, leading to more effective and holistic approaches to healthcare.

One of the key components of the PNEA is the hypothalamic-pituitary-adrenal (HPA) axis, which plays a critical role in the body's response to stress. Chronic stress can create disharmony in the HPA axis, leading to imbalances in cortisol and other stress hormones, and contribute to various health problems. Understanding the PNEA allows us to implement interventions that target the HPA axis, such as stress management techniques, lifestyle modifications, and supportive therapies, to prevent and counteract stress-related imbalances in the body.

The PNEA also influences the immune system, metabolism, reproductive functions, and other physiological processes. Imbalances within the PNEA can contribute to conditions such as autoimmune disorders, metabolic syndrome, and reproductive health issues. By taking a comprehensive approach to understanding the PNEA, we can address these imbalances and promote overall well-being.

The Complementary Relationship Between the PNEA and Homeopathy :

Homeopathy is a holistic system of medicine that aims to stimulate the body's innate healing abilities and restore balance on a physical, mental, and emotional level. The principles of homeopathy align closely with the understanding of the PNEA, as both emphasize the interconnectedness of the mind, body, and spirit in maintaining health and healing.

Homeopathic remedies are chosen based on the principle of "like cures like," where a substance that produces symptoms in a healthy person can be used to treat similar symptoms in an ill individual. This concept reflects the PNEA's understanding of the interplay between psychological, neurological, and endocrine factors in regulating the body's responses and maintaining balance.

Additionally homeopathy considers the individual's unique constitution and state of mind in

selecting the appropriate remedy, recognizing the influence of psychological and emotional factors on physical health. The PNEA provides a scientific framework for understanding the intricate connections between psychological, neurological, and endocrine functions, aligning with the holistic approach of homeopathy in addressing imbalances in the body.

Utilizing the Understanding of the PNEA in Preventing and Dealing with Imbalances :

Incorporating the understanding of the PNEA into healthcare practices can revolutionize the prevention and management of imbalances in the body. By addressing the psychological, neurological, and endocrine components of health, we can take a more holistic and comprehensive approach to promoting well-being. This may involve implementing lifestyle modifications, stress management techniques, nutritional interventions, and supportive therapies that target the PNEA to restore balance and optimize health.

Furthermore, understanding the PNEA can guide the development of personalized treatment plans that address the unique needs of individuals based on their psychological, neurological, and endocrine profiles. This tailored approach can lead to more effective and individualized care, addressing the root causes of imbalances and promoting long-term health and wellness.

Conclusion :

The intricate communication and regulation within the Psycho Neuro Endocrine Axis (PNEA) play a critical role in maintaining holistic health. By understanding the PNEA, we can prevent and tackle imbalances in the body, leading to more effective and comprehensive approaches to healthcare. Moreover, the complementary relationship between the understanding of the PNEA and the principles of homeopathy provides a holistic framework for promoting well-being. By incorporating the understanding of the PNEA into our healthcare practices, we can revolutionize the prevention and management of health issues, leading to improved overall health and quality of life.

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Dilemma of modern womanhood and Ignatia Amara



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Abstract :

Homeopathic materia medica is a very alive subject. It has various personalities, characteristic reaction patterns, peculiar mental states etc. which makes it such an interesting subject. We find striking similarities between evolution of Ignatia drug and various scenarios faced by modern females. It is an attempt to highlight materia medica through various sources for that particular aspect.

Key words : Ignatia, Modern females, womanhood issues, materia medica, silent grief, sobbing, romanticism, hysteria.

Introduction :

“A woman's sense of self is defined through her feelings and quality of her relationships.”

John Grey, Men are from mars, Women are from venus.



If manhood concludes as PERFORMANCE in one word, being female is all about EMOTIONS. Today's female is stuck somewhere between strong inclination for performance and her natural emotional sensitivity.

Modern women have to deal with many challenges like

gender inequality,

work life balance,

domestic and workplace violence and harassment,

pressure to maintain beauty standards and under representations at socio-economic-political level etc.

Homeopathy, on the other hand, has superiority in terms of taking care of various health challenges of such womanhood through a wide variety of drugs and their peculiar sphere of action.

For example, Natrum mur, Pulsatilla, Actea racinosa, Belladonna, Caulophyllum, Graphites, Sepia are predominant female remedies to name a few among many.

Ignatia Amara is one of the leading remedies in taking care of womanhood and related health concerns, especially modern women. Women 15 to 1 ratio to men needing this remedy. (George Vithoulkas)

Ignatia and Modern womanhood :

It is interesting to note that Ignatia is frequently indicated today, because of the women's liberation movement. This woman wants to liberate, assert herself. Her sensitivity coupled with romanticism. she is capable, quick, clever, artistic women of today. (George Vithoulkas)

Professor Vithoulkas narrates the scenario. "Such a female encounters a time, say about age 18 or 19 when she has been over working, and meets with her first love affairs. She will be with him totally. If the man at some time shows a little indifference, if she doesn't have total attention, she may become silent and brooding. The interventions may begin. This great sensitivity is the whole cause of trouble later on. She will withhold and not talk. Ignatia at a certain time may break down and become hysterical, making a scene of hysteria out of control. From this point on we have pathology."

Our great master of materia medica, J T Kent describes similar things about the drug. "You will not cure natural hysterics with ignatia, but you will cure those gentle, sensitive, fine fibred, refined, highly educated, overwrought women in their nervous complaints with ignatia when they take on complaints that are similar to such symptoms as hysteria."

We find ignatia indicated in nervous women who are burdened with grief, particularly when they dwell upon their troubles in secret. The reaction of introversion is characteristic of Ignatia. E.A Farrington echoes what Master Samuel Hahnemann mentioned about Ignatia in Materia Medica Pura. Ignatia and Nux vomica both are over sensitive and predominantly working on CNS and spinal cord. But under nux.v, however this overexcitability is exhibited by anger, vehemence (forceful expression) & irascibility (hot temper) while in ignatia, by melancholy with tendency to weeping.

A daughter comes back from Paris after a number of years of close application to her music.

She is unable to do anything. She flies all to pieces. Every noise disturbs her. She cannot sleep at night. Excitable, sleepless, trembles, jerks, cramps in the muscles; weeps from excitement, and from every disturbing word. Ignatia will tone her up wonderfully. (J T Kent)

Next to consider is Romanticism of modern females and Ignatia. That romanticism will eventually come into conflict with reality. Today's woman tries to assert herself, so that she would be equal to man. She is imposing upon herself the logical conclusions, she will say I must do this, do that: she is capable of performing it. She can do things, so takes a lot of things upon herself, over working taking on many more things that she could normally do. Becomes proud of herself, in the way she can handle situations.

Same way Ignatia female is Receptive, but deep down a kind of romanticism. We find the same description of capable and overwrought Ignatia. Overstrained grief, vexation, a frustration in her job, and then there is breakdown. In breakdown, Ignatia will go into spasms, hysterical, unable to think or talk, pale, breathing deeply, a kind of hysterical collapse, like fainting. She will not respond to someone talking to her. At the moment of this shock, she is unable to cry. Later, she will go inside, lock the door and cry. A sobbing crying, goes almost into spasms.

If the shock passes, mostly the body is affected by cramping pains, neuralgias that have no pathological origin, but started from the time of grief and stress. Lastly it will be useful to mention that Nat Mur is considered a natural chronic of Ignatia. Kent says "In all of these instances where all of these conditions brought on from such troubles keep coming back, where your patient dwells upon the cause, and the state keeps recurring, upon them, Natrum mur. will finish up the case.

Sometimes it will complete the whole case. But especially in these oversensitive girls is Natrum mur. very commonly the chronic. It is the natural chronicle of Ignatia. When the troubles keep coming back, Ignatia comes to a place when it will not hold any longer."

Conclusion: Disappointment of love and silent grief (divorce, separation, death, rejection etc.) becomes a hallmark for Ignatia to prescribe.

With this above mentioned characteristics, other worth mentioning bullet points are,

Causation : Grief, Fright, Worry prolonged, Old spinal injuries.

- Sighing involuntary feeling of oppression in chest, lump in throat
- Changeable moods
- Contradictory, paradoxical symptoms: pain in throat better by swallowing, coughing aggravates more coughing, toothache after eating, not while eating, etc.
- Aversion Fruits

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ABSTRACT :

Today in modern era number of ill peoples are increasing all over world, both men and women, according to current survey report of mental disorders by WHO (World Health Organization), 96% peoples are suffering from psychosomatic disorders. According to international classification of disorder, it is placed in ICD – 10 categories. Psychosomatic contains two words psyche and soma, which involves both mind and body. Sometimes mental and emotional factors may act as the initiation and progression of Physical disorders. Psychosomatic disorders are arises of prolonged emotional disturbances, emotion are Complex affective states from perception. Psychosomatic disorder affected many part of the body. As for Examples – Mental and emotional aggravate a wide variety of diseases, such as diabetes mellitus, leukemia, Multiple sclerosis (MS), Colitis, dysmenorrhea, lung cancers, etc. mind has the supreme control over body, first suffers in turn causing somatic disorders. So, the treatment of psychosomatic disorders should be always based on mental symptoms, concept of personality & behaviors of patient.

Keywords : Homoeopathy, Psychosomatic Disorders

INTRODUCTION :

Psychosomatic disorders are the psychological disorders with emotional and physiological factors have a causes and effects relationship between the etiopathogenesis, its disease are usually developed by prolonged emotional upset & stressful period of life. Various lifestyle disease like enuresis which over an unusually high incidence among adolescents and women, it is popular example, disorders like anorexia nervosa or enuresis, Tic, depression, bronchial asthma, dyspnea, skin disorders have their roots in emotional distress & stress. It also aggravated from grief, anger, suppressed emotions, and humiliation in personal professional relationships, all mental disorders are variety of one sided disease, and it is chronic in nature. Mental disorders developed through emotional disorder. Emotions are closely associated with physiological disturbances in physical body, mental disease affect the whole “psycho – somatic”. The mental disease characterized by visible alteration in mind as disposition in temperaments is found in physical plane, they can affect the mental plane also. These are some following content of emotions – i.e. love, hate, anger, fear, disgust, joy, laughing, jumping, smiling, sorrow & sadness etc. nature of emotions are the complex affective health from perception, memory or imagination of a situation, emotion may arise from ideas and thought also. Emotions autonomic nervous system are connected with each other.

TYPE OF PSYCHOSOMATIC DISORDERS :

These are some common types of psychosomatic disorders.

- | | |
|-------------------------|--------------------------|
| (1) Hypertension | (09) Skin Disease |
| (2) Obesity | (10) Urticaria |
| (3) Endocrine system | (11) Psoriasis |
| (4) Heart disease | (12) Locomotors system |
| (5) Asthma | (13) Reproductive system |
| (6) Allergic conditions | (14) Sexual dysfunction |
| (7) G.I.T. disorders | (15) Tic |
| (8) I.B. syndrome | (16) Oedema & etc. |

Homoeopathic Concept & Scope of Psychosomatic Disorders :

Dr. C.F.S. Hahnemann described in his text book of Organon of Medicine, aphorism 210 to 230. The concept of homoeopathic philosophy becomes normalized by homoeopathic medicines and the understanding the rational mind are balanced, with the changes in the mental & moral sphere, the physical health improves with the selected homoeopathic remedies with good diet and regimen.

TREATMENT : Of psychosomatic disorders should be under following heads :

(A) Prevention :

- (I) Make to get enough sleep, exercise regularly & maintaining a regular routine can help & feel better.
- (II) Talking to a friend or family members can help & feel better.
- (III) Avoiding work communications during off hours.
- (IV) Avoid alcohol, smoking, drugs, abuse & bad habits.
- (V) Eat a balanced diet & regimen.
- (VI) Maintaining peace & calming life style.

(b) Psychotherapy : Should be by psychiatrist or psychologist & its play an important role of categorized the patient in to certain psychological types, he encouraged to regain his self-confidence, sympathetic advice, during advice must be maintain secrecy cognitive behavioral therapy (CBT) can be effective in treating stress related disorders. The first remedy is love, sympathy and friendship, but correct dose and correct potency.

(c) Homeopathic Medicinal Treatment : Is great scientific and artful, it is based on cardinal principles & fundamental causes, first is start of treatment should be careful perceive the patient & find out the correct miasm, then by process of repertorization determine the correct homoeopathic medicines. Therefore, homoeopathic has great advantage and efficacy in psychosomatic disorders.

CONCLUSION :

Psychosomatic disorder is a psychological conditions its leads to physiological symptoms, usually without any other medical explanation. Today in modern era & new aspect of medical psychology called psychosomatic caused by anxiety, frustration, dissatisfaction, fear & hatred. Homoeopathic principles has based on the rational mind disorder, its medicine worked on mental and dynamic moral sphere, thus making it the physical health improves as well as change from constitutional disorders, its ensures the total cure and comfort.

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"Exploring the Relationship Between
Temperament & Homeopathy"



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ABSTRACT :

Homoeopathy is based on Individualization i.e. every individual is different from each other. This means that homeopathy is different from treatments that are part of conventional Western medicine in important ways .

Homeopathic prescription is based on the Idea of temperament because certain temperaments are believed to produce a certain type of disease picture.

INTRODUCTION :

The word Temperament is a Latin derivative of "TEMPERARE" which means "TO TEMPER" or "A PERSON'S STATE OF MIND". [1]

(An aggregate of mood, thoughts and their consequent actions)

It is a typical phenomenon of the individual's emotional nature, his predisposition to emotive

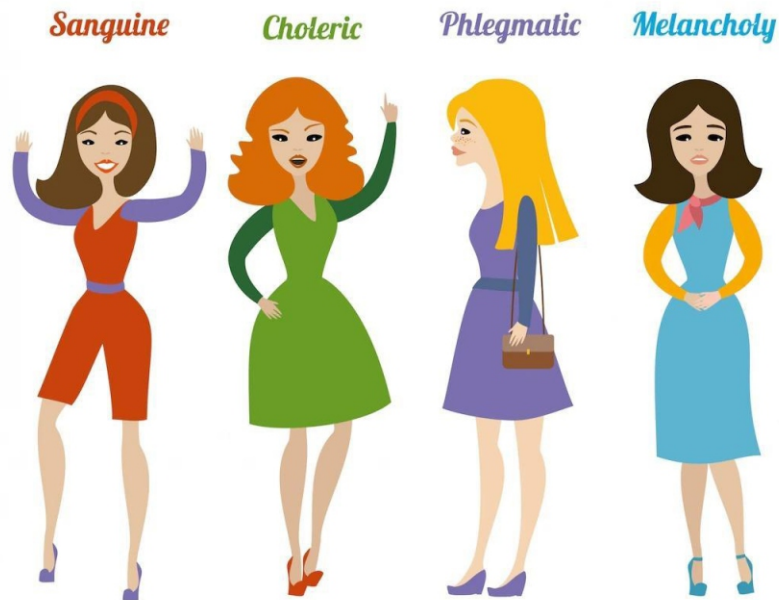
stimulus, his responses, the quality of his prominent emotional gestures, and all uniqueness in the variability and intensity of mood. [2]

HISTORICAL EVOLUTION :

According to Aristotle, "Temperament is the particular nature of a Person, Body and Soul". Classical theory of humours put forth by Hippocrates (460BC). He believed that certain human moods and emotions were caused by body fluids (called humours)- Blood, Yellow bile, Black bile and phlegm.

These Humours circulate in the body and determine the unique physical, mental and emotional qualities of a person. they can cause disease condition. [3]

Temperaments



Eventually these Humours are known as :

- Sanguine (Blood)
- Phlegmatic (Phlegm)
- Melancholic (Black bile)
- Bilious (Yellow bile)

These temperament's are determined by a combination of biological, mental, emotional and intellectual qualities. [3]

| NAME | WORD MEANING | EXPLANATION | EXAMPLE |
|------------|--------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|
| Sanguine | Sanguine = Fire + Heat + Moist | <p>Sanguine people are typically cheerful, optimistic, and outgoing. They are alsosocial and enjoy the company of others.</p> <ul style="list-style-type: none"> • They can easily make new friends (Sociable), who are known as social butterflies. • They can be artistic with full of ideas and imaginations (Day dreamers). | <ul style="list-style-type: none"> • Aconitum Napellus • Cactus Grandiflorus • Nux Vomica |
| Choleric | Choleric = Fire + Heat+ Dryness | <p>Choleric people are typically energetic, ambitious, and driven. They are also assertive and decisive.</p> <ul style="list-style-type: none"> • They are full of Energy and Aggressiveness and try to implant them on others. • They are Born leaders, Task Oriented people with full of Confidence, Decisiveness and Strong Willed. | <ul style="list-style-type: none"> • Aloe Socotrina • Argentum • Nitricum • Bryonia |
| Phlegmatic | Phlegmatic = Water + Moisture + Cold | <p>Phlegmatic people are typically calm, relaxed, and easygoing. They are also slow to anger and slow to change.</p> | <ul style="list-style-type: none"> • Capsicum • Pulsatilla |

| | | | |
|-------------|--------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|
| | | <ul style="list-style-type: none"> • They are Introverted, less sociable (reserved), Caring and Sympathetic. • They usually have a rich inner life, prefer a quiet and peaceful surrounding. | |
| Melancholic | Melancholic = Air + Cold + Dry | <p>People are typically thoughtful, sensitive, and introspective. They are also creative and artistic.</p> <ul style="list-style-type: none"> • They are prone to be preoccupied with the tragedy and cruelty in the world. • They are susceptible to Moodiness, Depression and Vulnerability. | <ul style="list-style-type: none"> • Aurummetallicum • Baryta Carbonicar |

CONCLUSION :

Temperament in homeopathy is a way of Understanding a person's constitution, or Innate predisposition to certain diseases.

Temperament helps the physician in observing and understanding the patient's personality traits so guides us to understand the patient's tendency and mental status for the selecting similimum. [4]

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The Impact of Stress on Physiology and role of Homoeopathy in its Alleviation.



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ABSTRACT :

Stress is a common occurrence in our daily lives and can have a significant impact on our physiology. The body reacts to stress through a series of physiological responses, including changes in heart rate, blood pressure, and hormone levels. Chronic stress can have detrimental effects on our health, leading to a range of physical and mental ailments. Homoeopathy has been suggested as a potential method for alleviating the impact of stress on the body, offering a natural and holistic approach to managing the physiological effects of stress.

Keywords : stress, physiology, homoeopathy, alleviation

Introduction :

Stress is a well-known factor in modern life, impacting individuals from all walks of life. Whether it be due to work pressure, personal relationships, or financial difficulties, stress can take a toll on our bodies and minds. The physiological responses to stress are well-documented, with the body's "fight or flight" response triggering changes in heart rate, blood pressure, and the release of stress hormones such as cortisol. Prolonged stress can lead to a range of health issues, including high blood pressure, heart disease, and mental health disorders. In light of these challenges, there has been a growing interest in the potential of homoeopathy as a means of alleviating the impact of stress on physiology.

Literature Review :

In "Foundations of Physiological Psychology" by Neil R. Carlson, the author describes the physiological response to stress and the impact it can have on the body. The release of stress hormones and activation of the sympathetic nervous system are highlighted as key factors in the physiological changes associated with stress. Furthermore, "Materia Medica" by William Boericke discusses the use of homoeopathic remedies in addressing stress-related symptoms. The author suggests that homoeopathy offers a natural and holistic approach to managing stress, targeting the individual's specific symptoms and underlying imbalances.

In "Hahnemann's Organon of Medicine" by B.K. Sarkar, the principles of homoeopathy are explored in relation to the treatment of stress-related ailments. The concept of treating the whole person and addressing the root cause of the symptoms is emphasized as a fundamental aspect of

homoeopathic practice. The individualized approach of homoeopathy is suggested to be particularly beneficial in addressing the unique physiological responses to stress experienced by each person.

Conclusion :

As our understanding of the impact of stress on physiology continues to evolve, the potential role of homoeopathy in alleviating stress-related symptoms is a topic of increasing interest. By addressing the underlying imbalances in the body and targeting individual symptoms, homoeopathy offers a natural and holistic approach to managing the physiological effects of stress. Further research into the efficacy of homoeopathic remedies in addressing stress-related ailments is warranted, and may offer new insights into the potential of homoeopathy as a complementary therapy for stress management.

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Homoeopathy And Psychosomatic Relationship



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ABSTRACT :

Brain is that part of human being which help to think and execute ideas. Because of brain human being is consider as superior. The disturbance in brain leads to disturbance in thought and which lead to disturbance in its execution. According to homeopathy disease does not occur due to bacteria, virus, parasite etc. But it occurs due to derangement at mind level. The disease occurs to derangement at mind level and show its manifestation in the form of sign and symptom at exterior of body.

INTRODUCTION :**PSYCHOSOMATIC RELATIONSHIP**

Psychosomatic, made up of two words “psycho” means mind and “soma” means body , so psychosomatic disorder means problem with combination of mind and body. Psychosomatic disorder is commonly referred as psychosomatic illness. It is an illness whose symptoms are caused by mental processes of the sufferer rather than immediate physiological causes. Psychological impact are common problems in modern life. Because the person living in modern life are exposed to various factors like stress, anxiety, depression , because in modern life there is lot of competition and struggle for survival. Continue stress and anxiety affect mental and physical well being. In 1818 German psychiatrist Heinroth first used the term “psychosomatic”. Mental states impact body organs through an amalgamation of three interrelated components: neural, hormonal, and immunologic. In spite of the fact that the immune system shields the body from the pathogens, it is affirmed that introduction to stress and excitation can diminish the immune system against the foreign bodies.

HOW MENTAL STATE AFFECT THE IMMUNITY :**STRESS****ACTIVATION OF HYPOTHALAMOPITUTARY - ADRENAL****AXIS**

DECREASE IN T LYMPHOCYTE DUE TO STREE WHICH LEAD TO DECREASE IMMUNITY

DUE TO RELEASE OF CORTICOSTERIOD FROM ADRENAL CORTEX IT SUPRESS THE IMMUNITY

PSYCHOSOMATIC DISEASE ACCORDING TO HAHNEMANN :

Hahnemann gave much importance to mental disease. He consider the individual as whole . According to him the sick is individual which is not stable in both state i.e. physical and mental state. Hahnemann tells about mental disease from aphorism 210 to aphorism 230. Psychosomatic disease is mentioned in aphorism 225. Statement “physique slightly change or indisposed by psychological causes such as continued anxiety, worry vexation, stress, depression and long-lasting excessive fear and fright. These psychological diseases affect the physical health and may affect the physique in high degree”. It means the physical health of person is affected due to exposure of various psychological stress like anxiety , state etc. Continues exposure of this psychological disorder affect the physical health of person. The treatment of psychosomatic disease is given in “ aphorism 227”. Here Hahnemann says that psoric miasm is responsible for mental disorder so Hahnemann tells that for treatment of mental disorder the anti psoric remedy should be prescribed so patient does not develop mental disorder again.

COMMON PSYCHOSOMATIC DISEASE :

Exposure to stress, anxiety, anger for long time leads to various disease like

- Irritable bowel syndrome
 - Fatigue
 - Epilepsy
 - Peptic ulcers
 - Hypertension
 - Acidity
 - Primary headache
 - Myocardial infraction
 - Sleeping disorder
 - Thyroid problems
-

MENTAL SYMPTOMS OF MIASMS :

Miasm is responsible for chronic disease the mental symptoms of miasm are as follows

1. PSORA

- Dread to be alone
- Aversion to company
- Fear of death
- Sadness

2. SYCOSIS

- Absent minded
- Cruel mind
- Cruel mind

3. SYPHILIS

- Introvert
- Lack of confidence
- Suicidal tendency

EXAMPLES FROM REPERTORIES :

- MIND -Grief: Ailments from
- MIND -Love: Ailments from disappointed
- MIND-Anxiety: vexation after
- COUGH -vexation after
- SLEEPLESSNESS: Vexation after

HOMOEOPATHIC REMEDIES FOR PSYCHOSOMATIC DISEASE

- Aconite: Amenorrhoea after fright
- Arnica: Complaints after mental tension or shock
- Arsenicum Album: Great fear accompanied with cold sweat
- Aurum Metallicum: Ailments from fear, anger, embarrassment, contradiction's, worry, anxiety
- Calcarea Carbonica: Delusion as if he is weak and he is small
- Natrum Muriaticum: Diseases due to psychic cause, after effects of fright, anger, grief etc.
- Pulsatilla Nigricans: Menses suppressed by nervous debility. Highly emotional patient

CONCLUSION :

Homoeopathic physician analyses and individualize the person in several aspects while taking a

case. For a person affected with psychological illness, he tries to open up his mind with the help of Homoeopathic case taking procedure. A Homoeopathic physician treats the person as a whole and give individualized medicines for each person along with counselling.

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