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## UNDERSTANDING OF PSYCHOSOMATIC ASPECT OF DISEASES WITH HOMOEOPATHY- THROUGH A CASE

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### **Abstract:**

Psychosomatic disorders are those disorders whose causation lies in psychological or emotional factors. To understand the psychosomatic disorders in a patient one has to understand patient as a whole. A deep case taking should require understanding the psychosomatic disorder in a patient. It is only possible with homoeopathy to deal with it. This article gives highlights about psychosomatic disorder, view of homoeopathy and complete understanding of psychosomatic disorder with a case report.

**Keywords:** Psychosomatic disorders, Psyche, Soma, Homoeopathy. Arsenic Album.

## **Introduction:**

The term psychosomatic is derived from Greek word psyche (mind) and soma (body).<sup>[1]</sup> Both are interdependent but reactions of the vital dynamis differ according to the aetiology of the case.

Psychosomatic disorder now referred as psycho- physiological illness, is an illness whose symptoms are caused by mental processes of the sufferer rather than immediate physiological causes. If physician cannot find any physical or organic causes, or if an illness appears to result from emotional conditions such as anger, anxiety, depression or guilt, then it might be classified as psychosomatic.<sup>[2]</sup>

In homoeopathy mind has been given the pride of place by both Hahnemann and Kent though Boenninghausen did not give proper importance in his repertory.<sup>[3][4]</sup> It was Hahnemann who first gave the scientific touch to the so-called mental diseases in his Organon. His classification envisages four types of mental cases, which as per modern terminology may be called (1) Neurosis (Apho. 224), (2) Acute emotional diseases (Apho. 221 to 222), (3) Psycho-somatic diseases (Apho. 225 to 226), (4) Somato- Psychic disease (Apho. 226 to 229). He has recognised Psoricmiasm is responsible for these diseases and has recommended anti- psoric remedies for cure.<sup>[5][6]</sup>

Health is a state of complete, physical, mental and social well being and not merely the absence of a disease or infirmity. The fundamental principle of homoeopathy is to treat the patient as a whole and as individual.

Medical statistics inform us that from sixty to seventy-five percentage of sickness have its origin in Psychosomatic influences.<sup>[7]</sup> During homoeopathy case taking physician take patients all physical and mental symptoms and on the basis of patient as whole totality of symptoms formed and medicine has been selected and which leads to the cure in such psychosomatic cases.

Following case and treatment with homoeopathy will give better understanding of Psychosomatic diseases and its cure with Homoeopathy.

**Case:**

23 years old, female, unmarried doing job as clerk at private campus came with complain;

1. Itching all over body with small tiny sized red eruptions since 2 months.

<Night, Dust

Frequency: two to four times/Day

Intensity: moderate to severe

Duration: remain for 30 minute – 45 minutes

2. Difficulty in respiration especially during Inspiration. Constantly hawked to clear the throat. Yellow expectoration.

Associate complain: weakness, tiredness, dry mouth & throat.

**Physical general:**

**Appetite:** diminished, **Desire for:** SOUR, **Perspiration:** Profuse, **Menses:** Regular, scanty, for 2 days only.

**Mental Symptom:**

She is under stress since 2 & ½ years. Because her father leaves the home before 2 & ½ years. She is elder in home, so all responsibility of family on her. She is very anxious. Anxiety about future, about carrier. Very confused, can't take decision. Company like but communication difficult due to lack of confidence. Live alone due to inferiority feeling. Angry easily but can't express it. Introverted. Perfectionate. Suppressed emotion and enjoyments. Very depressed. Repeat the routine activity like check and re check the lock.

**Past History:** Nothing serious illness in her past.

**Family History:** Her mother having Hypertension and diabetes mellitus.

**Observation:**

Mental State Examination(MSE):

Appearance/behavior –Not well groomed, not maintain eye contact Depressed look. She is not conscious about outer look, dressing etc, confused look

Speech – tone – normal, clear

Mood/affect – low/ congruent

Thoughts – not presence of any delusion

Perception – not any illusion/delusion/hallucination






Memory – short/long/immediate – intact

Insight/judgement- grade 3 to 4

**Totality of symptoms:**

1. Ailment from: Early responsibility
2. Conscientious about trifles
3. Anxiety about future
4. Mental and emotional stress
5. Confusion of mind
6. Compulsive disorder
7. Introverted
8. Suppressed emotion and enjoyments
9. Lack of self confidence.

**Repertorisation:**

Remedy Name	Carc	Tub	Ars	Nux-v	Nat-m
<u>Totally</u>	14	14	23	22	21
<u>Symptoms Covered</u>	9	8	7	7	7
Kingdom					
[Complete ] [Mind]Stressed mentally and emotional...	1	3			
[Complete ] [Mind]Responsibility:Ailments from, ag...	1				
[Complete ] [Mind]Anxiety:Future, about: (181)	3	1	3	3	4
[Complete ] [Mind]Confusion of mind: (638)	2	1	4	4	4
[Complete ] [Mind]Compulsive disorders: (72)	1	1	3	4	1
[Complete ] [Mind]Conscientious about trifles: (133)	1	1	4	4	1
[Complete ] [Mind]Introverted: (201)	1	3	3	2	4
[Complete ] [Mirilli's Themes]Suppressed: (351)	3	3	3	4	4
[Complete ] [Mind]Confidence:Want of self: (269)	1	1	3	1	3

**Fig. 1 Case Repertorization Sheet**

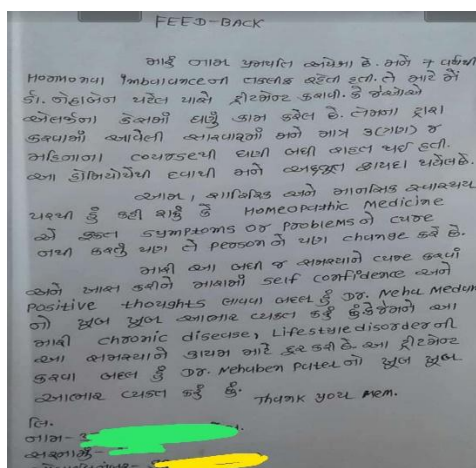
**Treatment:** Date: 27/03/19 On basis of totality and presenting complain Arsenicum Album 0/1 BD selected and prescribed.

**Follow up:**

Date	Follow up state	Prescription	Special Comment
11/4/19	Menses very scanty, itching <b>Status Quo</b>	Carcinosinum 1M – single dose	Intercurrent medicine
30/4/19	Mild to moderate relief in all complain	Ars Alb 0/1 BD for 15 days	--
21/5/19	Mentally feel free,relieve in itching	Ars Alb 0/1 for 15 days given.	--
25/6/19	Totally improve	Nothing given	This time she started to use cosmetics and conscious about look. She dressed nice. She talks with confidence

## Discussion:

Now she gets confidence in her and on our pathy. During this follow up with smiling face she said “Doctor I got cured in many more my complain which I had not told you. Like previously I was going to urination for 40 to 50 times a day, which now for 5 to 6 times per day. I got cured in leucorrhoea, backache”. From above case it is clear that homoeopathy treat patient as a whole. Patients complain was developed from mind derangement and was convert on physical symptoms. With the help of homoeopathy all the derangements both on mind and physical symptoms have cured some of symptoms that have not mentioned by patient also cured. We can conclude that psychosomatic disorders easily managed with homeopathy as homoeopathy treat patient as a whole. (Attached patient's feedback picture)



**Fig:2 Feedback of Patient**

**Note:** In second prescription I have prescribed Carcinosin as Intercurrent medicine on the basis of totality which was verified accidentally when patient's mother was diagnosed as Ca Cervix after 1 year of my prescription Carcinosin. This study shows the importance of Miasm in the Prescription.

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Kent J T. Repertory of the Homoeopathic Materia Medica. Reprint edition. New Delhi: B. Jain Publishers (P) Ltd Psychosomatic disorders are those disorders whose causation lies in psychological or emotional factors. To understand the psychosomatic disorders in a patient one has to understand patient as a whole. A deep case taking should require understanding the psychosomatic disorder in a patient. It is only possible with homoeopathy to deal with it. This article gives highlights about psychosomatic disorder, view of homoeopathy and complete understanding of psychosomatic disorder with a case report.

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