

# “A Perspective Observation Of The Psychosomatic Illnesses And Exploring Emotional Suppression As A Contributing Factor In Such Type Of Diseases : An Observational Retrospective Analysis With Homeopathic Intervention”



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## ABSTRACT:

**CONTEXT:** In today's fast-paced and high living life in 21st-century, emotional suppression has become a major concern due to societal expectations, stress, and the demands of modern living. This emotional overload can lead to psychosomatic disorders—physical illnesses that are partly caused or worsened by emotional stress. Recent research shows clear links between emotional strain and disruptions in the body's normal functioning, highlighting the deep connection between mind and body.

**AIM:** The study aims to explore the impact of emotional suppression on human health, examine various cases with a focus on homeopathic management, and identify the different body systems affected by emotional suppression.

**RESEARCH DESIGN:** This was an observational retrospective study which was done in my private clinic.

**MATERIALS AND METHODS:** The study was carried out for 4 years and it includes 300 patients.

Pregnant women and patients on concurrent suppressive treatment throughout the duration of Homeopathic treatment were excluded from the study.

**STATISTICAL ANALYSIS:** Statistical analysis of the descriptive data was done by numbers and percentages according to different categories.

**RESULT:** There were 300 cases during entire study which was chronic in nature and a majority of the patients (115) were belongs to the Age group between 31 - 40 years. 97 patients were Males and 203 patients were Females. The results of treatment out of 300 cases, Significant improvement in 177 cases, Moderate improvement in 80 cases, Status quo in 18 cases and patient left the treatment in 25 cases.

**CONCLUSION:** In this study effects of Emotional suppression on body and mind were noticed in all type of Psychosomatic Diseases with “Fight or Fire” response mainly origin from bad effects of emotional suppression, can be observed.

**KEYWORDS:** Homeopathy, Psychosomatic disease, Emotional Suppression, Individualization

## INTRODUCTION

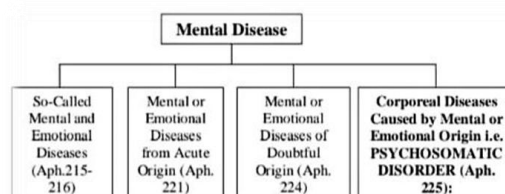
“UNEXPRESSED EMOTIONS WILL NEVER DIE,  
THEY ARE BURIED ALIVE  
AND  
THEY WILL COME FORTH LATER IN UGLIER FORM”  
- SIGMUND FREUD

## WHAT IS PSYCHO-SOMATIC DISEASE ???

‘Psychosomatic’ word is made up of two words : ‘Psycho’ and ‘Somatic’. ‘Psycho’ is derived from the Greek word ‘Psyche’ Which originally meant ‘Breath’ but later acquired additional meaning ‘Soul’. ‘Somatic’ was drawn from the word ‘Stroma’ which means ‘building structure of body or tissue’. Psycho - somatic Disorders can be defined as the disorder characterized by physiological changes but originate at least in part from emotional factor. It is mainly

used to mean a physical disease which is thought to be caused or made worse by mental factors such as stress, anxiety etc.

In the book ‘Organon of Medicine’, Hahnemann has given a detailed classification (Aphorism 210 to 230) about the four types of Mental diseases...



In Aph. 225: Origin, Nature and Course of Psychosomatic Disorder

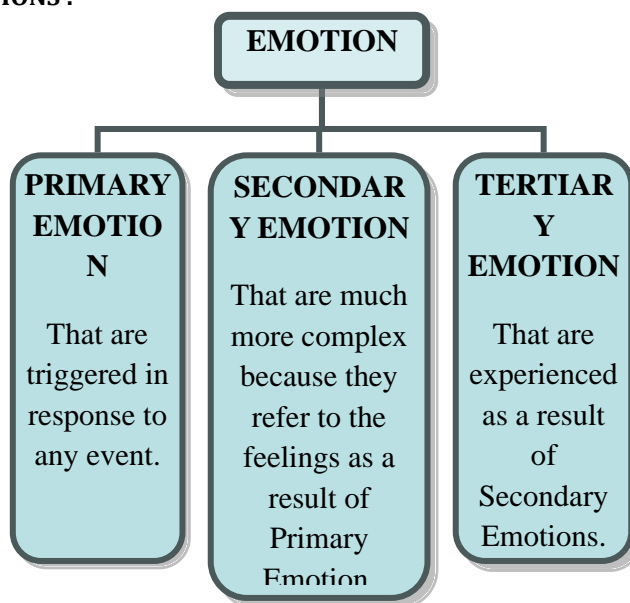
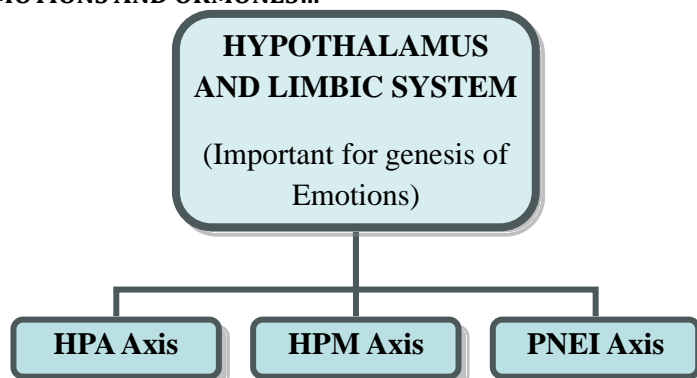
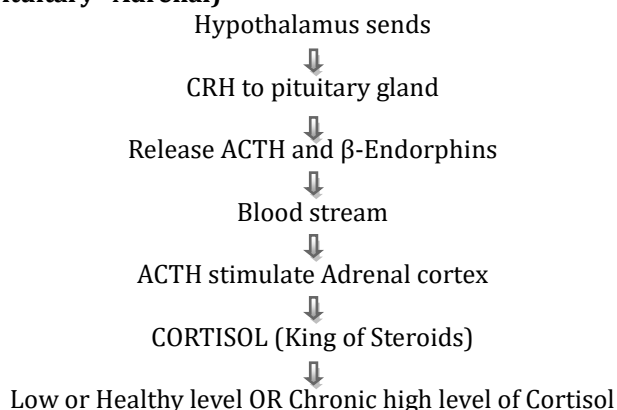
**WHAT IS EMOTION ???**

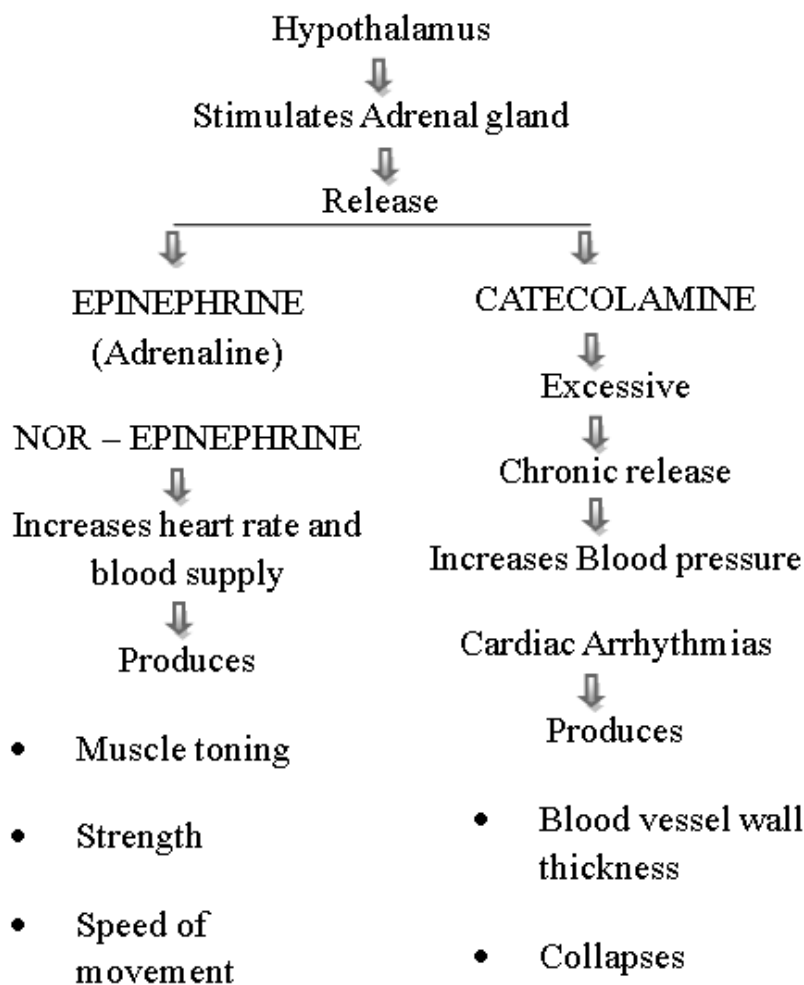
Emotion is a "Complex Reaction Pattern" and "Our Conscious Experiences". It is an aroused state means it is an "Conscious Mental Reaction" which is experienced as a strong feeling towards a specific object result in Physiological and Behavioral changes in the body. It involves intense feeling, autonomic activation and related behavior.

**TYPES OF EMOTIONS :**

There are mainly two types of Emotions :

- 1) COMFORTABLE EMOTION such as Caring, Curious, Excited, Happy, Loved, Respected etc.
- 2) UNCOMFORTABLE EMOTION such as Angry, Anxious, Sadness, Grief, Fearful, Jealous etc.

**CLASSIFICATION OF EMOTIONS :****RELATION BETWEEN EMOTIONS AND HORMONES...****HPA Axis (Hypothalamus–Pituitary– Adrenal)**

**HAM Axis (Hypothalamus – Adrenal – Medullary)****PNEI Axis**

**PNEI (Psycho– Neuro– Endocrine– Immunity)**

Mind acts on the body through three systems :

CNS, Endocrine and Immune system.

Psyche (P)

Disturbances

N – E – I

Lead to changes

Susceptibility to Infection

- Inflammatory disease
- Auto-immune disease
- Communicable disease
- Non-communicable disease

**WHAT DOES IT MEAN TO SUPPRESS EMOTIONS ???****WHAT CAUSES SUPPRESSED EMOTIONS ???****What is Disease?**

- It is a deviation from the State of Health, expressed by sign and symptoms, as a result of dynamic derangement of the vital force is DISEASE.
- Dr. Hahnemann Said that "Removal of the Sign and Symptoms, Cause and total restoration of the health from the state of sickness is CURE.
- Suppression means a lots of Complexities. It originated from Latin word "SUPPRIMERE"... means, press down or Prevent from Expression.
- Suppression occurs whenever the patient's symptoms go against the "Direction of Cure"
- Disappearance of the existing disease manifestation at the cost of a new suffering is called "Suppression" and expresses itself in some other form which is more deeper in vital organ.
- Commonly Suppression in Homeopathic field is "Phenomenon". A process that causes disease expressions to disappear without changing the underlying disease force "The Miasm".
- And thus, this current disease state may not be true or Complete state, but it is because of the Suppression of the earlier disease phenomenon and therefore Suppression is not the actual primary cause of this disease state but it is the "Philosophical Explanation" of the current disease state.

**"EMOTIONAL SUPPRESSION"**

- Every person will experience Emotions, it is a part of human being.
- Happiness, Sadness, Anger, Fear, Surprise, Disgust... These all are common feelings that play an important role in our daily life.
- When people have a hard time for "Expressing and Accepting" these feelings, they may suppress their feelings consciously or unconsciously...

**WHY ???**

Because...

- They are Unable to Handle them.
- Sometime want to Avoid more hurt and pain.
- Sometime for Self-Protection.
- Sometime for Social Expectation.
- Sometime patient has Fear that their emotions is not acceptable or their feelings are considered invalid.
- Sometime patient has a tendency to Suppressed Emotions because of early childhood experiences as for Example if child is constantly instructed to "Be good" or "stop crying" then it became habit.

**"What Will Happen ??"****RESULT...**

Constantly

- Patient opt to bottle up their Emotions.
- Patient choose to tamp down their Emotions.
- They may even create a constant state of "Fight or Fright" response.

**"What will be Outcome ???"**

- It become Part of the bigger Picture of the disease.
- Because Suppressing Emotions is not a healthy coping Mechanism.
- It can produce negative consequences for both Mental and Physical well-being.
- By understanding the underlying reasons behind Emotional Suppression, we can begin to Explore healthy way of expressing our Emotions.

**HOMEOPATHIC MANAGEMENT**

Homoeopathy is a science which has firm, rooted, an unaltered principles and concrete philosophy as its base. It is built upon the "Seven Cardinal principles" and "A concept of holism".

We people believe in "Individualization", means Each and every person have different Personality, different Constitution, they understand life differently and their reactions towards life are also different.

So, when we try to cure any type of a disease, we have to find "Psychological Connections" between the Physical and Mental and metaphysical level.

In Physical Conditions,

60-70% of the cases, we can see Connections to the Emotional, Spiritual and Metaphysical level. This is what we call "Psychological Homeopathy" which help us to provide investigation and to find out "what actually is wrong with that Person?"

We must discover...

Why this Person is suffering???

Why this Person has depression???

In many cases, we can find that Physical problems have deep roots in the Subconscious level and these roots continue to trigger imbalance in the body and will develop the disease.

So, when we prescribe Homoeopathic medicine or Constitutional remedy it will help you to make true Connections...

-With yourself

-With who you are

-With your spirit

-With God and with the Universe.

With these Connections, you better understand...

-Your Place in Society

-Your Position in life

-What you are here to do

-What your main priorities

Of course, when people start to feel better at a psychological level, immediately they will have improvement at the Physical level.

REVIEW OF LITERATURE

DR. HAHNEMANN

In Aph.215, "Organon of Medicine"

Mental disease more than Corporeal disease



Psychic and Somatic aspect



In modern living life



Stress



Emotional disturbances



Disease appears through physical plan



Psycho-somatic disease



In Aph.210-230, "Organon of Medicine"

Psycho-somatic disease



Psoric miasm



Antipsoric medicine and Psychotherapy

DR. J. T. KENT

"Lectures on Homeopathic Philosophy"

Fundamental elements



Will and Emotions



From innermost to outermost



- 1) Intellect part
- 2) Emotional part

DR. HIPPOCRATES

"Hippocrates's Aphorism"

Hierarchy - Three levels



- 1) Mental / Spiritual
- 2) Emotional / Psychic
- 3) Physical



Most central : Mental - Spiritual Plane

DR. VITHOULKAS

"A new model of Men and Disease"



Hierarchical importance of symptoms



Mental

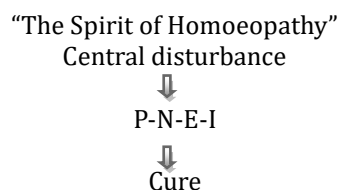


Emotional



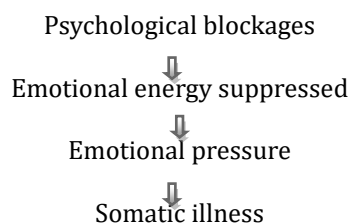
Physical

DR. RAJAN SANKARAN



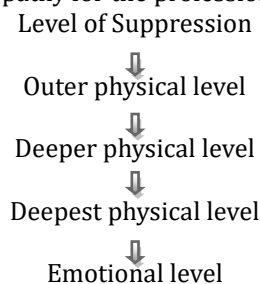
DR. FARUKH MASTER

“Perceiving Rubrics of the Mind”



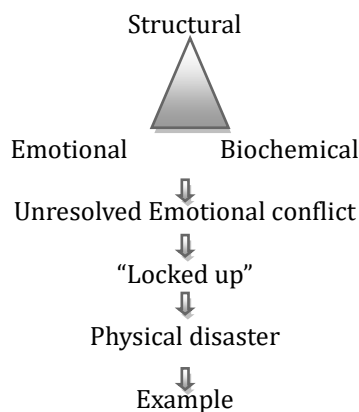
DR. LUC DE SCHEPPER

“Hahnemannian text book of classical Homeopathy for the professional”



DR. HAMMER

“German New Medicine”



1. COLON : Ugly “undigestible conflict”
2. LARYNX : Fear or Fright
3. LUNG : Fear of Death or Suffocation
4. SKIN : Impaired Emotion
5. GUTS : Unable to swallow Anger
6. THYROID : Feeling of Helplessness
7. LIVER : Fear of Starvation

#### AIM AND OBJECTIVE

- To study the impact of “Emotional suppression” on human being in different variety of Cases.
- To study the phenomenon of “Emotional suppression” in various cases with its Homeopathic Management.

- To find out different systems of body affected due to emotional suppression.

## MATERIALS AND METHODS

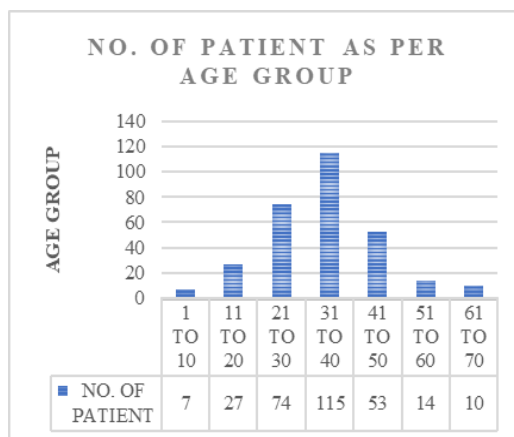
1)	<b>Type of Study :</b>	Descriptive - observational type of Clinical study
2)	<b>Source of Data :</b>	Cases of the my private "Om Homoeopathic Clinic (Surat)"
3)	<b>Material :</b>	Case record proforma of the clinic
4)	<b>Sample size :</b>	300
5)	<b>Sampling Method :</b>	Randomized Method
6)	<b>Material :</b>	<ul style="list-style-type: none"> <li>• Case record Performa according to Dr. Hahnemann guidelines.</li> <li>• Homeopathic software's like - Homeopath, Radar 10 etc.</li> </ul>
7)	<b>Selection Criteria :</b>	<b>INCLUSION CRITERIA</b> <ol style="list-style-type: none"> <li>1. Cases which had history of Emotional Suppression.</li> <li>2. Cases had been taken from school going children to old age (70 years) and both sexes.</li> </ol> <b>EXCLUSION CRITERIA</b> <ol style="list-style-type: none"> <li>1. Pregnant women.</li> <li>2. Patients on concurrent suppressive treatment throughout the duration of Homeopathic treatment.</li> </ol>
8)	<b>Response Analysed :</b>	
	1. Significant Improvement	Feeling of mental and physical well-being with disappearance of all the Signs & Symptoms.
	2. Moderate Improvement	Feeling of mental and physical well-being with relief in his suffering.
	3. Status Quo	There is no change in the patient's any complaints.
	4. Left the treatment	Patient remains as it is condition even after administration Homeopathic medicine. Patient didn't come for the further treatment.

## DATA COLLECTION

1)	<b>Sex group :</b>	
	Male	<b>97 Patient</b>
	Female	<b>203 Patient</b>
2)	<b>Nature of disease :</b>	Chronic in nature
3)	<b>Age group :</b>	
	1 to 10 Years	07 cases
	11 to 20 Years	27 cases
	21 to 30 Years	74 cases
	31 to 40 Years	115 cases
	41 to 50 Years	53 cases
	51 to 60 Years	14 cases
	61 to 70 Years	10 cases
4)	<b>Treatment used :</b>	Constitutional medicine with Intercurrent remedy (where it was required)
5)	<b>Result of treatment :</b>	
	Significant Improvement	177 cases
	Moderate Improvement	80 cases
	Status Quo	18 cases
	Left the Treatment	25 cases

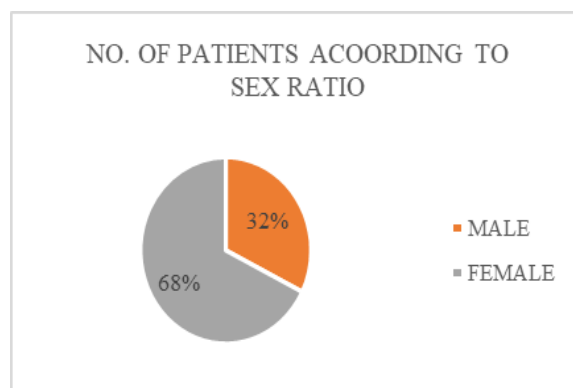
## ANALYSIS OF DATA

## GRAPH 1 AGE GROUP



## GRAPH 2

## SEX RATIO



**TABLE 1**  
**LIST OF DIAGNOSIS**

DIAGNOSIS	NO. OF CASES
Migraine	62
Hypothyroidism	37
Depression	29
Eczema	29
Psoriasis	24
Allergic Bronchial Asthma	14
GERD	14
DUB	14
PCOD	13
Hypertension	11
Erectile Dysfunction	10
Lichen Planus	08
Alopecia Areata	07
Urticaria	07
Vitiligo	07
Verruca Vulgaris	04
Epilepsy	04
Keratoderma	02
Acne Vulgaris	02
Diabetes Mellitus	02



**TABLE 2 LIST OF CONSTITUTIONAL REMEDY**

MEDICINE	NO. OF CASES
NAT.MUR	66
NAT.CARB	33
PHOSPHORUS	21
NAT.PHOS	21
STAPHYSAGRIA	17
NAT.SULPH	17
LYCOPodium	16
MAG.CARB	14
CALC.CARB	14
NAT.ARS	11
IGNATIA	08
NAT.SILICATA	08
AUR.MET	08
SEPIA	07
PHOSPHORIC ACID	06
CALC.SIL	05
CALC.PHOS	05
CALC.ARS	05
PULSATILLA	04
SULPHUR	03
AUR.SULPH	03
MAG.SULPH	03
ARG.NIT	03
GRAPHITES	02

**TABLE 3  
LIST OF INTERCURRENT REMEDY**

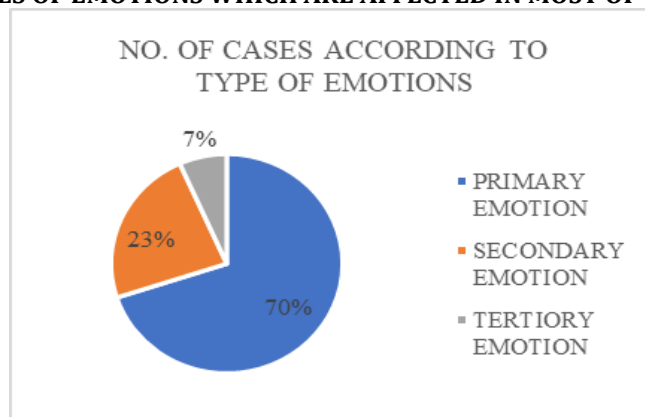
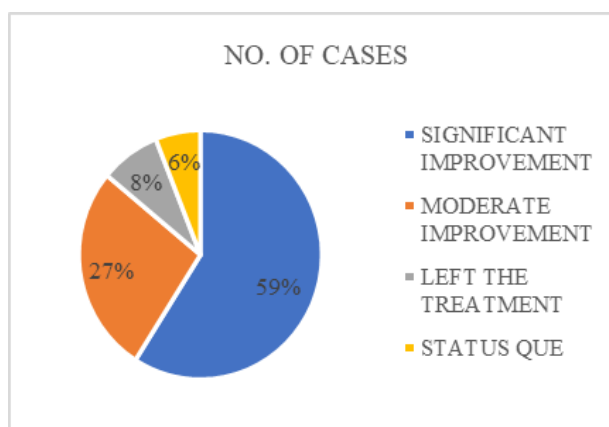
MEDICINE	NO. OF CASES
THYROIDINUM	37
TUBERCULINUM	22
THUJA	19
HISTAMINUM	12
PSORINUM	07
SYPHILLINUM	03

**TABLE 4 LIST OF VARIOUS CAUSATIVE FACTORS FOR EMOTIONAL SUPPRESSION**

CAUSATIVE FACTORS (A/F)	NO. OF CASES
ANGER SUPPRESSED – INTOLERANCE OF CONTRADICTION	118
LOVE DISAPPOINTMENT – GRIEF, BROODING, WEEPING	60
DEATH OF LOVED ONE, PARENTS, FRIENDS – SADNESS, MELANCHOLIC, WEEPING	31
LOSS OF HIS JOB, POSITION, REPUTATION, MONEY, BUSINESS	28
ABUSE AFTER BEING SEXUALLY	10
RUDNESS OF OTHERS	08
DOMINATION	08
INJUSTICE CAN NOT SUPPORT	07
CHILDREN PUNISHMENT, SCOLDED BEING “REPROACHES”	07
OFFENDED BEING “INSULTS”	06
HONOR WOUNDED	05
BAD NEWS	05
REJECTED FROM BEING	04
HUMILIATION – MORTIFICATION	03

GRAPH 3

## TYPES OF EMOTIONS WHICH ARE AFFECTED IN MOST OF CASES

GRAPH 4  
RESULT ANALYSIS

## CASE 1

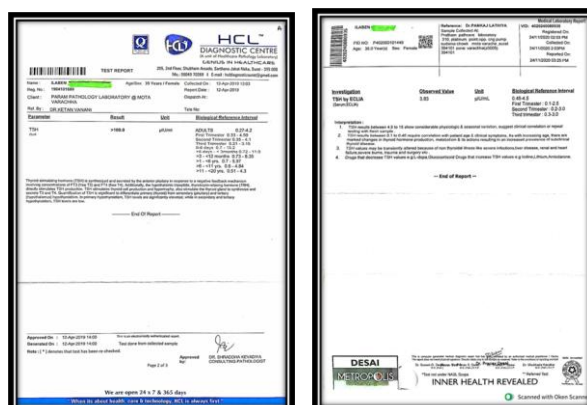
**Diagnosis** - Psoriasis**A/F** -

Loss of Job - Divorced

**Remedy** - Nat.ars

**CASE 2****Diagnosis** – Infective Eczematoid Dermatitis**A/F** –

Grief - Honor wounded

**Remedy** - Nat.mur**CASE 3****Diagnosis** – Pompholyx**A/F** – Suppressed anger - Strain relation with relatives and friends causes emotional disturbance**Remedy** – Phosphorus**CASE 4****Diagnosis** – Hypothyroidism**A/F** – Family Dispute - Suppressed anger - Mental Insecurity**Remedy** - Cal.ars



#### CASE 5

**Diagnosis** – Guttate Psoriasis

**A/F** – Domination, Rudeness of others

**Remedy** – Mag.carb

After 12 months, Slight increases over the upper extremities... Patient left the treatment...



#### CASE 6

**Diagnosis** - Psoriasis

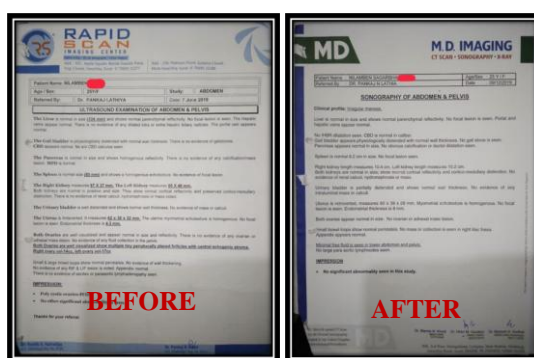
**A/F** – Honor wounded, Reproaches himself, Duty Conscious

**Remedy** – Aur.met





CASE 7

**Diagnosis** – Planter keratoderma**A/F** – Sensitive to rudeness, reprimand and scolding, Suppressed Anger**Remedy** – Cal.flour

CASE 8

**Diagnosis** – PCOD**A/F** – Engagement broken 2 times -Brooding - Self reproaches**Remedy** - Nat.phos

CASE 9

**Diagnosis** - Atopic dermatitis**A/F** – Suppress emotion, suppressed anger, Reproaches herself**Remedy** - Nat.mur

**CASE 10****Diagnosis** - Vitiligo vulgaris**A/F** - Domination, Sensitive to Rudeness, Repression**Remedy** - Mag.carb**DISCUSSION**

During Hahnemann's time, he considered few psychic diseases, that have not merely derived from physical ones. Instead with only slight physical illness, these diseases arise and proceed from the psyche, from persistent grief, resentment, anger, humiliation and repeated exposure to fear and fright. In time such diseases often greatly harmed the physical health. This is a typical classical description of what you all observe of disease which are mainly origin from Emotional suppression.

Hahnemann has described in 226 that, "In mind psycho-somatic diseases, you can help them, before it has extended themselves too much, we can help them greatly with psychotherapy, good living and Homeopathic medicine. As all these diseases which origin from Emotion are related with Psoric miasm in background. Anti Psoric medicine can be great help to them. The main objective of this research work is to show the efficacy of Homoeopathy in chronic diseases which origin from Emotional suppression.

During entire study 300 cases were taken. In 300 cases 97 patients were male and 203 were Females. On the basis of nature of disease, all cases were chronic in nature. As per age incidence, 07 cases from 1 to 10 years of age, 27 cases from 11 to 20 years of age, 74 cases from 21 to 30 years, 115

cases from age 31 to 40 years, 53 cases from age of 41 to 50 years, 14 cases from 51 to 60 years, 10 cases from 61 to 70 years of age.

In all chronic cases, I have used Constitutional Medicine and Intercurrent remedy in some cases where it required. The results of treatment out of 300 cases, Significant improvement in 177 cases, Moderate improvement in 80 cases, Status quo in 18 cases and patient left the treatment in 25 cases.

**SUMMARY AND CONCLUSION**

During entire study 300 cases were taken to understand the scope of Homoeopathy in disease which are origin from the emotional suppression. To draw conclusion all cases were studied in detail.

All 300 cases were of chronic disease in this study. During treatment, indicated remedy with appropriate counselling, psychotherapy approach was given. To prevent relapse, repetition of the medicine was done without an aggravation at proper intervals.

In this study of 300 cases, effects of Emotional suppression on body and mind were noticed in all type of disease as follows: 62 cases suffered from Migraine, 37 Hypothyroidism, 29 Eczema, 29 Depression, 24 Psoriasis, 14 allergic bronchitis and asthma, 14 GERD, 14 DUB, 13 PCOD, 11 Hypertension, 10 Erectile dysfunctions, 08 Lichen



planus, 07 Alopecia areata, 07 Urticaria, 07 Leukoderma, 04 Verruca vulgaris, 04 Epilepsy, 02 Palmer keratoderma, 02 Acne vulgaris, 02 Diabetes mellitus.

In all the cases "Fight or Fire" response to anger suppressed, love disappointments, death of loved one, loss of job – position – reputation – money – business, rudeness of others, domination, insults, honor wounded, bad news, reprimands and scolding, rejected, humiliation leads to development of disease, which are mainly origin from bad effects of emotional suppression can be observed.

For management, I have prescribed indicated constitutional remedy, indicated remedy with intercurrent remedy in few cases, psychotherapy and counselling can produced good results in more than 59% cases and moderate improvement in 26 % cases.

Modern Psycho-somatic diseases are Migraine, Hypothyroidism, Atopic dermatitis, Depression, Ulcerative peptic disorder, Diabetes mellitus Primary Hypertension, Ulcerative colitis, Psoriasis, Leukoderma, Irritable bowel disease, Erectile dysfunction, Insomnia, etc. disease can be managed well with Homoeopathic remedies rather than crude dosage of modern medicine.

In modern era Homoeopathic medicine has a wide and good scope in treatment of Psychosomatic diseases in which most cases have history of emotional suppression. So, we can say "Homoeopathy is the best stress booster for unresolved emotional conflict".

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