

A Open Label Clinical Study – To Ascertain The Effect Of Homoeopathic Medicines In Cases Of Psycho-Somatic Disorder With Miasmatic Approach



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Abstract: Psychiatric disorders are also known as mental health disorders or mental health illnesses. A psychosomatic disorder is a disease which involves both mind and body. Sometimes mental and emotional factors may act as risk factor that could influence the initiation and progression of physical disorders. Homeopathic medicines can formulate a positive change in people suffering from psychosomatic disorder.

Keywords: Psychiatric disorders, psychosomatic disorder, mind and body, Homoeopathic management

Introduction:

The term psychosomatic is derived from Greek word “psyche” (mind) and “soma” (body). Medicine has historically separated disease into either the mind (psyche) or the body (soma). Psychosomatic disorder, also called psycho physiologic disorder, a condition in which psychological stresses adversely affect physiological (somatic) functioning to the point of distress. Thus, the psychosomatic symptom emerges as a physiological concomitant of an emotional state.

Classification:

According to international classification of diseases (ICD-10; WHO-1993) psychosomatic disorders can be classified depending on whether or not there is tissue damage: “Psychological malfunction arising from mental factors”, it describes assortments of physical manifestations or sorts of psychological malfunctioning of mental origin not involving the tissue damage and usually mediated through the autonomic nervous system(ANS).

Many diseases and conditions can be affected by the mental state of the patient; however some conditions are more prone to the state of the mind of the individual than others. At the moment, there are a number of conditions which are thought to be most aggravated by mental factors: Eczema, Psoriasis, Stomach ulcers, High blood pressure, Heart disease, and Irritable bowel syndrome, Migraines and Tension Headaches, Fibromyalgia.

Psychosomatic disorders often have negative effects on the respiratory system, the gastrointestinal system, and the cardiovascular system. They can also have negative effects on the quality of life of a person, and can have adverse effects on a person's ability to function properly.

Epidemiology: Psychosomatic disorders, where psychological factors influence physical symptoms,

are estimated to affect between 4-6% of the US population. Women are more commonly affected than men, with a ratio of approximately 10:1. These disorders can be associated with factors like older age, lower socioeconomic status, and certain personality traits.

Etiological factors

Psychosomatic disorders, where emotional stress manifests as physical symptoms, are often linked to chronic stress, anxiety, and depression. These conditions can also be triggered by a shift in the autonomic nervous system's balance, affecting organs and systems. Factors like traumatic experiences, abuse, and even family dynamics can contribute to the development of psychosomatic issues.

Psychosomatic Symptoms

a. In general:

- Digestive issues
- Dizziness or shaking
- Headaches
- Muscle aches and pain
- Racing heart
- Elevated blood pressure

b. Sex-Based Psychosomatic Symptoms: Bodily signs of stress can vary between the sexes. Like females during menstrual days may have dysmenorrhea due to stress.

c. Age-Based Psychosomatic Symptoms: For example, a child who is having a hard time at school may have frequent stomachaches or headaches.

d. Psychogenic vs. Psychosomatic Pain

Psychogenic pain: Psychological problems are the main genesis of the pain.

Psychosomatic pain: Depression exacerbating an endocrine disorder.

Diagnosis

Diagnostic evaluation of psychosomatic disorders involves a comprehensive approach. The goal is to understand the interplay between psychological distress and physical symptoms to guide appropriate treatment, which may involve therapy, stress management techniques, or medication.

A. Ruling out Organic Causes:

➤ **Thorough Medical History and Physical Examination:**

➤ **Diagnostic Tests:**

B. Exploring Psychological Factors:

➤ **Psychosocial History:**

➤ **Mental Status Examination:**

➤ **Questionnaires and Assessments:**

➤ **Differential Diagnosis**

C. Understanding the Interplay:

➤ **Psychodynamic Perspective:** Emphasize the role of unconscious psychological conflicts or unresolved trauma in the development of physical symptoms.

➤ **Cognitive-Behavioral Perspective:** To focus on the relationship between thoughts, feelings, and behaviors, and how these can influence physical sensations and responses.

Treatment Of Psychosomatic Disorders

The therapies to alleviate these psychological factors like stress, anxiety, and depression are essential to healing the physical disease includes: Psychotherapy, Psychoanalysis, Cognitive behavior therapy (CBT), Group psychotherapy, Electroconvulsive therapy (ECT), Hypnotherapy, Abreaction therapy, Acupuncture therapy

Complications:

Psychosomatic disorders can lead to a variety of complications, both physical and mental. These can include physical symptoms like digestive issues, headaches, and chronic pain, as well as mental health challenges like anxiety and depression. Additionally, psychosomatic disorders can impact daily functioning, relationships, and quality of life.

Homoeopathic Approach:

Homeopathic treatment for mental disorders is a patient-oriented science i.e. treatment of person as a whole. The medicines are selected after a full individualizing examination and case-analysis, which includes the medical history of the patient, physical and mental constitution followed by miasmatic tendency (predisposition/susceptibility) are also often taken into account for the treatment of chronic conditions. Hahnemann said that mental diseases are psoric in origin chronic in nature and shall be treated with antipsoric remedies.

• It can be seen that generalized disturbance (which includes physical, general and psychological changes) precedes localization of the problem. This generalized disturbance is probably the authority on stress described as the General Adaptation Syndrome.

• In Organon of Medicine in **Aphorism 210** Hahnemann states regarding mental diseases that all cases of disease for cure, the state of the patient's disposition is to be particularly noted, along with the totality of the symptoms, if we trace an accurate picture of the disease we are able to treat it with homoeopathy.

• In **Aphorism 225** he states some emotional diseases which have not merely been developed into that form out of corporeal diseases, but which, in an inverse manner, the body being but slightly indisposed, originates and is kept up by emotional causes, such as continued anxiety, worry, vexation, wrongs and the frequent occurrence of great fear and fright. This kind of emotional diseases in time affects the corporeal health, often to a great degree as seen in psychosomatic disorders like IBS, Psoriasis, skin diseases etc.

• As said by William Osler "The individual, not the disease, is the entity" The fundamental principle of Homoeopathy is that it treats the patient as a whole and as an individual. *There is no medicine for any particular disease, but there is a medicine for the patient suffering from the disease.*

Homoeopathic medicines:

1. Aconite Nap: A state of fear, anxiety; anguish of mind and body. *Physical and mental restlessness, fright, is the most characteristic manifestation of Aconite. Acute, sudden, and violent invasion.* It is recommended for intense, sudden anxiety, panic, or fear. Panic could be connected to past trauma. Symptoms of this type of panic include dry skin, dry mouth, and fast heartbeat.

2. Arsenic Album: *Great exhaustion after the slightest exertion.* This, with the peculiar irritability of fiber, gives the characteristic *irritable weakness. Burning pains.* Terrible fear and dyspnea, with gastralgia; also faintness, icy coldness, great exhaustion.

3. Aurum Metallicum: Profound despondency, with increased blood pressure, with thorough *disgust of life*, and thoughts of suicide. *Talks of committing suicide.*

4. Ignatia Amara: *the emotional element is uppermost, and co-ordination of function is interfered with.* Alert, nervous, apprehensive, rigid, trembling patients who suffer acutely in mind or body.

5. Nux Vomica: Nux is pre-eminently the remedy for many of the conditions incident to modern life. The patient is quick, active, nervous, and irritable.

He does a good deal of mental work; has mental strains and leads a sedentary life, found in prolonged office work, over study, and close application to business, with its cares and anxieties.

Conclusion:

Homeopathy approaches psychosomatic disorder cases with a holistic view point. Homeopathic constitutional treatment helps to balance functioning of both mental and physical state. This can significantly increase the chances of static body maintenance.

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