

Research Article

Management of Psychological Disorder in Homoeopathy: A Basic Understanding

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Abstract Mental health is vital for the growth and productivity of every society and for a healthy and happy life. Homoeopathy gives great importance to mental health both in the treatment of physical and mental illness. The Homoeopathic understanding of health is intimately connected to its understanding of the mind in general. They generally assume that body and mind are dynamically interconnected and that both directly influence each other. Homoeopaths base virtually every Homoeopathic prescription of the physical and psychological symptoms of the sick person. Psychological symptoms often play a primary role in the selection of the correct Medicine. (1)

Keywords *Mental Health; Psychological Disorders and Homoeopathy; Hahnemann; Repertorial Approach*

Introduction

Mental health is all about how people think, feel, and behave. Mental health specialists can help people with depression, anxiety, bipolar disorder, addiction, and other conditions that affect their thoughts, feelings, and behaviours. Mental health can affect daily living, relationships, and physical health. In such type of cases effectively manage through Homeopathic medicine. Homoeopathy based on the philosophy of treating the whole person based on mind, body and life force relationship. In this concept, health is considered a perfect state of harmony of functions in mind-body-life force and illness is often the result of disharmony. The disharmony can come from a dysfunction in any one. Holistic health care believed that a dysfunction in one effects the whole person and not just that one part of the body. Holism promotes that a human being must be treated together to achieve healing rather than simply treating a person for a specific illness. Holistic health looks into the need of the sick and provides customised care. Understanding the patient is the cornerstone in Homeopathic health care. (1)

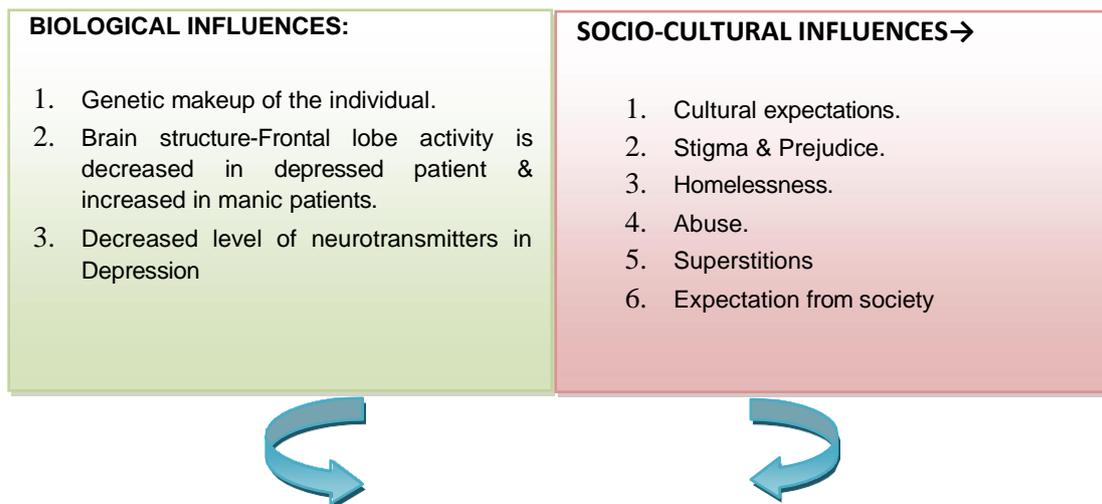
CURRENT SCENARIO OF MENTAL HEALTH

Nearly 150 million Indians needs mental health care services but less than 30 million are seeking care, according to NATIONAL MENTAL HEALTH SURVEY.

The prevalence of mental health disorders in India is estimated to be 10%. For every 1000 people, prevalence of mental disorders is-

- Neurotic and other disorders-70%.
- Substance abuse-7%.
- Bipolar affective disorder-12%.
- Schizophrenia-2%. (2)

A study from the Pune center of the World Mental Health Survey mentions an overall prevalence rate of mental disorders to be 5%, with rates being higher among men as



compared to women [2]. Depression was found to be the most common disorder whether lifetime (3.14%) or during the previous 12-month period (1.7%). The study also mentioned that among those afflicted with one or the other mental disorder, treatment was sought by only about 5% and 2.6 million young people die each year.

The prevalence of childhood mental disorder is more in Bihar compared to other states in the country. A recent report published in Lancet Psychiatry stated that Bihar & other states falling in low Socio Demographic Index (SDI) reported more number of mental disorder cases related to children. On other hand adult mental disorder high in high SDI states. IDID (Idiopathic Developmental Intellectual Disability) or Mental retardation in Bihar- 252 highest in country and Uttar Pradesh is 215, due to poor health infrastructure.

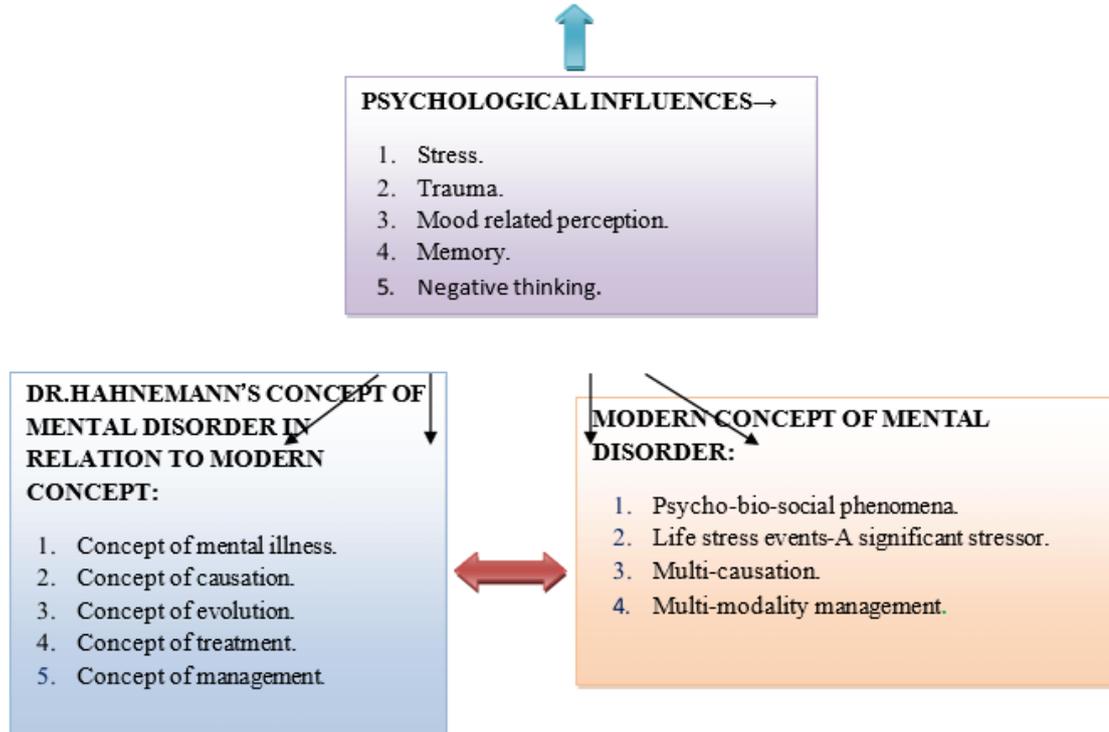
But Anxiety disorder in Bihar is 299 which is less than several southern states, in Tamil Nadu-836, Andrapradesh-793. (3)

A survey of 200 UK Homoeopaths (Chatfield & Duxbury, 2010) suggested that a substantial number of people with mental health concerns choosing Homoeopathy. The most common disorder is-Anxiety and Mood disorder. (4)

MODERN CONCEPT OF PSYCHOLOGICAL DISORDER

Any pattern of behaviour that causes people significant distress, causes them to harm others, or harms their ability to function in daily life.

PSYCHOLOGICAL DISORDER: INFLUENCING FACTOR'S



MODERN CONCEPT OF MENTAL DISORDER IN RELATION TO HOMOEOPATHIC CONCEPT

HAHNEMANN'S CONCEPT OF PSYCHOLOGICAL DISORDER:

Dr. Hahnemann has paid a lot of attention towards the understanding of mental illness. Infact he was one of first physicians to see the mentally ill patients as "Sick Individuals" requiring empathy and proper medical care (Haehl,1995). According to him, the mind and body are not two absolutely separate entities but they form an indivisible whole inseparable in fact but distinguishable by mind for easy understanding. In natural disease physical disturbances are often found associated with their mental counterparts. Illness is the result of biological as well as physiological and psychological events.

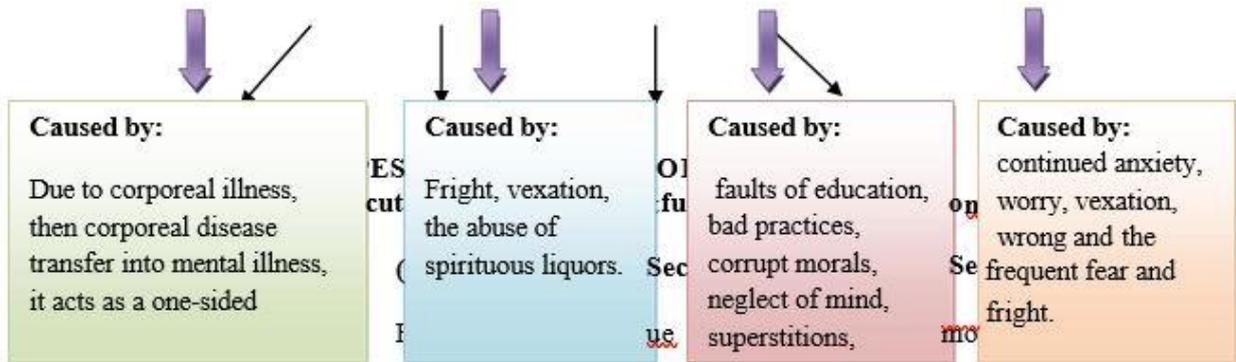
MENTAL DISORDER ACCORDING TO ORGANON OF MEDICINE:

MENTAL DISORDER

Chronic Disease. Psoric origin. Corporeal origin. One-sided diseases going Body to Mind

Sec-215, “Almost all the so-called mental and emotional diseases are nothing more than corporeal diseases in which the symptom of derangement of the mind and disposition peculiar to each of them is increased, whilst the corporeal symptoms decline ”

Sec-216, “The cases are not rare in which a so-called corporeal disease that threatens to be fatal-a suppuration of the lungs, or the deterioration of some other important viscus, or some other disease of acute character example- childbed, etc. becomes transformed into insanity, melancholia or into maniaspiritual, mental and emotional organs, which the anatomist has never yet and never will reach with his scalpel”. (5)



PSYCHOLOGICAL DISORDER AND HOMOEOPATHY:

Homoeopathy can be used to treats all modern psychiatric conditions including 1-3 (DSM-4 conditions) below-

1. Mood Disorder (Such as-Depression and Anxiety).
2. Thought Disorder (Such as-OCD, Paranoia, Schizophrenia).
3. Personality Disorder.
4. Additionally, Homoeopathic remedy can be offered to treat large variety of “Emotional/Mental” states that are NOT considered to be diseases including- *stubbornness, fear, phobia, emotional numbness, anger, jealousy, being extremely reserved and shy, rudeness, rigidity, clinginess, workaholic tendencies etc.*

Homoeopath don’t separate mind & body. Homoeopaths seeks to find a medicine that matches the totality of the person’s physical & psychological symptom, irrespective of “Which comes first”. Even the “Which comes first” issue is much more complex & deceptive than one might initially presume.

From Homoeopathic point of view, the prevalence of mental illness in our society is not simply the result of living in a fast-paced, stressful society, but also because our medical care system has effectively suppressed various physical illness. Homoeopaths assert that by treating symptoms as “cause” rather than as “effects”, conventional medicine masks the symptoms without curing the underlying disease process. Homoeopathic medicine should be individually prescribed based on totality of symptoms. The correct Homoeopathic medicine will catalyze a healing process that will raise the person’s overall level of health. (6)

Psychotherapy includes:

1. Sensible friendly exhortations.
2. Consolatory arguments.
3. Serious representations.
4. Sensible advice.

Goals of Psychotherapy-

1. Increased insight into one's problems and behaviour.
2. Better delineation of one's self identity.
3. Resolution of conflicts.
4. Changing undesirable habits.
5. Improvement of interpersonal or other competencies.

Homoeopathic Treatment of Psychological Problems

Homoeopathy actually has a history of successful treatment of various psychological disorder. Several school of psychologists categorize people in certain psychological or characterological types. Homoeopaths categorize it body, mind types.

Choosing the correct Homoeopathic medicine is at once a highly systemic and an artful process. Homoeopaths treated the person as a whole. Psychological disorder is psoric in origin but most of the cases found mixed-miasmatic so proper way of case taking is necessary both mental & physical symptoms. (6)

Collection of symptoms:

1. Mental symptoms- from relatives, friends, observation.
2. Corporeal symptoms- from patients' side (LUCID INTERVAL-Sec- 219)
3. Physician own observation.

Most of the case when true mental disease is occurs then chosen correct antipsoric from totality. But, in Acute condition of mental disease not first give antipsoric starts with mentioned medicine as per totality, example- Aconite, Belladonna, Stramonium, Hyoscyamus, Mercury (Sec-221).

PSYCHOTHERAPY: IN HOMOEOPATHIC PERSPECTIVE

A Homoeopath prescribes the individually chosen medicine for the sick person, but he or she may be do more than this. When appropriate, a Homoeopath will provide basic information on nutrition, exercise, stress management, and social and environmental determinants to health and disease. A Homoeopath may also counsel the person to help him or her deal with the emotional and mental state he/she is experiencing. (6)

Management of Psychological Disorder in Homoeopathy:

In Mental and emotional diseases resulting from corporeal maladies which can only by cured Homoeopathic antipsoric medicine conjoined with carefully regulated mode of life, an appropriate psychical behaviour towards the patient (Sec-228).

The physician must be maintained the AUXILIARY MENTAL REGIMEN, which includes (5)-

1. In case of Furious mania we must oppose calm intrepidity and cool.
2. Firm resolution.
3. A mute display of commiseration in looks and gestures.
4. To senseless chattering.
5. A silence but not fully inattentive.
6. Prevent destruction and injury of surrounding.
7. Avoid corporeal punishments.

He/she must be free from all over-exertion of mind & exciting emotions. (Sec-263)

The treatment of the violent insane maniac and melancholic can take place only in an institution specially arranged for their treatment but not within the family circle of the patient (Sec-229FN).

REPERTORIAL APPROACH OF PSYCHOLOGICAL CONDITION (7):

There are some common terminologies which have been used different psychological condition and i also given few medicines with rubrics from KENT'S REPERTORY (Only 1st Grade Medicine)

1. **ABSENT-MINDED**→ Apis., Cann-i., Caust., Cham., Hell., Lach., Mez., Nat-m., Nux-m., Plat., Puls., Sep., Verat.
2. **ABSORBED**→ Hell., Mez., Nux-m., Sulph.
3. **ANGER**→ Acon., Anac., Ars., Aur., Bry., Cham., Hep., Ign., Kali-c., Kali-s., Lyc., Nat-m., Nit-ac., Nux-v., Petr., Sep., Staph., Sulph.
4. **ANXIETY**→ Acon., Arg-n., Ars., Ars-i., Aur., Bell., Bism., Bry., Cact., Calc., Calc- p., Calc-s., Camph., Cann-i., Carb-s., Carb-v., Caust., Chin., Con., Dig., Iod., Kali- ar., Kali-c., Kali-p., Kali-s., Lyc., Mez., Nat-a., Nat-c., Nit-ac., Phos., Psor., Puls., Rhus-t., Sec., Sulph., Verat.
5. **DELUSIONS**→ Arg-n., Bell., Cann-i., Cocc., Hyos., Ign., Lach., Petr., Ph-ac., Sabad., Stram., Sulph.
6. **FEAR**→ Acon., Arg-n., Aur., Bell., Bor., Calc., Calc-p., Carb-s., Cic., Dig., Graph., Ign., Kali-ar., Lyc., Lyss., Nat-c., Phos., Plat., Psor., Sep., Stram.
7. **GRIEF**→ Aur., Caust., Ign., Nat-m., Puls.
8. **HOME-SICKNESS**→ Caps., Carb-an. Ph-ac.
9. **JEALOUSY**→ Hyos., Lach.
10. **LASCIVIOUSNESS**→ Hyos., Lach., Lil-t., Orig., Phos., Pic-ac., Plat., Staph.
11. **LAUGHING**→ Cann-i., Ign., Stram.
12. **SUICIDAL, disposition**→ Aur., Aur-m., Nat-s.

Summary of Review Articles Proves the Effectiveness of Homoeopathic Medicine in Psychological Disorder:

S.L. No.	AUTHOR NAME	TITLE	YEAR OF PUBLICATION	TYPE OF STUDY	END RESULT
1.	Viksveen Petter <i>et al.</i>	Homeopathy in the treatment of depression: A systematic review	Sep. 2018	Review study	The effectiveness of homeopathic medicinal products for depressed patients is comparable to some antidepressants and superior to placebo, with clinically significant effects. In 4th week under treatment homeopathy showed 64% improvement and Fluoxetine showed 66% and in 8th week homeopathy showed 85% improvement and Fluoxetine showed 83% improvement. Mostly Ignatia and Moschus were used for depression. (6)
2.	Brule David <i>et al.</i>	An Open-Label Pilot Study of Homeopathic Treatment of attention deficit hyperactivity disorder in Children and Youth	2014	Clinical study	35 participants were enrolled over 11 months. 80% completed all 10 consultations in a median of 12.1 months. 63% had a statistically significant improvement in the primary outcome, first occurring after a mean of 4.5 visits, more frequently used medicines were Phosphorus, Hyoscyamus, Tuberculinum, Tarentula hisp, Lycopodium, Anacardium, Lachesis, Stramonium, Veratrum alb, Lac can, Nux vomica, Pulsatilla, Belladonna etc. (6)

3.	Filho R.D.	Homeopathic approach in the treatment of patients with mental disability	Jan. 2006	Clinical study	Homeopathy is a useful alternative to relieve pathologies associated with mental disability on the basis of individualisation. Out of 58 (female=28, male=30) patients, 47 patients showed improvement with single remedy at a time. (6)
4.	Grolleau A. <i>et al.</i>	Characteristics associated with use of homeopathic drugs for psychiatric symptoms in the general population	Feb.2013	Clinical study	Homeopathic treatment for psychiatric symptoms appears to be used mainly to reduce anxiety symptoms in the general population. Few persons (1.3%) reported that they used Homoeopathic drugs for lifetime in psychiatric symptoms. (6)

Conclusion

Homoeopathy plays the vital role on the treatment of psychological disorder. The basic needs of the person are to makes life healthy & happy. Homoeopathic treatment effects the man's internally & individualize each person by his/her constitution. Mental health is the superior in all aspects if mind goes well then person runs well & lives a healthy life. In Homoeopathic science we treat the patient not the disease & our medicine also prescribed in this way. Therefore, Homoeopathy is a good choice of treatment in psychological disorder. But more research is needed in this topic to make & show good result in the upcoming years.

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