Maintenance of Psychosomatic Health through Homoeopathic Management along with Behavioral Counseling and Dietary Management

Vijaya Laxmi Vishoyi
Assistant Professor of Health and Family welfare Department From Dr. Abhin Chandra Homeopathic Medical College and Hospital Government of Odisha - India

It is the goal of homeopathic medicine to unblock the energetic body and therefore restore physical health and emotional well-being to the person being treated. An energetic substance is chosen that by its very specific nature will reopen the energy channels that cannot function properly due to the disease process. From a deeply psychic place, the substance allows the unconscious to surrender an old or inappropriate idea, emotion or delusion that keeps the individual from evolving or progressing in terms of life choices. Symptoms in the physical body are reflections of unconscious conflicts that have been unresolved and therefore tied to emotional choices that cannot or will not be explored. The etheric body is the energetic model for the body to grow from, and can foster positive expansion or dysfunction and entropy. It has been perceived that many diseases begin in the etheric body. Health is achieved by an integrated relationship between mind, body and spirit.

Hippocrates was the first to identify and name the phenomenon as a disorder of the mind with its seat in the brain. The etheric body is the energy growth template for the physical body. Energy changes occur in the etheric body first, before manifesting at the physical cellular level. Samuel Hahnemann has also paid a lot of attention towards the understanding of mental illness. In fact he was one of the first physicians to see the mentally ill patients as “sick individuals” requiring empathy and proper medical care. According to him, the mind and body are not two absolutely separate entities (psychosomatic) but they form an indivisible whole inseparable in fact but distinguishable by mind for easy understanding. In natural diseases the physical disturbances are often found associated with their mental counterparts. Illness is the result of biological as well as of physiological events.

The spiritual side of yoga promotes a peaceful union between the mind, body and soul that can really help to rejuvenate the etheric body. The practice of meditation during yoga can help lower the pulse rate and blood pressure, reduce stress, and relax the muscles and mind. When the mind and body are at ease, at the same time the physical body will be at ease.

Psychotherapy may be primarily effective because of the intimate relationship formed between patient and therapist. In psychotherapy, the patient is disclosing difficult feelings and is depending on the therapist to help them resolve complex issues. Often, patients present with troubles in their major relationships, and in the general way they relate to others. Examining these issues in the context of a trusting and intimate relationship with a therapist helps in two ways: (1) patients begin to see their own unique relational problems, and (2) these problems are partially addressed by the reparative nature of the relationship they form with their therapist. Interpersonal Therapy, a form of psychotherapy primarily used to treat depression, may also be effective in the treatment of social phobia.

There is no specific diet that works for depression. No studies have been done that indicate a particular eating plan can ease symptoms of clinical depression. Still, while certain diets or foods may not ease depression (or put you instantly in a better mood), a healthy diet may help as part of an overall treatment for depression. Nutrients in foods support the body's repair, growth, and wellness. Nutrients we all need include vitamins, minerals, carbohydrates, protein, and even a small amount of fat. A deficiency in any of these nutrients lead to our bodies not working at full capacity and can even cause illness. Foods rich in protein are rich in an amino acid called tyrosine. Tyrosine may help boost levels of the brain chemicals dopamine and nor-epinephrine. This boost helps to feel alert and makes it easier to concentrate. Including a protein source in the diet clear our mind and boost our energy. Good sources of healthy proteins are beans and peas, lean beef, low-fat cheese, fish, milk, poultry, soy products, yogurt.

Let us discuss some case studies:
Case 1

A male aged about 14 yrs came on 16/08/2013 with the complaints of small pimply multiple warts on face, nose and forehead since 9 months. Warts are smooth, soft and painless. Frontal headache with tingling started after application of ointments to the warts. Headache aggravated by 7 to 8 pm and continued up to late night and ameliorated after sleeping. Due to the pimply face he was very depressed and did not want to mix with others. He was very shy in nature. He had poor appetite; bowel movement was 2 to 3 days interval. There was desire for warm food, sweet, sour, milk and milk products. The patient had scabies at the age of 11 years and suppressed by external applications. His father had hypertension; mother had piles and elder sister had tuberculosis.

First prescription on 16/8/2013:

Rx
1. Nux vomica 200 / 1 dose to be taken in night in empty stomach
2. Sulphur 200 / 1 dose in next day morning in empty stomach
3. Placebo once daily for 15 days

First one dose of Nux vomica 200 was given to neutralize the bad effects of other conventional medicines which the patient had taken for the complaints. The patient was advised not to apply any external application on the warts and report after 15 days. The patient was counseled for his social anxiety and depression due to health problems and advised for healthy diet as mentioned above.

2nd visit on 30/8/2013:
The patient was mentally comfortable which he was not feeling previously. Appetite was also improved. But other physical symptoms were as such.
Rx

Placebo / 1 dose daily once for 15 days

Due to improvement of the complaints placebo was prescribed.

3rd visit on 27/9/2013:
There was no change in warts. But headache started improving; appetite and bowel movement were also improved. There is further improvement in depression and shyness.

Rx

Placebo for 15 days

Placebo was given because there was improvement.

4th visit on 17/10/2013:
There was no improvement in warts; no further improvement in headache, appetite and bowel movement. There was still little depression and shyness.
Dulcamara was prescribed basing upon the sycotic miasm because the warts represent the sycotic miasm and in spite of a deep acting anti-psoric medicine the warts did not respond. 

5th visit on 2/12/2013:
There was improvement of warts. The pimply warts on face decreased but on forehead and nose the warts were as such. Bowel movement was cleared. Headache and appetite also improved. There were no more depression and shyness.

Dulcamara was repeated in next higher potency.

Rx
Dulcamara 0/3 (2 pills in 2 ounce of distilled water with 20 drops of rectified spirit in 16 fractional doses to be taken once daily in empty stomach in morning for 16 days)

6th visit on 18/12/2013:

Dulcamara was repeated in next higher potency.

Rx
Dulcamara 0/3 (2 pills in 2 ounce of distilled water with 20 drops of rectified spirit in 16 fractional doses to be taken once daily in empty stomach in morning for 16 days)
There was further improvement of warts. The pimply warts on face, forehead and nose decreased in number. Constipation was no more, bowel movement was normal. Headache was no more and appetite also improved.

Rx

Dulcamara 0/4 (2 pills in 2 ounce of distilled water with 20 drops of rectified spirit in 16 fractional doses to be taken once daily in empty stomach in morning for 16 days)

7th visit on 6/1/2014:
No further changes in warts.

Rx

Sulphur 0/2 (2 pills in 2 ounce of distilled water with 20 drops of rectified spirit in 16 fractional doses to be taken once daily in empty stomach in morning for 16 days)

Sulphur was prescribed as anti-psoric medicine to enhance the further improvement of the warts.
8th visit on 16/1/2014:
There was further improvement in warts the patient was at ease mentally.

Case 2
A female aged about 17 yrs came on 10/6/13 with the following complaints:
1. Delayed menses since menarche. Menses delayed by 10 -15 days every time. Flow – profuse, bright red in color with clots; weakness before and after menses.
2. Bleeding gums since 2 years
3. Pain in urethra with a sensation of formication after menses since 2 years
4. Sensation of heat in the whole body since 6 months
5. Dyspnoea from slightest exertion since 6 months
6. Headache in vertex, forehead and temporal region from exposure to sun heat and ameliorated by pressure since 7 days
The patient was obese and a chilly patient; she had desire for sour things, cold food and spicy oily food and aversion for meat; profuse sweating. Mentally the patient is sluggish and dull. Other functional histories, family history and past history had nothing relevancy.
Basing upon the recent present complaints belladonna 0/2 was prescribed because the patient was very much worried for her headache.
First prescription on 10/6/13:

Rx
Belladona 0/2 (2 pills in 2 ounce of distilled water with 20 drops of rectified spirit in 16 fractional doses to be taken once daily in empty stomach in morning for 16 days)

2nd visit on 28/6/13:
Headache was reduced much in frequency and intensity; but other complaints were as such.

Rx
Belladona 0/3 (2 pills in 2 ounce of distilled water with 20 drops of rectified spirit in 16 fractional doses to be taken once daily in empty stomach in morning for 16 days)

The medicine was repeated due to improvement.

3rd visit on 14/7/13:
Headache relieved and not reappeared; but other symptoms were still same.

Rx
1. Calc. carb 200/ 1 dose in morning in empty stomach
2. Placebo for 15 days
Calcarea carb. was prescribed because totality of symptoms with physical and mental generalities indicates this anti-psoric medicine.

4th visit on 5/8/13:
There was decrease in heat sensation of the body and dyspnoea on exertion; no recurrence of headache; other symptoms as such.

<table>
<thead>
<tr>
<th></th>
<th>5th visit on 20/8/13:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>There was further improvement in heat sensation and dyspnoea; bleeding gums and pain in urethra were also improved. Menses was late as before but weakness was decreased before and after menses.</td>
</tr>
</tbody>
</table>

Rx

Calc. carb 0/2 (2 pills in 2 ounce of distilled water with 20 drops of rectified spirit in 16 fractional doses to be taken once daily in empty stomach in morning for 16 days)
Rx
Calc. carb 0/3 (2 pills in 2 ounce of distilled water with 20 drops of rectified spirit in 16 fractional doses to be taken once daily in empty stomach in morning for 16 days)

6th visit on 15/9/13:
There was no more heat sensation and dyspnoea; bleeding gums and pain in urethra were further improved. Menses was on time as and weakness was also decreased before and after menses.

Rx
Calc. carb 0/4 (2 pills in 2 ounce of distilled water with 20 drops of rectified spirit in 16 fractional doses to be taken once daily in empty stomach in morning for 16 days)

The patient was well since that time.
As per Homoeopathic philosophy, it is the person as a whole who is sick even if his organ appears to be affected by the disease process. The patient, therefore, has to be treated holistically or as per modern point of view, psychosomatically. Such approach of treatment not only removes the effect of disease (Pathology) but also annihilates the cause of disease (aetiology) leading to permanent recovery of health. Recurrence of disease can also be avoided by holistic mode of treatment.