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## Utilisation of rubric-dream & its interpretation from complete repertory: A case study

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### Abstract

Dreams are defined as "a restorative process that is brain state-regulated, reversible, and homeostatic, integrated within both circadian and social-physiological structures, and characterized by a species-specific quiescent posture, a degree of perceptual disengagement, and heightened arousal thresholds. Dreams serve as a gateway to understanding the deeper psychosomatic connections of patients, enabling precise homoeopathic prescriptions. The study highlights the utility of individualized treatment using dreams as a characteristic symptom, leading to significant clinical improvement and better quality of life.

**Keywords:** Dreams, complete repertory, homoeopathy, rubric-dreams, telogen effluvium

### Introduction

Dreams have fascinated humans for centuries, representing unique experiences of images, sounds, thoughts, and emotions during sleep, often beyond our conscious awareness. They inspire art and are studied in Oneirology, reflecting our subconscious fears, aspirations, and unresolved issues. In homeopathy, dreams help assess a patient's mental and emotional state for remedy selection. With individuals spending about one-third of their lives asleep, dream interpretation has evolved significantly. Recent neuroscience advancements reveal that neurophysiologic activities during sleep shape dreams, linking them to cognitive processes and emotional management, highlighting their role in emotional processing, especially for homeopaths addressing emotional disturbances<sup>[1]</sup>.

Dreams have long been a topic of human imagination, forming a rich tapestry of thoughts, emotions, and experiences that come forth while one sleeps. As a psychological phenomenon and subject of study, dreams are regarded as an important indicator of the subconscious mind, revealing to us our innermost fears, desires, and unresolved conflicts. There is no boundary of culture when it comes to studying dreams, as disciplines range from psychology to neurology that have attempted to decipher their meanings and implications. In the context of homeopathy, dreams play an important role in analyzing the mental and emotional condition of a patient, Therefore, the selection of remedies is based on such analysis<sup>[2]</sup>.

### A Case of Telogen Effluvium

<b>Name:</b> VDV	<b>Reg. No.:</b> R-24002643	<b>Date:</b> 01/08/2023
<b>Age:</b> 23yr	<b>Sex:</b> Male	<b>Religion:</b> Hindu
<b>Marital Status:</b> Unmarried		<b>Issues</b>
<b>Occupation:</b> Businessman		<b>Diet:</b> Veg, Eggs
<b>Address:</b> Saurashtra, Gujarat		

#### Chief complaint

No.	Location	Sensation & pathology	Modalities A.F, <, >	Concomitants
1.	Head- Scalp - Vertex - Frontal Onset – 1 yr	Thinning of hair+2 Hair falling+2 Itching+2 Greasy oily scalp+ No odor Dandruff+	A/F – after father got detected with cancer (1.5 yr) <+ combing <+ washing hair No food relations	Sleep Disturb Occasionally Constipation

**Patient as a person**

**Physical characteristic**

- Appearance: Heighted, Fair Complexion, Moderately Built
- Weight: 70KG
- Skin: No abnormality detected
- Hair: CHIEF COMPLAINTS
- Ears: No abnormality detected
- Perspiration: Scalp+, no odor, no stains
- Digestion: Normal
- Thirst: No changes
- Appetite: Normal
- Cravings: Sweets+2, Spicy+2
- Aversions: Oily food+, potatoes+, garlic+
- Stool: Occasionally constipation
- Urine: Normal

**Sleep-**

Disturbed due to stress

- Duration: Not fixed
- Position: Changing
- Hobbies: Travelling, Cricket, Music

**Reactions: physical factors**

Thermals	Season	Fan	Covering	Bath
	Summer	5	Thin	Normal
	Winter	1	Thick	Warm
	Monsoon	3	Thick	Normal
Past History		Recurrent tonsillitis during childhood		
Family History		1.Father – Blood cancer (diagnosed before 1.5 yr) 2.Grand father – Blood cancer (expired before his birth) 3.Mother – Asthma (diagnosed past 12-15 years & under treatment) 4.Grand mother – Brain stroke (expired before 2 years) 5.Paternal aunty (fiya) – Depressive disorder (diagnosed and treated)		

**Life space**

**Childhood:** Patient was born in Gujarat. At that time, family consists of parents and grandmother and paternal aunty (fiya). Father is a successful business man of auto gear industry. He is authoritative, dominative as well as obstinate about his decisions every time. Rigidity along with irritability is always been seen in his behavior. He never allowed certain things to go against his will, like not allowing his wife, mother, his sister to a certain place where he feels they would not be safe. He didn't want their children to be his out of his sight as well as would never allow them to do certain things like calling their friends at home or going their home frequently. He always wants the things and the system of the house should follow his instructions. Due to such nature of father, he always had fear of him and would do certain things on his own, by keeping a secret, after asking mother's permission. He never argued or said against his father, never disrespected but he was not able to convey his feelings to his father. He even suppressed his anger towards his father because of his nature and outburst. His interpersonal relationship with father is erratic but he loves and respects his father's hard work in handling the family in absence of his grandfather. Patient's mother is housewife as well as short tempered as

well as introvert and highly sensitive to certain words, was afraid of her husband and would suppressed her anger sometimes but would out spoke in rage. Patient shared good bond with her mother, used to share everything to her, used to take help of her when he wants certain things from his father. Parents didn't share good relationship with each other, constant fights and brawls were there. There were much violent fights and aggressiveness was seen between them. Patient's reaction on seeing their parents like this was just crying and frightful behavior during that time was noted. He used to feel constant worry and anxiety that he might do certain things which will not be appreciated by the father and later on the fights would start, due to which he never used to share anything to anyone. Grandmother and patient shared good bond with each other. His paternal aunty also shared very well maintained relationship with him. Patient is having younger brother who is 6 yrs younger to him. He protects his younger brother and takes care of him very well. He never allows father to outburst his anger on his brother, no matter whomsoever mistake is there. Patient's nature during childhood was quite active, obstinate about his toys and willingness, oversensitive to criticism, feels that he has led down his parents, goes in guilt. He has many friends, very well mixed with the environment as well as new people. He was afraid of his father, and never asked or did things which can make him angry and even if it happens, then would get anxious about the outcome of the situations. He had recurrent tonsillitis during childhood.

**Educational life:** When patient was in 8 std, his mother left the house of his father and went to live at her parental home after a huge fight. Patient cried whole night sitting in corner with his younger brother, and felt that why he can't have his normal family life, that he had done something crime that his life is full of parental conflicts every time and every day. He couldn't forget that night even today. He didn't say anything to his father, out of fear and most of the time after that his father used to live at another house of theirs, where as he and his brother used to be there with his grandmother and paternal aunty. He and his brother were taken care by them. No one used to ask them about their mental well being. His mother never called them or came to meet them in 5 yrs. He started taking care of the needs of his brother as well as household chores which needs man touch. Fiancé was not an issue any time. According to him, he never questioned his parents about their fights and he thought that because of each other's nature, the fights continued and eventually they started living separate. He used to see parents of others at his school and felt that why he can't have all this. He used to go at his brother's parents teacher meeting because at his, no one used to come. He being an older brother also got into a fight of school boys where his younger brother was mocked because of his slipped tongue in 3<sup>rd</sup> std. He never complained about the food items which he didn't like and never shown anger on his grandmother and paternal aunty, even if he don't like their behavior certain times. He did this because in absence of his mother, his aunty and grandmother did very much for his brother and himself. He never expressed his feelings to anyone. His educational life was average, but he was much interested in sports specially cricket. He was the caption of the team since he was 7 STD till 12 STD. He represented the team at interschool as well as interstate level. He used to get aggressive when the things don't go so well during the

game. He was appreciated by father because of his sports, which he liked and tried to achieve more to get some good words from his father. He also had get into some fights at school level because of the anger issues because of the sports, as he couldn't handle contradiction. He could not trust anyone because he has seen people fixing the game, playing against their team for some money. His nature with friends was good, used to be with them when they needed him. He has many friends but he sometimes feels that he can't trust anyone. He was never afraid of anyone except his father. When he was in 12std his mother started to live with them, but he felt that she left him and his brother, when a motherly love is required but he never shared his feeling to anyone. There was void of love which he felt from childhood till now.

**Love life:** He made one girlfriend in 12std which is still his girlfriend. But he has anxiety about the future as she is from different caste and his father would not allow. He also gets suspicious when she didn't receive the call. He used to get angry when she does things against her will. But he used to share every details of his life with her, used to feel safe and calm when the things are in good terms with her. He wants that she should share everything with him, but when the situations are not in favor; his anxiety would lead him to get irritable. He said that I could not express myself more in terms of affection to her even though I have inside me. She is my backbone.

**Present life:** He is currently staying with his parents and younger brother. His grandmother died when he was in first year of college because of brain stroke. No such effect was observed during that time. His paternal aunt got married. He is currently pursuing his MBA in first year, completed his BBA. Still there are fights going on between their parents, but now he is used to it, avoids them and sometimes left the place. There are no sour feelings for any of them, doesn't feel calm when they are around. Since 1.5 year, his father is been diagnosed with blood cancer. After this news, he is losing his sleep, can't get sleep, having constant dreams of relationship where he is been left by the girl. Dreams of water, falling down from the height. Dreams of father- being dead. He started going to their business and started working and left MBA. He left playing cricket regularly, only on Sunday. He developed shedding of hair since then. He feels how he will be able to take over the responsibility fully by himself. And he is the only one who has to do all the work of home, business as her brother is younger and no uncles or aunts to share the responsibilities. Whenever, he sees his father asking for something and getting depended for small

works also, he feels why he has to go all this things. Seeing father going to radiation and chemotherapy and seeing the side effects of it, he silently cries alone. He feels that his father is dying inside, and this death is taking his own shed of protection from him. He says, "jem jem divas jai che ne papa ne jov chu, avu lage che mra matha par tap (sunlight) ave che, ne mane koi protection nahi." When father don't take care of himself and doesn't listen to anyone because of his nature, patient becomes helpless and feels how he will handle him. He said, "ben, mne ek j tension che, papa hoy to koi angdi no chindhe mane, pan agad jaine shu kris hu, atlu badhu je papa kri skta, hu kri skis k ny? He cries while narrating all this events.

**Patient as a person:** He is precocious since childhood, started taking care of his brother and protected him like father. He started taking care of household chores which needs manly power. He is obstinate when it comes to work, wants perfection in everything he does, specially cricket. Can't handle contradiction by anyone but suppressed his anger in front of father. Irritable and angry when things don't go according to his will. Losing a cricket match because of other's mistake makes him lose his calmness. He can't trust people so easily and become suspicious when even the person or friend says good things to him, he thinks that unless and until the intentions of that particular person are not known he can't trust. In anger, he speaks Everything ill and later on repents. He usually vents out his anger on brother and girl friend and occasionally on mother. He likes to be with friends rather than family, likes to explore new places and travel. He gets insecure and loses patience when girlfriend doesn't answer. He has future anxieties related to the well being of father, own health, business. He is very particular of his own image in the society, so that no one complaints of him to his father and he has to lose his own image because of him. He can't tolerate injustice, that's why he had fights over this during the matches. In anger, his fist gets close, his face, ears gets red. He says when I am alone, I become restless and I get worried about certain things and unless and until it's not solved. He used to have anxiety attacks before exams, ( pet ma fad pde avu thy), thinking about parental conflicts, future, relationship, father's health, business. Fear of father. Dreams of relationship where he is been left by the girl. Dreams of water, falling down from the height. Dreams of father- being dead. Emotional towards parents, "mari weakness mara papa, mummy che." He says, like my father have its own set of rules and regulations to do certain things, even I follow them. He gets better by listening to music especially when being alone, by having good conversation with the girlfriend. Better by consolation.

#### Dreams

Dreams description	Life-situation	Nature of dreams	Interpretation
Dream of falling from height	Left college, cricket, losing support of father, taking new responsibilities	Disclosing his unconscious mind" Pradromic dream (according to Klein's classification) Kinesthetic dream (dream of falling)	Forced to leave certain position, losing will power, problems in achieving some goals
Dream of GF leaving	Gf from different caste	"Anxiety dream" Recurrent type of dream Psoric dream (As it relates with his emotions)	Anxiety about future of relationship
Dream of water	Father diagnosed with cancer	"Anxiety dream" Recurrent type of dream Psoric dream (As it relates with his emotions)	Emotional vulnerability
Dream of death of father	Father diagnosed with cancer	"Anxiety dream" or terror dream / nightmare Recurrent type of dream Psoric dream (As it relates with his emotions)	Anxiety about father's health

**Physical examination**

Pulse: 78/ min

B.P: 110/80mmhg

R.R: 20/min

Temp: AF

**General examination-**

Weight: 70 Kg

Tongue: Pink Moist

Nails: Pink

Built: Moderate

Gait: Normal

**Systematic examination-**

Respiratory System: Air Entry Bilaterally Equal

Cardiovascular system: S1 S2 Heard

Central Nervous System: Conscious and Well Oriented

Gastro-Intestinal Tract: Soft and Non-Tender

Locomotors System: No abnormality detected

**Differential diagnosis:** Alopecia Aereta**Diagnosis:** Telogen Effluvium**Miasm:** Syco –Tubercular**Analysis and evaluation of symptoms****Analysis**

- Ailments From- Emotional Stress – Detection of Father's Cancer- Mental General Uncommon
- Anxiety – Father's Health, Future, Business, Family, Relationship- Mental General Uncommon
- Anger – Suppressed, Repressed Towards Father- Mental General Characteristic Uncommon
- Fear – Father- Mental General Uncommon
- Precocious - Since Childhood- Mental General Characteristic Uncommon
- Sentimental – Parents, Family- Mental General Common
- Irritable – When Things Gone Wrong and Not According to His Will- Mental General Uncommon
- In Anger – Redness of Face, Ears, Fist Close- Mental General Characteristic Uncommon, PQRS
- Guilt Easily- Mental General Uncommon
- Jealousy- When Sees Other 'S Parents- Mental General Characteristic Uncommon
- Responsible – Family Matters- Mental General Characteristic Uncommon
- Over Sensitive - To Criticism- Mental General Characteristic Uncommon
- Obstinate – According to His Way- Mental General Characteristic Uncommon
- Perfectionist – Work, Sports- Mental General Uncommon Characteristic
- Intolerance to Contradiction- Mental General Uncommon
- Intolerance to Injustice- Mental General Characteristic
- Brooding About - Separation Issue of Parents- Mental General Characteristic Uncommon
- Suspicious, Insecure Regarding to Girlfriend- Mental General Uncommon
- Better by Consolation, Conversation from Girlfriend- Mental General Uncommon
- Aversion - Oily Food, Potatoes, Garlic - Physical General Characteristic

- Craving- Sweets, Spicy - Physical General Common
- Dreams- Water, Death of Father, Falling from Height, Leaving Girlfriend- Physical General Characteristic Uncommon
- Thinning of Hair- Physical Particular Uncommon
- Hair Falling- Physical Particular Uncommon
- Itching- Physical Particular Characteristic Uncommon
- Greasy Oily Scalp- Physical Particular Common
- Dandruff - A/F – After Father Got Detected with Cancer (1.5 Yr)- Physical Particular Characteristic Uncommon
- Occasionally Constipation- Physical Particular Common

**Evaluation-**

- Ailments From- Emotional Stress – Detection of Father's Cancer+++
- Anxiety – Father's Health, Future, Business, Family, Relationship+++
- Anger – Suppressed, Repressed Towards Father+++
- Fear – Father+++
- Precocious - Since Childhood++
- Sentimental – Parents, Family ++
- Irritable – When Things Gone Wrong and Not According to His Will++
- In Anger – Redness of Face, Ears, Fist Close+++
- Guilt Easily++
- Jealousy – When Sees Other 'S Parents++
- Responsible – Family Matters++
- Over Sensitive - To Criticism++
- Obstinate – According To His Way++
- Perfectionist – Work+2, Sports++
- Intolerance To Contradiction++
- Intolerance To Injustice++
- Brooding About – Separation Issue Of Parents++
- Suspicious, Insecure Regarding To Girlfriend- ++
- Better By Consolation, Conversation From Girlfriend-+
- Aversion - Oily Food++, Potatoes++, Garlic+
- Craving- Sweets+, Spicy++
- Dreams- Water++, Death Of Father++ Falling From Height++, Leaving Girlfriend++
- Thinning Of Hair++
- Hair Falling++
- Itching++
- Greasy Oily Scalp+
- Dandruff- A/F – After Father Got Detected With Cancer (1.5 Yr)+
- Occasionally Constipation+

**Totality**

- Mind- Ailments From - Emotional Stress
- Mind- Anxiety, Family, About
- Mind- Anxiety, Future, About
- Mind - Anger, Suppressed
- Mind - Fear, Relatives, Of - Father
- Mind- Precocity
- Mind- Sentimental, Family, About
- Mind- Irritability, Contradiction, From
- Mind- Anger, Redness, Face, During
- Mind- Anger, Hands, Clenched
- Mind- Guilt, Feelings Of

- Mind- Jealousy, Family, About
- Mind- Responsibility, Feeling Of
- Mind- Sensitive, Criticism, To
- Mind- Obstinate, Own Way, Will Have Mind- Fastidious, Work About
- Mind- Fastidious, Games About
- Mind- Contradiction, Intolerant To
- Mind- Sensitive, Injustice, To
- Mind- Brooding, Separation, About
- Mind- Suspicion, Loved Ones, Of
- Mind- Consolation, Amel
- Mind- Music, Amel
- Mind - Consolation, Loved Ones, Amel

- Mind- Weeping, Amel, Alone, When
- Mind- Dreams, Water
- Mind- Dreams, Death, Relatives, Of
- Mind- Dreams, Falling, Height, From Mind- Dreams, Separation, Loved Ones
- Generalities, Food, Oily, Aversion
- Generalities, Food, Potatoes, Aversion
- Generalities, Food, Garlic, Aversion
- Generalities, Food, Sweets, Desire
- Generalities, Food, Spicy, Desire

**Repertorial presentation**

**2 CASE DREAMS**  
 Analysis April 1, 2024, (Rubrics from Find module)  
 Analysis uses 4 rubrics.

	carc	cast	nitro	oric-t	meand	tritic-v	adam	arnet	stict-v
718 Dreams									
339 Dreams; Death, of	3	4	3	3	3	2	3	2	1
65 Dreams; Falling; high places, of, from height	3	4	3	1	1	1	1	1	1
588 Dreams; Frightful, nightmare	4	3	3	4	4	4	3	4	3
269 Dreams; Water	3	1	1	3	3	4	3	2	3

**2 CASE DREAMS**  
 Analysis April 1, 2024, (Rubrics from Find module)  
 Analysis uses 23 rubrics.

	carc	phos	sepi	nat-m	aur	sulph	tritic-v	merc	calc	puls	ion	ars	thuj	ph-ac	nat-c	talco-p	oxob-p	niix-v	lyc	staph	causet	plec	cupr	hep	lac-h	chin	dam-d	graph	plust	
903 Dreams																														
49 Mind; Anger; ailments from, agg.; suppressed	1			1	3	3		2				3			1					4	4		1	1		1				
97 Mind; Anxiety; agg., ailments from; mental and emotional consequences of	1	3	2	3	3	1	2	3	3	3	2	1		3	2					3	3	1	3		1		4		3	
8 Mind; Anxiety; weeping; amel.				2																									4	
53 Mind; Anxiety; business, about				1	1	1			3	4			1	1	1					4		1	1	2				3	1	
249 Mind; Anxiety; conscience, of	3	3	3	3	4	4	2	3	3	3	3	4	3	4	1	3	1	3	3	3	2	3	2	1	1	1	3	3	3	
84 Mind; Anxiety; family, about his	3	3	1	1	2	1	1	1		3		1	1	1	1					3	3	1	4	2		1		4		
203 Mind; Anxiety; future, about	3	4	3	4	1	4	2	1	4	3		3	3	3	3	1		1		3	1	3	4	2	1	1	3	3	3	
8 Mind; Anxiety; health, about; loved ones, of	1					2	1																1							
44 Mind; Anxiety; others, for; loved ones, for	1	1	1	1	1	2		1			1		1	1							3			2		1	3			
49 Mind; Consolation, sympathy; amel.	1	3		1		1		4	3	1				1	1															
10 Mind; Fear; father; of one's																														
99 Mind; Injustice, cannot support	2	1	2	1	1	1		1	1	1		2	1	2	1				3		3	3	1	2	1					
3 Mind; Irritability; obstinate, and																														
80 Mind; Music; desires	3			1	2			1					1	1	1					1	2					1		3		
81 Mind; Precocious, precocity	1	3	1	1	1	3	1	1	1	1			1		1	1	3	2		2			1				1	3		
66 Mind; Redness of face, with		2	1	3		1	1	1	1	1						4	1	1	3		3	2		1				1		
3 Mind; Sentimental; family relationships, about																													1	
339 Dreams; Death, of	2	4		3	3	3	2	1	4				4	4	4	2		1	4	2	2	3	2		1	1	1	4	3	
65 Dreams; Falling; high places, of, from height	1	3	1	1	3	1							4	1		1							1	1		1				
588 Dreams; Frightful, nightmare	3	4	4	4	4	2	3	4	4	3	4	3	2	3	1	1	4	4	3	4	2	1	3	3	4	1	4	4	1	
269 Dreams; Water	1	1	3		3	2	3	1	2	3	1	1	1	4	4		3			1			2	1	1	3	4			
13 Generalities; Food and drinks; potatoes; aversion	1	3	1										3										1							
329 Generalities; Food and drinks; sweets; desires	3	3	3	1	1	4	2	3	4	3	1	4	3		3	3	1	1	4	3	1	3	2	3	1	4	3	4	3	

**Repertorial results**

**Remedy-correspondences & selection**

(Discuss differentiation & state ground of final selection)

<b>Carcinosin</b>	<b>NAT MUR</b>
Strong tendency to cancer in the family. Easily offended, cannot stand any kind of reprimand; seeks order and control, becomes fastidious; sympathetic, compassionate, horrible things affect them profoundly; lack of self-confidence, wants to please everybody, guilty feelings for something they have not done. Caring for others, too much of a sense of duty, anxiety about family, full of cares for others, anxiety for others. They do many things for others. Abused childhood, From domination by others, a long history, Ailments from fright or fear long lasting only ‘Silent Grief’ of Carcinosin. Dreams of losing loved ones, death of relatives, water, falling from height.	Anger – violent Sentimental Disappointment and grief Fastidious Weeping, consolation agg. Anxiety – relations about Perspiration – profuse Aversion – sweets Likes an empty stomach Frightening dreams about being robbed – BUSINESS ANXIETY Dreams during the day, WATER, DEATH OF RELATIVES

**Planning & programming of RX**

No	Define with Reasons the States	Potency-Choice	Repetition
1	<b>Susceptibility</b> – Moderate Age/Sex – 24 Years/Male Occ. – Businessman Sod – Physical Pod – Gradual Miasm – Tubercular/Syco	200	Infrequent
2	<b>Sensitivity</b> - High Mind ++ Sleep ++ Nerves ++ Dreams ++	200	Infrequent
3	<b>Correspondence</b> Physical ++ Mental ++	Const.Rx CARCINOSIN 200	Infrequent
4	<b>Structural Changes – Yes Reversible</b> <b>Functional Changes – Present Reversible</b>	1M	Infrequent
5	<b>Presentation</b> <b>A. Fundamental Miasm</b> Syco - Tubercular P/H – Tonsillectomy	200	Infrequent
	<b>B. Dominant Miasm</b> Syco – Syphillic	200	Infrequent

**Final prescription-**

CARCINOSIN 200 1P HS WEEKLY  
SL 3 PILLS TDS – FOR 15 DAYS

- Constipation
- Itching Of Scalp I/F/D
- Greasy Scalp I/F
- Dandruff I/F
- Thinning Of Hair I/F
- Hair Fall

**Progress-record: changes expected with RX**

**Criteria**

- Mind
- Sleep

Pre prescription - self made questionnaire form (reference to multidimensional dream inventory scale)

Sr no.	Question	Scoring		
		Disagree-1	Agree -2	Strongly agree -3
1	Do you dream frequently?			3
2	Do you dream more than once in a week?			3
3	Do you dream more than once per night?			3
4	Do you also dream in afternoon sleep?	1		
5	Do you remember your dream?		2	
6	Do you remember your dream but forget in very short time?	1		
7	Do your dreams wake you up in middle of night?		2	
8	Do you think that your dreams are connected to emotional state of your daily life?			3
9	Do your dreams make your sleep disturb?			3
10	Do your dreams affect you at physical level?		2	

Total score – 23

Follow UPS

No.	Date	Symptom changes	Prescription
1	16/8/23	Mind – overthinking and anxious about father’s health No constipation since 15 days Sleep – restored Itching of scalp>+ greasy scalp+ Dandruff++ Thinning of hair+ Hair falling++	CARCINOSIN 200 1P HS WEEKLY, SL 3 PILLS TDS – 1 MONTH
2	14/9/23	Mind – overthinking improved Stool – normal Sleep – normal Itching of scalp>+ Greasy scalp++ Dandruff+++ Thinning of hair+ Hair falling+ New hair ++	CARCINOSIN 200 1P HS WEEKLY, SL 3 PILLS TDS – 1 MONTH

3	11/10/23	Mind – no complaint Stool – normal Sleep – normal No Itching of scalp No greasy Dandruff+ Thinning of hair+ Hair falling+ New hair ++	CARCINOSIN 200 1P HS WEEKLY, SL 3 PILLS TDS – 1 MONTH
	13/11/23	Mind – no complaint at present sometimes irritable on girlfriend Stool – normal Sleep – normal No Itching of scalp No greasy scalp No dandruff Thinning of hair+ Hair falling+ New hair +++	CARCINOSIN 200 1P HS WEEKLY, SL 3 PILLS TDS – 2 MONTH
4	18/1/24	Stool – normal Sleep – normal No Itching of scalp No greasy scalp No dandruff No Thinning of hair Hair falling+ New hair +++	SL 3 PILLS TDS FOR 15 DAYS
5	1/2/24	No complaints, new hair growth	SL 3 PILLS TDS FOR 1 MONTH

**Post prescription - self made questionnaire form  
(Reference to multidimensional dream inventory scale)**

Sr no.	Question	Scoring		
		Disagree-1	Agree -2	Strongly agree -3
1	Do you dream frequently?		2	
2	Do you dream more than once in a week?		2	
3	Do you dream more than once per night?	1		
4	Do you also dream in afternoon sleep?	1		
5	Do you remember your dream?		2	
6	Do you remember your dream but forget in very short time?	1		
7	Do your dreams wake you up in middle of night?	1		
8	Do you think that your dreams are connected to emotional state of your daily life?		2	
9	Do your dreams make your sleep disturb?	1		
10	Do your dreams affect you at physical level?	1		

**Total score – 14**

**Result-** Marked Improvement

**Conclusion**

This case study underscores the crucial importance of dream interpretation in homoeopathic prescribing. By employing the rubric “Dreams” from the Complete Repertory, a profound insight into the patient’s subconscious conflicts and emotional landscape was attained. The administration of \*Carcinosin\*, guided by the comprehensive assessment of symptoms encompassing mental, emotional, and physical dimensions, including dreams resulted in significant enhancements in both psychological health and physical conditions.

The findings reinforce the homoeopathic principle of addressing the individual as a whole, rather than merely focusing on the illness. Additionally, it highlights the necessity of incorporating psychological and emotional evaluations during case-taking, which leads to a more tailored and effective healing process. The change in the dream inventory score before and after homoeopathic prescription also states that there is interplay between the mind and body in homoeopathic care and homoeopathic medicines have their mere effect on dreams.

This study advocates for a deeper investigation into dream analysis within clinical practice, as it offers valuable perspectives on patient psychology, aiding homoeopaths in selecting more accurate remedies for comprehensive healing.

**Conflict of Interest**

Not available

**Financial Support**

Not available

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