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Conflicts of mind–body in disease expression: A conflict-based approach with homoeopathic insights

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Abstract

Conflicts play a central role in the origin and expression of many physical and psychological disorders. According to psychosomatic understanding and the principles of German New Medicine (GNM), conditions such as identity conflict, acne, gastroenteritis, and bronchial asthma arise when the individual faces unresolved emotional stress like insecurity, feeling soiled, territorial anger, or suffocative fear. Each conflict manifests in a characteristic pattern, often with active and healing phases, producing symptoms that correspond to the inner turmoil. Homoeopathy, with its holistic and individualized approach, addresses not only the physical complaints but also the underlying mental state. Remedies such as *Calcarea carbonica*, *Natrum muriaticum*, *Sulphur*, *Nux vomica*, *Arsenicum album*, and *Sambucus nigra* act on the totality of symptoms, encompassing both somatic expressions and mental conflicts like fear, grief, anger, shame, or indecision. By matching the patient's inner conflict with the simillimum, homoeopathy offers a gentle yet profound method of healing, restoring balance in both mind and body.

Keywords: Psychosomatic conflicts, German new medicine (GNM), hemorrhoids, acne vulgaris, gastroenteritis, bronchial asthma, homoeopathy, simillimum, mind–body integration, holistic healing

Introduction

Dr. Ryke Geerd Hamer established German New Medicine (GNM) in the early 1980s, making it a rather recent field in medicine. The German physician, Dr. Hamer, discovered connections between our body, our mind, and the emotional pain we experience in our lives, which is referred to as "conflict" "shock" He conducted studies and came up with a list of guidelines to aid in determining which symptoms and organs are governed by which regions of the body. brain and the kinds of psychological suffering that had been endured. Based on the notion that disorders naturally heal and develop, GNM helps us comprehend both the process. based on what Dr. Hamer referred to as the Five Biological Laws of Nature ^[1].

The Five Laws of German New Medicine ^[1]

- **Law One:** Illnesses are biological responses to unexpected shocks (e.g., loss, fear, separation). Each type of emotional shock triggers a specific organ/tissue response to help the body cope on a subconscious survival level.
- **Law Two:** Every shock has two phases:
 - Active phase (sympathetic-dominant): cold extremities, poor sleep, appetite loss, isolation.
 - Healing phase (parasympathetic-dominant): inflammation, fatigue, water retention, repair. The process may include symptom flare-ups before returning to normal rhythm.
- **Law Three:** Organ/tissue response depends on brain control center:
 - Cerebellum-controlled tissues: grow cells in active phase, stop in healing phase.
 - Medulla-controlled tissues: lose cells in active phase, re grow in healing phase.
- **Law Four:** Microorganisms support healing: breaking down excess tissue (cerebellum pattern) or regenerating tissue (medulla pattern).
- **Law Five:** What we call "disease" is not malfunction, but the body's purposeful survival program responding to perceived threats.

Conflict Theory in Relation to Homeopathic Approach ^[3, 4]

Holistic Understanding of Disease, Homeopathy emphasizes that illness is not only physical

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but also influenced by mental, emotional, and social stressors [5]. Conflict theory explains how social struggles contribute to disease expression. Both suggest illness arises from imbalance and disharmony, whether social or vital force-related.

Patient-Centered Care vs. Social Oppression; In mainstream healthcare, access is often unequal. Conflict theory critiques this inequality. Homeopathy offers a more individualized and affordable system, often accessible to those marginalized by mainstream medicine.

Mind-Body Conflict Reflected in Symptoms, Homeopathy recognizes that inner conflicts (grief, anxiety, guilt, suppressed anger) can trigger disease. Conflict theory resonates here: the patient's social conflicts and struggles translate into psychosomatic or chronic illnesses. Remedies

as Resolution of Conflict Remedies are selected based on the totality of symptoms, including mental and emotional disharmony. In a way, each remedy helps the person resolve their internal conflicts and restore equilibrium, much like how social reform resolves broader societal conflicts

Conflict About Migraine [2]

- Migraine Occur in the **healing phase**, peak during the **Epileptoid Crisis**.
- Involve the **pre-motor sensory cortex**.
- Linked to short, intense conflicts (e.g., **powerlessness, frontal fear, oral, stink, bite conflicts**).
- **Recurring migraines** result from conflict relapses (e.g., "Sunday migraines").

Homeopathic Approach to Headaches & Migraines (Conflict-based) [5-8]

Conflict Theme (GNM)	Homeopathic Understanding	Indicative Remedies	Key notes
Powerlessness Conflict [powerless conflict" usually refers to when someone feels trapped, helpless, unable to act or defend themselves.]	Feeling weak, unable to cope, loss of control → leads to migraine in healing	Gelsemium, Cocculus, Silicea, Phosphoric acid	Gelsemium – dull, heavy head, trembling, weakness, ailments from anticipation. Cocculus – headache with vertigo, nausea from loss of sleep, overstrain. Silicea – nervous weakness, headaches from mental exertion, lack of grit. Phosphoric acid – apathetic, headaches from grief, mental debility.
Frontal-Fear [Conflict a frontal fear conflict is a biological shock of facing something directly coming at you — like a threat, danger, "head-on."]	Anticipatory anxiety, fear of failure, exam fear, stage fright	Argentum nitricum, Gelsemium, Aconitum, Ignatia	Argentum nitricum – hurried, anticipatory diarrhea, fear of heights/exams. Gelsemium – stage fright, trembling, heavy eyelids. Aconitum – sudden intense fear with congestion, throbbing headache. Ignatia – suppressed grief, sighing, paradoxical complain
Oral Conflict [Oral conflict = shock of not being able to take in or let go]	Suppressed anger or grief related to speech/communication ("could not say it")	Ignatia, Natrum mur, Staphysagria, Lycopodium	Ignatia – silent grief, lump in throat, changeable headache. Natrum mur – silent grief, migraines from sun, reserved. Staphysagria – suppressed anger, humiliation, indignation. Lycopodium – lack of confidence, digestive headaches, worse 4–8 pm
Stink Conflict [A "stink conflict" - refers to a biological shock of something perceived as disgusting, revolting, or unbearable].	Aversion/disgust to environment, cannot tolerate surrounding situation	Nux vomica, Carbo veg, Pulsatilla, Sepia	Nux vomica – irritable, oversensitive to noise/smell/light, gastric headache. Carbo veg – aversion to stale air, bloating, headache with exhaustion. Pulsatilla – mild, weepy, headaches from rich food, better open air. Sepia – indifferent, irritable, headaches with hormonal link
Bite Conflict [Bite:Can't catch/hold on or can't release/let go]	Aggression, suppressed rage, feeling of being attacked or needing to attack	Belladonna, Chamomilla, Nux vomica, Stramonium	Belladonna – sudden, throbbing, congestive headache, red face. Chamomilla – oversensitive, cannot bear pain, one cheek red/other pale. Nux vomica – violent temper, headaches from overwork, stimulants. Stramonium – intense fear, rage, violence, pounding head.

Hemorrhoids

An identity conflict refers to the inability to establish one's position or place ("territory"), literally or figuratively. An unwanted move, change of school, or change of a workplace can activate the conflict. Feeling unsettled, not knowing where to belong, not finding one's place in a relationship,

within the family, the group at work, or in the culture and society at large as well as discrimination against one's belief or sexual orientation are examples of what can evoke an identity conflict. The conflict is to a certain extent a decision conflict (not knowing what choice to make, not knowing where to go) [2].

Homoeopathic Approach to Hemorrhoids (conflict based) [5-8]

Conflict Aspect	Characteristic Feelings / Symptoms	Indicative Remedies	Keynotes
Loss of place / Displacement	Feels uprooted, forced to change school, job, or residence; homesickness	Capsicum, Carbo animalis	Capsicum – longing for home, aversion to change; Carbo an – isolation, feeling cut off
Uncertainty in role / position	Not knowing where to belong, confusion of identity, lack of self-confidence	Thuja, Lycopodium	Thuja – fragile self-image, feels “different”; Lycopodium – lack of confidence but desire to lead
Social exclusion / Rejection	Feeling rejected by peers, family, society; sensitivity to criticism	Natrum muriaticum, Ignatia	Nat-m – reserved, silent grief; Ignatia – acute hurt from rejection
Cultural / Belief discrimination	Feeling attacked for beliefs, religion, or values	Staphysagria, Aurum metallicum	Staph – suppressed indignation, humiliation; Aurum – deep despair from loss of honor/position
Sexual identity conflict	Conflict about sexuality or orientation, shame, guilt, inner struggle	Anacardium, Platina, Medorrhinum	Anac – divided will, conflict of right vs wrong; Platina – exaggerated sense of self, isolation; Med – extremes in sexuality, search for belonging
Decision conflict (not knowing choice)	Indecision, anxiety about future, fear of wrong choice	Sulphur, Calcareo carbonica	Sulph – philosophical, searching for meaning, identity crisis; Calc – insecurity, fear of failure, desire for protection

ACNE

In German New Medicine (GNM), acne is linked to an “attack” or “feeling soiled” conflict, most often experienced on the face. During the conflict-active phase, the skin becomes rough and bumpy, while the healing phase presents with inflammation, swelling, redness, and pus formation supported by *Propionibacterium acnes*. The severity ranges from small pimples to severe acne depending on the

intensity of the conflict. Acne is not solely explained by hormonal changes, as not all adolescents develop it and adults may also be affected. The face is the most common site, particularly during puberty, when sensitivity about appearance and confrontations with parents, teachers, or authority figures are frequent. The presence of acne itself often reinforces the feeling of being “soiled” or unattractive, thereby delaying complete healing [2]

Homoeopathic Approach to Acne (GNM “attack/soiled” conflict) [5-8]

Conflict / Emotional Theme (GNM)	Acne Expression	Indicative Remedies	Key Physical Keynotes	Mind Symptoms (Psychological State)
Feeling soiled / dirty	Pustular, offensive eruptions; worse on face	Sulphur, Psorinum	Sulph – dirty, itching skin, worse heat; Psor – greasy, foul eruptions	Sulph – egotism, philosophical, neglects appearance; Psor – hopelessness, despair, “feels unclean inside & out”
Attack conflict (verbal/physical)	Inflammatory acne with redness, sensitivity	Hepar sulph, Belladonna	Hepar – painful pustules, suppuration; Bell – red, hot, throbbing acne	Hepar – irritability, oversensitive to slightest offence; Bell – sudden anger, excitability, violence
Low self-image / appearance conflict	Acne on face in adolescents, worse before menses	Kali bromatum, Natrum mur	Kali-br – pustular acne with scars; Nat-m – acne worsens sun/menstrual cycle	Kali-br – depression, loss of memory, sadness; Nat-m – reserved, dwells on past grief, sensitive to criticism

GNM View on Stomach Flu (Gastritis)

“Stomach flu” with vomiting and diarrhea is commonly attributed to viral infections (e.g., Norwalk virus). From the GNM perspective, however, such outbreaks are not caused by viruses but by “indigestible morsel conflicts” and territorial anger conflicts experienced collectively by groups (families, schools, workplaces, communities). When the conflict is resolved, the healing phase manifests as

inflammation with vomiting and diarrhea. This explains why stomach flu epidemics often occur after natural disasters (floods, earthquakes) or upsetting political/social events that affect many people simultaneously.

Note: Vomiting can also result from spoiled food. If food poisoning is excluded, vomiting indicates the resolution of a territorial anger conflict [2]

Homoeopathic Remedies for Stomach Flu (GNM: “Indigestible Morsel” / Territorial Anger Conflicts) [5-8]

Conflict / Emotional Theme (GNM)	Clinical Expression (Stomach Flu)	Indicative Remedies	Physical Keynotes	Mind Symptoms
“Indigestible morsel” – can’t accept or digest situation	Nausea, vomiting, diarrhea after shock or upsetting event	Nux vomica, Ipecacuanha	Nux-v – cramping, ineffectual urging, worse anger/overwork; Ipec – constant nausea, clean tongue	Nux-v – irritable, easily offended, oversensitive to contradiction; Ipec – impatient, discontented
Territorial anger (family/workplace/social)	Sudden gastroenteritis after disputes or quarrels	Colocynthis, Chamomilla	Coloc – colicky pains better bending double; Cham – diarrhea after anger	Coloc – anger with indignation, suppressed rage; Cham – irritable, snappish, “cannot bear pain”
Fear, anticipation, exam stress (“indigestible” fear)	Acute diarrhea from nerves, before events/travel	Gelsemium, Argentum nitricum	Gels – weakness, trembling, diarrhea from anticipation; Arg-n – explosive diarrhea from anxiety	Gels – anticipatory fear, desire to be left alone; Arg-n – hurried, impulsive, anxiety about health/performance
Suppressed anger / humiliation	Diarrhea with abdominal cramps, after indignation	Staphysagria, Natrum sulph	Staph – diarrhea after insult, suppressed emotions; Nat-s – diarrhea after emotional stress	Staph – suppressed anger, sensitivity to rudeness; Nat-s – feels neglected, sadness, hopelessness

Conflicts Related to Bronchial Asthma (GNM Perspective)

In GNM, the conflicts behind bronchial asthma are primarily territorial fear conflicts (in males) and scare-fright conflicts (in females), modified by laterality and hormonal status. Alongside this, the bronchial muscle involvement adds the distress of not being able to escape, not being able

to react, feeling stuck, or petrified. When both bronchial and laryngeal muscles are involved, the combined conflict manifests as severe breathing crises such as status asthmaticus. Chronic or recurring asthma indicates ongoing or relapsing conflicts, often triggered by reminders (“tracks”) of the original conflict situation ^[2].

Homoeopathic Approach to Bronchial Asthma ^[5-8]

Conflict Theme (GNM)	Asthma Expression	Indicative Remedies	Physical Keynotes	Mind Symptoms
Territorial fear (male conflict)	Wheezing, prolonged exhalation, tight chest at night	Arsenicum album, Sambucus nigra	Ars – attacks after midnight, burning in chest, anxiety; Samb – sudden suffocative attacks, esp. in children	Ars – intense fear of death, restlessness; Samb – anxious, wakes suddenly gasping
Scare-fright conflict (female conflict)	Asthma after fright, worse lying down, fear with suffocation	Aconitum, Belladonna	Acon – sudden attack after fright, dry suffocative cough; Bell – spasmodic cough with congestion	Acon – panic, fear of death, predicts time of death; Bell – violent, excitable, sudden emotional outbursts
Feeling “stuck”, unable to escape/react	Spasmodic cough, prolonged wheezing, attacks on exertion	Cuprum metallicum, Ipecacuanha	Cupr – spasms, convulsions, asthma with cramps; Ipec – wheezing with constant nausea, rattling but no expectoration	Cupr – suppressed emotions, rigidity; Ipec – irritable, oversensitive, gloomy
Asthma with suppressed anger / humiliation	Attacks after quarrels, indignation, or emotional suppression	Staphysagria, Ignatia	Staph – asthma after suppressed anger, sensation of lump; Ign – sighing, spasmodic cough after grief	Staph – sensitive to rudeness, suppressed indignation; Ign – grief, contradiction, emotional swings
Chronic unresolved conflicts (relapsing tracks)	Recurrent attacks, worse at night or on exposure	Natrum sulphuricum, Kali carbonicum	Nat-s – asthma from damp weather, greenish sputum; Kali-c – early morning attacks, stitching chest pains	Nat-s – sadness, feels neglected; Kali-c – anxiety about family, fear of death at night

Conclusion

Conflicts at the mental and emotional level profoundly shape the manifestation of physical illness, as explained in German New Medicine (GNM) through the Five Biological Laws. Whether expressed as migraine, hemorrhoids, acne, gastroenteritis, or bronchial asthma, unresolved shocks and inner struggles determine both the onset and progression of disease. Homoeopathy, with its holistic and individualized approach, provides a therapeutic bridge by addressing not only the somatic symptoms but also the underlying psychosomatic conflicts. Remedies selected on the basis of the totality of symptoms resonate with the patient’s inner conflict, thereby facilitating resolution, restoring equilibrium, and promoting mind–body integration. The combined understanding of GNM’s conflict-based framework with homoeopathy’s simillimum approach underscores the potential of a truly integrative model of healing, where emotional resolution and physical recovery proceed hand in hand.

Conflict of Interest

Not available

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