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## What we dream: Is important

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### Abstract

The homeopathic approach to dreams is straightforward. Individuals often speak of dreams in terms of their wishes for this life. Dreams often contain repressed fantasy and compensations for what the conscious person cannot express. Learning to use dreams as a vehicle for listening to messages from the patient's psyche provides the homeopath with a powerful tool. Dream allows oneself to assess deeply hidden information that can help to discover the similimum in complex and suppressed cases.

**Keywords:** dreams, repressed desires, REM, homoeopathy, similimum

### Introduction

Crude meaning of dream is "joy" and "music". The word "dream" is traced back to 13th century word 'Dreme' (Anglo-saxon), which means joy, gladness and mirth. Sequence of mental images that occur during sleep is called dream. An individual spent approximately 5-6 years in dreaming throughout his life. We dream one-third to fourth-fifth of our sleep and 4-7 dreams for one or two hours every night. In comparison to dreams that occur during sleep from the night until morning one can recall the dreams from which he wakes up just after rapid eye movement sleep (REM). After the end of a dream 50% to 90% of dreams get forgot within 5 min. and 10 min. Physiological research revealed that male experience erections and female experience increase vaginal flow during dreaming REM sleep<sup>[1]</sup>.

**History:** "Dream is a mystery". We can trace back history of dreams to 5000 years. In magnum opus "*Patanjali Yoga Pradeep*" Maharshi Patanjali has referred the importance to dreams. References regarding yoga can also found in "*Atharva Veda*"<sup>[2]</sup>. There are different views present regarding dreams, is a message from the Gods according to Egyptians, a library or dreams maintained by Assyrians and Aristotle relate dream to psychological problems. First systemic interpretation of dreams is given by Freud, he explores the unconscious mind and explores the reasons behind the pathological states of mind in relation to dreams<sup>[1]</sup>.

Nature of Dreams: Dreams manifest desires; the repressed, restrained and frustrated desires that generated in conscious mind shift to the unconscious mind and stay there in latent form, later they are manifest in the form of dream. According to Freud, most of the desire expressed in the form of dreams are sexual by nature<sup>[2]</sup>.

**Australian born Psycho-analyst British Klein Melanienee Reizes classified dreams as**<sup>[1]</sup>

- a. **Premonitory dreams:** Dreams which leaves the impression of some future significance.
- b. **Prophetic:** Direct indication or a clue regarding future events.
- c. **Pradromic:** When a prophetic dream conveys distorted meaning.
- d. **Recurrent:** Dreams that recur time to time. These dreams occur in neurotic people who suffered a lot in a given time.

**Dreams in Homoeopathy:** In the treatment of various diseases regarding the importance of dreams Hahnemann had given brief view much before Freud. Proving of various drugs containing dreams as a special character in that has established the significance of dream. Without considering dreams case taking remains incomplete. Dream should be given priority when they occur frequently. In some cases, a dream is the sole guide to the inner turmoil of the individual. A dream is an interface between the process of the life and conscious personality of an individual<sup>[1]</sup>. In *Materia Medica* many remedies are mentioned regarding dreams. It is indexed in various repertories in form of rubric "DREAM". In Kent's, *Synthesis and Complete Repertory* an individual chapter, 'Dream' is mentioned. *Synthetic Repertory Vol II* is only containing Sleep and Dreams.

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Dreams also helps in identify miasm in Homoeopathy. In psora they reflect physiological defence, in sycosis constructive defence and in syphilis they reflect destructive defense [2]. As:

**Psoric Dreams:** Dreams of daily activity, dreams associated with emotions (sad, frightful, anxious).

**Sycotic Dreams:** Dreams of collection, gatherings and construction, dreams related to business and money, dreams related to sexual fantasies.

**Syphilitic Dreams:** Dreams of accidents, violence, dreams of wild animals, suicidal dreams.

**Tubercular Dreams:** Dreams of travelling [3].

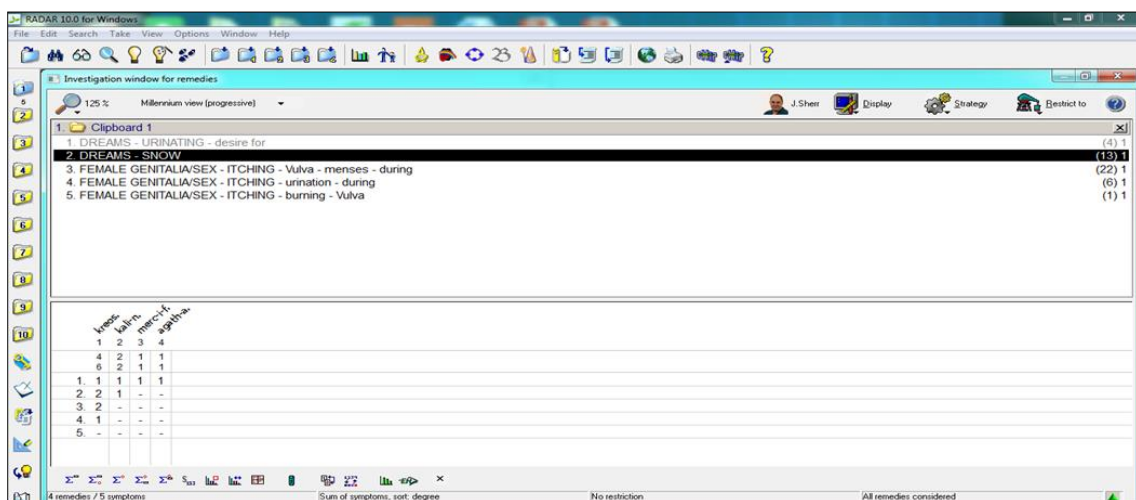
Common dreams with their usual meaning and rare homoeopathic medicines [4]

Dream	Interpretation	Homoeopathic medicine
Running after someone	Work hard for living	<i>Cadmium metallicum</i>
Disease (sick, physician) Disease of his own	Not pleasant, it's a warning	<i>Syphilinum</i>
Children,	Fortunate: couples Having loving family: singles	<i>Cassida</i>
Animals	Cat: gratifying love life Dog: bark: make friends out of enemies Bites: disagree with lover Large ferocious dog: love affection with great mental power person White dog: successful in business and love	<i>Chlorpromazinum</i>
Insects (bees, beetles, bugs, lice, vermin, wasps)	Bees: good luck Beetles: difficulties in money matters Vermin: disappointment in what you had favor	<i>Histaminum muriaticum</i>
Fire	Burns you: bad sign To build fire: adventure with a person of opposite sex Putting out a fire: overcome of enemies Looking of a building on fire: call on sympathy	<i>Nitrispritusdulcis</i>
Ghosts		<i>Oleum jecorisaselli</i>
Masks	Deceived by someone you trusted	<i>Rannculusrepens</i>
Murder(killing)	Committing: bad luck Dream that warns you against losing temper.	<i>Rhusvenenata</i>
Weeping		<i>Solenummammosum</i>
Flying	Attempting the impossible Flying In airplane: the augury is a good one	<i>Sticta pulmonaria</i> <i>Xanthoxylumfraxineum</i>
Snakes	Rattle snake: a warning against people whom you do not like If bites: severe illness Asp: killing asp in grass: fall in love with an actor or actresses Adder: paying attention to one, is beneath you Kill: look forward to a solution for the involved problem	<i>Teucrium</i>
Dead of the	Being dead: release from your troubles, recovery from illness Conversing with dead: courage, strength	<i>Vipera aspis</i>

**Importance of dream in dealing with cases:** We are presenting two cases where due to lack of symptoms and importance of dreams following symptoms were selected for repertorisation.

**Case 1:** 32yr old female patient (teacher by occupation) visited to the OPD of Dr. Girendra Pal Homoeopathic Hospital & Research Center, Collegiate Hospital of Dr. M. P. K Homoeopathic Medical College, Hospital and Research Centre, Homoeopathy University, Saipura, Sanganer Jaipur

with chief complaint of violent itching in between vulva suffering from few years. Itching got worse when urinating and during menses. After itching burning and soreness of the part. Patient had used local ointments with not much relief and recurrence of complaint Having normal appetite and thirst with normal bowl habit. Beside paucity of symptoms she narrated that she is having dreams of snow and want to urinate in dreams since a long time almost regularly. There is not any specific finding during abdominal and pelvic examination.

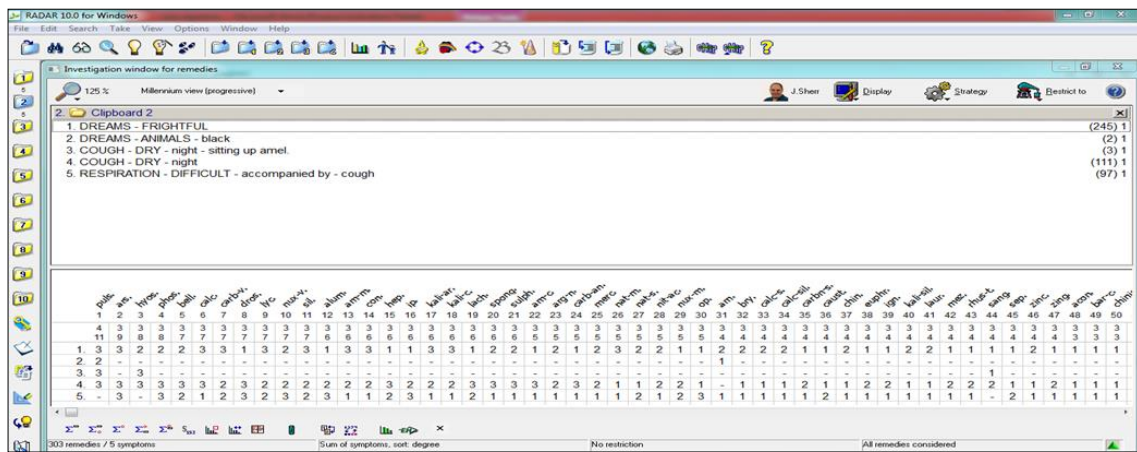


**Table 1:** Repertorisation Chart of Case 1

	Follow up Date	Symptoms	Prescription
Case 1	11 – 4- 19	Dream of snow and urination desire in dream using as eliminating symptom for repertorisation for itching and burning b/w vulva < urinating while	<i>Kreosote 200 single dose</i> followed by <i>Placebo 30 TDS</i> for 15 days
	25 – 4 – 19	Much relief in itching and burning The dreams were not appearing as often as they are present previously.	<i>Placebo 30 TDS</i> for 15 days.
	9 – 5 – 19	Itching was slightly present She experienced dream 2 times only in last 15 days.	<i>Kreosote 200</i> followed by <i>Placebo 30 TDS</i> for 15 days
	23 – 5 – 19	After 15 days the follow up was taken with no itching and burning.	<i>Placebo30 TDS</i> for 15 days.
	6 – 6 – 19	Having no itching and not experienced that dream not for a single time for 20 days.	<i>Placebo 30 TDS</i> for 30days.
	8 – 7 – 19	No complaints	<i>Placebo 30 TDS</i> for 30days.
	8 – 8 - 19	No Complaints	<i>Placebo 30 TDS</i> for 30days.

**Case 2:** A 36yr old female patient visited to the OPD of Dr. Girendra Pal Homoeopathic Hospital & Research Centre, Collegiate Hospital of Dr. M. P. K Homoeopathic Medical College, Hospital and Research Centre, Homoeopathy University, Saipura, Sanganer Jaipur with the complaint of difficulty in breathing with dry cough since 2 yrs. The complaint aggravated in cloudy weather, night and can get

relief by sitting up. She had frightful dreams of dark & black animals chasing her at night and she usually woke up due to difficulty in breathing after having dream. These dreams made her more anxious and frightened. Chest examination shows wheezing while auscultation. Spirometry was advised to the patient before the treatment was started.

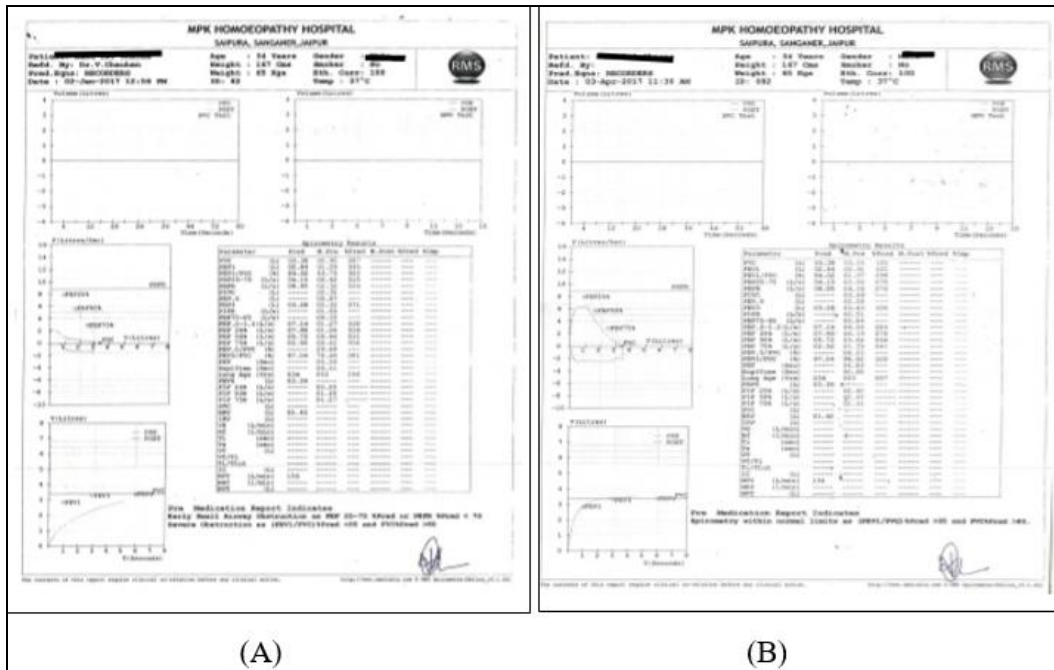


**Table 2:** Repertorisation Chart of Case 2

	Follow up Date	Symptoms	Prescription
Case no 2	15 – 8 – 17	Dreams frightful and black animals Difficulty in breathing < cloudy weather, night > by sitting up	<i>Pulsatilla 200</i> followed by <i>placebo 30 TDS</i> for 15 days
	29– 8 – 17	Slight relief in cough and attacks of breathlessness at night Dreams are still present.	<i>Pulsatilla 200</i> followed by <i>placebo30 TDS</i> for 30 days
	30– 9 – 17	After 20 days she reported the hospital with trouble in breathing increased since last 3 days due to rainy weather This time dreams were not there before attacks but present one or two times in last month.	<i>Pulsatilla1M</i> followed by <i>placebo30 TDS</i> for 15 days
	14– 10 – 17	She had not experienced any attack of breathlessness at night not a single dream of being chased and black animal.	<i>Placebo30 TDS</i> for 30 days
	16– 11 – 17	No complaint of Breathlessness and cough Dreams were not present their and having sound and satisfactory sleep	<i>Placebo30 TDS</i> for 30 days
	18– 12 – 17	Better in general	<i>Placebo30 TDS</i> for 30 days
	19– 1 – 18	No complaints	<i>Placebo30 TDS</i> for 30 days
	22– 02 – 18	No complaints	<i>Placebo30 TDS</i> for 30 days

After a month patient was again advised to repeat the spirometry test which showed marked improvement and

both the results have been shown in table 3.

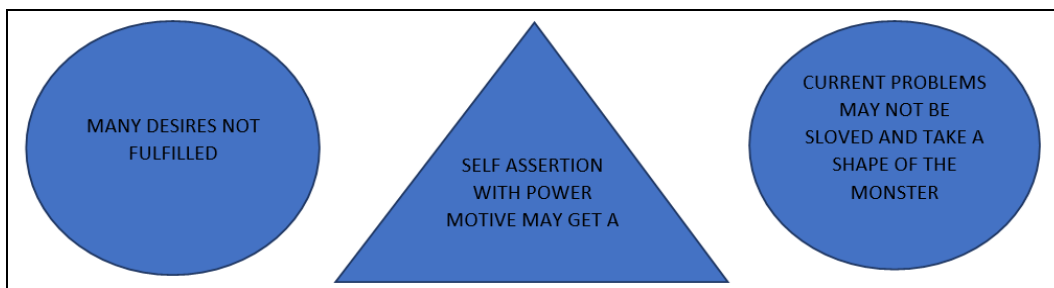


**Table 3:** Pre (A) and Post (B) Treatment Spirometry Report

**Discussion**

According to physiology dreams are the response of external and internal stimuli. During REM sleep, the unconscious part or brain keep itself engaged in processing the procedural memory; in the meantime, the level of

activation of the conscious part of brain will fall very low. This will trigger the “Continual Activation” mechanism to generate a data stream from the memory stores to flow through the conscious part of brain [1].



**Fig 1:** Dream disclose unconscious mind towards life problems

All these events are related to subconscious mind and express in the form of dreams

According to research concerning dreams, they can be [4]

- a. The expression of what is going on in the physical body.
- b. Balancing of physiological and psychological activities in us.
- c. Tremendously original source of information and insight in us.
- d. Expression of super senses of human being.
- e. A meaning of solving problems in every aspect of our life.
- f. A way of reaching beyond the known world and intimations from the unknown.

**Conclusion**

Dreams are not what we see, these are the reflection of our inner feelings or experiences. Dreams are very important homoeopathically as it help to individualize a person from another. Dreams poses an identity of a one. According to different stalwart in homoeopathy dreams never lies, they are the peculiar symptoms of a person if they present with

the presenting complaint or repeatedly in daily life. Dreams also helps in selection of the similimum in homoeopathy. These are the purest symptoms which man can not alter according to a person’s will, it explains the hidden desires or nature of the person truly in this manipulative world.

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