



International Journal of Homoeopathic Sciences

E-ISSN: 2616-4493
P-ISSN: 2616-4485
www.homoeopathicjournal.com
IJHS 2021; 5(3): 177-182
Received: 27-05-2021
Accepted: 29-06-2021

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A homeopathic approach on interpreting basic emotions with the aid of repertories

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DOI: <https://doi.org/10.33545/26164485.2021.v5.i3c.423>

Abstract

Today's world is full of worries concerned with daily work, personal affairs, and business. All this affects the mental state of the person causing different diseases. As Dr. Kent and Dr. Hahnemann said 'get mentals first, you get similimum easily and near one'.

It is universally acknowledged that the mind has a tremendous influence on the body. The reflections of the mind from both angles positively and negatively affect the physic. In this modern life, we cannot take a breath without stress. There is requirement to remain in a balanced condition of the mind. Emotion being a component of human behavior and they play an important role in Homoeopathy. A skillful artist is nothing but without good tools in his hands, so the same thing will happen to the homoeopath. A homoeopath will not be effective unless and until his best tool is reliable and that tool is repertory.

Keywords: Basic emotions, exploration of mind, predominant symptoms, persistent symptoms, synthesis repertory, homoeopathic management, modern homoeopathic practice, synthesis repertory, mind rubrics

Introduction

It is universally acknowledged that the mind has a tremendous influence on the body. To give a proper treatment, it is essential for us to understand emotional and intellectual nature. We can thus treat patients as a whole.

Mental symptoms are of special importance in homoeopathic prescribing. This special importance to mental symptoms was given on the theoretical reasoning that disease primarily originates at the level of the vital force and mental symptoms are the real language of the deranged vital force. They reflect the deepest aspects of the patient.

Today's lifestyle with hurry and worry causing metabolic disorders in a large population is a matter of concern. It needs to be addressed with the mind set and mental worries or desires of a person. With individualization as a basis of homoeopathy, mental symptoms are more important as they reflect the person as a whole and the person says 'I' am sick and not any part of the body.

The Mind is the basic cause of health or ill-health. Hence, we need to tackle the person on the mental sphere. An altered lifestyle leads to many corporeal diseases such as skin ailments, acid peptic disorders, metabolic disorders like Diabetes, circulatory disorders such as Hypertension, renal problems, rheumatic or rheumatoid problems etc. But we, as a homoeopaths, treat the person and not the name of corporeal ailments. Thus, understanding person in the basic three planes will, understanding and memory are very essential.

Even though many authors have written about mental symptoms; physical symptoms are always given primary importance. Though the physical body does have its due role too, and his suffering, it is the mind that is of utmost importance at any given specific time, in contrast to the surrounding environment stimuli or factors. Hence, detailed study has to be done on mental symptoms to treat the patient as a whole to remove the tendency of the disease. If a journey towards cure has to be pursued, the reestablishment of a healthy mind has become the basic tool.

Basic Emotion-Overview

Emotions are a common component of behavior. Any mammal actively engaged with its environment will show signs of emotional arousal. For hundreds of years making sense of such phenomena was chiefly the concern of philosophers.

By the 19th century, however, the emotions were beginning to be studied scientifically. A landmark event in this development was the publication in 1872 of Charles Darwin's *The Expression of the Emotions in Man and Animals*.

Darwin had already published *On the Origin of Species* (Darwin, 1859/2008) and *The Descent of Man, and Selection in Relation to Sex* (Darwin, 1871) and was ready to extend his revolutionary concepts of natural selection and evolution to expressive behavior in humans and animals. He believed that there were distinctly different kinds of emotional expression, that they evolved gradually, served a useful purpose, were the result of actions of the nervous system, and were the external manifestations of various states of mind. He also believed the "chief" expressive actions were inherited or innate, although he did not name these emotions explicitly.

The identity of Darwin's chief emotions, the *basic emotions*, as we refer to them here, has been the subject of considerable discussion and debate. Although opinions vary as to their precise kind and number, the lists are usually short and use terms from the common language, typically including fear, anger, sadness, happiness, and love (Nesse, 1990; Ortony & Turner, 1990). In keeping with Darwin's original view, basic emotions are assumed to be subjective states (feelings) expressed in species typical behaviors. They are typically believed to provide the biological foundations for all emotions. The major features of this perspective are evident in Plutchik's psychoevolutionary theory of emotion (Plutchik, 2001). The theory postulates eight basic emotion dimensions, arranged in four pairs: joy versus sorrow, anger versus fear, acceptance versus disgust, and surprise versus expectancy. Plutchik hypothesized that basic emotions were combined to produce mixed emotions, personality traits, and psychopathology.

Very often, we talk of emotions. Emotion is related to feeling. In homoeopathy, the role of emotions is obvious. Till date, we have been talking about emotions, but no serious effort has been made by us to study them in depth. It has been established that emotions have great impact on physical health. Emotions can initiate, precipitate or aggravate the illness. It is a subjective experience which forms one of the higher hierarchies in evaluation of symptoms during case taking and Repertorization in homoeopathy.

Psychologists claim that our brain has 90% of feelings and only 10% of reasoning capacity. Since time immemorial, emotional appeal has been widely used to achieve various goals by people from various walks of life. One can move a nation with emotion alone.

Emotion: Role of Physiology and Biochemistry Role of limbic system (Hypothalamus) in emotion

The limbic system plays major role in emotions. In lower animals, it forms a very large part of the brain in man. Hypothalamus is a part of the limbic system that is actively involved in emotions.

Hypothalamus plays crucial role in the emotional behavior. Various experiments on animals like, dogs and cats have been conducted. It has been observed that by taking away the hypothalamus of an animal, it became devoid of emotions. It has been observed that by removal of any part of brain does not affect emotions so significantly. Any

injury to the hypothalamus during accidents also confirms the stated condition. Moreover, medicines like Amytel and Metrazol, which act on hypothalamus, induce noteworthy changes in the emotional behavior of human beings. Hypothalamus can execute primitive emotions like rage, fear, sex, etc. It has also been observed that a ventro-medial nucleus of hypothalamus restrains execution of emotional behaviors. When the ventro nucleuses of hypothalamus of tamed rats were plucked by surgical measures, the rats became wild and mauled iron rods relentlessly.

Role of Cortex in emotion

The specific details about the role of cortex in emotion is not known. However, it is believed that the cerebral cortex is concerned with sensation, learning, speech, memory, reasoning, etc. It is also involved in current happenings and those of remote past- a process that helps us to interpret the situation and decides whether or not an emotion is to be provoked. The cerebral cortex has action over visceral activity, which is commonly associated with emotional response. When the cerebral cortex is damaged or it is under the influence of alcohol, the person becomes extremely emotional and does wrong things.

Role of Neurotransmitters

Recent works suggest that neurotransmitters play vital role in controlling emotions. More than 50 chemical substances have been proved to function as neurotransmitters such as Acetylcholine, Epinephrine, Nor-epinephrine, Dopamine etc. Acetylcholine is secreted by neurons in many areas of brain including the motor neurons that innervate the skeletal muscles. Acetylcholine is related to depression, fear and subsequent defensive behavior.

Interpreting some common patterns of emotion important from homoeopathic point of view Fear

Fear is one of the most common patterns of emotion in our life. It is learned pattern of emotion. It is marked at the age of 3 and 11 at the peak. It has also been observed that girls and females are more prone to fear compared to that of their counterparts i.e., boys and males. Fear is induced by fearful stimuli or may be learned by imitation from the behavior of somebody else. Fear may also be developed from an unpleasant situation, say abnormal fear of visiting a hospital or doctor. Children and babies may get afraid of strange persons or objects, loud noises, horrible visions of animals, dark and high places, etc. We all know the induction of fear of ghosts in children.

Psychological Approach

Reconditioning the child from fearful objects

Acquaint the child with unfamiliar objects that he can come across in future. Educate the child with a plausible and practical solution to meet a fearful situation. Divert the attention of the child from fearful stimuli.

Advise to leave the place of source of fear. Homoeopathic steps

Numerous rubrics, sub-rubrics have been devoted for emotion in our repertories (like Kent's, Murphy's, Zandvoort's, Schroyen's etc.) which may be used for a positive outcome.

Anger

Anger means displeasure: A strong feeling of grievance and displeasure. It is a strong feeling that comes when one has been wronged or insulted, or when one sees cruelty or injustice; the feeling that makes people want to quarrel or fight.

Anger is one of the common emotional patterns which is prevalent in all age groups, starting from infants to old people. It has a tremendous impact on the personality of an individual.

Anger is a general response to the following conditions:

When the behavior of an individual is blocked. If somebody (or situation) puts limits unduly on the freedom of your action, or thinking, you are apt to become irritation and express anger.

When an individual cannot reach the desired goal

The anger may be expressed through screaming, kicking, crying, clenching the fist, distorting the face, etc. Boys and girls are found to be more prone to anger than girls and ladies. It has been observed that people belonging to autocratic atmosphere become angrier in comparison to people belonging to democratic set up. Moreover, the former express anger more in intensity and magnitude than the latter. Young children show physical movement when they get angry but the older children generally use verbal attack.

Developmental changes in expression of anger

We will discuss the development under the following heads: Early childhood- Children express their emotion of anger by breaking things within their reach, by withdrawing from the situation in resentment, etc. There exists a three-fold expression of anger by a child

Displacing the Energy Randomly: Anger is expressed by kicking, or screaming.

Resistance: The children may express their anger by resisting it. They may resist without obeying what they are told to do or doing just the opposite. They may express their anger verbally or by motor resistance.

Retaliation: Children may express their anger through motor or verbal attempts at revenge, such as biting or attacking the agent with fists or throwing away something. This is particularly seen between two to five years of age. Later children- During later childhood, anger is expressed in the form of excessive aggressive behavior directed towards something or someone.

Adolescent: Adolescents express their emotion by wearing a twisted look, wrinkled facial expression, angry eyes and running away in resentment. They generally refuse food and drink when they are angry.

Sources of anger**The chief causes of anger are**

Disease's state: We must not forget the miasmatic background of the child or adult. This also includes a weak state of health, fatigue, etc.

Deprivation of physical needs like anger, thirst or sex. Obstruction in child's activity by an agent like, interference from elders and class mates. When a child is being teased, being lied to, being treated unfairly, being imposed on by elder brothers and sisters or other people being bossy or sarcastic.

When wishes cannot be fulfilled. Neglect and non-payment of attention to a child. The situation becomes worse if another child or children are paid more attention or praised.

Family worries also reflect in the shape of anger. Frustrations beget anger.

Various conflicts may also result in anger when the children are asked to do routine physical habits like rising and going to bed early, washing their face, are stopped from watching cartoon shows, etc. and in case of adolescents (and adults), when they are asked or forbidden to do some activity.

Anger: A Practical Approach to meet it

We must remember that anger is mostly a pathological state. Its importance has been high-lightened by our beloved masters Hahnemann and Kent. Kent has built a school imparting special focus on mental symptoms, where irritability and anger has been given higher importance. The author has been successful in treating many situations for anger with homoeopathic medicines. He has got excellent results from Chamomilla. Moreover, medicines like Hepar sulph, Nuxvom, Staphysagria, Colocynthis are important medicines which are required for day-to-day needs.

Homoeopathic Remedies-Medicines like Chamomilla, Staphysagria, Natrum mur, etc. can renew somebody's life. Author considers Chamomilla as almost specific for anger. He has been able to meet the crisis of anger successfully by this medicine. Of course, your experience may differ as per your circumstance.

Jealousy and Envy

Jealousy finds a place in the sphere of social and familial cause. A child may become jealous at the birth of a sibling. The familial rearing and preference given to a child may give rise to a jealousy among other children of the family. Similarly, other factors like competition in the class, securing a job, promotion of an individual may initiate jealousy for the rest of the competitors. It has been observed that the female gender is found more jealous in comparison to the male gender.

Jealousy and envy come from the feeling of insecurity and inadequacy in situations the person regards as crucial to his happiness and welfare. It keeps an individual in a state of emotional stress. Like fear, jealousy rises to the peak at the age of 3 and 11.

Jealousy and envy are separate and distinct emotional patterns, though they occur together. They look similar as both of them grow from fear and anger. Following are the differentiating points.

Differentiating Aspects	Jealousy	Envy
No. of persons involved	More than two	Two
Development	Early	Late
Understanding	Cannot understand	Opposite
Anxiety	More	Less
Associated frustration	Less	More

Associated anxiety	More	Less
Expansion	Out of fear and anger	--
Onset	Early childhood	Later
Feeling	As if he has been deprived of something that is rightfully his and that he is incapable of defending himself against this threat to his security.	As if immediate stimulus is a possession of another person (say a car)
Miasm	Psoric	Syphilitic

Feeling as if he has been deprived of something that is rightfully his and that he is incapable of defending himself against this threat to his security.

As if immediate stimulus is a possession of another person (say a car) Miasm Psoric Syphilitic.

Homoeopathic Remedies

Important homoeopathic medicines for jealousy are Lachesis, Hyoscyamus, Nuxvom etc. You can refer various repertories to pursue and in-depth study.

Grief

This emotion results from damage to an object of one's desire. Grief ensues when our near or dear one is lost. Some important expressions of grief are-

Weeping Crying Sobbing

Contraction of chest running of tears from eyes catching of throat etc.

Ignatia seems to be the most important remedy for grief. Also, one should think of Natrum mur and other important remedies from repertory.

Joy

Joy is the opposite state of grief. Joy is the outcome of fulfillment of one's desires like getting a lottery or success in the examination, etc. Joy is the sign of good health. Some important expressions of joy are-

Smiling Laughing

Jumping about Clapping Dancing Glittering eye Joy, pleasure, delight etc. are needed for release of pent up emotions. Although joy makes us happy and contented yet we should not exceed its limit, which may prove harmful. The important medicine of joy is Coffea.

Love

It is a complex emotion. It is the blend of mercy, sympathy, affection and even sex. Very often emotional arousal of this kind is caused by sexual instinct. Mother's love for her child is related to her sentiment. Interestingly, two seemingly contradictory states- selfishness and selflessness and found in love. Some of the expressions of love are-

Kissing Embracing Cuddling Hugging

Taking on the lap Caressing Sighing

Thrilling etc.

It is a positive emotion. This must be read with its rival rubrics like lewdness, shamelessness, lasciviousness, nymphomania, libertinism, naked wants to be, obscene, etc. from standard repertory.

Affections

Affections are fond or tender feelings in the direction of somebody or something. It is a positive and pleasant emotion articulated towards a person or thing. It is intended for somebody who gives us pleasure and satisfaction. A

father and mother have great affection towards their only child.

Sentiments

The word owes its origin from the developed French word 'sentimentum' (means opinion, feeling) and from Latin word 'sentire' which means to 'feel'. Sentiments are calculated appeal to feeling or emotion especially that is in excess and beyond reasoning. It also implies refined and tender feeling expressed in work or art. It is a thought or idea based on feeling or emotion. It is a weak emotion. It generally develops in the early school life. Feeling like patriotism, school spirit etc. develop during the period of adolescence and can be attributed to sentiments.

Clinical Application

Emotions are salts of our life. They make our life colorful. The lack of balance in emotions may be disruptive. When an emotion becomes overpowering, the efficiency of the individual is lost. The individual may become burden to himself as well as to the society. It seems, logic and reasoning control the society, but it is the fact that nations are swept with the emoting. Repressed emotions may prove menace to an individual's life. Let us take an example of an employer, who constantly and continually harasses one of its employees. The employee may eventually revolt and cause havoc. Long continued worries and grief may impair the physical health of an individual. Recent work on emotion has revealed the fact it can cause various psychosomatic illnesses, which had been postulated by Hahnemann long before the birth of scientific psychology. The importance of emotional reaction has been associated with number of illness like peptic ulcers, asthma, migraine headaches, chronic fatigue, diabetes, high blood pressure, skin eruptions etc. Again, it is obvious that long-term emotional stress can impair person's physical and mental efficiency.

In homoeopathy, emotions have a special place in evaluation of symptoms. Emotion and its off-shoot symptoms are considered of great importance in relation to psychosomatic medicine. The author has successfully treated many cases of peptic ulcer syndrome, asthma, migraine with Ignatia, Natrum mur, Cuscutum etc. detecting emotional disturbances like death of near or dear ones (i.e., grief) of grief of recent or remote origin as a cause. Detection of emotion and art of coping with it can open a new way of life for a patient.

Synthesis Repertory-An Effective Tool

One of the most commonly referred repertories is the Synthesis repertory where in this repertory prominent focus is given to the mental symptoms. Synthesis repertory which helps in selecting remedy more accurately as there are huge numbers of rubrics and sub-rubrics. Also, this repertory contains repeatedly checked additions from standard homoeopathic source books. Thus practically, when we take

a case we are dividing the man into inner and outer aspects. The inner aspects show itself through the will, intellect and emotions whereas the outer is the physical body. We have chapters in Synthesis repertory, where we can refer to the body symptoms with the help of gross physical sections but to reach inside the man, we have only the 'mind' section. The main theme or essence of rubrics in the mind section is to depict the basic human psychic aggregates and revolve around the basic emotions and its expressions in various ways, through basic mental faculties duly acquired during the life span of an individual.

Conclusion

This is an attempt to confirm that the mental symptoms play utmost role in the homoeopathic management of cases. Mental symptoms are made available from various expressions of the basic emotions since each expression is individualistic to the patient and these symptoms the patient as a whole and for us homoeopaths it is really main thing to elicit for a successful prescription. The objective of the study is also to understand basic emotions and interpret their expressions with the aid of repertory for management of cases and list out homoeopathic remedies with the indications on mental symptoms; and exploration of present, predominant and persistent symptoms of the subjects. Thus, the entire study is an earnest effort to understand and explore basic emotions and interpreting their expressions with the help of Repertories in finding the homoeopathic management of cases in a holistic way, which is the fundamental principal in homoeopathy.

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