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Interpretation of dreams and its importance in selection of homoeopathic constitutional remedy in mental disorder

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Abstract

Dreams are succession of images, idea, emotions and sensation that occur involuntary in the mind during certain stages of sleep. Dreams reflect unconscious mind; hence in homoeopathy they are very important. Dreams give the idea of underlying emotions and also give glimpses of the real mental state of an individual. A case of generalized anxiety disorder has been treated by homoeopathy with interpretation of dreams.

Keywords: Dreams, dream interpretation, homoeopathy, constitutional remedy generalized anxiety disorder

1. Introduction

Case Report

A 74 years old male reported in the OPD with chief complaints of anxiety, sleeplessness, diminished appetite, weight loss and tremors in both upper limbs since 2-3 years.

1.1 Present History

Table 1: Chief complaints

No.	Location	Sensation & Pathology	Modality	Accompaniments
1	CNS Extremities Right hand>left hand Onset – 2 years Duration – Continuous	Trembling occ. numbness (for 4-5 minutes) No tingling	<+ night <+ physical exertion <+ resting position <+ while holding object loosely >+ while holding object tightly	Appetite – Decreased Thirst } Normal Urine }
2	Mind Onset – 2-3 years Increases since 2-3 months	Anxiety about his son's marriage Anxiety about financial condition Continuos thoughts at night		Sleep – decreased (only 2 hours at night – inconstant) Appetite – decreased

1.2 Associated Complaints

Table 2: Associated complaints

No	Location	Sensation & Pathology	Modality	Accompaniments
1	GIT Rectum Onset – 1 year Duration & frequency – not fixed	Sometimes, loose & sometimes hard stool Requires straining No pain in abdomen No nausea No vomiting No bleeding per rectum		Appetite – decreased Thirst } Normal Urine } Sleep – decreased

1.3 Physical Generals

Appearance: Lean, thin, wheatish complexion

Weight: Weight loss – 67 kg to 50 kg (in 4 years)

Perspiration: GENERAL- Long lasting
Thirst: Normal
Appetite: Decreased
Cravings: Rice+++ , Sweets+++ , Pulses+++
Aversions: Coffee++
Stool: Constipation and diarrhoea alternate
Urine: Normal
Sexual Function: Desire decreased
Sleep: Duration: 6-7 Years (only 2 hours since 2-3 years)
Sleep Position: Right side
Dreams: Dreams of his son’s marriage, Money, His parents, About his work i.e. farming, Snakes
Thermal: Chilly

1.4 Past History- Nil

1.5 Family History – Father – CA throat, MI

1.6 Life Space

1.6.1. Childhood- Patient was born & brought up in a village named XYZ. Family consisted of parents, grandparents, 3 elder brothers, 1 younger brother, 3 sisters & patient himself. Financial condition was poor, his demands used to be fulfilled by his father, though. Father was good by nature. He never scolded any of his children. Mother was cool, calm & sentimental by nature. Good inter personal relation with his parents. There used to be small quarrels between siblings in matter of money & toys (especially between patient & his younger brother) No major issues were there.

1.6.2. School Life- He studied up to old SSC & after he did diploma. He used to be very bright student as well as a good athlete. He used to take part in all sports but especially in volleyball he used to be much interested. His scholastic performance used to be very good so that all teachers used to take his side in sports, too. He used to be favorite among all students. He used to have many friends in his school/class. He got very good marks in 10th std & after completion of that, he had been brought to nearby city for further study in diploma by his elder brother. He got admission there in college of diploma. He completed his diploma by staying in hostel (by his own choice). He got adjusted there very well in hostel and no issues were there. During finals of Diploma, he had fallen sick with malarial parasite, he managed to stand second in exam, though. After completion of diploma, he got married in 1968 & in the same year, he was about to get job in Government but due to her mother’s illness, he rejected the offer of job.

1.6.3. Married Life- He got married in 1968 with his own wishes. He was happy with his marriage but in same year his mother fell ill with brain stroke. She got totally paralysed & had been admitted in hospital and due to that, he rejected job offer & this regret is still in his mind and in same year, his younger brother got a job in Government. His mother died there in hospital. This incident left deep impact on him as he used to be very close to her. He cried a lot for 10-15 days. Then after, his family consisted of 7 members. His father, wife, 4 children & patient himself. Due to money matters, his younger brother cut the relations with him. Patient tried to sort it out but his brother didn’t want to do so. Then after, patient stopped talking to him (while narrating this incident, patient was crying a lot). Patient was doing job in a dairyfarm & he was the only earning member in his family. Financial condition was very poor. After few years, his father diagnosed with cancer & at that time also, his younger brother didn’t help him. An older brother who

used to stay in city helped him out financially. And once, when patient was there in city with his brother, his father died due to Myocardial infarction. Patient hadn’t got chance to even meet him (patient cried again).

1.6.4. Current Life- Currently, family consisted of 3 members only. His wife, son & he himself. All 3 daughters are married. His younger daughter did love marriage with a man belongs to other caste. Initially, patient wasn’t okay with her decision, but gradually, he accepted her & her decision. Her financial condition isn’t that good, so patient often helps her with groceries. His son used to do job in a private company but since 4-5 months, he behaves abnormally and so that he has been fired from company. Now, he is jobless who once used to be the only earning member of family. This situation makes patient very anxious and along with that, his son doesn’t get a girl to get marry with. Those both things are bothering him so much. His son becomes angry with him in small matter and often beats him, too.

1.7. Patient As A Person

- Grief – of his parents’ demises
- Anger – when his son doesn’t listen to him.
- Anger – occ. outspoken
- Hatred for younger brother
- Sympathetic
- Attachment with parents
- Anticipatory anxiety about son’s future
- Anticipatory anxiety about his own family
- Sleeplessness due to anxiety
- Sharp memory
- Adequate confidence
- Good judgemental power
- Religious

1.8. General Examination

- PULSE: 80/min
- BP: 140/80 mm hg
- Weight: 50 kg
- Nails: Pink
- Conjunctiva: Pink
- Tongue: Pink, Moist

1.9. Systemic Examination

- RS: Clear, AE = BLE, BS = Vesicular
- PER ABDOMEN: Soft
- CVS: S1S2 – N
- CNS: Planter & Knee reflex – N

1.10. Final Clinical Diagnosis - Generalized Anxiety Disorder

Book	Find	Case	Analysis	MM						
Analysis uses 6 rubrics.										
91	Mind; Anxiety; sleeplessness, with	3	4	4	4	3	3	4		
167	Mind; Dreams; child, children	1	3		3		3	3		
110	Mind; Dreams; parents, of	1		1						
80	Mind; Old people, in	1	1		1	1	3	1		
25	Perspiration; Long lasting	1	3	3		4				
73	Generalities; Food and drinks; coffee; a	2	3	4	4	3	3	3		

Fig 1: Repertorial totality

1.11. Planning & Programming of Rx:

Table 3: Selection of potency

No	Define With Reasons The Ststes	Potency-Choice	Repetition
1	Susceptibility – High Age/Sex – 74 years/Male Occ. – Farming SOD – Mental/Physical POD – Gradual Miasm – Sycosis	1 M	Infrequent
2	Sensitivity – High Mind ++ Sleep ++ Nerves ++ Dreams ++	1 M	Infrequent
3	Correspondence Physical ++ Mental ++	CONST. Rx Kali Brom 200 TO 1 M	Infrequent
4	Functional Changes Present – reversible	30 to 200	Infrequent
5	Presentation A. Fundamental Miasm (Sycho-syphilis) Father – CA throat, MI Mother – Paralysis	200	Infrequent
	B. Dominant Miasm (Sychosis)	200	Infrequent

1.12. Final Prescription – Kali Brom 200 3 Pills Od

2. Follow UPs

Table 4: Follow ups

Date	Symptom Changes	Interpretation Expectation	Prescription
12/09/19	On going thoughts – SQ Anxiety – SQ Sleep – better 10% Appetite – SQ Stool – N Tremors – rt hand – SQ Tremors – lt hand – better 20%	Thirst } Urine } Normal	Kali Brom 200 0-0-0-3 SI 3 Pills Tds For 2 Weeks
01/10/19	Anxiety – better 20-30% Sleep – better 20-30% (3-4 hours/night) Appetite - N Stool – N Tremors – rt hand – better 20% Tremors – lt hand – better 20%	Thirst } Urine } Normal	Kali Brom 200 0-0-0-3 SI 3 Pills Tds For 2 Weeks
16/10/19	Anxiety – better Sleep – can fall asleep easily Tremors – SQ	-	Kali Brom 200 3-0-0-3 SI 3 Pills Tds For 2 Weeks
1/11/19	Anxiety – much better Sleep – sound (6 hours/night) Tremors - SQ	-	Kali Brom 1m 1p Stat Dose SI 3 Pills Tds For 2 Weeks
15/11/19	No anxiety Sleep – sound Tremors – better 50%	-	Kali Brom 1m 1p Stat Dose SI 3 Pills Tds For 4 Weeks
16/12/19	Sleep – sound Tremors – better than last follow up	-	SL 1P STAT SL 3 PILLS TDS FOR 4 WEEKS
17/02/20	Patient is better No major complaints	-	Advice to discontinue the treatment

3. Discussion

This virgin case of Generalized anxiety disorder is treated with homoeopathic constitutional remedy with interpretation

of dreams available in case. Interpretation and importance of dreams is given below in tabular form.

Table 5: Classification, interpretation and importance of dreams

Dreams Description	Life-Situation	Nature of Dreams	Interpretation	Importance
Son’s marriage – He often sees a	As his son has Schizophrenia & not having job, no girl is being	“Wish fulfillment” “Anxiety dream”	Being a father, he has wish to get his son	This is the classical example that through

dream of his son getting married.	ready to get married with him. And about that, patient is much anxious. He often cries out of an anxiety about that.	Recurrent type of dream Psoric dream (As it relates with his emotions)	married on time but due to these reasons, it's not been possible yet and this wish becomes anxiety in this case and it reflects in his dreams.	dream, we can reach to patient's cure. Here, his anxiety reflects in his dreams. This is definitely helpful in totality and further to reach to similimum.
Money – He sees his current situation (poor financial condition) in dreams. e.g. They are not having enough things to survive. Apart from that, he sees that he goes through financial loss.	In his childhood, he had to face many difficulties due to poor financial condition. And when his parents were in hospital, he had done all the expences and due to that, he had trapped in debt. As mentioned in life-space, his younger brother broke his promises to help him(PT) financially & due to that he felt cheated.	“Anxiety dream” Recurrent type of dream Psoric dream (As it relates with his emotions)	Again, his anxiety about money and his financial condition comes in his dreams. Here, he hasn't dream of wish fulfillment but it's a tremendous anxiety about his condition that is been reflected in his dreams.	Same way, this too helps in erecting totality by going through his psyche.
Parents – He often sees his parents in a dream. No any specificity.	Since childhood, he is much attached to his parents rather than any of his siblings & he used to be loved one to them. Demises of his parents left a deep impact at his mental level. He used to cry for 15-20 days after their demises. Till date, he cries whenever he remembers them.	“Disclosing his unconscious mind” Recurrent type of dream Psoric dream (As it relates with his emotions)	He mentioned in his interview that he used to be the closest to her parents. This kind of dream shows that he still has deepest grief of their parents' demises. He might not know this as such but his dreams say this all.	This dream is much important in a way to know his core reason of sufferings. And this is what we as homoeopaths seek to know to reach to the similimum.
Farming – He dreams about farming that he has having many bighas of land.	He always wanted to have good quantity of land but it couldn't be possible due to debt.	“Wish fulfillment” Recurrent type of dream Sycotic dream (As it relates with his business)	He always wants to have huge land but somehow this couldn't be possible and now his wish is been fulfilled in his dreams.	This indicates what he wants in his life and on basis of that, his mental plane can be disclosed.
Snakes – Manyatimes, different snakes he sees in his dream.	In farms, manyatimes, he sees different reptiles mainly snakes. No fear of the same	Meaningless dreams Not recurrent	As this dream isn't coming frequently, it can't be fitted in criteria for dream interpretation.	This kind of dreams don't possess much importance to reach to the psyche in order to select the similimum.

4. Conclusion

After thoroughly studying his life space and dreams available in a case, interpretation of dreams has been possible and on basis of that, core of this patient could be disclosed. i.e. – From dream of son's marriage and dream of money – his anxiety has been reflected and from dream of his parents', a chronic and deep grief as well as regret has been revealed and these both emotions played a big role while erecting totality and so as to reach to similimum. This shows role of dreams in selection of constitutional remedy.

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