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## A brief study of gestalt psychology's & its impact on homoeopathy

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### Abstract

In the 20th century, a school of psychology laid the groundwork for today's discernment research, called Gestalt psychology. The Gestalt psychology features the way that the entire is more noteworthy than the amount of its parts. Gestalt theory keeps on affecting how we might interpret vision and how setting, visual deceptions, and data handling impact our insight. Homeopathy is an all encompassing way to deal with infection in view of Gestalt psychology, which guarantees that no illness is nearby and influences the whole body.

**Keywords:** Psychology, gestalt psychology, phi phenomenon, gestalt principles, gestalt applications, gestalt approach in homoeopathy

### Introduction

Psyche is a Greek term that means "breath, spirit, soul," and logia, which means "examine," and the two terms combine to form Psychology. It explains the laws of learning, emotion, and thinking depend on observations and experiences that others can repeat and verify. As a positive science, psychology describes the facts of human behavior and its laws as they are, not as they should be <sup>[1]</sup>. Therefore it is the science which study mind. The development of Psychology as a science began with Willard Wurdts, who was the first psychologist to measure human behavior precisely and accurately. It was believed in by Sigmund Freud, Maslow, Rogers, Watson, Pavlov, and Thichener <sup>[2]</sup>.

Studying psychological phenomena, including thoughts, feelings, and perceptions, is part of psychology. Now in current brain science, the shifting perspectives on human conduct have been parted into six alternate points of view: Structuralism, Functionalism, Psychoanalysis, Gestalt psychology, Behaviourism and Humanistic Psychology <sup>[3]</sup>. Gestalt psychology, also known as gestaltism or configurability, arose in Austria and Germany in the early twentieth century as a cognitive theory that discredited psychology in Wilhelm Wundt's and Edward Titchener's elementalism and structuralism <sup>[4]</sup>.

**Definition:** Gestalt psychology is psychology that considers the human mind and behaviour as a whole. As per Gestalt psychology, while attempting to make sense of our surroundings, we do not focus solely on little details. Objects, on the other hand, tend to be seen as portions of a bigger total and components of more complicated systems in our brains. This modernisation of the study of human perception and sensation was aided by this school of psychology <sup>[5]</sup>.

**Etymology:** Gestalt is a German phrase that more or less interprets to "configuration," "pattern," or like objects are fitted together to make a whole <sup>[6]</sup>.

### Gestalt psychology's origins and development

Gestalt theory developed in response to Wilhelm Wundt's structuralism and has origins in Max Wertheimer's work. Rather than breaking down psychological problems into their smallest possible components, as proponents of structuralism did, Gestalt psychologists tried to look at the entirety of the mind and behaviour. Whenever the concept of wholeness ruled human vision, Wertheimer and his disciples observed situations in which our perspective was focused on experiencing things as wholes rather than parts. Gestalt psychology was influenced by thinkers such as Immanuel Kant, Ernst Mach, and Johann Wolfgang von Goethe <sup>[7]</sup>.

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After seeing the phi phenomenon whilst tracking alternating lighting fixtures on a railway signal, Wertheimer constructed Gestalt psychology. The phi phenomenon is an optical phantasm wherein desk bound gadgets seems to transport after they emerge and disappear quickly. To place it some other way, we see motion in which none exists [8]. Wertheimer believed that he would see things depending on personal experiences with the Phi phenomenon, not by understanding the individual units, but by recognizing the big picture. If you see the lights blinking at the station, you can see that the lights are moving fast between the two points, but in reality, the two independent lights are blinking fast without entrancing [9].

**Fundamental principles of gestalt**

To understand how Gestalt perception functions, Wertheimer has proposed fundamental principles which are [10, 11].

**Prägnanz:** Tells that, everyone automatically perceives items in their most basic shape or arrangement

**Similarity:** Tells that, everyone automatically groups comparable items together based on features like shape, shade, size, or orientation

**Proximity:** Tells that, objects that are close together are more likely to be perceived as a group.

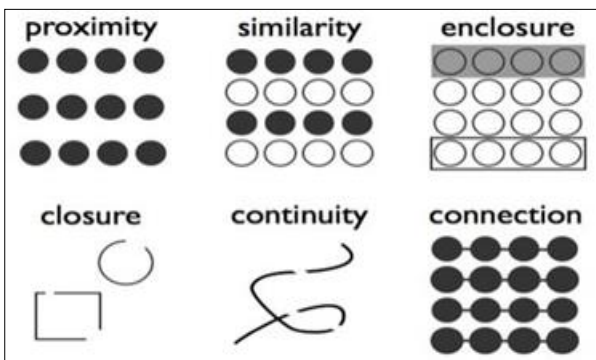


Fig 1: Fundamental principles of gestalt

**Continuity:** Tells that, when items are placed on a line or



Fig 2: Gestalt psychology's applications

**Visual hierarchy:** Designers create a visual hierarchy by observing how we perceive and categories visual items, making sure that their most essential text or picture will be the one to catch our eye [15].

**Associativity:** The concept of associativity is based on the

curve, they are regarded as connected, and when they are not aligned on a line or curve, they are perceived as distinct.

**Closure:** Objects that constitute an enclosed object are perceived as a single unit, according to this. We'll automatically fill in the blanks to form a complete object that makes perfect sense.

**Common region:** Tells that, if two items are in the same circumscribed region, we prefer to group them together. (Objects contained within a box, for example, are typically regarded as a group.)

**Gestalt Psychology's Applications**

Gestalt psychology has a variety of applications, including those in therapy, design, and product creation [12, 13].

**Gestalt Therapy:** The foundation of Gestalt therapy is that our overall understanding is affected by a complex interaction of circumstances. Previous experiences, present surroundings, ideas, emotions, and desires are all factors to consider. Gestalt therapy is a type of psychotherapy that focuses on the present moment.

As per study, Gestalt therapy may aid in the development of trust as well as the enhancement of feelings of self-perception and self-kindness. It may also aid in the development of trust and sentiments of identity and self-humanity in people [14].

**Design:** In the 1920s, artists began incorporating Gestalt principles into their work. Gestalt psychology prompted these designers to believe that we should all have an inherent capability to identify "excellent" design and that we all mirror certain features in our perception of visual aspects. Gestalt notions were embraced by designers, who created work based on individual perceptions of comparison, pattern, balance, repetition, and ratio. Gestalt psychology also informs other design elements [14].

**Figure-ground relationship:** The difference among a core (such as a text, sentence, or picture) and the background space surrounding it is referred to as the figure-ground relationship. This is a technique that designers frequently employ in order to make an impression [14].

proximity principle. Important objects, such as headlines, captions, and lists, are frequently placed using this method by designers [15].

**Product Development**

Viewers value products that follow Gestalt principles, so

creative's employ Gestalt psychology to inform their executive judgments. Gestalt characteristics have been observed in software and digital products, and ideas such as closeness, resemblance, and uniformity have been common in our ideal client experience <sup>[16]</sup>.

### Homoeopathic Classical Gestalt Approach

Master Hahnemann, like the great physicians Hippocrates and Paracelsus, understood the significance of constitution and causation in the art of healing. The importance of constitutional variables, disease state, and causality was emphasised by Dr. Hahnemann <sup>[17]</sup>. The so-called Law of Similars, "Similia Similibus Curantur," influenced homoeopathic therapeutic methods. Homoeopathy is a holistic approach to sickness that is based on Gestalt theory and says that no disease is localised and does not touch the entire body <sup>[18]</sup>.

On the basis of these, he proposed the concept of Complete Gestalt of the Disease in Aphorism 6 of the Organon of Medicine. Objective signs, coincidental events, and subjective symptoms are used to investigate Gestalt <sup>[19]</sup>. This Gestalt is the substance of the entire set of symptoms, and it must be studied by the patient, those around him, and the homeopath's observations. The most essential symptoms in determining the solution are mental or emotional symptoms, as well as general symptoms that affect the entire body, as well as the most peculiar characteristic symptoms <sup>[20]</sup>.

### Conclusion

Although Gestalt psychology has already totally incorporated by other schools of psychology, this will have a significant influence on the field. The thought that the total is different from the parts has influenced our understanding of the mind and psychological aspects. Gestalt theory continues to have an impact on our knowledge of perception and how subtext, visual illusions, and knowledge acquisition affect our perception. Many aspects of our lives are still influenced by Gestalt treatment. Its emphasis on a holistic approach is influential in domains such as cognitive psychology, perception, and social psychology.

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