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Homoeopathy: A stress buster

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Abstract

Stress is a feeling of not being able to cope with specific needs and events. It is a part and parcel of persons life. Stress can be a motivator, and can be essential for survival, but a persistently negative response to challenges can have ill effects on health and happiness. Homoeopathy is a scientific system of medicine that considers man as a whole and give more importance to mind and emotion of an individual. So homoeopathic symptom similar medicine can help the patient to overcome stress.

Keywords: Stress, emotion, homoeopathy, person, medicine

Introduction

Stress is unavoidable part of life. It is always with us. It is spice of life for some, while to others it is a source to be avoided at any cost. It can come from any event or thought that makes you feel frustrated, angry, or nervous¹. The stress response is determined by our perception of an event, transition, or problem. Stress means different things to different people. What causes stress in one person may be of little concern to another. Some people can handle stress very easily than others. And, not all stress is bad. In small doses, stress can help you accomplish tasks and may avoid you from being Hurted.

There are two main types of stress

1. **Acute stress:** It is short-term stress that goes quickly. It occurs because of some events which happens suddenly. It also occurs when you do something new or exciting. Every human have acute stress at one time or another.
2. **Chronic stress:** This is stress that lasts for a long period of time. You may have chronic stress if you have financial problems, an unhappy marriage, family disputes or trouble at work. Any type of stress that continues for a week or months is chronic stress. If not managed properly may lead to health problems.

When a person is in stress, his body will release adrenaline, norepinephrine and cortisol. Adrenalin and norepinephrine is released immediately when stressed, and cortisol takes little more time for its production. These hormones make your brain more alert, cause your muscles to tense, and increase your pulse. In the short term, these reactions are good because they can help you handle the situation causing stress⁸. *Right* amounts of cortisol can be life saving. It helps to maintain fluid balance and blood pressure. But when you are in chronic stress the body *continuously* releases cortisol, and chronic elevated levels can lead to serious issues. When an individual is constantly under stress, they can have physical symptoms, such as headaches, discomfort in abdomen, high blood pressure, chest pain, and problems with sex and sleep. Stress can also lead to emotional problems, depression, panic attacks or other forms of anxiety and worry. Stress can cause many types of physical and emotional symptoms⁷. Sometimes, we cant able to realize these symptoms are caused by stress. These are some symptoms.

- Forgetfulness
- Diarrhea or constipation
- Frequent aches and pains
- Headaches
- Lack of energy or focus
- Sexual problems

- Stiff jaw or neck
- Tiredness
- Trouble sleeping or sleeping too much
- Upset stomach
- Use of alcohol or drugs to relax
- Weight loss or gain

Alternative Names

Tension, Anxiety, Pressure, Strain, Tightness, Worry, Apprehension.

How to assess stress

The perceived stress scale (PSS) is the widely used psychological instrument for measuring the perception of stress. It is a measure of the degree to which situations in one's life are appraised as stressful. The scale also includes a number of direct queries about current levels of experienced stress. The items are easy to understand, and the response alternatives are simple to grasp and even a person with junior high school education can use.

General management

Our body will secrete happy hormones when we are happy. Even while we are in stress, we can stimulate our happy hormones by including some food substances like chocolates, probiotics, green leafy vegetables, proteins etc. Some life style modifications such as meditation, daily morning exercise 5, exposure to morning sunlight, listening to music, and proper sleep will also increase your happy hormones. Targeting a goal and achieving the target will increase dopamine and even showing our gratitude will increase serotonin, cuddling with pets and being with our loved ones will increase oxytocin, daily doing morning exercise for at least 20 minutes will boost endorphins and thus making you happy. Spending times with friends and sharing stressful events to them can also reduce stress. So those who are in great anxiety and those who are really struggling because of stress can include these life style modifications to reduce their stress level

Homoeopathic management

Stress means different things to different people. What causes stress in one person may be of little concern to another. Some people are better able to handle stress than others. And, not all stress is bad. In small doses, stress can help you accomplish tasks and prevent you from getting hurt. Homoeopathic system of medicine is an integrated system that treats patient as a whole, not the disease. Homoeopathy focuses on how an individual is different from other individuals and medicines are selected according to symptom similarity.

1. **Aconite:** Patient will have intense fear and anxiety. they will have fear of going into a crowd, even have fear of crossing street. he will think like his disease is incurable and even predict the day he will die. so because of fear his life will be in full stress. Restless and anxious does everything in hurry. Mental anxiety, worry, fear accompanies all the ailments. Because of constant stress even music is unbearable, makes her sad again.
2. **Arsenicum Album :** Very anxious, restless, full of anguish, Anxious fear of death, thinks it useless to take medicine, Attacks of anxiety at night driving out of bed worse after midnight. Mentally restless, but physically

too weak to move.

3. **Argentum Nitricum:** Because of stress constant fear of breaking down. Afraid to be alone, very sensitive. Loss of self confidence. Sadness in the morning on awaking. Aversion to undertake new responsibilities. Confused thought and weakness of memory.
4. **Lachesis:** Ailments from long lasting grief, sorrow, fright, vexation, jealousy or disappointed love. Climacteric ailments. Patients of a melancholic disposition. Great loquacity, sadness in the morning restlessness, not interested in anything because of stress, wants to be off somewhere all the time. Jealous, suspicious, nightly delusion of fire. Religious insanity.
5. **Aurum Metallicum:** Great depression, hopeless, despondent. He can't able to withstand stress and in order to escape from stress he will commit suicide. Every opportunity is sought for self-destruction. Feeling of self-condemnation and utter worthlessness. Profound despondency, with increased blood pressure, with thorough disgust of life and thought of suicide. He will always think and talk of committing suicide. oversensitive, violent pain in head, worse at night. Burning in rectum with constipation and nocturnal diarrhoea. Appetite and thirst will be increased. Anthropophobia.
6. **Pulsatilla:** For highly emotional females. Weeps easily, Mentally like an April day. Can't able to face even small stress full events. Sad, crying readily. Great sensitiveness. Fears in the evening to be alone, dark ghost, like sympathy, easily discouraged. Religious melancholy. Given to person who is in extremes of stress. Headache due to stress.
7. **Lycopodium:** Extremely sensitive. fearful. afraid to be alone. Can't able to face even least stress. Because of stress he is afraid to take new responsibilities. Loss of self confidence. Constant fear of breaking down under stress. Apprehensive. Sadness on awakening in morning. Dyspepsia because of constant stress.
8. **Staphysagria:** Very sensitive person. Bad effect from anger or insult. Insulted very easily and he won't express his frustration outside, but he becomes more stressed inside and leads to violent outburst of his feelings and anger. Very sensitive to what others say about her. Prefers solitude. Tension headache, sensation of ball of lead in forehead.
9. **Nux vomica:** Workaholic person, because of his ambitious nature, he becomes stressed and shows violent outburst of anger to his subordinates. Very irritable, sensitive to all impressions. Oversensitive and gets headache out of stress. Even the least ailment affects her greatly. because of constant stress he will be addicted to alcohol but it will cause more problems. Constant stress will cause digestive disturbances, convulsion with consciousness. Nausea and vomiting with much retching, constipation with constant urge to pass stool. Cannot sleep at night because of stress.
10. **Carcinosin:** It has stress from two dispositions- performance and conscientiousness. He wants to do the work perfectly and ideally as he is workaholic. The rigid moral values have to be maintained; they are not to be compromised. The sensitive, soft, tender mind gets affected soon, producing guilty feelings if mistakes are done by him. The responsibilities produce stress, the commitments developed out of duty-bound nature

motivate for work He burns inside due to strain. Rejection, deprivation of love, reproaches, struggles; prolonged suppressions make him vulnerable to produce stress. Prolonged active stress leads to cancer like diseases

Conclusion

Stress is the body's reaction to harmful situation. Learning to manage stress requires time and effort, but it can help prevent physical symptoms and complications. Making time for exercise, socializing, and relaxing activities can help. Chronic stress may require professional medical advice to treat and manage. Identifying stress symptoms and treating by homoeopathy can help improve a person's long-term health and well-being.

In this portion, the main problem, selected in the study should be discussed with the relevant earlier literature and the proposed method or solution. Proper references should be used in support to the content.

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