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An overview of psychosomatic diseases and homoeopathy

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Abstract

In public health issues mental health plays major role about 14%. There is no health without mental health. In 2019, one in eight individuals, or 970 million people worldwide, had a mental illness, with anxiety and depressive disorders being the most prevalent. Due to the COVID-19 pandemic, the number of people who suffer from anxiety and depressive illnesses greatly increased 2020 onwards. The Greek words "psyche" (mind) and "soma"(body) are the origin of the word "psychosomatic". A psychosomatic illness is one that has both mental and physical symptoms. According to the World Health Organization, the study of biological, emotional, and social components of health and disease is known as psychosomatic medicine. Homoeopathy was based on the concept that a person is not only an individual but also a whole being whose body parts work together to form a harmonious unity. For the treatment in Homoeopathy the physician must understand the person as a whole, that is mind, soul and body. Functional disturbance alters the tissue and produce changes treatment of tissue changes cannot cure the person. The holistic approach also include finding the exciting as well as maintaining cause to determine the underlying aetiology of chronic disease the physician should trace the effect of miasm from the whole case history (present symptom, past history and family history).

Keywords: Psychosomatic diseases and Homoeopathy

Introduction

Psychological impact is the major problem in the day-to-day life. Continuous anxiety, stress, depression etc., are affecting the mental and physical wellbeing of the human. In 1818 German psychiatrist Heinroth first used the term "psychosomatic". In 1922 the term "psychosomatic medicine" was introduced by Felix Deutsch^[3]. Sigmund Freud point out the general idea of psychosomatic treatment he used the term conversion hysteria^[7].

Psychosomatic disorders are the result of psychic influence on the organic tissue. There are two proposition to explain the relationship between psyche and soma.

- 1. Specific hypothesis:** Specific hypothesis means specific emotions and conflicts lead to cell and tissue damage. If a particular stimulus, emotion or stress happened it produce particular response or illness in organ. After suppression of stress through the Autonomic nervous system the sympathetic response of our body remains alert for flight response. Peripheral nervous system response may be change for increase vegetative activity. Due to this long-continued alertness and tension can produce physical disease and finally it may produce pathology of organs e.g., peptic ulcer.
- 2. Non-specific hypothesis:** Non-specific hypothesis suggests that generalized stress produce the pre-conditions for a number of predetermined diseases. According to this concept four types of response take place due to stress.
 - a. The Neurotic:** The anxiety's alert signal is too high, defence fails.
 - b. The Psychotic:** In this the alarm signal was misinterpret or ignored.
 - c. Healthy Normal:** In this alertness is followed by action of defence.
 - d. The Psychosomatic:** In this defence by the mind becomes effectless and alertness of psyche change into physical symptoms causing somatic changes^[3].

ICD classification of psychosomatic diseases

For mental, behavioural and neurodevelopmental disorders, the ICD 10CM code was F01-F99.

F01-F99 - Psychological, Social and Neurodevelopmental disorders

F40-F48 -Nervousness, dissociative, stress-related, somatoform and other mental diseases

F45 – somatization disorders

F45.0 – psychosomatic disorders

F45.1 - Undistinguishable somatoform diseases

F45.2 – hypochondria or health anxiety disorders

F45.4 - Psychological variables in the development of pain problems

F45.8 - Other somatoform diseases

F45.9 - unspecified Somatoform disease [8].

Hahnemann's concept of psychosomatic diseases

Hahnemann give much attention to mental diseases. He sees the mentally ill patient as a whole as sick individual who need proper care and treatment. In organon §210 to §230 mental diseases are mentioned. The psychosomatic diseases mentioned in §225 in this aphorism he states that the physique slightly change or indisposed by psychological causes such as continued anxiety, worry vexation, stress, depression and long-lasting excessive fear and fright. These psychological diseases affect the physical health and may affect the physique in high degree [9]. In §226 Hahnemann mentioned that the psychosomatic diseases developed and maintained by mind, it can be corrected and make healthy by means of psychical remedies for example giving self-assurance, friendly encouragements, advices and also by well-planned deception. The healthy state also restored by suitable diet and regimen. The treatment of psychosomatic diseases mentioned in §227 in this he states that the psoric miasm is the chief cause for the psychosomatic diseases which is not yet reach its full development for the security purpose to prevent further mental diseases in future the patient must treat with antipsoric treatment [10].

Common symptoms of psychosomatic diseases

The long-continued stress, anxiety, depression, and other mental and emotional factors affect the mental as well as physical wellbeing of the human. The symptoms are as follows

- Peptic ulcer [11]
- Irritable Bowel Syndrome
- Oesophageal motility issues
- Non ulcer dyspepsia
- Fibro myalgia
- Chronic fatigue syndrome
- Extremities pain
- Acute respiratory illness
- Asthma
- Thyroid problems [12]
- Primary headache
- Anorexia nervosa [13]
- Sleep disorders
- Stroke
- Myocardial infarction
- Cardio vascular diseases [14, 15].

Mechanism behind psychosomatic diseases

The body's reaction to stressors labelled by Hans Selye as general adaptation syndrome it has 3 stages

1. **The Alarm Reactions:** Body make man to adjust with stress stimulus.
2. **The stage of resistance:** In this hormones level get increased which are harmful to the body.
3. **The stage of exhaustion:** Due to high level of hormonal imbalance and infection the person become diseased and it may lead to death [16].

Diagnostic criteria for somatic syndrome disorders

1. Physical symptoms that produce severe anxiety or affect the regular activities.
2. More than one thought, emotional impacts related to long continued, extreme physical symptoms with increased level of anxiety and result in excessive usage of time and energy being devoted to them.
3. Symptoms continue for more than 6 months [17].

Miasm

Miasm is the fundamental cause of chronic diseases some of the miasmatic symptoms are

PSORA

- Dreads to be alone
- Anxiety felt in heart
- Aversion to company
- Fear of death
- Fear of diseases
- sadness

Syphilis

- Destruction
- Prefers solitude
- Lack of confidence
- Suicidal disposition
- Introvert

Sycotic

- Absent minded
- Active
- Busy
- Concealed ideas
- Cruelty mind
- Extrovert

Mixed miasm

- Dullness psora syphilitic
- Fixed ideas syphilo sycotic
- Forgetful syphilo sycotic
- Trust cannot syco syphilitic
- Anger alternating tears with tubercular [18]

Examples from repertories

- MIND -Grief: Ailments from (32)
- MIND -Love: Ailments from disappointed (18)
- MIND-Anxiety: vexation after (6)
- COUGH -vexation after (8)
- SLEEPLESSNESS: Vexation after (7)
- CHEST -Anxiety, in heart, region of: vexation after (1)
- BACK -pain: Vexation after (1) [19]

Some homoeopathic medicines for psychosomatic disorders

Homoeopathic medicines most helpful in the treatment of psychosomatic disorder in this we can see some medicines with some points for the treatment of psychosomatic disorders

Aconite: Amenorrhoea after fright

Ambra Grisea: Sleeplessness after business embarrassments

Arnica: Complaints after mental tension or shock [20].

Arsenicum Album: Great fear accompanied with cold sweat [21].

Aurum Metallicum: Ailments from fear, anger, embarrassment, contradiction's, worry, anxiety.

Baryta Muriatica: increased sexual desire in every form of mania

Calcarea Carbonica: Delusion as if he is weak and he is small [22].

Cimicifuga Racemosa: Crampy pain in muscles in every part of the body produced by neurotic cause.

Ignatia Amara: Complaints after grief, despondency and shock

Natrum Muriaticum: Diseases due to psychic cause, after effects of fright, anger, grief etc.

Pulsatilla Nigricans: Menses suppressed by nervous debility. Highly emotional patient [21].

Conclusion

Homoeopathic physician analyses and individualize the person in several aspects while taking a case. For a person affected with psychological illness, he tries to open up his mind with the help of Homoeopathic case taking procedure. A Homoeopathic physician treats the person as a whole and give individualized medicines for each person along with counselling (if required). Homoeopathic medicines act on whole body including the mental state and mental disposition of the person. Even in this modern era, where there is lot of stress factors in day-to-day life, the Homoeopathic physicians bring up evident improvement in psychosomatic illness. So, Homoeopathic system of medicine has a better scope in psychosomatic illness by individualizing the person as whole.

Conflict of Interest

Not available

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