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Dependent personality disorder and homoeopathy

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Abstract

According to ICD-10, the diagnostic guidelines for dependent personality disorder includes features like allowing others to make decisions for them, subordination of one's own needs to those of others, unwillingness to make even reasonable demands, feeling helpless when alone, preoccupation with fears of being abandoned and limited capacity to make everyday decisions without an excessive amount of reassurance from others. We know that Homoeopathic fundamentals believe that any disease is a consequence of a ceaseless lack of emotional harmony. The holistic approach of homoeopathy depends entirely on the concept of individuality which helps us to treat patients of DPD. In this article, we will discuss about the psycho-somatic understanding of the cause-effect relationship of various homoeopathic medicines.

Keywords: Personality disorder, dependent personality disorder.

Introduction

In psychology, as we see Personality refers to patterns of thinking, perceiving, reacting, and relating that make us the individual that we are. Different Individuals have different personality traits which are flexible and depend upon others social and environmental factors. People with personality disorders have these patterns very heightened and enduring. They become inflexible to their surroundings that cause problems with their social and professional life.

A PD is an enduring pattern of Inner experiences and behaviour that deviates markedly from the expectations of an individual's culture. PD is divided into 3 clusters of different characters. A dependent personality disorder is part of the cluster along with avoidant and obsessive-compulsive disorder which are considered as fearful and anxious types.

According to DSM-5, DPD is a Pervasive and excessive need to be taken care of, that leads to submissiveness, clinging behavior and fear of separation. It usually starts in early childhood. People have difficulty in making everyday decisions without advice and want reassurance from others on every little thing. They have difficulty in expressing disagreement with others because of a fear of separation or lack of support. Because of a Lack of self-confidence, has difficulty in initiating projects on his or her own. A person with DPD would go to any excessive lengths to obtain care and support from others. People seek urgent relationships when a close relationship ends. There is an excessive fear of being left alone. These people often think they are helpless, vulnerable and inferior and have an exaggerated fear of being unable to take care of himself or herself.

According to Psychodynamic theory, DPD patients are fixated on the oral stage. The high level of dependency comes from frustration and over-gratification. Other cause also includes strict parenting or overprotective parents who don't let their child to do anything and hence their self-esteem and self-confidence are not developed properly so they feel powerless and inferior to others and develop a fear of abandonment, fear of failure, the feeling of inadequacy that will impact on the social and professional life so for their comfort life and daily living they depend on other. They become clingy and want support from others for their decisions and work. They always want company so that they don't feel helpless.

As we see Homoeopathic fundamentals believe that any disease is a consequence of a ceaseless lack of emotional harmony. The holistic approach of homoeopathy, the application of the law of similar depends entirely on the concept of individuality that takes into consideration the total response of the organism to causative factors which are seen through signs and symptoms on three planes: emotional, intellectual (spiritual) and physical where the vital force manifest itself.

While assessing this total response the homoeopathic physician gives fundamental importance to the causative factor (§7) and to peculiar characteristics of the ailments, especially the mental aspects.

Likewise in DPD, homoeopathy helps to treat the patient by prescribing upon the causative factor along with consideration of predominant miasma.

DPD is a type of anxious personality disorder. People with DPD often feel helpless, submissive, incapable of taking care of themselves and need for constant reassurance very similar to *Calcarea carbonicum* i.e. women are completely protected first by their parents during childhood and now by their husbands. Their need to cope up does not arise, these girls hesitate and fear to get married, unable to trust that they will find the same security elsewhere.

Similarly, there are many medicines in homoeopathy which turn into dependent personalities. There are many rubrics in our Homoeopathic repertory related to those people who have difficulty in decision-making and need reassurance.

There are many rubrics in our repertory related to those people who have difficulty in decision-making in everyday life hence he needs someone to do it, so we can use rubrics like

Mind, Indecision, irresolution.

Mind, Timidity, alternating with confidence, assurance.

Mind, Cowardice, decisions, making.

Mind, Carried, desire to be carried. Has difficulty expressing disagreement with others.

Mind, Yielding disposition.

Mind, Delusions, imagination, failure, everything will.

Mind, Delusions, imaginations; succeed, that he cannot, does everything wrong.

Mind, Fear, alone, being, injure himself, and.

Each symptom of DPD has its own rubric in homoeopathy, so we cannot favour one medicine. We have many medicines and have to find the similarity based on personality. Here we break down the rubric into causes and symptoms that we may encounter in cases of DPD.

Causes of dependent personality with rubrics

Over involved parents

Mind; Ailments From; domination, children; in - parental control; long history of excessive

Mind; Ailments From; domination, children; in - parental control; long history of excessive - harsh upbringing

Mind; Ailments From; domination, long time; for

Excessive attachment to mother

Mind, Attached, very, mother.

Mind, Carried, desires to be comfortable and cheerful in mother's lap.

Homoeopathic remedies for dependent personality disorder

Alumina

Cause	Effect	Defence
Mind; Delusions, Imagination, and consciousness, belong to another	Mind; Indecision, Irresolution	Mind; Obstinate, Headstrong; resists wishes of others
Mind; Delusions, Imaginations; head; belongs to another.	Mind; Delusions, Imaginations; numb, being	Mind; Defiant
Mind; Delusions, Imaginations; head; separated from the body.	Mind; Indifference, joyless	Mind; Perseverance
Mind; Delusions, Imaginations; Identity, Errors of Personal	Mind; Fear; Self-Control, Losing	Mind; Will, the contradiction
Mind; Delusions, Imaginations; Identity, Errors of Personal;	Mind; Will; Weakness	Mind; Courageous; Alternating

Mind, Clinging, mother.

Mind, Clinging take hand or part of the mother, will always.

Danger of separation

Mind, Fear - happen, something will-parents, the child is afraid something bad will happen to his.

Mind, Dragged on mother's arm, child.

Mind; Fear; alone, being, the child wants the mother to hold her hand.

Fear of abandonment

Mind, Forsaken feeling.

Mind, Fear, alone, being in solitude.

Mind, Fear, forsaken, of being.

Mind; Estranged.

Symptoms

- Avoid being responsible for decisions.
- Increasing appeasement and submissiveness.

Mind, Please others, desire.

Mind, Veneration.

Mind, Reverence those around him.

Mind, Mildness.

Seeks a replacement to provide caregiving and support

Mind, Affectionate, returns the affection.

Mind, Sensitive, oversensitive general.

Mind, Consolation, sympathy; desire for studying, in children.

Mind, Childish Behavior, old people.

Excessive reliance on others to make major life decisions

Mind Indecision, Irresolution.

Mind, Confusion of mind, identity, as to his mind, spineless.

Constantly seek reassurance and praise

Mind, Company, desire for alone, agg. Being.

Mind, Carried, desires to be.

Mind, Holding or being held, desire.

Mind, Opinions, opinions of others, longing for good.

Mind, Flattery, desire.

We can see that in homoeopathy, different medicines depend on others for their various needs. So they have different causes of DPD, from which we can differentiate our medicines on the basis of individuality.

Dependence for			
Love	Care	Support	Protection
Phosphorus	Pulsatilla	Baryta carbonicum Silica terra Alumina	Calcarea carbonicum

Someone Else, Is		with; fear
Mind; Delusions, Imaginations; Says Something, Somebody Else Has Said It, When He	Bladder; Weakness; Paralytic; Evening, So that he fears he will wet the bed	Mind; Courageous; alternating with; timidity
Generalities; Smaller, Shrinking Sensation	Mind; Impulses, Morbid; Stab his flesh with the knife he holds, To	Mind; Dullness; fear, with falling.
	Mind; Impulses, Morbid; Violence, to do.	
	Mind; Suicidal Disposition; Seeing; Blood or a knife, she has horrid thoughts of killing Herself, Although She Abhors The Idea	
	Mind; Kill, Desire To; Knife, When Looking At A; Gun, Or A	
	mind; thoughts; frightful; seeing blood or a knife	

Silicea Terra

Cause	Effect	Defence
Mind; Ailments From; Protection; Parental Protection; Excessive	Mind; Indecision, Irresolution	Mind; Egotism, Self-Esteem; Ailments From, Agg.
Mind; Anxiety; Himself, About	Mind; Postponing, Everything To the Next Day	Mind; Obstinate, Headstrong; Children, In; Cry When Kindly Spoken
Mind; Spineless	Mind; Persists In Nothing	Mind; Obstinate, Headstrong; Changeable
Mind; Character, Lack.	Mind; Timidity; Public, About Appearing In	Mind; Bargaining
Mind; Confidence; Want of Self; Inadequate, Feels	Mind; Awkward, Bashfulness; From	Mind; Deceitful, Sly
Mind; Fear; Examinations	Mind; Dragged On Mothers Arm, Child	Mind; Objective, Reasonable
Mind; Anticipation; Examination	Mind; Looked At; Cannot Bear To Be, Agg.	Mind; Conscientious, About Trifles; Pedant, Too Much
Mind; Fear; Failure	Mind; Fear; Undertaking Anything; New	Mind; Perseverance
Mind; Delusions, Imaginations; Pins, Needles, About; Swallows	Mind; Company; Desire For; Alone, Agg. Being	Mind; Ambition; Ambitious
Mind; Fear; Pins, Pointed, Sharp Things	Mind; Carried; Desires to be	Mind; Seriousness, Earnestness
Mind; Fear; Strangers	Mind; Holding or Being Held, Desire For	Mind; Defiant
Mind; Sensitive, Oversensitive; Steel Points Directed Toward Her	Mind; Clinging; Take Hand or part of Mother, Will Always	Mind; Audacity
		Mind; Fearlessness
		Mind; Contradiction; Ailments From, Agg.; Restrain Oneself, Must, To keep from violence
		Mind; Feigning; Sick

Baryta Carbonicum

Cause	Effect	Defence
Mind; Delusions, Imaginations; Legs; Cut Off, Are	Mind; Embarrassment; Strangers, In Presence.	Mind; Work; routine; desires
Mind; Delusions, Imaginations; Walk, Walking; Knees, On His, That He Is	Mind; Timidity; Public, About Appearing In.	Mind; Responsibility, Taking Responsibility Too Seriously
Mind; Delusions, Imaginations; Smaller; He Is	Mind; Confidence; Want of Self; Appearance, Looks, About Her	Mind; Tidy, Appearance; In One's Personal
Mind; Delusions, Imaginations; Laughed At, To Being; Hides Behind Furniture, Therefore	Mind; Indecision, Irresolution	Mind; Apologizes Frequently
Mind; Fear; Opinion of others	Mind; Fear, New Enterprise; of Undertaking A	
Mind; Delusions, Imaginations; Succeed, That He Cannot, Does Everything Wrong	Mind; Persists in Nothing	
Mind; Reproaches, Ailments From, Being	Mind; Clinging; Grasps At Others	
Mind; Delusions, Imaginations; Watched, That She Is Being	Mind; Clinging; Mother, To	
Mind; Delusions, Imaginations; Worthless, He Is	Mind; Clinging; Persons Or Furniture, To	
	Mind; Consolation, Sympathy; Desire For; Studying, In Children	
	Mind; Childish Behavior; Old People, In	
	Mind; Answer, Answering, Answers; Does Not know what to answer; Children, In, Look At Their Mother, Say Nothing	
	Mind; Anxiety; Others, For; Losing Their Protectors Or Familiar Relations, For	
	Mind; Imbecility	
	Mind; Credulous	
	Mind; Spineless	

Phosphorus

Cause	Effect	Defence
Mind; Delusion; imagination; island, is on a distant	Mind, the Fear of misfortune of	Mind; Hypocrisy
Mind; Forsaken feeling; loved, beloved by his parents, wife, and friends, feels is not being	Mind; Fear Alone of Being	Mind; Brotherhood, Sensation of
Mind; Estranged; family from her	mind; helpless feeling of	Mind; Delusion; Wealth of
Mind; Delusion, Imaginations; Seized he is	Mind; Irresolution, Indecision	Mind; Business; Talks of
	Mind; Magnetised; Desire to be	Mind; Kisses everyone
	Mind; Impressionable, Susceptible	Mind; Adulterous
	Mind; Holding; Or being held desire	Mind; Delusion, Imaginations; Pleasing, Accomplished, Feels Himself
	Mind; Affectionate; Returns Affection	
	Mind; Sympathetic, Compassionate, Too	
	Mind; Company; Desire For; Hold His Hand,	
	Mind; Clinging grasp at others; bystanders	
	Mind; Clinging; a person or furniture to	
	Mind; Clinging; Take hand or part of the mother, will always	

Pulsatilla Nigricans

Cause	Effect	Defence
Mind; Forsaken Feeling of-isolation sensation	Mind; Dependent	Mind; Selfish
Mind; Forsaken Feeling of-isolation sensation	Mind; Affection; Absorbs	Mind; Sensitiveness Want of
Mind; Delusion, Imagination-Alone, World In The	Mind; Affectionate children-kiss and cares	Mind; Pities Herself
Mind; Delusion, Imagination; Emptiness of	Mind; Caress Caressed, Desire of being	Mind; Sympathy from others' desire for
Mind; Confusion of mind-identity as to his; duality Sensation	Mind; Carried; Desire to be slowly	Mind; sensitiveness wants.
	Mind; Clinging, Children of Mother.	
	Mind; Clinging; Grasp of Others	
	Mind; Flatterer	
	Mind; Irresolution Indecision, Indolence.	
	Mind; Rocking, Desire to be rocked	

Conclusion

Homoeopathy plays a vital role in treating Dependent Personality Disorder or any other Personality Disorder. Homoeopathy treats the man as a whole and individualizes the person which is important in these types of psychiatric illnesses. However, more research is needed on this topic to show the effective result in Homoeopathy treating Personality Disorder.

Conflict of Interest

Not available

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