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Complaints which affect the mind but reflect on the body: A dual case treated with aurum met and Gelsemium

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Abstract

Any psychological problem relates to the mind but it does not affect the mind only. It is also reflected on the body by way of physical symptoms. At times it becomes all the more difficult to understand such cases because there is no direct evidence or medical explanation. High living has added to this problem and today about 5% of the population is affected by it. The females are more affected than males. Research is still on about the exact cause but it is believed that excess stress releases chemicals and hormones and they are responsible for it. Mood and levels like neuroanatomical, neuroendocrine or neurotransmitters. Higher cortical anxiety disorders are characterized by disruptions occurring at various areas in the brain or the limbic system or the brain stem could be involved.

In fact in recent times such cases are on the rise. At times it is quite a challenge for the doctors and very irritating to the patients also as treatment and diagnosis becomes a maze. The disease cause or the aggravation modality here is mental.

Keywords: Psychosomatic disorders, mind, body, vital force, miasms, individualisation, homoeopathy

Introduction

Mind in the terms of psychology is the functional capacity of brain. Matter in the terms of physics is condensed form of energy. In homeopathy Dr. Hahnemann has already given the concept of vital force which is dynamic in nature i.e. to say that human material body is animated by spirit like power.

But in terms of Allopathy material body is the only truth. However it is now a well-established scientific fact in modern physics wherein the matter and energy are related by the equation of $E=mc^2$.

On the other hand Dr. H A Roberts has given the brief description of vital force. "The nature of energy is dynamic, and this dynamis penetrates every particle, every cell and every atom of the human economy." Any disturbance of this vital energy or force results in a disfigured or disturbed development of the whole human economy. Such a disturbance may come from prenatal influences, such as the effects of sudden fright; it may be caused by indulgences on the part of either or both parents at the time of conception; it may be due to hereditary stigma of either one or both of the parent cells, which may perhaps be due to hereditary diseases or miasms. Like an indelible brand, the warping of this dynamic energy is a stain that "will not go out. That means it remains inside the chromosomes in the DNA material.

Everything, every atom in the universe is vibrational energy. Every atom contains protons neutrons and electrons. But the aura in and surrounding the human body is not the electromagnetic field. It is the consciousness. The consciousness is the simple substance in the terms of Dr. J T Kent.

It is having formative intelligence. Simple substance is the fourth state of matter. Formative intelligence means the substance is having capability to construct and destruct. Because of this divine energy the whole universe is working in systematic rhythm. Similarly the human body is maintained in the terms of homeostasis i.e. internal equilibrium. The most important thing about vital force is that it is automatically working. Now the mode of thinking is the part of our mental construction. Mental Constitution in terms of homeopathy. Constitution is the physical and mental makeup of the body which we acquire from our parents. But our life style and our perception also modifies it. Hence it would be prudent to say that mind is the king of matter.

This is the reason we become what we think. According to father of psychology Dr. Sigmund Freud psychodynamics, also known as psychodynamic psychology, in its broadest sense, is an approach to psychology that emphasizes systematic study of the psychological forces underlying human behaviour, feelings and emotions and how they might relate to early experience. It is especially about the dynamic relations between conscious motivation and unconscious motivation.

People have long suspected or known that the health of the body is intimately connected to that of the mind. Sayings like "died of a broken heart" or "pined away from grief" are expressive of this relationship in its extreme form.

Modern research validates this ancient intuitive knowledge, showing that healthy emotions must be experienced and expressed in a correspondingly healthy manner to enhance mental and physical wellbeing. Unhealthy emotions, or healthy emotions which are suppressed and not allowed any expression, may leach away the energy of living and increase the propensity to unhealthy coping mechanisms, chronic disease, or autoimmune manifestations. This now could lead to formation of symptoms and according to § 7 of the Organon of Medicine 6th edition "... be the symptoms alone by which the disease demands and points to the remedy suited to relieve it - and moreover, the totality of these its symptoms, of this outwardly reflected picture of the internal essence of the disease, i.e., of the affection of the vital force..." Emotions have long been classified as positive or negative, but a better way to think of them might be to evaluate how they affect one's general outlook on life under a given set of circumstances. For instance, in some situations, anger or fear is a positive response, while in others, they are uncalled for and therefore negative.

As psychologist Dr. Barbara L. Fredrickson of the University of North Carolina says, "All emotions affect the immune system. The effect of negative emotion includes lower lymphocyte response to antigens that would otherwise induce their proliferation, reduced natural killer (NK) cell activity, and fewer white cells in the blood. Immune deregulation as the result of psychological factors, such as unhealthy emotions, surely can be one of the underlying

mechanism for aging, cardiovascular disease, osteoporosis, type 2 diabetes, arthritis, some cancers, and even frailty, via the production of inflammatory chemicals in the body in response to a negative effect in Psora in terms of Homoeopathy. Again, both acute and chronic stress, hostility, and depression are suggested to be independent risk factors for cardiovascular disease.

Conversely, a positive outlook on life has been associated with lower blood pressure, reduced cardiovascular risk, better weight control, healthy blood sugar levels, and increased longevity. Neuronal health and neural functioning, cardiovascular health, immune function, and endocrine physiology are all involved in stress responses or stress related disorders.

Some researchers propose that emotions induce eating by controlling the choice of foods or inhibiting food intake; emotions switch off higher brain control of eating; some individuals eat to reduce their emotional intensity. Comfort eating is often a mechanism to reduce negative emotions and control their intensity. It is a known fact that the centre for hunger and satiety is present in the nucleus dorsalis medialis of the hypothalamus. The hypothalamus is also related to emotions like anger and rage. Mood and anxiety disorders are characterized by disruptions occurring at various levels like neuroanatomical, neuroendocrine or neurotransmitters. Higher cortical areas in the brain or the limbic system or the brain stem could be involved. The emotions processing brain structures are generally referred as The Limbic System. The limbic cortex consists of the insular cortex and the cingulate cortex. The HIPPOCAMPUS is also an important structure of the limbic system which has some control over the hypothalamic stress response system and is related to the hypothalamic-pituitary- adrenal axis. Control of behaviour is a function of the entire nervous system. The Hypothalamus despite its small size of only a few cubic cms and represents less than 1% of the brain mass is one of the most important of the control pathways of the limbic system. Along with the vegetative and endocrine functions of the body it also is related to many aspects of emotional behaviour.

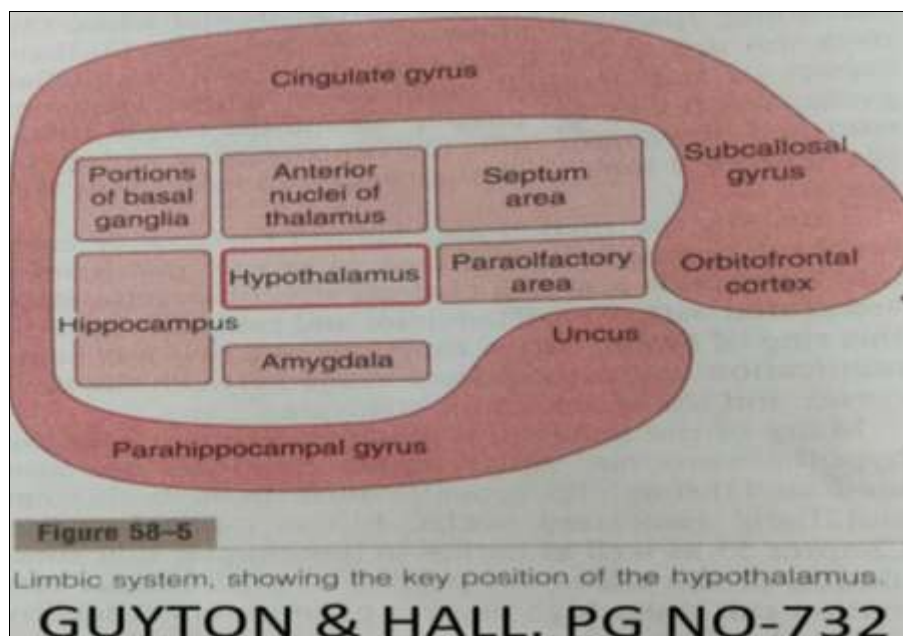


Fig 1: from Guyton & Hall page no 732. It depicts the limbic system

The hippocampus is the elongated portion of the cerebral cortex that folds inward to form the ventral surface of much of the inside of the lateral ventricle. It is also related to the behavioural pattern. In fact it is related to the phenomenon called anterograde amnesia. Without the hippocampi consolidation of long term memories of the verbal or symbolic thinking type is poor or does not take place. The amygdala, which is a structure belonging to the limbic

system is a complex of multiple small nuclei located immediately beneath the cerebral cortex of the temporal lobe. It processes emotionally salient external stimuli and is known to initiate the appropriate behavioural response. The amygdala is responsible for the expression of fear and aggression as well as species-specific defensive behaviour. It also plays a role in the formation and retrieval of emotional and fear-related memories.

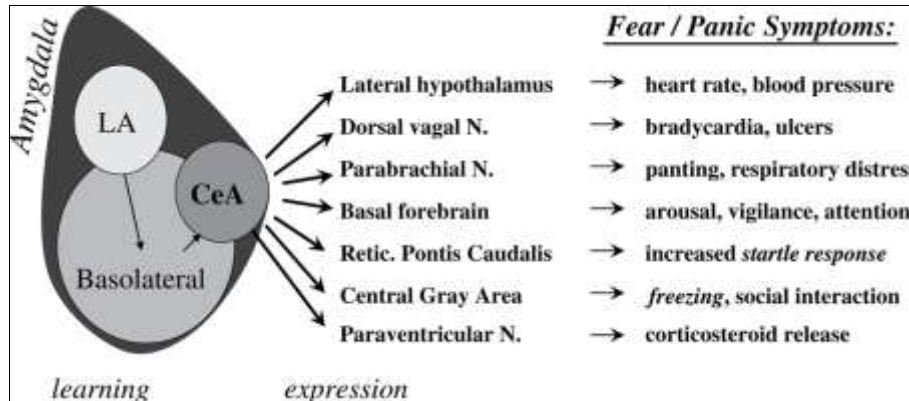


Fig 2: from Davis M about the amygdala in fear and anxiety and taken from the internet

(Adapted from Davis M. The role of the amygdala in fear and anxiety. Ann Rev Neurosci 1992;15:356 & taken from the internet.)

have an anxiety disorder which could result from decreased inhibitory signalling by γ -amino-butyric-acid (GABA) or increased excitatory neurotransmission by glutamate.

The neuroendocrine and neurotransmitter pathways

The neurotransmitters also have important roles to play and hence it is important to consider them. They provide communications between the different regions. Increased activity in emotion-processing brain regions in patients who

Neuropeptides in stress and psychopathology

(Psychiatr Clin North Am. Author manuscript; available in PMC 2013 Jun 17. Published in final edited form as: Psychiatr Clin North Am. 2009 Sep;32(3):549-575. Taken from the internet.)

Table 1: From neuropeptides in stress and psychopathology published as Psychiatr Chin north Am. 2009 September taken from the internet

Neuropeptide	Role in Stress-neurobiology	Role in Psychopathology
Cholecystokinin (CCK) (Brawman-Mintzer <i>et al.</i> 1997; Koszycki <i>et al.</i> 2004) [8, 9]	Weak ACTH secretagogue	Anxiogenic Exogenous CCK evokes anxiety; patients who have anxiety disorders are hypersensitive
Galanin (Gal) (Barrera <i>et al.</i> , 2005; Karlsson and Holmes, 2006) [10, 11]	Increased by physiological and psychological stress and pain	Depressogenic Galanin antagonists are being developed and possess antidepressant properties
Neuropeptide Y (NPY) (Hashimoto <i>et al.</i> , 1996; Heilig, 2004; Martin, 2004; Sajdyk <i>et al.</i> , 2004; Hou <i>et al.</i> , 2006; Yehuda <i>et al.</i> , 2006; Karl and Herzog, 2007) [12-18]	Increased during stress Endogenous alarm system Stress-induced increase in feeding Modulate behavior to cope with chronic stress.	Antidepressant and anxiolytic in laboratory animals Depressed patients have low plasma concentrations of NPY, especially in first episode

Eating too little or overeating are harmful to physical health. According to the Bhagwadgita, श्रीमद्भगवद् गीता - अ 6 आत्मसंयमयोग 6. 17, युक्ताहारविहारस्य युक्तचेष्टस्य कर्मसु । युक्तस्वप्नावबोधस्य योगो भवति दुःखहा ॥ Yet the changes in eating could be the result of emotions hindering eating, a byproduct of certain emotions, or the result of emotional regulation.

Dr. Samuel Hahnemann has paid a lot of attention towards the understanding of mental illness. In fact he was one of the first physicians to see the mentally ill patients as “sick individuals” requiring empathy and proper medical care (Haehl, 1995) [19]. According to him, the mind and body are not two absolutely separate entities but they form an indivisible whole inseparable in fact but distinguishable by mind for easy understanding. In natural diseases the physical disturbances are often found associated with their mental counterparts. Illness is the result of biological as well as of physiological events. Attached herewith is a case which proves all these aspects and also reinforces the fact that Homoeopathic treatment is Par Excellence in such instances.

Some scientists have used brain imaging to map the stimuli that trigger reward pathways in the basal ganglia and the ventral striatum, deep in the brain. Some results show that positive emotions activate the latter for a longer duration, during which time the individual experiences feelings of wellbeing. With negative emotional states, amygdala activation occurs. Interestingly, this part of the brain is involved in processing emotions and regulating stress responses mediated by the important hypothalamo-pituitary-adrenal (HPA) axis. It is, therefore, key to the experience of negative emotions like feeling fear and anxiety.

Details of Person: OPD No. 7064 /2223

Date of Case Definition: 26/11/22

Name: UKP
Age: 54 years
Sex: Male
Occupation: IT professional
Address: Vadodara, Gujarat, India

Chief complain

After Heart Attack (? MI) on 1st May 2022 the patient developed breathlessness on exertion
 Breathlessness on ascending staircase since 2 weeks these complaints have aggravated.
 Heavy breathing <3 least exertion.
 Chest pain3
 Patient has Post MI status, under regular treatment.

Family history

Brother: 57 years has hypertension and diabetes mellitus.

Table 2: Physical Generals

Thermal	Hot3+
Appetite	Cannot tolerate hunger
Desire	Sweets3+
Aversion	Sour food2+
Thirst	Decreased
Bowels	Constipation, satisfaction less2+
Urine	Burning occasionally
Perspiration	Scanty3

Patient as a person

Patient had smooth life before May 2022. When he got transferred to Ahmedabad he had to hustle3+, had exertion3+, after this his complains started. He says “I have tension of work for next day since previous night” i.e. Anticipatory Anxiety3. He is very duty bound person, he has much mental stress for duty. He doesn’t mix easily 3+.

He is a perfectionist3+.
 Patient is so punctual3 in everything, need to reach anywhere and everywhere on time. Great fear of death. Peevish3+ and vehement at least contradiction - He gets angry2 and shouts2 occasionally on people close to him.

By nature he is a reserved3+ person. Constant rapid questioning without waiting for reply. He cannot do things fast enough. He avoids company and likes to be alone3+. He doesn’t like socialising and has fear2 of meeting new people.

Also, he has developed Despair3+ and depressed3+ feeling about recovery.

Miasmatic evaluation of patient

Looking at the pathology of complaints, he had MI which is? Underlying atherosclerotic condition which is a sycotic manifestation with sudden heart attack showing SYPHILIS miasm on surface at present. Seeing the patient as person, the mind of the patient and disposition we can say that he has Syco-Syphilitic manifestations.

So, Dominant miasm – Syco-Syphilis
 Fundamental miasm – Syco2-Tub1

Table 3: Analysis and evaluation of symptoms Kent's approach

Qualified mental state	totality	Reportorial totality
Causation	anticipation	Anxiety anticipatory
Emotion	Fear death of Anthropophobia	Fear death Fear of strangers
Sensation	Despair Depression	Depression of spiritsDespair of recovery
Intellectual state	Perfectionist	Over responsibility Religious affections
Physical generals	Can't tolerate hunger Desire sweets Pectoris Arthritis Aversion to sour Constipation Perspiration scanty	
Common symptoms	Angina	

Repertorial Result

Remedy	Ars	Lyc	Aur	Kali-c	Puls	Lach	Arg-n	Nux-v	Phos	Calc	Rhus-t	Ign	Nat-m	Hep	Merc
Totally	38	34	32	31	29	28	27	27	27	26	26	25	25	24	24
Symptoms Covered	11	11	13	11	10	10	10	10	10	8	8	11	9	10	8
[Complete] [Mind]Fear:Death, of:Heart complaints, in:	3	0	3	1	0	3	0	0	0	0	0	0	0	0	0
[Complete] [Mind]Fear:People, of, anthropophobia:	0	4	3	3	4	3	1	0	2	2	4	1	3	1	1
[Complete] [Mind]Anxiety:Heart complaints, in:	4	4	4	3	4	4	3	3	4	4	3	3	4	3	3
[Complete] [Mind]Responsibility:Strong, or too:	0	1	2	3	1	0	1	0	0	3	0	3	1	1	0
[Complete] [Mind]Violence, vehemence:Contradiction, from:	0	2	2	0	0	0	0	2	0	0	0	2	0	0	0
[Complete] [Mind]Fastidious:	3	4	1	3	4	0	1	3	1	0	0	1	3	3	0
[Complete] [Mind]Despair:Recovery, of:	4	1	1	2	1	4	0	3	1	4	0	3	1	1	3
[Complete] [Mind]Suicidal disposition:Thoughts:	3	0	4	0	3	1	3	3	1	0	3	3	0	3	3
[Complete] [Respiration]Difficult:Ascending egg.:	4	3	1	3	1	1	3	2	3	4	3	1	4	0	4
[Complete] [Respiration]Difficult:Exertion egg.:	4	4	3	3	4	4	3	3	4	4	3	3	4	3	4
[Complete] [Heart & Circulation]Angina pectoris, stenocardia:	4	3	4	3	0	3	4	3	4	0	4	0	0	3	0
[Complete] [Stomach]Thirstlessness:	4	4	3	3	4	4	4	4	4	2	3	4	3	3	3
[Complete] [Generalities]Food and drinks:Sweets:Desires:	2	4	1	4	3	1	4	1	3	3	3	1	2	3	3

Fig 3: indicative of the repertorial result in picture table form.

Group of Remedies

1. Kali carb
2. Lycopodium
3. Aurum met

Choice of Remedy

Aurum metallicum 1M 1 dose

Reasons

As stated By Dr, J. T. Kent

Aurum met is full of melancholy and depression in which he sits in silence and says nothing.

Causes of prolonged anxiety, unusual responsibility, etc. he is aroused by vehemence, anger and violence. He is largely affected but affections are kept to himself, he hides it. And Affections of heart.

Follow up

Table 4: The complaint and follow up of the patient from the case paper.

Date of follow up	Follow up	Action taken	Interpretation
14/12/22	PATIENT is better in cardiac pain almost 40 percentage improvement. Also he has increased concentration and sleep.	Placebo	Cardiac complaints, here angina and breathlessness is improved- ?Kent’s 4 th Observation
4/1/23	Patient is very well but sometime he feels heaviness of the chest	Aurum met 1 m single dose repeated	Particulars relapsing but generally the patient feels better which is A good sign. Pt is improving in chronic complaints – remedy selected is SIMILIMUM
20 /1 /23	Patient has improved in all complains and appetite has also increased	Placebo	Improved – action taken is favorable
8/9/23	Patient stopped medicines as he felt good and had no complaints for 8 months NEW Acute complaints Throat pain ³ , <swallowing, Rough burning sensation, thirst decreased, appetite – normal, Breathing heavily and tickling sensation	Gelsemium 30 TDS	Acute sector remedy given
15/9/23	No any complaints	Placebo	Sector resolved with phasic remedy- gels
23/9/23	Patients says he is relieved by 100% in all the previous complaints ad right now he doesn’t have breathlessness and no angina Occ anxiety about recurrence of angina is present. Pt says he worries less now and is feeling much better All the physical generals are good.	Placebo	AURUM has definitely helped pt in his chronic complaints and thus action taken is favorable.

Conclusion

Table 5: A snapshot of the patients acute and chronic complaint sphere with interpretation of both remedies Aurum met and Gelsemium in anxiety

Chronic		Acute		Interpretation
Cardiac complaints Mental state Disposition Miasm	Aurum Met	Throat pain Sensations Sphere of action	Gelsemium	Aurum and Gels both are remedies covering Cardiac sphere Both remedies have effects of prolonged/recent anxiety

Conclusion

1. Looking at the interpretation a relation between Aurum met and Gels could be established for future studies.
2. It opens a window for correlation between these two remedies in clinical practice, but further more studies are required.
3. Efficacy of single dose in chronic complaints, that following the Hahnemannian principles and basic laws of nature gives us favourable results.
4. If the remedy selected is perfect similimum “ideal cure” like cure is obtained in practice too.
5. The key to achieve these is to be free from prejudices for patient and also for medicine, and complete honesty, dedication, discipline and perseverance in following homeopathic principles.

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