



Role of Homoeopathy in Treating Psychosomatic Ailments and Restoration of Mental Health: case series

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Abstract: The term psychosomatic is derived from Greek word “psyche” (mind) and “soma” (body). Mental and emotional factors can influence the onset and progression of physical disorders. Improvement in mental and moral well-being can enhance physical health and resistance to illnesses. This paper presents a case series of five psychosomatic ailments treated with classical homoeopathy instead of conventional methods.

Case summary: This case series examines five psychosomatic diseases where ‘*ailments from*’ (*mental cause*) played a key role in selecting the similimum. It highlights Homoeopathic philosophy that normalization through treatment balances the will and the rational mind. All 5 patients experienced no recurrence and improved health without conventional treatment. However, larger studies are needed for evidence- based evolution. The positive outcomes resulted follow-up and timely interventions with acute homoeopathic remedies.

Keywords: Psychosomatic ailments, psyche, soma, Homoeopathy

Introduction:

Psychosomatic disorders are the group of mental ailments in which emotional stress is a contributing factor to physical problems. The term psychosomatic is derived from Greek word “psyche” (mind) and “soma” (body) (Samaran & Vivek, 2020). 5% to 7% of the general population suffer from psychosomatic disorders (Psychosomatic disorder, n. d.).

Usually people with psychosomatic disorder won’t get their diagnosis from healthcare providers leads to frustration and distress (Psychosomatic disorder, n. d.).

The main psychosomatic treatment is psychopharmacological therapy with antidepressants, and Cognitive Behavioural Therapy (CBT) is often the treatment of choice for a psychosomatic disorder (Yoshikawa T, Toyofuku A. (2012).



Dr. Samuel Hahnemann the founder of Homoeopathy was the first, who not only highlighted the importance of mind, but also stated that disease starts in the mind. Homoeopathic remedies function at the level of mind and body collectively, thus eradicating the disease (Hahnemann, 2004).

Methods

The five cases presented here are from authors private clinic, were suffering from different psychosomatic ailments. The probable diagnosis was made by earlier physician or based on presenting complaints. Other baseline investigations like, haemogram, urine examination, thyroid profile were performed.

Outcome Related to Impact on Daily Living (ORDIL n. d.) was applied at every follow-up to assess the symptomatic improvement. Individualised homoeopathic medicines were prescribed after complete analysis, evolution and repertorisation of cases. Lifestyle modifications regarding diet, exercise, and attitude towards life were also advised to patients. These cases were followed up till the symptoms improved.

Informed consent of all the patients was taken to use the data or results arising from the study for scientific purposes.

Case Reports

Case 1

A 50-year- old male patient visited to my Private clinic with complaints of pain and fullness of abdomen , constricting feeling all over the body since 6 month; restlessness, discontented feeling since 6 months. Loss of appetite with anticipatory anxiety was present. He visited a general physician who recommended CT scan abdomen which showed? **Colitis**.

Mental state: The patient is teacher by profession. He is duty oriented, conscientious and time-oriented with religious in nature. 6-7 months back he was scolded by his boss in front of all the staff due to other person's fault, which he felt very bad then all above complaints started.



Figure 1: Case 1- Repertorial sheet

Table 1: Follow-up chart (case 1)

Date	Symptoms	Prescription	ORIDL SCALE
04/12/2020	Pain and fullness of abdomen, loss of appetite, discontented feeling.	Arsenicum album 200/1 dose/stat Placebo/TID/ 1 week	First visit
12/12/2020	Relief of complaints more than 50%, appetite improved.	Placebo/TID/ 3 weeks	+3
06/01/2021	No new complaints. Generality improved.	Placebo/TID/ 3 weeks	+4
18/02/2021	C/O – cold, cough & sore throat < cold	Rhus tox 30/BD/2 days Placebo/TID/ 2 weeks	-
10/03/2021	No complaints	Placebo/TID/ 1 month	+4
15/04/2021	Feeling better. No other complaints.	Placebo/TID/ 1 month	+4

Case 2

A 7-year-old boy came with his mother for the complaints of **recurrent pain abdomen** (unexplained) since 2&1/2 years, also ultrasound suggested nothing abnormality.

Mental state: As per mother's narration, since the birth of younger brother this complaint of abdominal pain started. He is in 2nd standard with high academic performance, has fear of strangers, sensitive, obstinacy. Jealous on younger brother.

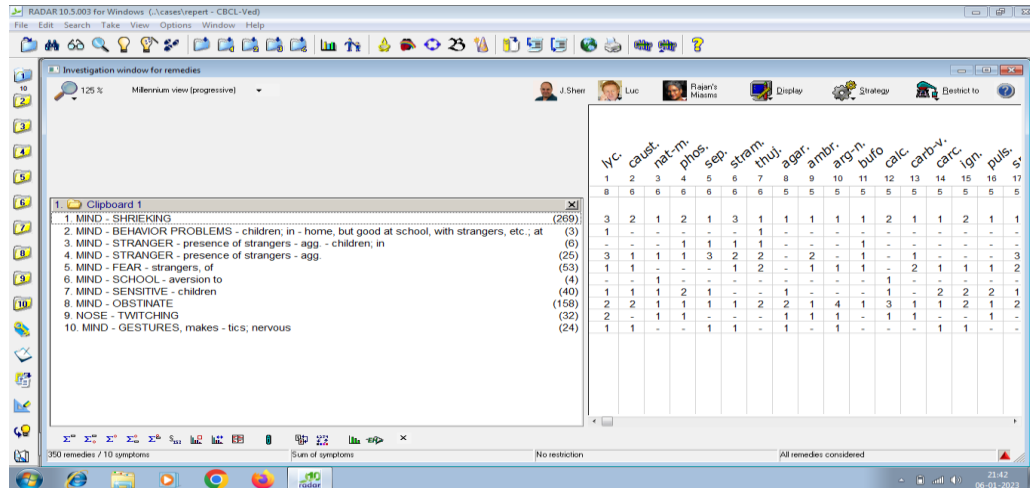


Figure 2: Case 2- Repertorial sheet

Table 2: Follow-up chart (case 2)

Date	Symptoms	Prescription	ORIDL SCALE
25 /03/2021	Generalized pain abdomen, Irritability, CBCL score 71	Lycopodium 200/1 dose /stat Placebo/TID/ 1 week	First visit
04/04/2021	Complaints relieved for > 50% (as per mother)	Placebo/TID/ 3 weeks	+3
05/05/2021	No complaints.	Placebo/TID/ 3 weeks	+4
20/05/2021	Fever with sore throat.	Sil 30/BD/2 days Placebo/TID/ 2 weeks	-
01/07/2021	Pain in lower limbs, attending school regularly.	Placebo/TID/ 3 weeks	+4
02/10/2021	Visited with father, CBCL score – 67.	Placebo/TID/ 3 weeks	-
24/11/2021	No complaints, irritability reduced. Plays with younger brother.	Placebo/TID/ 1 month	-
04/03/2022	No complaints. Behaving like good boy (fathers expression on phone).	Placebo/TID/ 1 month	-
25/09/2022	CBCL score 55 Recurrent complaint of pain abdomen reduced.	Placebo/TID/ 1 month	+4



Case 3

A 48 year-old-female presented with complaints of giddiness, pain in the neck, pain in the right arm since 1 year. She also had complaints of headache and lower backache since 2 months. On x-ray it showed **cervical spondylitis**.

Mental state: Born and brought in middle class family who was police by profession took voluntary retirement at the age of 45 because of family disputes. Lost her parents and brother in RTA. She was in love with her colleague, who was married with 3 kids, which was shock to her. Broods on past. Fear about future, decisive feeling.

Figure 3: Case 3- Repertorial sheet

Table 3: Follow-up chart (case 3)

Date	Symptom	Prescription	ORIDL SCALE
11/12/2021	Pain over neck extending to the right arm, anxiety about health, vertigo, brooding.	Lachesis 30/1 dose/stat Placebo / TID/ 15 days	First visit
28/12/2021	Better 30-35%. No new complaints.	Placebo / TID/ 15 days	+1
13/01/2022	No new complaints. Status quo.	Lachesis 200/1 dose Placebo / TID/ 15 days	+1
28/01/2022	Relief of complaints by 75%. Appetite improved. Sleep sound.	Placebo / TID/ 1 month	+3
22/02/2022	No any new complaint. Pain over neck occasionally.	Placebo / TID/ 1 month	+3
27/03/2022	No new complaints.	Placebo / TID/ 1 month	+4



Case 4

A 33-year-old female visited my Private Clinic with complaints of backache, hair fall and easily fatigued since 8 months. On consulting she diagnosed as a case of **hypothyroidism** and on supplementary treatment of Tab. Thyroxin 100mcg without relief of above symptoms.

Mental state: This patient started crying while narrating her complaints and was praying for the relief of her complaints. Complaints started due to domination by her in-laws. Worried about children's future and their career. Helplessness feeling.

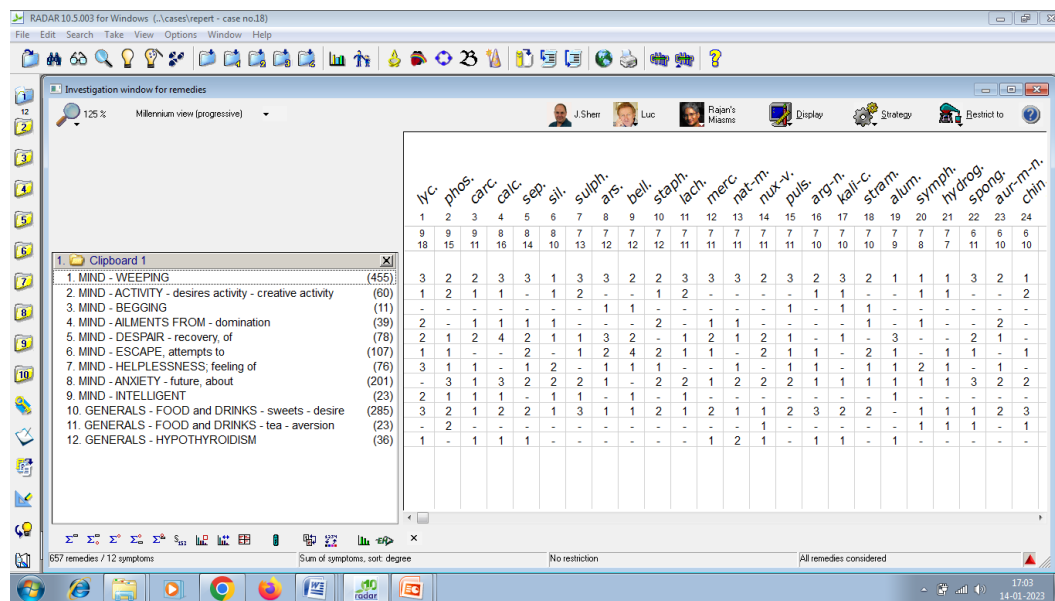


Figure 4: Case 4- Repertorial sheet

Table 4: Follow-up chart (case 4)

Date	Symptom	Prescription	ORIDL SCALE
08/09/2021	C/o backache, hair fall and getting fatigued easily. Fear future about, a/f domination, helplessness.	Sulphur 30/1 dose/stat Placebo/TID/15 days	First visit
15/10/2021	Complaints reduced to 30% No new complaint.	Placebo/TID/ 1 week	+1
22/10/2021	Previous thoughts +, escape desire for +.	Calc. carb 30/1 dose / stat Placebo/TID/ 1 week	+1
30/10/2021	General improvement 60%. Marked changes in hair fall and sleep improved.	Placebo/TID/ 1 month	+3
02/12/2021	Backache occasionally. No new complaints.	Placebo/TID/ 1 month	+4
15/01/2022	Thyroid profile repeated. Marked improvement. No other complaints.	Placebo/TID/ 1 month	+4



Case 5

A 45-year-old female presented with complaints of **involuntary urination** since 2 years, trembling of extremities and recurrent headache since 2 years. On consulting many general physicians, who prescribed NSAIDs, she started profuse sweating and anxiety thereafter.

Mental state: An Intelligent and ambitious woman who became politician with her husband's and younger brothers support, collapsed totally after the sudden death of her husband and younger brother due to MI in consecutive 2 years. Followed by suicide of her younger Bhabhi and her only son which led her feel unfortunate, helpless and insecure. These incidences made her sleepless, frightened with above physical complaints.

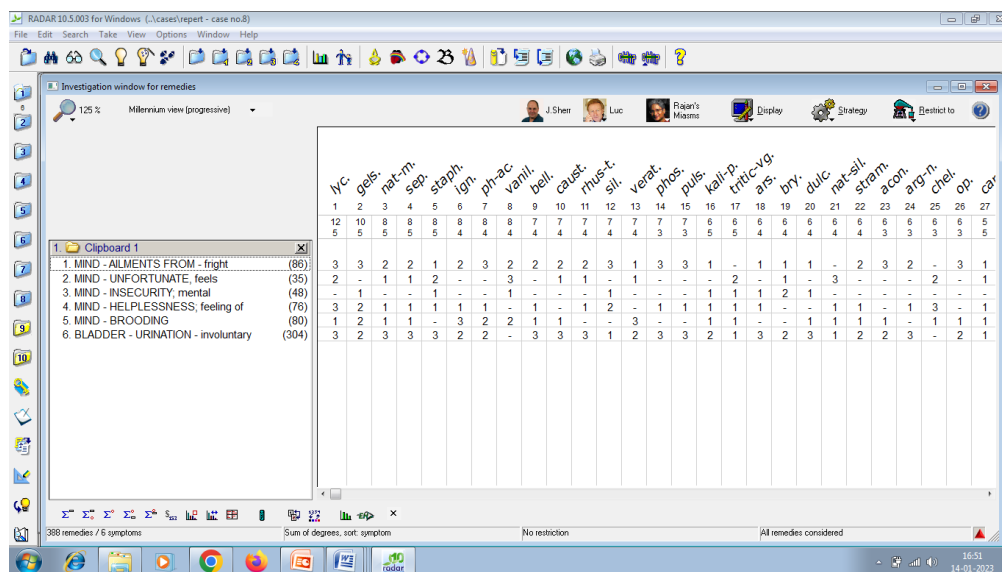


Figure 5: Case 5- Repertorial sheet

Table 5: Follow-up chart (case 5)

Date	Symptom	Prescription	ORIDL SCALE
15/01/2022	c/o Incontinence of urine, recurrent headache, unfortunate feeling, insecurity, helplessness, depression+	Lycopodium 200/1 dose/stat Placebo/TID/ 1 week	First visit
22/1/2022	Relief for 40%. Incontinence+, headache occasionally.	Placebo/TID/ 1 week	+1
06/02/2022	Sleeplessness+, Incontinence+	Opium 30/1 dose/stat Placebo/TID/ 1 week	+1
13/02/2022	Sleep improved, Incontinence reduced for 40%, generally feeling better. Positivity towards life+	Placebo/TID/ 15 days	+3
15/03/2022	No new complaints, Incontinence occasionally.	Placebo/TID/ 1 month	+3
16/04/2022	Incontinence occasionally, Positivity towards life+.	Placebo/TID/ 1 month	+3



15/05/2022	Sleep sound, headache reduced.	Placebo/TID/ 1 month	+4
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Discussion:

The case taking for all cases was done adhering to the homoeopathic principles. All the data, including personal and family history, physical and mental generals, were assessed.

Individualised homoeopathic medicines were prescribed after repertorisation based on constitutional make-up, mental and physical generals, well-marked particulars and other important symptoms/signs found during thorough case taking. The predominant miasms were also taken into consideration before prescribing the medicine.

The assessment of improvement was done clinically by symptoms and the disappearance of other associated complaints, periodic measurement of different scales like CBCL, ORDIL for impact on daily life.

In case 1, the patient started improving after he was prescribed *Arsenicum album* 200. It was given on the characteristic symptoms like duty oriented, conscientious, restlessness etc. After 1 year follow-up, CT scan showed a normal report. His appetite improved with better feeling in general.

In case 2, the patient started improving after he was prescribed *Lycopodium* 200. It was given on his totality of the symptoms. The child showed improvement in his behaviour with no pain abdomen. CBCL score at the interval of 6 and 12 months showed reduction in the score of 67 & 55 respectively.

In case 3, the medicine selected was *Lachesis* 30. Based on the mental characteristics like disappointment, brooding, anxiety about health, dreams of snake. Case showed slow improvement initially, later a dose of *Lachesis* 200 repeated then she showed improvement in general with no pain over neck and arm in last 8 months.

Case 4 was a *Sulphur*. Based on characteristic symptoms which were covered in highest grade by the medicine like ailments from domination, despair recovery of, helplessness, escape desire for. The patient responded slowly initially, but after intercurrent dose of *Calc. carb* 30, the improvement started in Thyroid profile with better feeling in general.

In case 5, the patient was prescribed *Lycopodium* 200. on the basis of totality likes, ailments from-fright, unfortunate feeling, insecurity, brooding and involuntary urination. The patient responded well to *Lycopodium*. Her appetite improved with positivity to face the problems.

No recurrence of the symptoms was reported in all these patients subsequently.

From all these cases, it can be inferred that homoeopathic medicines have a strong role to play in the treatment of psychosomatic ailments and can bring about a harmony in the patient's overall health in patients suffering with restoration of mental health. Homoeopathic



treatment also reduces the chances of long-term dependency on conventional medicines and their associated side effects.

Conclusion

Homoeopathic treatment was able to reduce the various somatic diseases arising from a psychic cause.

Homeopathy offers safe, gentle, non-toxic remedies, administered with holistic principles. They can provide ideal alternatives to conventional medications without any adverse effects. When an individual becomes normalized by the homeopathic cure, the deeper side of his being, the will and the understanding or the rational mind are balanced. With the change in the mental and moral sphere, the physical health improves with a high degree of resistance to maladies of all kinds. Such is the transition from constitutional weakness and suffering to homeopathic health and comfort.

More number of randomized clinical trials (RCT) is suggested to assess the efficacy of homeopathic remedies in a large number of similar cases to help individuals and society at large.

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