

Reflections on Psychosomatic Cases.

Psychosomatic medicine is an interdisciplinary medical field studying the relationships of social, psychological, and behavioural factors on bodily processes and well-being in humans and animals. The influence that the mind has over physical processes — including the manifestations of physical disabilities that are based on intellectual infirmities, rather than actual injuries or physical limitations — is manifested in treatment by phrases such as the power of suggestion, the use of "positive thinking" and concepts like "mind over matter".

The academic forebear of the modern field of behavioural medicine and a part of the practice of consultation-liaison psychiatry, psychosomatic medicine integrates interdisciplinary evaluation and management involving diverse specialties including psychiatry, psychology, neurology, surgery, allergy, dermatology and psychoneuroimmunology.

The very first reference of this illness is found when one reads the history of medieval Islamic period, the Persian psychologist-physicians Ahmed ibn Sahl al-Balkhi and Haly Abbas developed an early understanding of illness that was due to the interaction of the mind and the body. They realized how a patient's physiology and psychology can have an effect on one another. They found correlations between patients who were physically and mentally healthy and between those who were physically and mentally ill.

Franz Alexander led in the beginnings of the 20th century, the movement looking for the dynamic interrelation between mind and body. Sigmund Freud pursued a deep interest in psychosomatic illnesses following his correspondence with Georg Groddeck who was, at the time, researching the possibility of treating physical disorders through psychological processes.

Since the 1970s, due to the work of Thure von Uexküll and his colleagues in Germany and elsewhere, biosemiotic theory has been used as a theoretical basis for psychosomatic medicine.

Some physical diseases are believed to have a mental component derived from the stresses and strains of everyday living. This is the case, for example, of lower back pain and high blood pressure, which appear to be partly related to stresses in everyday life. Psychiatry has found it difficult until relatively recently to distinguish somatoform disorders, disorders in which mental factors are the sole cause of a physical illness, from psychosomatic disorders, disorders in which mental factors play a significant role in the development, expression, or resolution of a physical illness.

The Academy of Behavioural Medicine Research United States have now concluded that mental stress diverts energy away from the immune system, and thereby promotes infections in the body e.g. *Helicobacter pylori* or illnesses like Irritable Bowel Syndrome (IBS)

However, while it is necessary to identify if an illness has a physical basis, it is recognized more and more that the effort to identify disorders as purely physical or mixed psychosomatic is increasingly obsolete as almost all physical illness have mental factors that determine their onset, presentation, maintenance, susceptibility to treatment, and resolution.

Case1:

The story goes like this a Indian women from Yorkshire England comes to me in her early forties with following complaints heavy profuse menses with large dark clots, during menses severe rheumatic pains all over the body, Her gynaecologist in England said she has endometriosis with large sub serous fibroid and it requires surgery, history of multiple abortions in the past. Most of her abortions were as a result of fright and fear from her dominating in-laws and her husband.

She also had sero negative arthritis accompanied by severe rheumatic pain worse cold wet weather.

She was very sad and depressed with suicidal thoughts.

Her life history was she was a Muslim girl from a very rich family in Bombay highly qualified, intelligent and beautiful falls in love with a sindhi boy ,there was much opposition from both sides but the couples were adamant to marry, after few months of marriage the mental torture started from husband and in laws due to cultural differences,money matters,freedom etc .she was totally trapped by this marriage as her passport and her jewellery all was taken away by her husband, she was totally disappointed in love, husband will turn very violent if she back answers him, since childhood she was extremely claustrophobic ,she with a constant fear the her husband will murder her or do violence on her.

She was advised surgery followed by hormonal treatment but she was afraid and hence opted for homoeopathy, here you will see that her emotions were responsible for her endocrine system going haywire and hardening of her emotion lead to hardening of her tissues esp. large fibroid.

Based on her symptoms I selected Cimicifuga which totally cured her endometriosis along with fibroids.

Case:2

This is a case of young girl who in her late teens complained of boils and painful pimples around mouth, nose and on forehead, the pimples usually turns into pustule and then when it dries up it turns into crust. This kind of skin disease made her look very ugly with lots of social embarrassment. She also complained of gastro reflux as she frequently had to vomit bitter substance after every meals, the gastroscopy showed the laxed sphincter, she also had an element of Irritable bowel syndrome characterised by rumbling,gurgling,passing lots of flatus, urge to pass stool after meals. She craved to eat bread and had aggravation after eating fatty food.

Here is what was her story she was coming from a broken family where parents were always at loggerhead and she witnessed violence between them since early age, she was neglected as a child never received any warmth

affection from parents also they were putting lots of restriction on her freedom. She was quite reserved as a person and developed lots of anxiety for future with fear of rejection, she never wanted to remain at home and always wanted to be among her friends till late in the evening, The problem started when her best friend got engaged to a boy and refused to give her time and company which she needed the most. Slowly this started affecting her health first her menses became scanty and painful, later she started developing pimples as described above.

Here the whole case revolves around lack of love, rejection from friend and feeling forsaken, she was given Magnesium carb which totally cured her skin problems in four months.