

## **Psychosomatic diseases and Homoeopathy.**

Stress has strongest influence on mind and emotions there by affecting functioning of mind and physical body.

In the world famous book for medical doctors named Principles of Internal Medicine (Harrison) it was reported that 50-80% of all physical disorders have psychosomatic or stress related origins.

Many doctors feel to suffer from psychosomatic illness is actually no illness or is an manifestation of hysteria. However, the real meaning is that psychosomatic illness is one *in which the state of mind (psyche) either causes or mediates a condition of actual, measurable damage in the body (soma).*

Examples include: ulcerative colitis, bronchial asthma, migraine, rheumatoid arthritis, and even cancer.

### Case 1

A 47 years' executive comes with a complaint of migraine with constipation and financial insecurity. This is present since past five years, he was an ex-employee of a reputed international bank in Holland and over there he had some clash of ego with his boss who transferred him to Bangladesh and then to India, this loss of position affected him a lot, as he felt that his boss demoted him for his selfish reason.

His head pain is controlled by Maxalt (Rizatriptan Benzoate) ,1 tablet daily at breakfast, if he forgets to take then attack comes in few hours, he was slowly getting addicted to Maxalt. His headache starts in forehead and then extends to occiput, any anger aggravates and drinking coffee ameliorates him. With headache he gets stomach upsets like eructation, distention of abdomen and constipation. Most of his daily habits are sedentary and as a result he suffers from constipation, he leaves his house for work at 8 am and returns at 9 p.m. He is always tense about job security and business. He earns three lakhs per month as a salary but always is tensed about future and as a result saves most of his money!

He is very careful in all his dealings esp. if money is involved, he loves work and on Sundays he is busy working from home. He still can't forget about the way he was treated by his boss, his migraine only started after his transfer from Holland. Whenever he becomes anxious he starts sweating or when he is attending big board meeting he starts sweating, he likes to eat onions with every meal and he wants his food to have good amount of Indian spices on weekend he needs his glass of whiskey. He sleeps on his back.

He was given Bryonia based on following symptoms

- MIND - ACTIVITY - desires activity
- MIND - AILMENTS FROM - position; loss of
- MIND - ANXIETY - money matters, about
- MIND - CAREFULNESS
- MIND - DELUSIONS - unfortunate, he is
- MIND - DELUSIONS - work - accomplish her work; she cannot
- MIND - DELUSIONS - work - hard; is working
- MIND - FEAR - poverty, of - spending money in order not to be short of it in future; fear of
- HEAD - PAIN - anger; after
- HEAD - PAIN - coffee - amel.
- HEAD - PAIN - Forehead - extending to - Occiput
- ABDOMEN - GASTROINTESTINAL complaints - accompanied by - Head; pain in
- SLEEP - POSITION - back; on
- PERSPIRATION - ANXIETY, during
- PERSPIRATION - MENTAL EXERTION - agg.
- GENERALS - FOOD and DRINKS - alcoholic drinks - desire
- GENERALS - FOOD and DRINKS - onions - desire
- GENERALS - FOOD and DRINKS - spices – desire

He was given Bryonia 30c 1 tsf from five cup 2 times a day for 3 weeks and asked to reduce Maxalt slowly.

He felt much better emotionally within four weeks of Bryonia, his headache was relieved by sixty percent, medicine was continued for three more months by this time Tablet Maxalt was totally stopped, his migraine improved and also his long standing constipation also improved.

In my practice following are the most important symptoms to identify Bryonia:

1. - Mental, emotional and physical motion agg.
2. - Pressure amel. (except stomach), lying on painful part amel.
3. - Talks, dreams of business.  
- Fear poverty, future.
4. - Irritability during heat, when questioned.
5. - Chill after anger, with hot head and red face.  
- refuses things asked for.
6. - Aversion to being disturbed, company.
7. - Insecurity and loneliness.
8. - Discontented.
9. - Del. being away from home; desires to go home.
10. - Vertigo as if sinking through bed.
11. - Headache above left eye ext. to occiput and then over whole spine agg.  
least motion, even of eyes; >>rest, lying on painful side.
12. - Greasy hair.
13. - Epistaxis 3-4 a.m.  
- Epistaxis instead of menses.
14. - Pale face in pleura/peritoneum-disease, red face in articular affections.
15. - Sensitive abdomen; appendicitis.
16. - Constipation; hard, dry stool.
17. - Mastitis.
18. - Cough painful, holds chest and head agg. entering warm room.
19. - Thirst for large quantities, at long intervals.
20. - Dry membranes, mouth, stool.
21. - Synovial membranes of joints inflamed, swollen.
22. - Des.: meat; oysters; sour; coffee; wine; strange things.  
- Avers.: milk, but it amel.

23. - Agg.: motion; 9 p.m. ; spring; change of weather; warm; stooping; touch; rising; eating; deep breathing.  
- Amel.: pressure; lying on painful part; open air; rest; drawing up knee.