

Management Of Stress Through Homeopathy With The Help Of Synthesis 9.0 Repertory

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Abstract

Stress is an unpleasant state of emotional and physiological arousal that people experience in situations that they perceive as dangerous or threatening to their well-being. Homeopathy is like a cleanup process on all levels of physical, mental and emotional state. Stress is an unpleasant state of emotional and physiological arousal that people experience in situations that they perceive as dangerous or threatening to them. Homeopathy is highlighted as a holistic system with its concern for prevention and promotion of stress and mental health. Synthesis 9.0 Repertory is one of the modern repertory among all repertories. It is an enlarged version of the 6th American edition of Kent's Repertory. it contains some rubrics related stress.

Keywords: Stress, Homeopathy, Mental Health, Synthesis 9.0 Repertory- stress related rubrics, Remedies.

Introduction

Stress is an unpleasant state of emotional and physiological arousal that people experience insituations that they perceive as dangerous or threatening to them. The word stress means differentthings to different people. Some people define stress as events or situations that cause them to feel tension, pressure, or negative emotions such as anxiety and anger. It is big problem in our society. Stress related not only the major physical illness but also many of the minor aches & pains we experienced in day-to-day life may be caused or worsened by stress. Stress is a common experience. Stress start due to problems at work or in social relationships etc., illness or things about these perceived threats. Stress has both positive and negative effects. Stress is a normal, adaptive reaction to threat. It signals danger and prepares us to take defensive action. If not managed appropriately, stress can lead to serious problems. Exposure to chronic stress can contribute to both *physical illnesses*, such as heart disease and *mental illnesses*, such as anxiety disorders, cancer etc. diseases. The field of health psychology focuses in part on how stress affects bodily functioning and on howpeople can use stress management techniques to prevent or minimize disease. ^[1]

TYPES OF STRESS:-

- 1) Acute stress- Sometimes stress can be brief, and pressures of a particular situation, such as a deadline, a performance or facing up to a difficult challenges or traumatic events. This type of stress often gets called acute stress.
- 2) Episodic acute stress- some people seems to experience acute stress over and over. This is sometimes referred to as episodic acute stress.
- 3) Chronic stress- the third type of stress is called chronic stress. This involves ongoing demands, pressures and worries that seem to go on forever, with little hope of letting up. Chronic stress is very harmful to people's health and happiness.^[2]

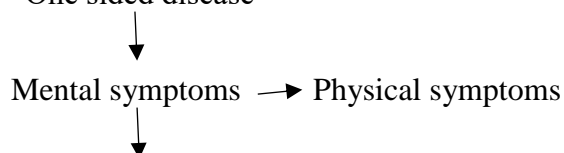
STRESSOR: - THE Circumstances that cause stress are called “stressor.” Stressor Vary in severity & duration; some events, such as the death of loved one are stressful for everyone but in other situations, individuals may respond differently to the same event-what is stressors for one person may not be stressful for another. Despite the wide range of stimuli that can potentially produce stress, it appears that many events we find stressful share several characteristics.

- 1) They are so intense that they produce state of overload we can no larger adapt to them.
- 2) They evoke incompatible tendencies in us, such as tendencies both to approach & to avoid some object or activity.
- 3) They are uncontrollable beyond our limit of control^[3]

Philosophical Approach: -Dr. Hahnemann classifies the mental diseases and gives brief guidelines of their treatment in 6th edition of Organon of medicine (Aphorism 210 – 230).^[4]

Hahnemann has classified mental disease under—

“One sided disease”



These are divided into 4 types: -

1. **Somato – psychic diseases** (Aphorism 216): -Treatment consists of selection of similimum on the basis of corporeal and mental symptoms in a person followed by an antipsoric remedy.
2. **Acute flurrying** (Aphorism 221): -Acute remedy is selected first on the basis of corporeal and mental symptoms followed by an antipsoric remedy, is the suggested way of the treatment.
3. **Mental diseases of doubtful origin** (Aphorism 224): -In these types of diseases, display of confidence, friendly exhortations and sensible advice is to be given to bring down the emotional upset, and if it does not help, a deep antipsoric remedy, has been suggested as the proposed mode of treatment.
4. **Psychosomatic disease** (Aphorism 225): -Treatment consists of display of confidence, friendly exhortations, sensible advice to bring down the emotional upset, and if it does not help, a deep antipsoric remedy is prescribed.

Dr Hahnemann is said to be pioneer in treatment of mental disorders, where he saw the aberrant behaviors of mental patients as a disease. He gave pioneering ideas about the nature of mental disease and how sufferers ought to be treated. The holistic approach to treatment not only relieves complaints of such kind but also makes the person more functional to become more adaptable and better equipped to handle stress of life. Homoeopathy considers that health is intimately connected to understanding the mind in general. Mind and body are dynamically interconnected. Some psychological symptoms arise from physiological process and vice versa. So we consider the patient as a whole^[5]

Dr. Kent, in his book, Lecture’s on Homoeopathic Philosophy, stresses on the importance of ‘characteristic symptoms’ to individualize the patient, for proper remedy selection. He quotes, “Par.147:Of all these medicines that one whose symptoms bear the greatest resemblance to the totality of those which characterize any particular natural disease ought to be the most appropriate and certain homoeopathic remedy that can be applied; it is the specific remedy in the case of disease”. He adds, “It

is necessary to have individualizing characteristics to enable you to classify that which you have, to perceive the value of symptom, and , if you must settle down to a few remedies, to ascertain which of these is more important than another, or most important of all. You cannot individualize unless you have that which characterizes”.[6]

Synthesis 9.0 Repertory is one of the modern repertory among all repertories. It is an enlarged version of the 6th American edition of Kent’s Repertory. It is the printed version of RADAR computer program.[7]

Synthesis 9.0 Repertory- Mind.[8]

MIND – STRESSED Anger (413);

Ailments-care worries (24);

Excitement (454);

Restlessness (686);

Ailments-excitement-emotional (98);

Hurry (233);

Tension mental (26);

MIND - FASTIDIOUS - stressed; only when

Time being on (see anxiety -time) Work in his etc. other Rubrics which are related to Stress are taken.

HOMOEOPATHIC REMEDIES REFLECTS ‘STRESS’[9][10]

Arg-nit is a ‘trapped’ person. Remains in tenseness. The hurried behavior coupled with anxiety leads to confusion and consequent mistakes. Impulsive, eccentric, whimsical nature and hidden irrational motives cause stress in others. Stressors for are blocked exits (crowds, closed places, bridges, tunnels, high places, aero planes, precipice etc.) or stressful events where he can’t find a way out his irritable bowel syndrome is stressful for his wife who doesn’t understand what to cook.

Arsenic Alb. drives everyone in all fields. His anxiety, domineering attitude and restlessness make others to dance as per his dictation. Insecurity inside drives him to seek security outside. Ars. Is always strained. A fire brigade indeed! Aurum represents high sense of duty, which compels him to work as an unstoppable machine ‘Robot’. He wants to be the best. He thinks that he has neglected his duty. This leads to anxiety of conscience----self-reproach---worthless feeling--- disgust of life ----- -suicidal disposition. His violent anger stresses the concerned and suicide done secretly makes the life of others stressful.

Carcinocin :

is also workaholic. It has stress from two dispositions-performance and conscientiousness. He wants to do the work perfectly and ideally. The rigid moral values have to be maintained; they are not to be compromised. The sensitive, soft, tender mind gets affected soon, producing guilty feelings if mistakes are done by him. The responsibilities produce stress, the commitments developed out of duty-bound nature motivate for work. Being a gentleman, he can’t hurt others, he can’t square a person. He burns inside due to strain. Rejection, deprivation of love, reproaches, struggles; prolonged suppressions make him vulnerable to produce stress. Prolonged active stress leads to cancer like diseases. Unpredictable stress comes from humiliation, sexual abuse etc.

Gelsemium (Gels):

This remedy is indicated when you have feelings of weakness, trembling, and mental dullness (being "paralyzed by fear"). It is also useful when a person experiences anxiety about an upcoming event such

as stagefright about a public performance or interview, or anxiety before a test, impending visit to the dentist, or other stressful events. Chills, perspiration, diarrhea, and headaches will often occur with nervousness. Fear of crowds, a fear of falling, and even a fear that the heart might stop are other indications for Gelsemium.

Ignatia amara (Ignatia, Ign) :

sensitive person who is anxious because of grief, loss, disappointment, criticism, loneliness (or any stressful emotional experience) may benefit from this remedy. The primary factor for this remedy is emotional stress, especially disappointment or grief. Other indications are a defensive attitude, frequent sighing, and mood swings. The person may burst unexpectedly into either tears or laughter.

Lachesis :

is indeed a stressor for everyone in work area, in family or in society. His vigor coupled with jealousy, vindictiveness, revengefulness and possessiveness keep 'nerves on edge'. Worse: whatever restricts or enforces. Better: whatever detents, expands, radiates, stimulates or releases. Lach. releases his stress through conversation (loquacity), creative ventilation, through seminal emissions.

Lycopodium (Lyc) :

Lycopodium patients attempt to cover an inner sense of inadequacy by putting up fronts, by pretending to be something they are not. They feel anxiety from mental stress and suffer from a lack of confidence. They can be selfconscious and feel intimidated by people they perceive as powerful. They can feel a deep anxiety and fear of failure, when they take on responsibility. They usually do well, once started on a task.

Nux.Vom:

the most workaholic of our materia medica, develops the stress out of his ambitious nature and resorts to stimulants that land him more in trouble; the vicious cycle is continued. Nux. Can't constraint himself from the stress and abuses others being short- fused. His violent anger produces stress in all - the boss, the subordinates and the family members. 'Fragile' ego is the cause of stress in Silicea. He can't endure for long –neither the physical stress nor the mental one. He breaks down and goes into neurosis. Conscience with lack of grit play a major role in development of stress in Silicea. He is a person of 'caliber without fiber'. routinism, dependency, conservatism, and lack of determination make him defensive and withdrawing and he can't capitalize; hence remain stressed.

Syphilinum:

is a stressor nosode. He is pervert, unstrung, hooligan, cruel, and liar. He makes things more complex and produces stress. He is an exploiter, a schemer in work area, but want of idealism and perversion ruin the business. He is anti-social and creates threatening situations.

Conclusion:

Stress is an emotional and physical strain caused by one's response to pressure exerted from the outside world. Long term stress can sometimes turn into anxiety and cause an array of behavioural mental and emotional symptoms. Constant stress increases can causes many grave diseases even to cancer. It triggers addictive behaviors that contribute to death and disability, such as smoking, alcoholism, drug abuse, and overeating. Addictive habits and superficial attempts to change one's lifestyle may not work in severe cases of anxiety or stress because they fail to address the root issues that lead to symptoms. Homeopathy,

on the other hand, is one of the best ways to address underlying issues and ultimately remove stress and anxiety, which in turn brings physical health if the remedy is prescribed professionally.

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