

Study of application of synthesis 9.0 repertory in management of stress**Dr. Samta Jain (PG scholar)****Abstract**

In the first phase theoretical study was completed. In which detailed information about Stress, Homoeopathy, Mental Health and Synthesis Repertory & Stress related rubrics was given. In Homoeopathic part with details of case taking, materia medica references & varieties of rubrics related to stress from Synthesis 9.0 Repertory was studied with the help of authentic books, Homoeopathic journals & internet sites.

In the second phase detailed practical study was completed. This study was done by collecting the data & treating the 30 patients presenting different complaints with Stress. Where Homoeopathic medicine were prescribed on the basis of Repertorial totality of symptom with the help of synthesis 9.0 Repertory.

Introduction: -

The Introductory part starts with its prevalence & incidence according to WHO was described. The prevalence of Stress in Indian & its common cause were given. Approach of physician towards a case of Stress was given through Perceived Stress Scale Scores was used for assessment of recovery in details.

Aim and Objectives: - of the Study has been discussed very briefly & precisely.

Review of Literature: -

It is the data that was collected from authentic references which have been studied in detail. An authentic literature was referred to find out & confirm the known facts about the Stress. Out of this authentic data available, the relevant data has been chosen & included in getting a broader vision about the condition & what homoeopathy has to offer was selected.

Materials and Methods: -

The outline of the scientific study has been given with respect to the conduct of study, criteria for patient selection & treatment with standard case format and standard follow up criteria.

Case Studies: -

For this project, I have studied 30 cases in my pilot study, but I have reported only 5 cases as required for incorporation in this dissertation. It includes those cases which have been treated during study. Cases are given according to standard case Performa followed by standard follow up criteria in brief. The study of 30 cases includes female 20 i.e. approx 66.66% and male 10 i.e. approx 33.34% (Table 2) maximum patients were from age group 31-40 years i.e. 11 patients (Table 1). Varieties of rubrics related to stress were observed in my study. Miasms were assessed & Essential of *pediatrics, 6th edition*. maximum patients (Table 4) were of Psoric type. The most frequently prescribed medicine (Table 6) is Nat. Mur. which was used in 6 patients i.e. approx 20.05%.

Outcome Assessment: - The Recovery of individual patients was assessed in the Master Chart and marked the Changes was seen in all 30 patients (20 Females & 10 males).

Observation and Analysis: - It is the presentation of the data with the help of table, graph & diagrams that has been observed during the study in a concise manner which are easy to understand & helpful in analyzing the data & presenting it statistically. Paired t-test was applied for statistical analysis.

Discussion: - It is a brief discussion of the cases that are used in the study for quick glance as to what has been drawn out from the treatment & follow up which would help in conclusion.

Conclusion: -

After detailed observations and analysis of the 30 cases, the following conclusions were drawn: -

All 30 cases of Stress- were managed with homoeopathic treatment. Higher Prevalence in Age group 31-40 years which were 36.66% studied 11 patients, in age group

41-50 years which were 33.33% studied 10 patients & in age group 21-30 years which were 30.01% studied 09 patients.

Prevalence of Stress is common in both the Sexes but more commonly affecting the Females which were 66.66% i.e. 20 patients than Males which were 33.34% i.e. 10 patients.

Out of 30 cases Psora was seen prominently in 15 cases (50.00% of the cases), Sycosis seen in 13 cases (43.34% of the cases), Syphilis seen in 02 case (6.66% of the case).

Out of 30 cases- 4 cases showed improvement only & 1 case showed not improved with recurrence of Symptoms. Remembered 25 cases totally recovered.

Here I found importance of keen observation, converting information collected from the patient & his relatives into Repertorial language which helps in finer differentiation of the remedies & arriving at rational prescription.

In the Synthesis 9.0 Repertory has a studied variety of rubrics and sub-rubrics that help a lot in the finer differentiation in a more specific manner.

The most important conclusion is that, 'Repertory is a means & not an end in itself.' Repertorization helps to come to group of remedies. Final court of appeal is materia medica & so you have to go back to materia medica after Repertorization. Synthesis repertory has its advantages & disadvantages as no tool is perfect and its utility is dependent on the person who employs it. One needs to be aware of the limits & the scope on ones tool. Synthesis repertory gives large number of cross-references & sub-rubrics which help in quick prescribing.

We all strive to maintain and actualize ourselves on both biological and psychological levels. Our needs, motives and goal directed behavior are directed towards this end. Success is not the essence of life and therefore while maintaining and enhancing ourselves we are faced with obstacles internal and external. It may result in state of frustration or there may be contradiction between two or more needs which lead us to some conflicting situations. In such a situation we are not expected to strive as we usually do in normal conditions. An extra pressure is brought on us and we are said to be working or behaving under stress. We try to adjust when this does not happen. We get maladjusted and disorganized.

Stress is a natural part of our life but with appropriate stress management techniques you can learn to manage it more effectively; you may not be able to smooth out the surf, but you can learn to ride the waves.

There are healthy ways to manage stress & unhealthy way which add more stress to the Mind-Body-Spirit.

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.

Suggestions for further Study: -

Study was carried out with a sample size 30 case. Further study can be done with a bigger sample with special focus of comparison of different rubrics available in other repertories.