



## UNIQUE JOURNAL OF AYURVEDIC AND HERBAL MEDICINES

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Review Article

### MANAGEMENT OF STRESS THROUGH HOMEOPATHY

Balaji Deekshitulu PV\*

Lecturer in Psychology & Practitioner in Alternative Medicine, Tirupati, A.P, India

Received 19-12-2013; Revised 23-01-2014; Accepted 11-04-2014

\*Corresponding Author: **Dr. P.V. Balaji Deekshitulu**

Lecturer in Psychology & Practitioner in Alternative Medicine Tirupati, A.P, India Email: [drsribalaji@gmail.com](mailto:drsribalaji@gmail.com), Cell:08885391722

#### ABSTRACT

The review of the study wellness, in general, is used to mean a healthy balance of the mind and body in an overall feeling of well being to describing the existence of positive health in an individual as exemplified by quality of life, Homeopathy It is like rejuvenation and clean up process on all levels physical, mental and emotional. The concept of Stress Problems of mind and these determine Homeopathy is guided best treatment. Homeo is highlighted as a holistic system with its concern for prevention and promotion of stress and mental health.

**Keywords:** Stress, Remedies, Homeopathy, Positive Health, Mental Health.

#### INTRODUCTION

Stress, an unpleasant state of emotional and physiological arousal that people experience in situations that they perceive as dangerous or threatening to their well-being. The word stress means different things 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. Others see the stress as the response to these situations. Stress is a common experience. We may feel stress when we are very busy, have important deadlines to meet, or have too little time to finish all of our tasks. Often people experience stress because of problems at work or in social relationships, such as a poor evaluation by a supervisor or an argument with a friend. Some people may be particularly vulnerable to stress in situations involving the threat of failure or personal humiliation. Others have extreme fears of objects or things associated with physical threats-such as snakes, illness, storms, or flying in an airplane and become stressed when they encounter or think about these perceived threats. Major life events, such as the death of a loved one, can also cause severe stress. 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. Fear of things that pose realistic threats motivates us to deal with them or avoid them. Stress also motivates us to achieve and fuels creativity. Although stress may hinder performance on difficult tasks, moderate stress seems to improve motivation and performance

on less complex tasks. In personal relationships, stress often leads to less cooperation and more aggression.

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. The field of health psychology focuses in part on how stress affects bodily functioning and on how people can use stress management techniques to prevent or minimize disease.

#### HOMOEOPATHIC CONCEPTS OF STRESS

Homoeopathy is a rational therapeutically system with its holistic, integrated, multi-disciplinary and totalistic approaches the subject of stress in a convincing rational way. The subject "stress" is studied by several pioneers amply substantiates the basic concepts of homoeopathy.

Hahnemann contributed human pharmacology and opened a new vista of understanding the drug effects at the human level. The exploration of the human mind yielded a wider database. The variable emotional feelings, intellectual aberrations, and also symptoms at the spiritual level were produced, thus synchronizing mind, body and spirit. Through the proving methodology, Hahnemann brought the illness at the forefront of our existence, at the humanistic experiential level. Could the potential action of a remedy be regarded as a stressor for a prover who gives variable expressions as a result of altered state of susceptibility? These expressions, if interwoven logically, form a synthetic whole to develop the conceptual

image of a remedy where stressors, stress, strain and consequent expressions are explained rationally.

To apply the homoeopathic materia medica in its full potentiality, the following points can be thought of.

#### **The Stressors:**

Its true nature; type; its full information from genesis point of view. In other words, O.D.P. i.e. origin, duration and progress.

#### **The Stress:**

Its true nature; how an individual has reacted to the stressors, what are the deviations and at what level; the aptitudes and attitudes of the individual involved; individual's temperamental / personality traits, dispositional characters/ mental state-original and modified strain gives rise to deviations at mental and physical field of expressions in to should be elicited from location, sensation, modalities and concomitant point of view, as also from body language, dreams, delusions etc.

#### **Resources:**

Physical /psychological, as well as familial, financial, inter-personal etc. i.e. internal and external. The hereditary stock will define the miasmatic (over) tone. In other words assessment of capabilities; at the physical level - physical strength /stamina / immunological status etc., at the mental level - will /drive /motivation etc.

#### **Strain:**

Individual's state as a whole; unique in its own way as a result of stress. This trinity - stressors, stress, resources - is responsible for strain and the strain gives rise to deviations at mental and physical level. . Stressors, stress, resources and strain - these four lead a homoeopathic physician to 'Problem Definition'. Unless problem is understood in its depth and extent, application of materia medica will jeopardize both the patient and the physician.

#### **Deviations:**

Stressors -----Stress -----Strain influx brings on to the surface the latent / hidden dispositions or intensifies them to make them more potentially threatening or damaging. The field of expressions in to should be elicited from location,sensation,modalities and concomitant point of view.It also include delusions & mental conditions.

#### **Core / Essence / Spirit / Heart / Soul:**

All the components should be processed from generalization method, which will reflect deeper insight to harmonize tune, rhythm and music from correspondence point of view for selection of appropriate homoeopathic remedy.

Van Wijk (2010) suggest that the beneficial effect of the low-dose stress condition used as heterologous postconditioning is related to similarity in molecular stress response.

Mahnaz Shahrzad Asr (2012) according to homeopathy is effective because it is a holistic medical practice that treats the person as a whole and thus addresses the underlying issues that lead to stress

Nancy Malik (2013) shown that emotionally arousing events cause stress-related hormones such as adrenaline to be released by the brain's amygdale, which is involved in emotional learning and memory.

Juliane Hellhammer and Melanie Schubert (2013) study provides preliminary evidence for beneficial effects of dystologes S on sleep quality. Improvement of sleep quality was

positively associated with a normalized neuroendocrine stress response during acute stress, whereas an altered hormonal response was observed in participants with impaired sleep. We hypothesize that the test product may possibly reduce NE release.

#### **Signs of Mental Health**

##### Kent's Repertory (Mind)

- 1- Absorbed, buried in thoughts:
- 2- Anger, irascibility:
- 3- Anger, irascibility: Ailments after anger: Vexation etc.
- 4- Anger, irascibility: Ailments after anger: With anxiety:
- 5- Anger, irascibility: Ailments after anger: With Fright:
- 6- Anger, irascibility: Ailments after anger: With silent grief:
- 7- Anger, irascibility: Former vexations, about:
- 8- Anger, irascibility: Past events, about:
- 9- Antagonism with herself:
- 10- Anxiety: Chagrin, after:
- 11- Anxiety: Conscience, of (as if guilty of a crime)
- 12- Anxiety: Vexation after:
- 13- Brooding:
- 14- Complaining: Offenses, long past:
- 15- Death: Desires:
- 16- Death: Thoughts of:
- 17- Delirium: Blames himself for his folly:
- 18- Delirium: Sorrowful:
- 19- Delusions, imaginations, hallucinations, illusions: Accused, thinks she is:
- 20- Delusions, imaginations, hallucinations, illusions: Alone: That she is always:
- 21- Delusions, imaginations, hallucinations, illusions: Arrested, is about to be:
- 22- Delusions, imaginations, hallucinations, illusions: Friendless, that he is:
- 23- Discouraged:
- 24- Disgust:
- 25- Dullness, sluggishness, difficulty of thinking and comprehending: Chagrin, from:
- 26- Dullness, sluggishness, difficulty of thinking and comprehending: Emotions, from:
- 27- Dullness, sluggishness, difficulty of thinking and comprehending: Mortification, after:
- 28- Dwells: On past disagreeable occurrences:
- 29- Dwells: Recalls old grievances:
- 30- Escape, attempts to:
- 31- Fear: Betrayed, being:
- 32- Forsaken feeling:
- 33- Frightened easily:
- 34- Grief:
- 35- Grief: Ailments, from:
- 36- Grief: Ailments, from: Cannot cry:
- 37- Grief: Silent:
- 38- Helplessness, feeling of:
- 39- Honour, effects of wounded:
- 40- Indifference, apathy etc.
- 41- Lamenting, bemoaning, wailing etc.
- 42- Loathing: Life:
- 43- Love: Ailments, from disappointed:
- 44- Love: with silent grief:

- 45- Moaning, groaning
  - 46- Mortification, ailments, after:
  - 47- Remorse:
  - 48- Sadness, mental depression:
  - 49- Sadness, mental depression: Alone, when:
  - 50- Sensitive, oversensitive:
  - 51- Sentimental:
  - 52- Suicidal disposition: Thoughts:
  - 53- Thoughts: Persistent:
  - 54- Unfortunate, feels:
  - 55- Unreal, everything seems:
  - 56- Weary of life:
  - 57- Weeping, tearful mood, etc.:
  - 58- Weeping, tearful mood, etc.: Admonitions, cause:
  - 59- Weeping, tearful mood, etc.: Mortification, after:
  - 60- Weeping, tearful mood, etc.: Vexation, from
- Hahnemann expected higher purpose of life. Homoeopathy assists the vital economy to achieve the pleasant stress of fulfillment, eustress, without the harmful consequences of damaging stress, distress. Stress is a perpetual phenomenon, no one can abolish it. One has to master it, and homoeopathy, with its holistic healing, assists in mastering it! Definition of cure will be incomplete without harmony, without peace and without self-satisfying creativity.

#### HOMOEOPATHIC REMEDIES REFLECTS 'STRESS'

**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 I.B.S. 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.

**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.

**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.

**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 stage-fright 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)** A 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.

**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 self-conscious 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.

#### 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 blood pressure as well as the risk of a stroke. It can also increase the danger of heart attacks, particularly if anger and mistrust is involved. It triggers addictive behaviours 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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Source of support: Nil, Conflict of interest: None Declared