

**D**reams in homeopathic case taking is a crucial aspect. Dreams are under the category of mental symptoms even if sleep comes under the category of physical generals. Dreams are the images, sounds, thoughts and feelings experienced while sleeping, particularly strongly associated with REM (Rapid Eye Movement REM (Rapid Eye Movement) part of sleep. The contents and biological purposes of dreams are not fully understood, though they have been a topic of interest throughout. The scientific study of dreams is known as Oneirology.

Dreams are one's subconscious mind and are the expression of a person's suppressed emotions. Why it is important to know about the dreams in a homeopathic case taking is because our purpose is to understand the person as a whole and to know that dreams are an important part of the expression of one's thoughts and desires which is not expressed to the real world.

As per, Sigmund Freud (1856-1939) who is considered the father of psychoanalysis who revolutionized the study of dreams with his work "The Interpretation of Dreams" he said dreams reflect the person. Freud began to analyze dreams in order to understand aspects of personality as they relate to pathology. He believed that nothing we did occurred by chance, every action and thought is motivated by our unconscious at some level. In order to live in a civilized society, we tend to hold back our urges and repress our urges and impulses. However, these urges and impulses must be released in some way and have a way of coming to the surface in disguised forms.

One way these urges and

impulses are released is through our dreams. Freud understood the symbolic nature of dreams and believed they were a direct connection to our unconscious, what he refers to as the id. The id is centered on instinctive desires, pleasure, unchecked urges and wish fulfillment. During the waking hours, the desires of the id are suppressed by the superego, which acts as a censor for the id. The superego enforces the moral codes for the ego and blocks unacceptable impulses of the id. Because the person's control is down during the dream state, the

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unconscious mind has the opportunity to act out and express the hidden desires of the id.

But dreams are many times not direct but indirect expression of the desires and feelings of what a person has at the subconscious level. It is not easy to dig out the dreams but yes if you are able to do that it is of great help in a homeopathic prescription. For example anxious dreams reflect the subconscious anxiety. Dream of being left alone on a station and the train leaves shows the insecurity Magnesium have. Dreams of lost in a forest

show the feeling of loneliness (Magnesium and Stramonium) one doesn't go in forest in a normal routine but still the dream is there which has to be interpreted properly. It is always important to try and ask the patient about the feeling state he has in the dream. We find in Magnesium group remedies that they have vivid dreams or have no dreams at all. It is known that magnesiums have repression of emotions so the dreams are so vivid and so many thoughts are ongoing during that time that the sleep is very unrefreshed and the opposite state of no dreams again reflects that there is so much repression that even in the sleep the person is not allowed to express his feelings. Fearful dreams of Calcerea explain the fearful nature. There are innumerable examples to be given from our Materia Medica and Repertory for such examples which reflect the characteristic dreams of different drugs.

Repeated dreams and the type of dreams are more important than taking a list of dreams what a patient is getting. As mentioned earlier it is not easy to get this from the patient but if you explain your patient about the right importance of it, it is always more easy to convince the person to give you the required information. It also gives you that part of the person which he is maybe hiding from himself only. But the interpretation is again a risky floor to experiment on. Always try and evaluate the situation of his life with the dreams the person is giving you and then try and build up the whole picture and not just rely on one aspect. It's like a special weapon or tool in the hands of a homeopath and it again depends on how meticulously you use it.

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