

Dear Readers,

Psychiatry is a branch which is yet to be explored fully due to the complex nature of brain of which even scientists understand very little. Psychiatric treatment involves both medicines as well as counseling. Dr. Hahnemann has also recognized this fact that counseling has a very important role in treatment of psychiatric disorders. He acknowledged the importance of counseling in early stages of illness where he says mere counseling and correct advise can correct such a state (§ 225).

In § 228 Hahnemann emphasizes for more deep rooted ailments we need to administer remedy as well as go for auxiliary mental regimen. Here it is important to appreciate that what is that to be considered for the counseling or so called auxiliary mental regimen which Dr Hahnemann mentions subtly while defining it in the said aphorism. Now, when we come to the realistic aspect of this concept, what is seen is that physicians as individuals have their own prejudices be it in terms of life, people, religion, culture, attitude and diseases and so many innumerable aspects. Before attempting to counsel a patient we need to overcome our prejudices. This is easier said than done, but is a very essential facet for becoming a good counsellor. One also needs to be well versed with various aspects of different cultures, different religions, living styles, about current affairs, social psychology, etc.

As before we attempt to advise a patient we must understand his situation, circumstances and then advise. Also, one must not advise as per his/her own thinking or understanding of life rather, understanding the situation of patient and his/her mental state, we need to advise in a way where we are not suggesting them a direct answer but open a way for them to think and help than take a decision for themselves. As we cannot take charge of anybody's life, nor can we let them become dependent on us and also we cannot take responsibility of how a person should do in his/her life. What our role as a physician is to counsel to help patient make his/her choices, decide his/her priorities and choose which they can justify to themselves and society. Then, comes the major role of homeopathic medicines.

My personal experience, though less, says that counseling is a very important but a little element, needed more in few initial visits. If medicine is right and it is able to touch the core and bring the susceptibility to a balanced plane by use of optimum potency, patients sensitivity comes to a balanced plane and their inner conflicts are resolve. The correct medicine also brings awareness about self and enables people to obtain more control over their emotions and sensitivity. There are cases where I don't see such response and I know it's my folly and not my science

and thus I need to rework the case again. There are incidences when patients talk too much, giving explanations for their states, blaming circumstances. For a physician to keep quiet and give an ear to patient in a way that the patient feels the confidence that you trust him/her. (§ 229) if that trust is not build patient will not come back. This is something I learnt from a case where I failed. Failures teach you more than success. I have a family coming to me where the 2 daughters are my patients , they got much better for her eczema,weight gain, migrane etc. and thus father had much trust in homeopathy. The mother used to stay separately. From the girls history I knew mother was a case of mood disorder and depression and when she came back to stay with daughters and father after a gap of few years, she was brought to me for treatment. When I took her case, I was sure I know her remedy and was expecting a response. The daughters initially were very negative about the mother and maybe I absorbed that all the time when I was treating them. The mother had already been to many psychiatrists but she would not continue any treatment. Then, after a year the elder daughter came back for some little issue of a cold attack (since she had already got better her treatment was already discontinued) she informed that the mother is much better and is under psychiatric treatment and was there was compliance. Daughter informed this psychiatrist completely supported the mother's view point and would agree with all what she said and would tell them to correct their behavior in front of her. This was unlike other psychiatrist who would give her advises to correct herself. The daughter shared that this gave her mother a confidence and she continued with the treatment as earlier the main problem was she never developed confidence in any doctor and therefore never continued any treatment and is now much better and stable. So, though I did not do any counseling of patient I was unable to give confidence to patient by my behavior that I believed in her. My own prejudices which I had absorbed from the daughters that mother wasn't available when needed etc. had become a blockage for me to develop a confidence in the patient. This was many years back but was a learning experience which helped me to move a step ahead on being unprejudiced and helped me to handle many such cases in a much better way in future.

The word "Unprejudiced" quoted by Dr Hahnemann had so many meanings hidden in it and many aspects have to be applied to in different parts of our practice. Correctly said "Organon is a coded bible for practice of homeopathy". We need to decode each and every word to perceive what the master wanted to say.

Dr Geeta Rani Arora
Editor
geeta@bjain.com

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