



Dear Readers,

“It is only such emotional diseases as these, which were first engendered and subsequently kept up by the mind itself, that, while they are yet recent and before they have made very great inroads on the corporeal state, may, by means of psychical remedies, such as a display of confidence, friendly exhortations, sensible advice, and often by a well-disguised deception, be rapidly changed into a healthy state of the mind (and with appropriate diet and regimen, seemingly into a healthy state of the body also).”

This is how Dr Hahnemann referred to the importance of psychotherapy and diet management in § 226 of Organon.

In today’s time when everybody is running from post to pillar the stress has become a part of day to day lives and is more evident than ever. There can be various factors which trigger the stress in a person. These stress factors become the precipitating and maintaining cause for diseases which a person is susceptible to. While doing a homeopathic case taking, these aspects come to light and many times are considered for finding the correct remedy and are considered under the section of ailment factor in our Materia Medica.

These factors may be evident or not evident depending on the case and personality but is revealed while taking a detailed case history. One of the aspects of management of case is to make the patient aware of these factors. The physical factors are easy to explain, but it is also required to inform the patient about the emotional factors which are triggering factor for his/her disease state. This usually cannot be done at the first consultation and can be done over a period of sittings when patient comes for follow up. This is one of the aspects of psychotherapy which a homeopath needs to address.

This way the patient becomes more equipped for

handling difficult situations in life but different age groups and conditions will again require a different kind of advice. In dealing cases of small children who are falling ill often it is important to understand what factors cause strain to their little minds and handle the situation with the help of parents and attendants. I have many times found the stress to be starting during pregnancy state and child carrying those attributes after birth. This can many times reveal a lot and can help in management of case.

There are various situations in life which have been defined in psychology to be causing stress, like outstanding personal achievement, son or daughter leaving home, change in responsibilities at work, foreclosure or mortgage of loan, change in number of arguments with spouse, gain of a new family member, change in financial state, death of a closed family member, etc (Refer to 25 stressors on the Holmes–Rahe life events). It is very likely that people come down with various illnesses during this time or after these events in their lives. But in modern day life the source of such worries can be very varied as the awareness and exposure has increased to multifold.

Bringing awareness of the factors, giving advices for handling those situations which are conflicting for him or are stress triggering can be helpful in reducing the incidences of illnesses.

This way psychotherapy can be an adjunct to homeopathic therapy so patients can be helped to become more self aware, are helped and guided to handle different life situations. We need to make our patients more independent and psychotherapy can help do that with the help of our beautiful remedies.

Dr Geeta Rani Arora

Editor



Unbolt yourself ...

MONTH	TOPIC	LAST DATE OF SUBMISSION
July 2012	Homeopathy for Birth Trauma	ongoing
August 2012	Clinical Materia Medica	June, 20 th , 2012
September 2012	Research Methodology in Homeopathy	July, 20 th , 2012
October 2012	Evolution of Homeopathic Posology	August, 20 th , 2012
November 2012	Surgical Cases	September, 20 th , 2012

Attention

Dear Subscribers, please update your address, phone number and email id. You can do it by sending an email at subscribe@bjain.com or call at 011 - 4567 1000

