

# The Importance of Mental Symptoms in the Selection of Similimum in various Illnesses

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**Abstract:** Health is multifaceted, multifactorial. Each dimension- physical, mental, social is integral to health. Like other dimensions of health the mental dimension plays an important role in health as well as in disease. Illness- the deviation of health to unhealth is also integral to human life. It is a feeling, an experience personal to the individual. Homoeopathy, a holistic system of medicine, gives great importance to mind and mental symptoms. The aim of the intended work was to study the importance of mental symptoms in the selection of the similimum. This exploratory study was conducted for a time period of 18 months on a sample size of 50, consisting of males and females of all age groups suffering from different diseases. The homeopathic remedies were administered. The cases were followed up every month. The potency and dose varied according to the need of the case. **Result:** out of 50 cases, 46% (23 cases) showed remarkable improvement; 50% (25cases) showed improvement which ranged between mild to moderate improvement and a very small proportion of cases i.e. 4% (2 cases) showed no improvement at all. **Conclusion:** This study has shown The importance of mental symptoms in the selection of similimum in various illnesses and have a statistically significant impact on the improvement of patient's complaints.

**Keywords:** mental symptoms, mind, homoeopathy, natrum Muriaticum, lycopodium

## 1. Introduction

Mind is key to man is time old saying. Mind plays an important role in both- health and disease. Health is a multi-dimensional phenomenon. A study of health literature reveals many medical and non-medical dimensions of health e.g. physical, mental, moral, social, educational, occupational etc. All the dimensions of health are interlinked and influence each other. Dr Christian Friedrich Samuel Hahnemann, the founder of Homoeopathy, also envisages multi dimensions of health. W H O defines health as, "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity"<sup>[1]</sup>. It is the most accepted definition of health world widely. All the dimensions- the physical, mental, and social are integral to health. They are interlinked; they influence each other and ultimately the health.

The relation between mind and body is well established and beyond any argue. The Mental dimension is an important part of health. Mental health is much more than just consciousness and non-existence of mental disease. It embraces cognition, memory, emotions. Intelligence, understanding, feelings, mood all are related to mental health. In most of the cases any disturbance at mental level causes sickness. Today, phenomena of psychosomatic diseases are well recognized in medical science.

Health is also a multifactorial phenomenon. There are many factors which affect health. These factors include- personal factors, environmental factors, socio economic conditions. Life situation- unemployment, poverty, living conditions, lifestyle, domestic environment and work place conditions all affect health. The impact of these factors on health may be positive or negative. The negative effect of these factors deviate health to unhealth. Illness, according to Merriam-Webster dictionary, is "an unhealthy condition of body or mind". It is a departure from healthy state. Illness- patient's personal experience of suffering can be recognised from signs and symptoms. The symptoms may be physical or mental or both - physical and mental.

Symptoms are the external manifestation/ expression of deviated health i.e. internal derangement. The external manifestation of deviated health at physical level is called physical symptom; and the external expression of the same at mental level is known as mental symptom.

The work in hand was planned to find the importance of mental symptoms in selecting the indicated medicine in the treatment of various illnesses. Since its invent homoeopathic system of medicine gives utmost importance to mind and mental symptoms. Throughout the standard homoeopathic literature we find repetitive mention of mind and mental symptoms. Almost all the stalwarts of homeopathy penned on the importance of mental symptoms in the selection of similimum.

First of all Dr. Samuel Hahnemann understood the value of mental symptoms in treatment of the sick. He instructed the physician to observe the changes in the state of the mind and disposition, in every case, along with the other symptoms of the patient. James Tyler Kent, another big name after Dr Hahnemann, also gave great importance to mental symptoms in selection of exact medicine. He put the mental symptoms on top in the totality of symptoms<sup>[2]</sup>. From the perusal of homeopathic literature it is very clear that homoeopathy believes that body and mind are dynamically interconnected and both directly affect each other; signs and symptoms are outwardly expression of internal deviation of health; and the mental symptoms are the reflection of the internal dysfunction. The mental symptoms play a major role in selection of right medicine, and in restoration of health.

## 2. Materials and methods

The study has been conducted on the patients of OPD/IPD and Peripheral dispensaries of Sri Guru Nanak Dev Homoeopathic College & Hospital, Ludhiana.

### Intervention

Patients fulfilling the eligibility criteria were enrolled for clinical assessment and the homoeopathic intervention. Medicine was given in 30ch, 200ch, Or 1M potency as per the prescribing totality. The medicines were repeated depending on the potency and complaints of the patient in accordance with the principles of homoeopathy.

### Inclusion Criteria

- Patients of various illnesses showing marked mental symptoms.
- Patients opting for homoeopathic mode of treatment for their illness.
- Patients who will follow the guidelines strictly.

### Exclusion Criteria

- Patients who will not follow the Guidelines. Cases without proper follow up.
- Patients having advanced pathology.

### Selection tool

Drug was acquired from standard pharmacy (SBL Uttarakhand) & was stored as per rules of Homoeopathic Pharmacopoeia. Medicines were stored in Sri Guru Nanak Dev Homoeopathic Medical College and Hospital, Ludhiana, Punjab. Freshly prepared powder dose was used for dispensing purpose. Log no. & Batch no. was maintained

### Brief of procedures

**Medicines-** medicines were prescribed on the basis of symptom similarity and after confirmation with the *Materia Medica*.

**Placebo-** it was given in the form of Sugar of milk & globules which were given along with the remedy.

**Declaration-** was given that the drug used was not harmful to human beings. The said remedy is already available in the Homoeopathic literature, well proved on healthy human beings and is harmless, having no side effects.

### 3. Results

The study was conducted on 50 cases and subjected to statistical analysis. It was observed that 46% (23 cases) showed remarkable improvement; 48% (25cases) showed improvement which ranged between mild to moderate improvement and a very small proportion of cases i.e. 4%(2 cases) showed no improvement at all after receiving homoeopathic treatment given prioritizing the mental symptoms.

Each was given the most similar remedy based on the mental symptoms. On analyzing 50 cases, it was seen Natrum Mur was prescribed in 11 cases, lycopodium in 7 cases. Phosphorous and Nux Vomica were given in 5 cases each. Arsenic Album, Sulphur in 4 cases each. Ignatia, Pulsatilla and phosphorous were given in 3 cases each. Carcinosa and Calcarea Carb in 2 cases each. Silicea,

Causticum, Lachesis and Bryonia were prescribed in only 1 case each.

### 4. Discussion

Mental symptoms play a major role in determining the health status of an individual as they are the outward reflection of the internal derangement. Mental symptoms play a very important role in the homoeopathic prescription. The study in hand has showed the importance of mental symptoms while selecting the homoeopathic similimum.

Statistical analysis is performed with the help of paired T-test for assessing the Importance of Mental symptoms in the selection of similimum in various illnesses using number of symptoms present before and after the treatment.

Paired T-test was conducted to assess the Importance of Mental symptoms in the selection of similimum in various illnesses<sup>[3]</sup>. Null hypothesis ( $H_0$ ) was stated as 'Mental symptoms do not play an important role in the selection of similimum'. The result showed that the value of critical t (9.36) is greater than the tabulated value in t - table at df=49 at confidence level 95% at 0.05 i.e., 2.0096, which is statistically significant. Thus, the null hypothesis ( $H_0$ ) is being rejected and the alternate hypothesis ( $H_1$ ) that is 'the mental symptoms play an important role in the selection of similimum in various illnesses' is being accepted.

### 5. Conclusion

The importance of mental symptoms in the selection of similimum in various illness is found statistically significant using Paired t- test at confidence level 95% and the null hypothesis ( $H_0$ ) is being rejected and the alternate hypothesis ( $H_1$ ) that mental symptoms play an important role in the selection of similimum. This study has shown, 'The importance of mental symptoms in the selection of similimum in various illnesses and have a statistically significant impact on the improvement of patient's complaints.'

### References

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### Author Profile



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