



TITLE: A REMEDY PROFILE FOR PSYCHOSOMATIC AFFECTIONS

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ABSTRACT: Ignatia is a remedy which belongs to plant kingdom Loganiaceae and has great reputation of affection on mind; especially issues related to mind that affects various parts of body.

- ❖ **KEYWORDS:** psychosomatic affections; hysterical manifestations; control
- ❖ **INTRODUCTION:** Psychosomatic affection is broadly considered as effect of mental and emotional symptoms on body. Basically it is a broad spectrum wherein it has a wide and precise role in treating functional as well as structural pathologies. Homoeopathy being a system of medicine that works on basic principle of holism and individualisation has superior hand in treating such affections in rapid, permanent and gentle manner on the basis of Organon.

Ignatia: A remedy profile.

Ignatia's main sphere of action is on mind. The perception of a patient needing Ignatia belonging to Loganiaceae family is any ailments that results from sudden, unexpected shock or surprise which produces a sensation of being shattered and torn to pieces due to resultant shock. The common perception of the entire plant family to which Ignatia belongs is to feel shock, shattered where in every remedy belonging that one family reacts in its own individual



A. J. SAVLA HOMOEOPATHIC NATIONAL JOURNAL

way to this commonly perceived experience. Ignatia reacts by keeping or exercising great control in the perceived situation of shock which puts this great polycrest remedy in to cancer miasm. If this control is lost the affected person behaves in hysterical manner which also explains the other polarity of this remedy.

Case example: 58 years female; IHP came with complains of severe heartburn and sleeplessness of one month duration. On further enquiry as to what happened in her life that lead to these physical complains she remained absolute quiet with a glance towards floor.

Observatory remarks so far: patient looked very sad and had controlled tears.

On further probing she gave the history of losing her husband due to sudden myocardial infarction on Delhi railway station while going for pilgrimage. She further told that she was aware that her husband had chronic heart disease and she always use to take his care but on the day of his demise she climbed the steps on platform early to board train wherein husband was following her. Meanwhile he suddenly collapsed on the platform and died. The effect of the entire episode was like shock that was never expected and she became numb with feeling of loss of sensation in her both lower limbs. She wanted to cry and shriek but she could not.

She felt that she should not have left him alone (again looking down on the floor). Since then she lost her sleep and started getting heartburn. She further added that how she has to now remain dependent on her son which she does not like at all; as she being an independent lady by nature.

Analysis: The patient in her narration gives impression of herself being responsible for the demise of her husband and her experience of this situation was sudden shock that was unexpected (the death of husband) which made her feel numb and shattered and she reacted by to this by keeping great control over her emotions and that caused sleeplessness and heartburn.

RUBRICS (for the case)

1. ANXIETY – conscience; anxiety of
2. Delusions crime, committed a crime, he had
3. Delusions wrong, done wrong; he has



4. AILMENTS from – grief
5. AILMENTS from - disappointment
6. FEAR - invalidity
7. SLEEPLESSNESS grief from
8. SEARCHING floor on

SENSATION OF LOGANIACEAE:

Shock, shattered, torn to pieces. Shock is so sudden as to paralyse a person or produce convulsions. Shock gives a feeling of being let down, disappointed, shattered, torn to pieces and ruined. (Delusion ruined he is: Ignatia: complete repertory)

The patient usually describes this as: how could this happen to me!! And they give a feeling of perplexed by the situation.

Passive reaction: Paralysed, cannot move, and cannot weep, faints.

Active reaction: Beside oneself, excitable, convulsions.

Compensation: Calm and composed.

Remedy: Ignatia 1M bd for two days followed by SL bd for 1 month.

Understanding:

Although **Ignatia**'s positive effects have a great resemblance to those of **Nux Vomica** (which indeed might be inferred from the botanical relationship of these two plants) yet there is a great difference in their therapeutic employment.

The emotional disposition of patients for whom **Ignatia** is serviceable, differs widely from those for whom **Nux Vomica** is of use.

Ignatia is not suitable for persons or patients in whom anger, eagerness, or violence is predominant, but for those who are subject to **rapid alternations of gaiety and disposition to weep, or in whom we notice the other emotional states** indicated at the end of the following list of Ignatia symptoms, provided always that the other corporeal morbid symptoms resemble those that this drug can produce. (Dr. Hahnemann S. Materia Medica Pura)



Phatak S.R : Materia Medica of Homoeopathic Medicines

Generalities:

- The seeds of Ignatia contain a large proportion of strychnine than those of Nux-Vomica, yet there is a great difference between the characteristic features of the two drugs.
- Though it affects the MIND, EMOTIONAL element is profoundly influenced and co-ordination of functions is interfered with; causing ERRATIC; contradictory; paradoxical mental and physical EFFECTS; which change rapidly, and are opposite to each other.
- NERVOUS SYSTEM is affected causing SPASMODIC EFFECTS; often violent with rigidity, twitching and tremors.
- It is adapted to the persons of nervous temperament esp. women of sensitive, easily excited nature, mild disposition, quick to perceive and rapid in execution.
- SENSE OF LUMP, foreign body or sharp pressure.
- Jerks run through the whole body.
- Tendency to start.
- Globus.
- Clavus.
- Hysteria.
- Chorea; after fright, from grief agg. After eating, amel. lying on back.
- Convulsions of children; during dentition; after punishment; after fear or fright; return at the same hour daily.
- Spasms, with cries or involuntary laughter.
- Tonic spasms of single parts, with frothing at the mouth.
- Spasms alternating with oppressed breathing.
- Pain in spot agg. Close attention amel.
- Oversensitive to pain.
- Pains change their locality, come gradually, abate suddenly, or come and go suddenly.
- Symptoms pass after profuse urination.
- Plague; preventive and curative.
- Nervous shuddering; with pain.
- Paralysis; after great mental emotions and night watching, in sick chamber.



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- Suitable to persons who had been starving either from want or other causes.
- Ill effects of grief, fright, worry, disappointed love; jealousy; old spinal injuries.
- Catalepsy with opisthotonus. (Nat-Mur. should follow in chronic conditions.)

Worse

- Emotions.
- Grief.
- Chagrin.
- Worry.
- Fright; shock, after losing persons or objects that were very dear.

Mind

- Alert; oversensitive and nervous.
- Highly emotional.
- Moody.
- Brooding grief.
- Silent and sad.
- Sighs.
- Weeps or laughs by turns, laughs when she ought to be serious.
- Changeable moods.
- Unhappy love.
- Inward weeping; enjoys being sad.
- Angry with himself.
- Desire to be alone.
- Everything irks her.
- Intolerant of contradiction; of reprimands.
- Anguish; shrieks for help.
- Capricious.
- Delicately conscientious.
- Fear; of thieves; of trifles, of things coming near him Introspective.
- Faint easily, girls who faint every time they go to church; or who fall in love with married



men.

- Sensation as if she had been fasting for a long time.
- Hurried during menses; no one can do things fast enough for her.
- Looks about the bed as if to find something.
- Delights to bring on her fits and produce a scare or a scene.
- Thinks she had neglected her duty.
- Sighing and sobbing.
- Not communicative.
- Fear of robbers at night.

Boericke W; Pocket manual of Homoeopathic Materia Medica; Ninth edition.

Produces a marked hyperaesthesia of all the senses, and a tendency to clonic spasms.

* **Mentally, the emotional element is uppermost, and co-ordination of function is interfered with.**

* **Hence, it is one of the chief remedies for hysteria.**

* It is especially adapted to the nervous temperament-women of sensitive, easily excited nature, dark, mild disposition, quick to perceive, rapid in execution.

* Rapid change of mental and physical condition, opposite to each other.

* Great contradictions.

* Alert, nervous, apprehensive, rigid, trembling patients who suffer acutely in mind or body, at the same time made worse by drinking coffee.

* The superficial and erratic character of its symptoms is most characteristic.

* Effects of grief and worry.

* Cannot bear tobacco.

* Pain is small, circumscribed spots. [Oxal. ac.]

* The plague.

* Hiccough and hysterical vomiting.

MIND

- Changeable mood; introspective; silently brooding.
- Melancholic, sad, tearful.



- Not communicative.
- Sighing and sobbing.
- **After shocks, grief, disappointment.**

SLEEP

- Very light.
- Jerking of limbs on going to sleep.
- **Insomnia from grief**, cares, with itching of arms and violent yawning.
- Dreams continuing a long time; troubling him.

Remedy Response: She responded beautifully to the remedy. Her heartburn reduced significantly over a span of three months and she was also able to sleep well. She was able to take this sad event of her life in better way and then went abroad to stay happily with her son.

Learning: A well selected remedy on the basis of individualisation after proper history taking at holistic level with appropriate selection of potency and repetition gives rapid, permanent and gentle cure as it is termed.

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