

# Psycho-pathological co-relations of *Carcinosin*

**ABSTRACT:** This is the full version of the talk delivered by Dr Bipin Jain at the 11<sup>th</sup> Sarla Sonawala Memorial Seminar on Carcinosis on 27<sup>th</sup> Jan 2006 at Nehru Centre. He has taken much pains to make it a very comprehensive article for the NJH readers and gives a very good understanding of the Carcinosis co-relating the psyche and the disease.



**Dr BIPIN JAIN MD (HOM)** Director, Malad PG Centre, ICR Mumbai. Reader, Dept of Materia Medica.  
3/22, Unnat Nagar, 2 MG Road, Goregaon (west), Mumbai-400062.  
Tel: 28075560. Mob: 9620339855

**Pathology** is derived from the Greek word 'Pathologia', study of emotions. Psyche means soul or seat of mind. **Psycho-patho** means study of contributions that are mental or psychological problems, and make up the emotional disturbance of behaviour. This Disturbance is reflected in physical disease known as psychosomatic disease.

This journey of the study of the human mind, brings up the questions:

**WHY THIS STUDY? WHAT IS THIS STUDY?**

**WHAT IS ITS IMPORTANCE IN HOMOEOPATHIC PRACTICE?**

Man is what he is today, because of his past experiences. A toddler falls down innumerable times before he learns to walk. A child makes many mistakes before he learns. So, Our past experiences decide our present reactions. Thus the study of the mind, our experiences- conscious and unconscious, decides our actions and behaviour. A study of psychosomatic diseases → study of mind as the cause of diseases. Why does one suffer from disease? Causes: inherited (fundamental) or in one's own personality (disposition).

Why do certain types of people suffer from certain diseases? Do people suffering from the same diseases share any particular character traits? Study of the evolution of man and remedy will give the answers.

Study of materia medica is also a study from evolution. We study the patterns of behavior and the personality over a period of time. Psychology and

psychopathology give importance to childhood experiences and how they are dealt with.

Sigmund Freud was the pioneer in the study of the development and the various phases of psycho-sexual development. He introduced the concepts of Id, Ego and Superego. The Reader is requested to read and revise his concepts before embarking on this material further.

We will explore the psychopathology of *Carcinosin* with the help of cases.

## CASE 1

Mrs HS 53 yrs, housewife in a Gujarati Jain family, Son 24 yrs, Daughters- 29 / 27 yrs.

**COMPLAINTS:** Punched out ulcer with suppuration<sup>2</sup> on Lt breast, at the site of mastectomy.

A/F Radiotherapy K/C/O Ca breast, Left side since 1992, now right side involved.

## BACK GROUND

Born in a renowned, well-to-do family. In childhood she was 'Bindaas' but well protected.

She was very attached to Father<sup>3</sup>. Father's dream was to make her a doctor since she was good in studies but dropped when less marks in 12<sup>th</sup> std → A/F disappointment.

Mother: perfectionist, active in community, manages all household commitments.

Expectation+. Responsibility since eldest.

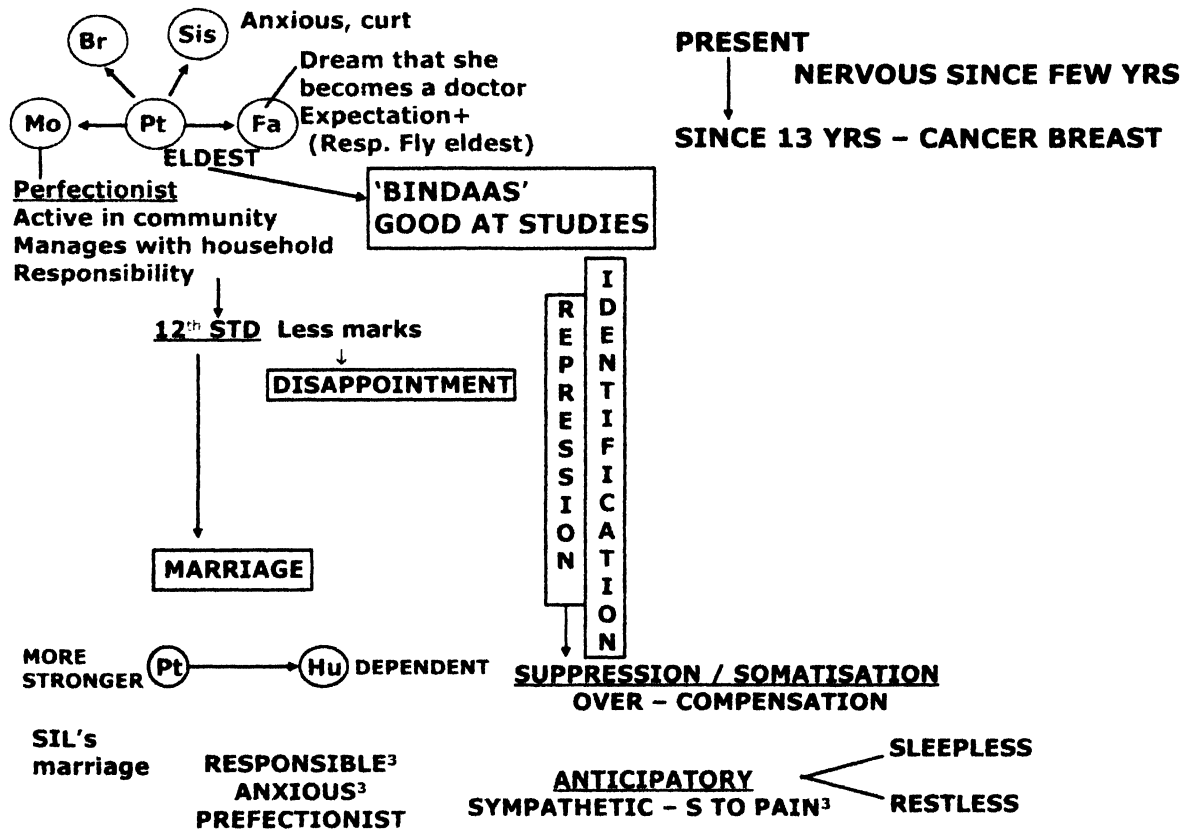
**MARRIAGE:** Husband is anxious and dependent on her, especially in stressful conditions.

She has shouldered a lot of responsibilities eg SIL's marriage at own expense.

# General Theme

PERFECT-wants things neat and clean.  
 GETS ATTACHED TO PEOPLE- even to in-laws in spite of difficulty.  
 SENSITIVE TO PAIN → will go out of the way, though not well herself.  
 Sensitive since few years, gets hurt easily but keeps it to herself.  
 Anxiety-anticipatory: eg Guests → restlessness and sleeplessness.  
 Gets restless if work is not done. At present nervous since few yrs.  
 Thus in this case, we can see a strong bond and

expectations with father and Identification with mother. A/F disappointment- exams → repression of emotions in "childhood". (No data available).  
 After marriage: over-compensation, and suppress emotions. Fulfills all responsibilities at cost to self. Focus: Value System and Sensitivity: expectation from self ↑ Anxiety ↑ effect on sleep. Denial of strong emotional needs finally leads to "cancer". Focus: Strong sense of Responsibility which means well-developed superego and suppression of desires: Id"



Individuals who SUFFER from cancer are known to have "SUPPRESSED EMOTIONS"- mainly anger  
 IGNORE negative feelings → Hostility- Depression and Guilt  
 CHILDHOOD - Disturbed or Disrupted Security. Loss of parents or sibling, through death or desertion.

Background may be extremely harsh, authoritarian or sometimes even the opposite.  
 Severe fright or shock during childhood. Don't live their own lives  
 Self-delimitation, perfectionist, sacrificing and idealistic.

POSSIBLE MECHANISM IN DEVELOPMENT OF CA BREAST

- Mechanical, uninvolved manner of dealing, thus denying emotional attachment.
- Some people are withdrawn or Internalized, behave cheerful and bright – so as not to draw attention.
- Tendency to blame themselves for their misfortune → Guilty. Living according to high ethical principles.

They project the image of strong, well-adjusted helpful people, so to others it must appear as the most cruel stroke of fate that they, of all people, should be stricken with such a scourge.

This is what is known about individuals suffering from cancer. Thus we can see a certain parallel between the case and the above details.

CASE 2

Extract from history written by mother:

Baby S B 6 ½ yrs. Mo 35 yrs South Indian Hindu. Fa – 37 yrs UP Muslim.

Elder Br. 10 yrs old. Mo said all her family are well educated and well to do while Fa's side is just literate.

C/C – Recurrent URTI with fever 2-3/month < since 6 months with crankiness.

Constipation; no urge, passes 1/4 days, cries while passing stools.

Stomach pain since 6 months: fatigue, giddiness, nausea sometimes vomiting and headache.

Loss of weight.

Loses temper quickly – tells Mo that she does not love her.

Mo feels cold and cough are minor ailments and child should get used to it. Therefore sometimes shouts at her badly.

Finger sucking.

EMOTIONAL NATURE: No fears; bold and reserved to a certain extent. From last 6 mnths, she has become irritable due to medicines; she hates the taste. She loves her father and father loves her daughter very much Basically she is an emotional child- cries when hears an emotional song. Though doesn't understand it, the tune denotes the element of sadness; she also cries when she

sees an emotional scene anywhere. Her crankiness, crying and irritation have increased recently from last 6 months.

She loves going to school and dressing every day. Enjoys with friends, has leadership qualities, very friendly but does not talk much. Is mature, gives wise answers when questioned, does not lie or steal. Loves dancing. She dances beautifully.

Likes playing teacher-teacher: Imitates teachers well, wants to become a teacher like mother, who is a B A, B Ed. (used to teach English and History for Std. VIII, IX, X.) Presently not working but happy looking after family. She is inspired by me to do dancing and take up the profession she likes in future.

Academically excellent, she loves studying. She studies on her own, never bored or tired of studying, good in extra-curricular activities, good in dancing.

She is obedient and well-mannered, gives due respect to teachers and elders, shares good relations with family members. She is not a difficult child. Obedient, well mannered.

She immediately understands when things are explained, never throws temper-tantrums right from childhood. Only her habit of finger sucking is extremely bad, but I do not force her to give up. Financially and otherwise our family has a congenial atmosphere. She is never troubled as I and my husband never put up a show in front of kids. There is never a question of quarrel. We manage it and handle it humorously. Kids laugh and problem is solved. They are well brought up, no over-pampering, nor rejection. They are rewarded when they do something nice and punished (very soberly) when wrong.

Already the child was thin and now she has become thinner, is losing temper quickly, easy weeping and keeps telling me that I don't love her. (Now I have lost my patience because I feel that cold and cough is minor so by now she should get used to it. I am fed up with her medicines as the problem has been showing up again and again. This makes me helpless and I scold her and she gets emotionally upset." )

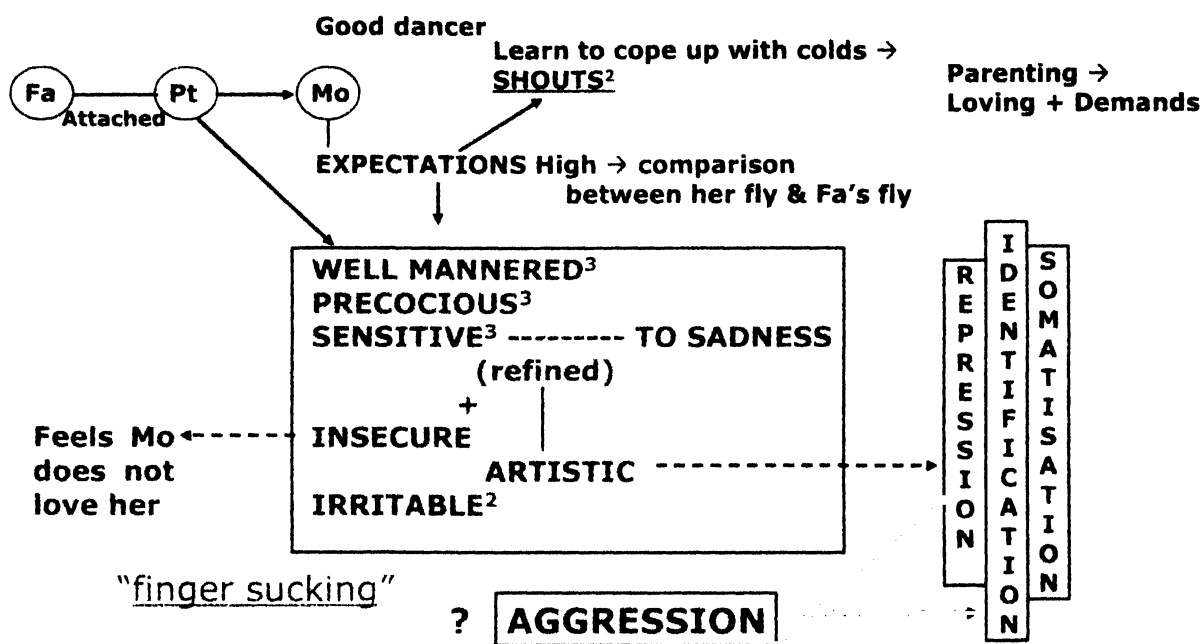
# General Theme

Poor eater.

## DISCUSSION:

In the history, the mother's description is striking. The expectation of mother: should learn to cope with colds. Do not we, as adults learn to cope up with our children? The Mother loves her. Makes obvious comparisons between her family and husband's family. What happens to the child in such an environment? We see a sensitive child who in spite of the loving environment, is insecure, manifested by the finger sucking. She feels that Mo does not love her. Why? Love is not only

demanding, but also accepting, which this Mo fails to do. The child suffers in the bargain. There is a refined sensitivity to sad music. We do not see any element of the expected childlike behavior from her. Instead she displays mature characteristics which make us wonder where is the child in her? Child learns to be well mannered and we see a definite precocity. Thus her own needs are Repressed and along with this there is also a strong Identification with the Mo. "Body" shows the effects in terms of allergies and constipation (retention).



**NEEDS** ——— 'ID'

**"SUPEREGO" STRONG**

## CASE 3

Extract from history written by mother.  
10 yrs old girl. Both parents were outstanding students and graduated from top colleges.  
Mo - 37 yrs Software consultant. Fa - 38 yrs Engineer. Br - elder by 10 yrs and not as diligent as Pt.

C/C: Since April '02 - blood during stools -> which persisted then got worse.  
Endoscopy: Ulcerative Colitis. Stomach cramps: Irritable bowels. She gets tired very easily.  
Since March'03 - No weight gain. < Lack of sleep. < Weather change.  
Earlier frequent ear infections between 3-5 yrs.

**EMOTIONAL NATURE**

Pt is very warm by nature and basically a happy kid. She makes friends easily since she rarely tries to boss over anyone. She would always give in to the demands of the more aggressive children. Her brother and parents have tried to guide her not to be over-submissive and to be assertive when unreasonable demands. In an effort to maintain friendships, many times, she lets other bossy girls dominate her completely. She is becoming more confident about herself now and does not give in to unfair expectations that easily.

She has an immense craze about dogs (almost feels like she might have been one in her past life!!!) and wants to fondle any and every dog she sees. This has been the case since she was very young. She is not afraid of animals and birds at all (unlike her Mom who cannot for eg stand lizards; likes dogs but not to that extent. Her Dad always had pets so I guess she gets that from him (he had nurtured a baby black Labrador to grow up into a big beautiful one, when we were still in India. She didn't see him, since he was gone before she came).

However, her Dad does not get as emotional about them. Her deep interest in dogs is quite mind-boggling; she even chooses to play with them over being with friends sometimes. She can tell you the breed and if it's a mixed one-what breeds would be mixed! She wanted a dog very badly but we felt that she was not grown up enough to take care of it herself and also, houses in Michigan are carpeted, due to the cold weather. However, since she longed for a pet, we agreed to get her a hamster. A teacher in her school was giving away baby-hamsters that her hamster had given birth to. She pleaded that we would let her adopt one. So, we let her and bought her a beautiful cage for it with all kinds of accessories. Unfortunately, that hamster died within 2 months. We bought another one and that one too died within 2 months. She was shattered and heart-broken. She had read about bringing them up but I felt we must be doing something wrong. So, I asked around and realized that the bedding we

were buying was known to cause hamsters respiratory problems. So, we got new bedding and got her another hamster. This one has been with us for 5 months now!

When it crossed two months, she was ecstatic! Even animals and birds seem to be every comfortable with her. At a camp she attended last year, she had a picture with a rabbit snuggled in her lap, another photo with a small python hanging on her neck, another one with a bird sitting on her finger and another one in which she was with a horse. When people walk their dogs around our house, I have noticed that the dog starts running towards our house invariably; maybe they smell her scent and know her by now! She also gets very disturbed if she sees any animal lying dead near the roadside, killed by a speedy vehicle. She is generally liked by her teachers (and is not the trouble-maker unlike her brother) who call her a 'sweetheart'; gets teachers 'little helper' award.

She is quite conscientious and respects rules posted for students or citizens in general (like she always checks us if we exceed the speed limit). She gets concerned if anyone starts breaking a rule, which need not be followed 100% of the times!

She tends to take things seriously. So, if her brother and dad make a joke about anyone, I remind her that it was a joke, and should not be taken at its face value! She may go and state it somewhere else very simply, as a matter of fact! Rather naïve that way. I affectionately call her 'Silly Billy'!

She is naturally gentle and always avoids teachers who are loud or stern. When 3, she hid behind me, when I dropped her at daycare and a certain strict teacher with a shrill voice was on duty. I would wait for another, warm and compassionate teacher to show up. She does not take scolding well, so we try to be gentle with her. If someone yells at her or even at her brother, she just gets scared and draws a complete blank. Then I need to have a gentle conversation with her, to make her understand that it's necessary to keep

## General Theme

brother on track and that we would never actually hurt him. She also gets scared if we ever argue about anything and sound serious; she would come and check if everything is all right. She has seen many of her friends go through parents' painful divorce and therefore fears that that might happen to her family too. I have reassured her several times that her parents care very deeply about each other and about their children and would never abandon or hurt each other. It always helps her regain a sense of stability and security. Despite her sensitive, caring and conscientious nature, she is not afraid to try new things. She was quite bold to try cycling on her own, learnt skating in her brother's huge skates, also on her own on concrete pavement outside our house and goes around our block without being inhibited. She interacts with new people easily and tends to talk a lot, for example, with the nurses at the hospital or the hair-stylist at the salon, working on her hair-cut and visitors to our house. A parent whose daughters used to hide from new people and used to cry a lot, had asked me how our kids were outgoing and what we had done to make them like that. She was 4 years old at that time. She recognizes what someone does for her and gives them due recognition. Every time I make something nice for her or we agree to buy something she has been wanting, she makes a thank you card and places in a place where we would notice it. And, she has an immense love for her family – mother, dad and brother. She feels her brother makes fun of her many times and doesn't treat her respectfully all the time (her brother tends to joke a lot!) so she is angry at him sometimes, but we, as parents know how much she values him and misses him if he's not around. If she senses he's in serious trouble (that he would get scolded by us), she comes and defends him and explains why he could not do a certain task in a certain manner and advises us that we should not be too harsh with him. However, if she feels he's been insensitive to her, she comes and complains promptly, so that he would get his dues right away. To be precise, in playful

fights, she complains against him readily but in serious matters, is very soft towards him. She loves her Dad and says that she and he are "dog-people" and that this is reason for her to share some of her thoughts only with her Dad (things about pets). As she is growing up, she has started having feminine thoughts and/or questions which she shares only with me (Mom). I tell her that we can be friends and that she should feel free to share anything with me.

Since she went on steroids, we did notice mood swings in her; and the doctor had already cautioned us. She would snap back at times and we had to remind ourselves that it may be due to the medicines. She has also been more prone to getting cranky since she got her condition, since she gets tired sooner but doesn't want to go to bed early.

There is no financial strain in our family, especially any that she would have to worry about. However, we are completely self-made, with no help from parents and so we do work hard to maintain our position. We also do not want our children growing up to disrespect money and how it is earned. Therefore, we teach how rewards have to be earned. We do not pamper and spoil them with many expensive gifts and toys (well, nor can we). Therefore, kids learn not to make any unreasonable demands or create fuss for things. We do provide whatever is necessary. We have a vacation whenever possible and are known to live well and not in a very miserly fashion. Ofcourse with pressures of maintaining two full-time jobs well, and household chores (in absence of family and support network), we do get stressed sometimes. Once again, we are cautious and try not to let her feel the pinch of that.

### INTELLECTUAL ATTAINMENTS

She is a Gold medalist in Kumon Math (which means that she is two years ahead of her school level) and Silver medalist in Reading. We feel that she is very good at reading and comprehension

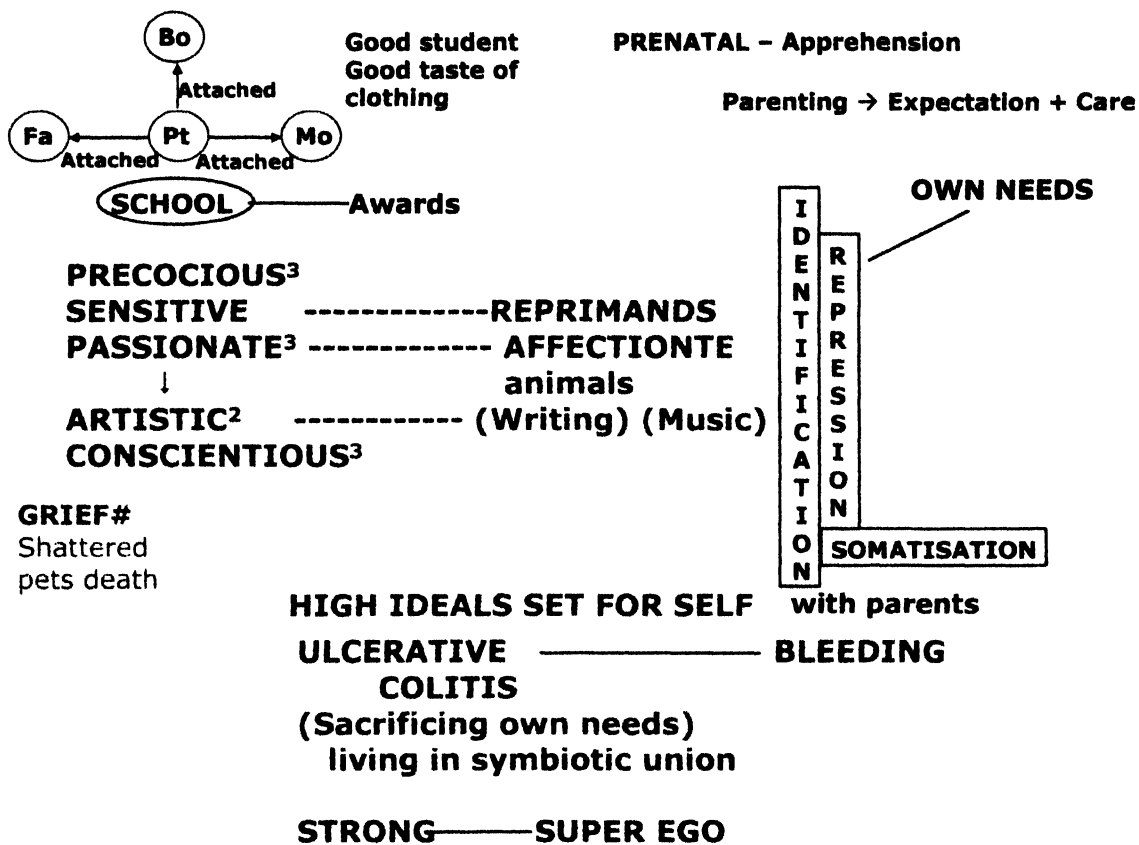
but her logical capability (especially in Math) is not very strong. We often need to explain a Maths concept to her many times before she gets it. She is consistent at school. However, at school, at her level, the standards set for evaluation are very mild and subjective. The highest grade given is "Performing Satisfactorily" and evaluation is not only on academic level. They even rate inter-personal skills, concentration capability, expression, grasp and application of concepts etc. She almost always gets "Performing Satisfactorily" in all categories. However, as stated, evaluation is very gentle at her level and not based on highly academic orientation, which is the case in good schools in metropolitan cities in India. She also has a strong interest in writing stories. She comes up with unique names of characters. She keeps typing new stories on the computer every now and then. We feel that her sense of rhythm is not very strong, which is odd because her mother, father as well as brother are all very strong in that aspect. Well, her dad's younger brother is not gifted in that regard either. I had made her join Indian dance (Bharat Natyam) which she learned for a year but then did not want to continue. I don't like to push children for things they have absolutely no interest or aptitude in. She wanted to pursue gymnastics more seriously instead. So, we let her do that. She is quite good at it and is reasonably flexible. However, our kids know that we expect them to try their best in anything they do, so once in a while, we have to check them, when we feel they are becoming complacent. But if we feel that something is beyond their mental or physical ability, we do not push. She is quite motivated to learn flute, maybe because of her brother's achievements. Her paternal grandfather is a renowned flute artist. He teaches flute at Gnadharva Mahavidyalaya and has students all over the world. He has played in the U.S. and on Delhi radio and television.. She also learned roller skating. but to allow her to learn the proper technique, we let her join a class. She got quite good at it and has participated in shows.

So too swimming- was slow at this, compared to other girls her age, but has picked up very well this summer and has learnt five different strokes. Compliments give immediate motivation to try better. Her favorite toys are anything dog based! She recently bought a 'Dogopoly' out of a gift certificate she received, when she already had 'Monopoly'. All her school folders have a dog on them. She also likes to play with dolls- friends' influence; her choice of dolls changes with what the friends are into at a given point. She still likes to get a stuffed animal as a present! She is quite good at puzzles-up to 1000 piece-ones if on dogs, her motivation to finish something she started, is higher

- People comments – nice and warm, does not boss over anyone.
- Parents are teaching her to become assertive.
- Passionate about dogs – emotional about them
- 2 hamsters as pets which expired in 2 months à "Shattered".
- New 3rd hamster there since 5 months.
- Birds and animals are comfortable with her.
- Disturbed if she sees a dead animal.
- Called "sweet heart" by her teachers.
- Conscientious – will scold us also if we disobey traffic rules.
- Gentle –avoids HARD AND STERN teachers
- Sensitive to scolding-scared-even if brother is scolded.
- 2 yrs – ahead of school level in maths.
- Strong interest in writing stories, good at puzzles.
- Patient has Mo's good taste of clothing.
- Pregnancy History: Mo tense about leaving job – had to take bed rest. Stayed with MIL– who was Sarcastic by nature. Last 3 months – not peaceful.

**FAMILY HISTORY:** G PU- Colon CA. Gr P A- Rectal CA – on chemo, Defective heart valve. P U- Mixed connective disorder. PA-Bronchial Asthma.

# General Theme



## UNDERSTANDING

Young child suffers from ulcerative colitis: why??? This question faced us foremost. Mother provides us with answers through the well written document! Again we see the parenting: caring but also expectations. We see a sensitive Child who is attached to her family and is uncomfortable when anyone is away. The effects of her pets deaths which "shattered" her. The child gives in to the demands of other children and is not aggressive; not even healthy aggression which then shows in somatisation. A child sensitive to scolding, conscientious and definitely precocious, with repression of needs and identification with parents. The body shows effects in terms of ulcerative colitis with loss of blood -vital for survival.

## CASE 4

58 yrs old, Married, MSc, Ph.D / Brahmin Community C/C: Hyperthyroidism.

**LIFE SITUATION:** Born and brought up at Gujarat. Family consisted of Mother, Father, 5 Elder Brothers and 3 Elder Sisters. Patient is youngest. Br 1 expired - Reason not known.

Br 2 working in Railways, expired due to Ca throat. Br 3, Veterinary Surgeon, retired. Br 4, Engineer. Br 5, works in Bank

Father: Irritable, strict, but loving. Struggled and came up the hard way.

Elder Br: Irritable - Pt has strong fear of him.

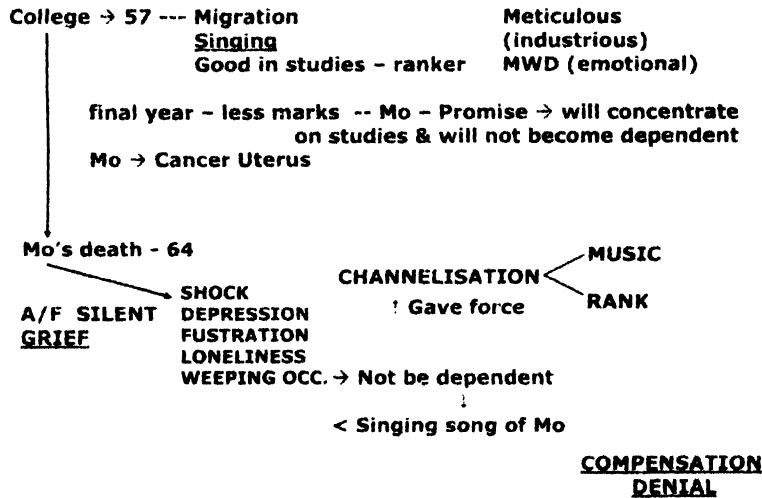
Fa and Br have strong problems with Mo. - did not talk with Mo for days together.

**DISCUSSION:** Fa is a strict, loving irritable man while Mo is calm. Relations between parents are strained. Pt has strong attachment and identification to mother, and fears father. Due to these environmental effects on a sensitive child we see the effect on the development and the poor confidence. He fears being scolded and criticized. Mother and patient share love for music and also

# General Theme

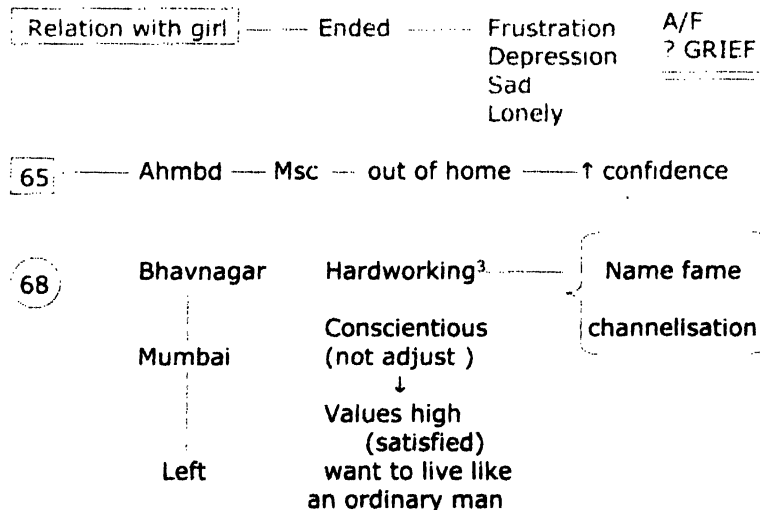
College, living away from the environment, one sees how this personality evolves. He is industrious and his motivation stems from his emotions. He gets less marks, had promised his mother to get better marks. Mo suffers from Ca-uterus. One expects to see effects on him knowing the strong bondage. Repression is the defense mechanism

one is able to identify. Mother dies in 64; there is a strong grief and depression which he channelises by singing songs for his mother but this falls inadequate and there is an aggravation every time he sings song of mother and gets tears. Thus we see the denial and compensation of self's needs.



At around the same time, there was a break-off with girlfriend :Depressed, sad and lonely. Once he is out of home, there is an increase in his confidence. In 68 he goes to Mumbai, where he

achieves name and fame due to his hardworking nature. His high values and onscientious nature does not adjust there; he lives like an ordinary man



Singing channelises his grief. Identifies his mother in old ladies . Loves singing and merges into the task and feels he is one with the mother. Here

again we can see the strong bond between mother and him and how music helps him.

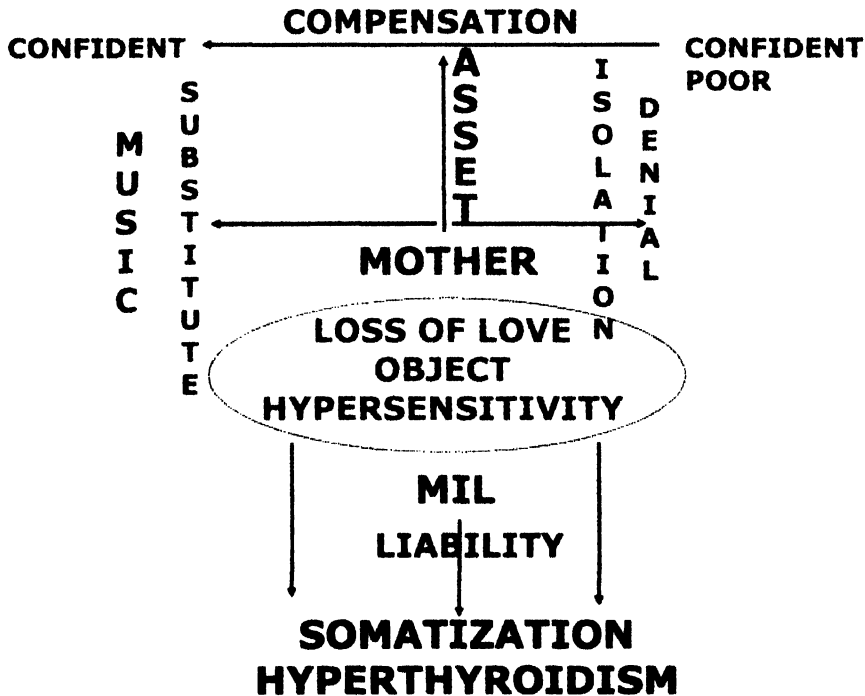
People → Singing for them ----- lady ----- (identification with mother)

**PASSIONATE<sup>3</sup>**

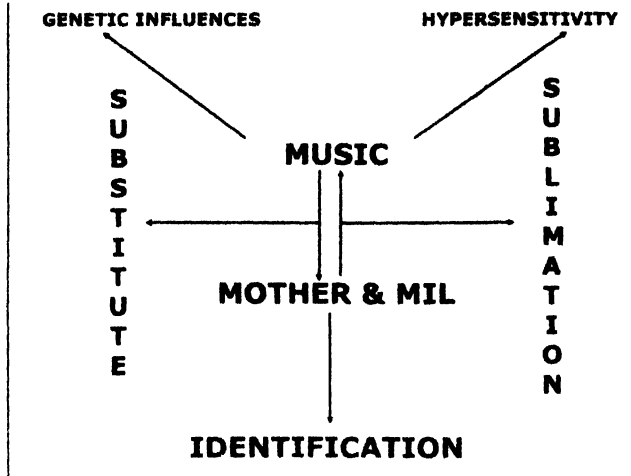
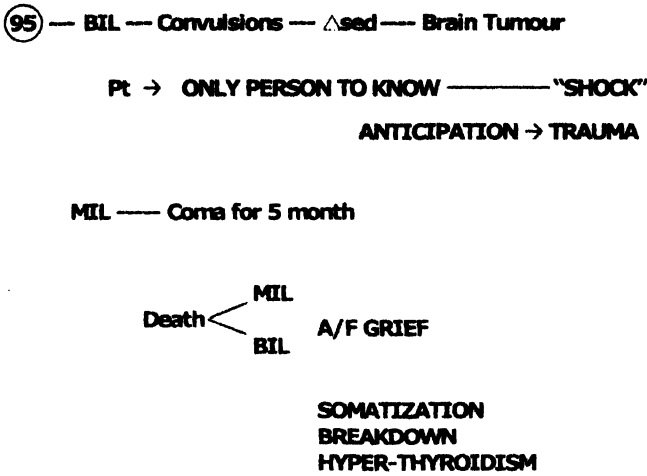
music ----- becomes 1  
 ↓↓  
 helps him to forget boundaries → merge with his mother

He gets married in '72. BIL is more like a brother and MIL more like a Mo to him. When BIL marries against their wishes, Pt felt vexed and tense. BIL ill-treats MIL which pains the pt BIL's ill-treatment brings back suppressed memories of mother's ill-treatment by brother and father. In

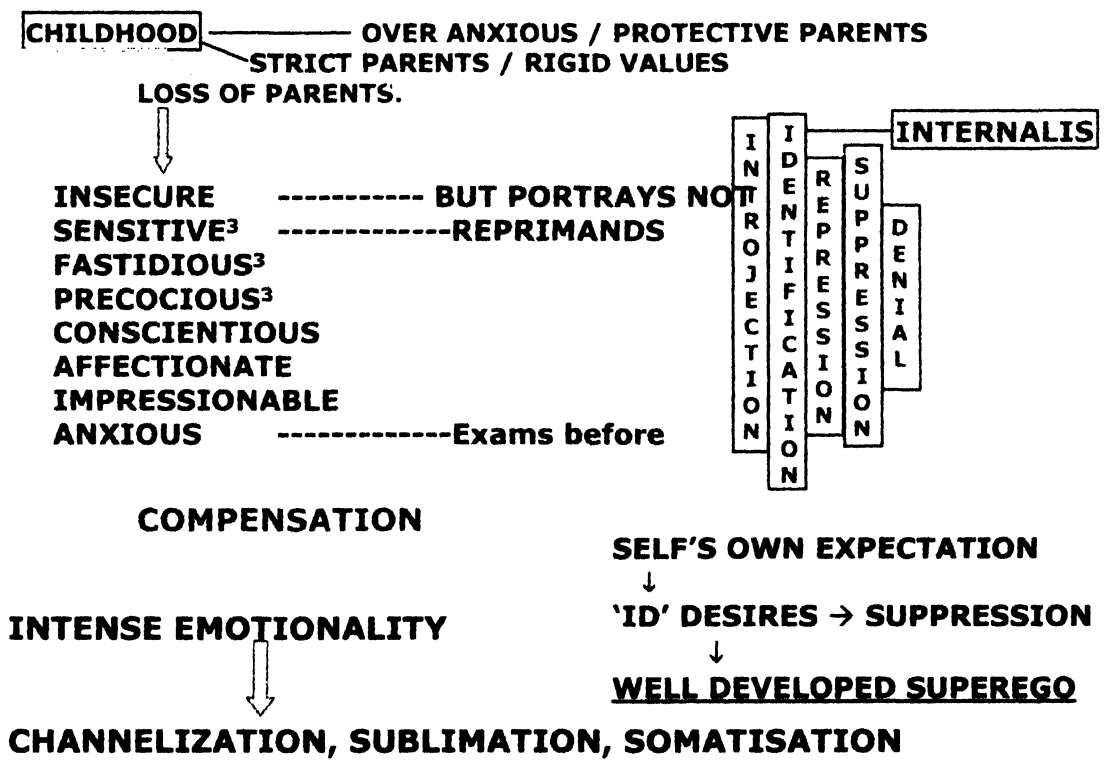
'95 BIL falls ill and pt is the only person to know of the illness which is a shock. Around the same time MIL falls sick and is in coma for 5 months. His strong attachment to both and both their deaths act as a final breakdown which causes somatisation and hyperthyroidism.

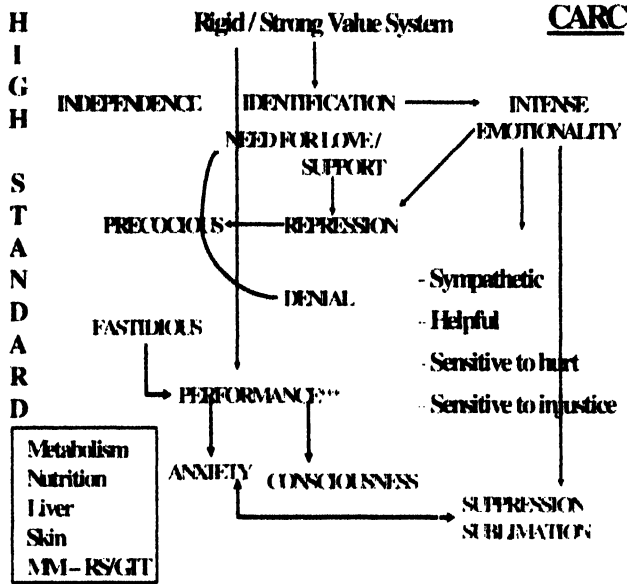


# General Theme



## PSYCHODYNAMICS OF CARCINOSIN





**FINAL UNDERSTANDING OF CARCINOCIN THROUGH SUMMATION OF THE CASES**

Thus through all these cases of *Carcinosis*, we see: that either PARENTS are over-loving and caring, demanding or there is a strained relation between the parents or it's in secure environment but the child is hypersensitive and dependent. There is a parental demand of perfection, intellectual attainments and perfection. Due to all the above, the child develops insecurity. The CHILD is highly emotional with a rigid value system that the child has internalized and assimilated. Child's own desires do not surface → Repression / suppression /denial of needs. They keep high standards and goals for themselves. The fear of the dominating parent, makes them want to please the parents. The child thinks that performance and behaving as per the parental needs and demands will give the desired security—> leading to performance anxiety:eg anxiety and anticipation before exams. Child grows precocious to cope with the expectations and sensitivity to reprimands. The child possesses intense emotionality manifested by strong attachments and also sensitivity to hurt/ reprimand/ rejection. Due to extreme attachment, identifies and introjects the qualities of parents. But the hy-

persensitivity to criticism/ reprimands leads to suppression of all negative emotions of irritation/ aggression which do not surface – thus he identifies with passive parent. Fastidiousness also results to avoid any reprimands/ criticism. Child develops high values and ideals, becomes very conscientious. One sees expression of diseases like allergies etc. Breakdown is also usually due to grief/ death of loved one. Grief too is usually of the silent type due to gradual over compensation over the years. The ego finds it difficult to manage the constant high demands of the superego and Breakdown occurs.

Aggression/ irritation/ negative emotions do not surface and create inroads on the soma.

"Body speaks" the dynamics of the "mind" These children when grow to adulthood are caring, conscientious, fastidious people who overdo their responsibilities without caring for their own needs. There is over compensation. Anxiety is channelised into performance. Possess strong motivation, will and drive.

Channelisation of negative emotions into artistic dimensions but at some point, there is a breakdown of the defenses. The situations which lead to breakdown are usually death/ loss of loved one/ grief and pt suffers..... there is a depressed feeling, loses confidence, sublimates the negative feelings again into performance.... But the cost is high.

**ACKNOWLEDGEMENTS**

To all my teachers who have taught me the basics of personality study.  
To Dr Niraj.Sanchaniya for case 4  
To Dr Rupal.Vora and Dr.Merle who helped me with this article and  
To Dr Vishpala Parthasarathy who spent 8 hours on the editing.