

# Stress And Sleep

Stress has become the red-letter word of today's generation. The word literally means a state of mental, emotional or other strain which reflects on our sleep pattern as well.

Stress and sleep are very much interrelated. A good night's sleep has an effect on every moment of your next working day! In simple words, Sleep recharges your batteries. Therefore, we need to give adequate priority to a good quality 8 hours sleep schedule.

## AIDS TO HELP YOU SLEEP EFFECTIVELY:

First and foremost is the type of bed you use. An ideal bed is one which provides adequate support to the body and maintains the posture of your spine.

And then there's nightwear: comfortable and preferably cotton, smooth textures and delicate prints.

The bedroom ought to appeal to all the senses. There should be something in there that you like: the smell of a candle or pillow-spray and crisp linen or silk sheets. Your bedroom should look good. You should want to get into bed everytime you walk past it. There should be no clutter or anything to remind you of the things you haven't done or should be doing. And it should be peaceful, with no television. Your bedroom should also be cool.

There are a wide range of pillow sprays, sleep-inducing gels, sleep masks, sleep self-help books and a lot more on the shelves of our supermarkets. Today "wellness" is the latest buzzword and getting a good night's sleep is now the most prized status symbol of all, because its not always yours for the taking.



**Dr ANITA J BHMS**  
23/68, Kulshekar Chowki,  
Mangalore 575 005.

Make sure to get full 8 hours for sleep no matter how busy you may be. Sometimes, a simple lifestyle adjustment is all that is needed.

However, for most of us, the ritual of going to bed is long lost. Too often we fall into bed exhausted, drunk, with full tummies-sometimes within minutes of having got back home! This is all wrong.

We should really start winding down two hours before we slide between the covers. No exercises, no stressful phonecalls, no big, late meals. Just milky baths, scented candles, soft light it kick-starts the body's production of melatonin, which is essential for sleep.

More often in the past, we have not paid much attention to sleep. However, now I think something's changing in our psyche, and having nice bed things makes us want to spend time there. After all, a good night's sleep is the greatest luxury of all! *Feeling sleepy yet?*

Three Italian nuns die and go to heaven, where they are met at the Pearly Gates by St. Peter. He says "Ladies, you all led such wonderful lives, that I'm granting you six months to go back to earth and be anyone you want to be."

The first nun says, "I want to be Sophia Loren;" and \*poof\* she's gone.

The second says, "I want to be Madonna;" and \*poof\* she's gone.

The third says, "I want to be Sara Pipalini." 

St. Peter looks perplexed. "Who?" he asks.

"Sara Pipalini;" replies the nun.

St. Peter shakes his head and says; "I'm sorry, but that name just doesn't ring a bell."

The nun then takes a newspaper out of her habit and hands it to St. Peter.

He reads the paper and starts laughing. He hands it back to her and says.... "No sister, this says 'Sahara Pipeline' was laid by 1,900 men in 6 months."



# Personality Taint: A Window to Successful Prescribing

According to the Webster's New World Dictionary 'Personality' is defined as:

"Habitual patterns and qualities of behaviour of any individual as expressed by physical and mental activities and attitudes; distinctive individual qualities".

Every individual can present three different kinds of personality:

- (a) Personality during the normal state of health.
- (b) Personality under the influence of a disease.
- (c) Personality under the influence of a drug (medicinal substance).

Hahemann, in Aphorism No 9 of his "ORGANON OF MEDICINE", defines the qualities of healthy state of any individual person as under: in.

"In the healthy condition of man, the spiritual vital force (autocracy), the dynamis that animates the material body (organism), rules with unbounded sway, and retains all the parts of the organism in admirable, harmonious, vital operation, as regards both sensations and functions, so that our indwelling, reason-gifted mind can freely employ this living, healthy instrument for the higher purposes of our existence".

In the healthy state of man his personality remains rational. When a person falls ill his personality becomes deviated from his healthy personality. To accurately picture out this deviated personality ie personality under the influence of a disease, Hahnemann says in Aphorism 6 (ibid):

"The unprejudiced observer-..... takes note of nothing in every individual disease, except the changes in the health of the body and of the mind

(Morbid phenomena, accidents, symptoms) which can be perceived externally by means of the senses; that is to say, he notices only the deviations from the former healthy state of the now diseased individual, which are felt by the patient himself, remarked by those around him and observed by the physician. All these perceptible signs represent the disease in its whole extent, that is, together they form the true and only conceivable portrait of the disease". And in respect to the law of the power of medicine for affecting any man, Hahnemann says in Aphorism 32 (ibid):

"But it is quite otherwise with the artificial morbid agents which we term medicines. Every real medicine, namely, acts at all times, under all circumstances, on every living human being and produces in him its peculiar symptoms (distinctly perceptible, if the dose be large enough, so that evidently every living human organism is liable to be affected, and, as it were, inoculated with the medicinal disease at all times, and absolutely (unconditionally).....".

He further clarifies that the medicinal substances have the power of deranging the health of man unconditionally whereas the morbid agents and the infectious miasms i.e natural diseases can derange the health of the man only in certain conditions and only certain individuals see Aphoirm 33 (ibid).

"in accordance with this fact, it is undeniably shown by all experience that the living human organism is much more disposed and has a greater liability to be acted on, and to have its health deranged by medicinal powers, than by morbid noxious agents and infectious miasms, or, in other words, that the morbid noxious agents possess a power of morbidly deranging man's health that is subordinate and conditional, often very conditional; whilst medicinal agents have an absolute unconditional power, greatly



**Dr S K MAMAGIN**  
 Doon Ratna, Mangain Homoeo Clinic,  
 218, D L Road,  
 Dehradun-248001  
 Email: drmamagin@vsnl.net



superior to the former.”

It is a proven fact that all medicinal substances have the power to derange the man's health unconditionally. On the basis of this natural law “Personalities under the influence of various medicines’ are processed by individually proving them on various healthy and sensitive individual human beings, so that the true picture of the power of each medicinal substance is known clearly (our *Materia Medica* has been constructed on this basis). Only this fact that the living human organism is much more disposed and has a greater liability to be acted on, and to have its health deranged by medicinal powers, is not sufficient to prove their power to cure natural diseases. They can only perform a cure if any medicinal substance is capable of producing in the human body an artificial disease as similar as possible to the disease to be cured. This fact is described by Hahnemann in Aphorism 34 (ibid).

“the greater strength of the artificial diseases producible by medicines is, however, not the sole cause of their power to cure natural diseases. In order that they may effect a cure, it is before all things requisite that they should be capable of producing in the human body **an artificial disease as similar as possible** to the disease to be cured”.

Simultaneously the dose of thus selected, similar disease producing medicine must be somewhat stronger than the disease to be cured, i.e. the power of the dose of such similar medicine must be strong enough to produce a similar disease in the sick person than the disease to be cured. See Aphorism 48 (ibid).

“Neither in the course of nature,..... nor by the physician's art, can an existing affection or malady in any one instance be removed by a dissimilar morbid agent, be it ever so strong, but **solely by one that is similar in symptoms and is somewhat stronger**, according to eternal, irrevocable laws of nature, which have not hitherto been recognized”.

Thus Hahnemann says with confidence in Aphorism 53 (ibid), that the Homoeopathic method is the only

method to obtain true mild cures:

“The true mild cures take place only according to the homoeopathic method, which, as we have found (# 7-25) by experience and deduction, is unquestionably the proper one by which through art, the quickest, most certain and most permanent cures are obtained, since this healing art rests upon an eternal infallible law of nature.

The pure homeopathic healing art is the only correct method, the one possible to human art, the straightest way to cure, as certain as that there is but one straight line between two given points”.

When one goes through the *Materia Medica* one finds various symptoms very similar in a number of medicines, yet every medicine differs a lot from any other medicine in spite of similarity in various aspects among two or more medicines. The differentiating factor between the medicines may be called as the **personality taint** or the peculiar personality. Whenever one is able to identify the personality taint of the disease, which is especially in mental sphere, enables to select the curative medicine, which has similar personality taint in its pathogenesis.

I may be allowed to quote a few examples from my own experience:

#### CASE 1:

Brig (retired) G, aged 75 years, suffered from an attack of hemiplegia in 1985. He received treatment at Military Hospital and got well. But, he developed complete anorexia. After examination at the M H, no abnormality was found, and he was not prescribed any medicine. At this stage I was asked by one of his acquaintances, if Homoeopathy could help him. I told that he can be helped, provided I could get his symptom picture. I was told that it was not possible to ask him because who will dare to ask him! However his wife can tell whatever she knows about his symptoms. On enquiry she told that whenever he is asked about meals or about his desire for food, he becomes furious.



He had been head of a Central Government Department having directorates all over India and had been very rigid and disciplined officer for the whole of his service life i.e. he was of very dominating nature, so, I prescribed *Nux-vomica* 200 with placebo. It promptly produced the desired effect. After four days he himself desired to meet me. His aversion to food vanished in a few days. Within three months he gained four kilos of body weight. He remained well thereafter till his death. He occasionally used to come to see me.

**Comments-** *Nux-vom* has produced the following symptoms during proving, among other symptoms (Allen's Encyclopaedia and Hering's Guiding Symptoms), hence *Nux-vomica* was selected:

**\*Tactiturn, as if averse to everything,** [Allen].

**\*Scornful, peevish, inclined to be angry** (after one hour), [Allen].

-<sup>33</sup> Suits very particular, careful, zealous persons, inclined to get angry or excited, or of a spiteful, malicious disposition. [Hering]

-<sup>33</sup> Irritable, morose, sullen, quarrelsome if disturbed. [Hering].

-<sup>33</sup> Irritable, angry disposition, anxious concern about little things. Chlorosis [Hering].

-<sup>3</sup> Fiery, excited temperament; violent; sensational. [Hering].

-<sup>3</sup> Very much inclined to violently reproach others for their faults [Hering].

-<sup>3</sup> Ill-humoured, resists obstinately the wishes of others [Hering]

is sullen and obstinate; would not eat or speak; eyes large, congested, urine high colored, with mealy sediment. Mania [Hering].

**CASE 2:**

In the year 1989 a man about 35 years old came to me for urticaria from which he was suffering from many years. I gave him *Urtica-urens* 200 on the basis of the symptoms he related. It gave him some relief. But the tendency persisted.

On one visit, he told me that whenever he takes butter

or ghee his urticaria immediately relapses. On this symptom I prescribed *Pulsatilla* 200 which cured him promptly and permanently. He was a man of mild temperament.

**CASE 3:**

Mrs S aged 37 came to my clinic on date 27-05-1996. She had the following symptoms: Craving for sweets, but on eating even a little sugar in the tea, she gets ulcers on the tip of the tongue which spread in the whole buccal cavity and even into the oesophagus.

Acidity – much burning sensation in the stomach

Sour eructation and Pyrosis

Loss of appetite

Thirst < in the night

Menses late, irregular and painful

Periodical one-sided pain, she had an episode of such severe pain in right side of her head.

Anticipation, agitation and palpitation on hearing any kind of news

Forgetfulness

Temperament very irritable.

*Argentum-nitricum* 200 alone cured her permanently; last dose was given on 28-6-96.

**COMMENTS-** *Argentum-nitricum*, some of the prominent symptoms from "A dictionary of practical Homoeopathic Materia Medica" by J H Clarke.

Mind – Mental anxiety

Mouth papellae prominent, erect, feeling sore; tip of tongue red and painful – ptyalism

Throat – Rawness, soreness and scraping in throat

– Buring and dryness in fauces and pharynx – Ulcers mercurial, syphilitic and scrophulous

Appetite – Irresistible desire for sugar (but it <)

Stomach – gnawing ulcerative pain in epigastrium.

**CASE 4:**

Miss U aged 23, suffering from chronic bronchial trouble, visited my chamber on 29-10-97 her symptoms were as follows:

Tendency to recurring coryza since 1992. She used to



get running nose and sneezing bouts on slightest change of climate.

Coryza always followed by cough and breathing difficulty. During these attacks has to keep sitting up in bed to ease her breathing.

Cough < lying down

Wheezing respiration

Dryness of mouth

Difficulty in swallowing

Loss of appetite

Craving for salt

Menstrual functions normal

**LIFE STORY:** She had a love affair and was desirous to marry her lover but her parents did not agree to this relation. She was too much depressed due to the failure in love. And she remained in mental depression for quite sometime. After this incident she started suffering with the above complaints.

Her treatment was started with *Hyoscyamus-niger* 200 and was finished with *Natrum mur* 200, last medicine was given on 19-02-98. And she was permanently cured.

**COMMENTS:** *Hyoscyamus-nig*: the Dictionary of Practical Homoeopathic MM – Clarke:

Mind – Melancholy, from unfortunate love, with rage or inclination to laugh at every thing.

Respiratory Organs – Constant cough when lying down, which ceases on rising up.

The cough is < at night (after midnight), when at rest, during sleep, in the cold air, from eating and drinking.

Chest-Oppression and embarrassed and rattling respiration – Spasm in the chest, with shortness of

Delta Airlines

At the airport for a trip, I settled down to wait for the boarding announcement at Gate 35. Then I heard the voice on the public address system saying, "We apologize for the inconvenience, but Delta Flight 570 will board from Gate 41." So my family picked up our luggage and carried it over to Gate 41.

breath, which forces the patient to bend forward.

*Natrum-mur* (ibid)

Causation – disappointment

Nose – Violent coryza, fluent or dry with loss of smell and taste and sneezing.

Chest – Breath short and chest tight

Kent says in 'Lectures on Homoeopathic MM

*Natrum-mur* – unrequited affection brings on complaints

- She is unable to control her affections and falls in love with a married man
- She knows that it is foolish, but lies awake with love for him
- She falls in love with a coachman
- She knows that she is unwise, but cannot help it.

#### CASE 5:

Mr D aged 44 years, first consulted me on 08-12-80. Somewhat soft tumour on the condyle of the right elbow, noticed about 15 to 20 days ago. It was larger than a betel nut. It was painless, only slight pain when resting the elbow on table or some hard surface.

Pterygium in right eye.

Baggy swelling under the eyes

*Hepar-sulph* 200 Last medicine was given on 31-01-81

The tumour vanished completely with in a span of less than two months. In this case there were no prominent guiding symptoms, so I looked in Kent's Repertory–Extremities–tumour-elbow there is only one medicine in italics–*Hepar-sulph*. I prescribed it and it did the job.

Not ten minutes later the public address voice told us that Flight 570 would in fact be boarding from Gate 35. So again we gathered our carry-on luggage and returned to the original gate. Just as we were settling down, the public address voice spoke "Thank you for participating in Delta's physical fitness program."

Have a Good Day!!!

