

Importance of MENTAL SYMPTOMS

While treating patients according to the theory of Homoeopathy, we face at times a problem : is this patient a Lyco or a Nat mur. This problem encounters us mainly while treating Chronic diseases. The easiest and accurate method is to differentiate according to mental symptoms.

Once a lady patient of middle age came to me for some Chronic ailments. After taking her case, I doubted if she is Sepia or Nat mur. For any further choice in chronic ailments, I usually resort to the mentals of the remedies.

How to differentiate between Sepia and Nat mur ? Both are having an indifferent attitude while telling their symptoms. Both will be having vulnerable experiences/grief in life. Both are not expressive in telling symptoms. The basic difference is that Nat mur patient feels her emotion though not expressive of it but Sepia patient has lost the ability to feel her emotions. Nat mur is sympathetic and can feel the pain of others. . She speaks less, she never expresses her grief to others. An Ignatia can weep, but Nat mur is deeper, she has lost the ability to weep, and she never hurts the feeling of others; neither one should hurt her - she will feel it so much. But Sepia has lost the ability to feel - She has lost all emotions in life. While asking for the mental symptoms, you can feel the face of Nat mur feeling the sentiments internally though not expressive. Love and emotions are lost to Sepia. If her children makes sound with their toys, she may even feel like throwing her children out of the window.

Regarding the above patient I enquired about her life with her parents and how she felt in her husband's home. In her parents house, she was the Benjamin of the family, much loved and quite happy. But unfortunately after marriage, she was having lot of responsibility - looking after the old and bed ridden mother-in-law. Her in-laws used to quarrel with her. She used to care for everyone, but no one cared for her. To make situations worse, she opted for two abortions. She told me that



DR K J JAMES

cannot withstand her children making noises and she would beat them often..... I felt she is so tired to have any emotions. In fact she has lost it, so the choice was Sepia and it did cure her of all her ailments.

Different patients react in different ways to the same situations. Grief or disappointments in life can create different attitudes in different people :

Grief	+	Sadness	→	Nat mur
"	+	Apathy	→	Acid Phos
"	+	Suicidal	→	Aurum met
"	+	Hysterical	→	Ignatia
"	+	Irritability	→	Sepia

While treating chronic patients, whenever the progress is slow, usually I find some kind of grave tension in the life of the patient. Negative thoughts always inhibit the production of macrophages and interferon, which are the major defensive line of the immune system; Such patients require counselling to inculcate positive thoughts and also flower medicines along with Homoeopathic medicines to effect a speedy cure.

Ofcourse one cannot study this art within a fort-

* RETNADEEP APARTMENTS, VIKAS NAGAR KIWLE, DEHU ROAD P.O., PUNE

night. The one who would like to learn this art should be highly sensitive like Phos and Lyco. He should watch and study each individual on the pavements, comparing them to the characters in the Materia Medica. It is an art to be cultivated.

Once a Bronchial Asthmatic child was brought to me. His mother explained to me that whenever the child is going to get an attack, the character of the child changes so much worse that the child acts like a mad man. He will beat, kick and destroy things. He will become so much obstinate that nothing can please him. The acute attacks were palliated with Ipecac, Arsenic, Antim Tart etc. Then once the child becomes okay, Tuberculinum in high, higher and highest potencies were followed and in about four months the child was cured. Temperamentally also the parents say that he has much changed.

A Nat mur child sits in a corner and weeps. Leave him alone when he weeps. Never try to console him. He sobs while weeping, whereas a Pulsatilla child weeps pathetically and as you try to console her, she stops crying. A Causticum child weeps when seeing the other child punished - extremely sympathetic. A grownup Causticum can never tolerate injustice. He will question it. He wants justice everywhere. Like Mr. Sivadasan, he can become a revolutionary and will fight for social justice, he may become a martyr.

You are so lucky if you can marry a Phosphorous constitution. She is good looking, fare, wants order and neatness, She is sensitive, sympathetic and loving. She readily gives love and takes love. (Puls takes love, never gives back.) Moreover, she is romantic, sociable and sexy whatelse you want from your wife? But never forget o spent with her some time.

A Phosphorous patient leans forward in the chair while telling symptoms. He actively participates. He looks direct into your eyes and seeks confirmation from you for a cure. He has an anxiety about his health. A Nat-Mur though gentle, would lean backward on the chair and not so outspoken or expressive in telling symptoms. A China patient wants to express with lots of thoughts but can't express it - there is a blockage of expression and so frequently looks at her husband to answer for the Doctor's queries. A Phosphorous patient is active and sensitive and readily replies; with a lively smile on her loving and beautiful face, she leaves you. They are so sweet natured that you won't forget them easily. If you are Nat mur, you will be at the risk of falling in love with her.

Sulphur is explained in Dr. Kent's M.M. as a 'ragged philosopher, But in the modern era, due to developed hygiene, education and improved living conditions

we seldom meet such Sulphur patients. The modern Sulphur may be a scientist, a philosopher or some one who studies different subjects. He keeps on studying. He will ask you a lot of questions with why, why, why? He is philosophic, with no care for dress or shaving. He will analyse and interpret your case taking. He always tries to seek the reason behind anything. He will question you about the cause of his disease. He is sexy but not so romantic. May be he is a bit romantic but more practical in life. He won't take the risk of falling in love with a lady which our society won't agree for marriage. A Nat mur is more romantic that she may fall in love with a married man.

A Lyco is extremely sensitive : the most sensitive thing for him is to take any responsibility. He can't even bear the responsibility of supporting a family. He is very weak mentally and physically. He is very sexy, but weak sexually with impotency and premature ejaculation. He is introvert because of lack of confidence. Nat mur is introvert because of the fear of vulnerability and the previous experience of sadness and suffering which he had to undergo in life. He is so emotional that he will weep at the point of thanking. A thought or a moment of gratitude will bring tears. When seeing an old friend he will weep. He has got wonderful writing capacity, he is so much expressive in writing letters or articles. He has got a habit of underlying while reading. While shaking hands with you for expression of gratitude for his cure, he will have a firm grip on your hands, without expressing anything verbally. But he can be selfish man - he likes sharing his emotions with any girl without the burden of family or married life.

Some people like Nux Vom, Phos and Arsenic cannot withstand disorder, they want everything neat and clean and in an orderly way. During asthma, an old lady was cleaning not only the courtyard, but all around her home, simply because she could not withstand dirtiness. Though Sulphur is not reactive to disorders, he has got a microbial fear. They do not like to take food outside their home for fear of contaminated food. But at their home, you will see that he has kept his clothes and books scattered here and there. I know a typical Sulphur, who while taking tea from a shop, will hold the teacup in his left hand only, so that his lips are not touching the same portion where others are drinking. Coming after a journey he will wash his hands and legs. He will use phenyle or other disinfectants frequently. Syphillinum frequently washes his hands because of an impulse to do so, but Sulphur does it for fear of any infection.

So there is no end to such deeper and closer study of our medicines, which of course is worth its reward. ■