



Dr. Sosi Roy is continuing his mission for the progress of homoeopathy even at the age of eighty. In this article, he is sharing with us his rich experience in his treatment giving prominence to the mental health. He presents here a few cases of mental patients who were cured without giving any medicine through the means of counselling alone. All the same, he indicates the medicines that could be given in such cases. Moreover, he convinces that complete recovery is not possible without giving medicines.

SATISFACTION and **DISSATISFACTION** like light and darkness are two phases, which make the life on earth a worthy living. Continuous Satisfaction or unbroken dissatisfaction can never be tolerated by a person. But the fallacy is that a person desires to get satisfaction from all his deeds and dealings with other persons in his family and surroundings. Whenever any dissatisfaction occurs from his surroundings or from behaviour and acts of other person or persons in any manner, knowingly or unknowingly, the mind of a person

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MENTAL DISEASES CURED WITH AND WITHOUT REMEDY

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gets dissatisfaction and that dissatisfaction incites negative thinking in the affected mind with a view to set right the cause of the dissatisfaction by a protest or revenge. But, whenever the affected mind can not take the desired action, the thinking born from the injured mind goes on increasing thought affecting the intellect and associated functions of the brain, resulting in the derangement in the suffering mind and often it extends to the SOMA or health.

This derangement alters the normal functions of the mind and body producing symptoms of depression repugnance to conversations meaningless, smiling or weeping, loss of sleep, detachment from family and the world, loss of appetite, indolence, loss of purging for stool, and urging for urination. This is the preliminary stage of mental derangement called **MENTAL DISEASE**. In this stage, the intellect, a faculty of thinking and reasoning is not seriously affected, and for this, the mind of the diseased person can be set right by some suggestive thoughts given to the person in such a manner, that his or her consciousness can accept such thoughts or arguments supporting his or her nature or perverted thinking. This is a process of cure of Mental disease. This system of cure of mental patients is called **Psychological counselling** and the cure needs no drug.

But, when the mind is severely injured from persistent dissatisfaction or from violent impact, the intellect is paralysed and the patient is cut off from the surrounding and he lives in a world of his or her own creation, no external argument reaches his or her consciousness.

As regards the cure by drugs in mental maladies the prevalent systems are Allopathy, Homoeopathy and Ayurveda.

The Allopathic system is to administer sedative drugs which reduce activity and allays excitement or avert anxiety and narcotic drugs for additional tranquilisation. These drugs are common for all types of excited patients, and they are to be used for years after years. In case the drug fails to reduce the mental excitement Electroshock is given to the mental patients, in which a harmless current of electricity is passed through the brain. There are also anti-depressives and anti-epileptic drugs.

As a person differs from the others for his peculiar physical and mental character, the way of affectation by mental conflict also differs from person to person. As such, for a lasting cure of mental affectation and its result, a general and specific drug can not be accepted.

Homoeopathic system of cure has drugs, which can produce and cure

various types of mental symptoms exhibited in the mental patients, and for this, the remedies differ from patient to patient and they have a wide range of action from simple derangements to the maniacal and Schizophrenic.

The third system is Ayurvedic one, which originated in our land based on the principle of difference in proportion of VAYU, PITTA and COUGH. This system has some definite herbal remedies. Which worked wonder at a time when the original principle of preparation and application was truly followed, but on modernisation of the system at present, it has lost the original glamour. The present idea of the paper is to think a new whether the cure obtained by psychological process, with out any administration of drug becomes precuanore or not. Illustrations of three cases cured by me are depicted below in support of the debatable idea detailed above.

The first case is a cure of a young newly married girl on the psychological method without any drug.

The patient was a mild, beautiful girl, daughter of a headmaster of a High School, married eighteen days before her mental upset. She continued good relation with her sober and affectionate husband for eighteen days after the betrothal, Suddenly, for reasons unknown, she severed herself from her husband and her family and stood by a place in the balcony immersed in thought keeping her eyes fixed on the sky throughout the whole day and night. She could not be drawn away from the place of her standing and after being released from forceful obstruction, she would occupy her same position placing her feet fully on the impression of her sole on the floor.

Before I visited the girl on call, I prepared myself to introduce myself as a friend of her father for the formation of report (agreement), which is essentially needed for affecting the release of mind of the patient in psychological procedure. On my first visit to the girl standing in the balcony, I told her "Ma (mother) I heard of your praise of character and very loving behaviour, but I was feeling aggrieved that I could not attend your marriage to see you with my own eyes, the image of an Indian epitome of goddess in flesh, and blood within you. To day I have come to see you from a long distance.

This flattering approach worked wonder and the girl, of her own accord, left the place and requested me to wait in the parlour. She then changed her dress after washing her face and put vermilion on her head and came to me in the parlour.

The second approach by me was to be more familiar and sympathetic. I began "Ma, I am your son, I have come to see my godly mother, but I am feeling much pain is not finding a motherly smile on your face. It seems that you are much depressed. What may be the cause of this depression? Can I not share your sorrow as your son?"

She placed her eyes on my face, rendered full of sympathy by me. She though for some moment and closed the doors and windows of the room and released her mind to me by saying 'My husband is a superman. He is pious and pure in look and behaviour. I tried to be a good match for him, but three days before! I saw in a dream that a skeleton came out of the burial ground and raped me vigorously making me fully impure in body. How can I go to my husband

with this impure body?"

I folded my hand before her and said "you are a SATI (religious lady)." No other girl could think in this way'. (In psycho-analytic method the psychiatrist should always support the patient's thinking to obtain more inner words of his or her suffering.)

I then put forward my counsel "Now my endearing mother, I am sure you have other known friends who also have seen various types of dreams."

The girl nodded her head in affirmation.

I continued 'Now can you tell me if any of their dream came true in life?'

She thought deeply and replied 'no, I heard no dream has come true'

My second counsel was to convince her that even though dreams never become true in life, still she was thinking it to be true as she was a pious girl but was it not correct that she was so long suffering from an idea based on a false thinking. Was she not grieving over an happening, which did not occur at all in life. I asked her to think a-new over it in her own way and to give a reply. All the time I was keeping my eyes fixed on her face to study the reactions of my counselling. She appeared to be a little bright and gloominess on her face was disappearing.

My third counsel was to put before the educated girl the question 'if you meet an accident on the road, and one of your hand is crushed, would you think to make an end of your life for the injured hand, which seems to have disfigured your physique.' The girl promptly answered 'I would live by amputing my hand'. My next attempt was to adduce her reasoning to create a deep impression on her conscious or intellect which was de-

ranged by her characteristic thinking (strong aversion to any uncleanness and impurity, a symptom of Arsenic Album). I then asked her "My endearing mother, excuse me for your very prompt and cogent answer, but does it not contradict your previous thinking that you would court death when a part of your body had been polluted?"

The question stirred up her mind and she began to think deeply for a reply from her enlivened intellect. I then helped her by saying, "As you are my mother, I know the answer you are thinking for. The answer is that the happening of the accidents had no control of your mind, and as such, you cannot ruin your precious life for a damage of parts of the body. On this analogy, you can not abstain yourself from your husband and ruin your betrothal and body for an offence caused upon you beyond your control. It is more so as the offence was not committed in reality. Is it not correct my sweet mother?"

Within a little moment, she left a sigh of relief and with glittering eyes she exclaimed "I am such a fool that I was so long thinking over an happening, which did not happen at all".

The girl regained her conscious thinking and she was cured without any drug. As a proof of belief a second case of cure with drug is cited below.

My contention is that the girl being of ARSENIC ALBUM constitution, with characteristic mental symptom inability to withstand any uncleanness in whatever form, have once been cured of her affection of the mind paralysing her intellect, by enlivening the intellect by reasoning was not free from her natural and characteristic thinking, and as such, there is

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no guarantee that she would not be affected in future on similar circumstances until the manner of thinking is effectively controlled by a drug.

As a proof of my belief a second case of cure with drug is cited below.

A University female student preparing for Ph.D. lost her sleep for three years and remained depressed for a tormenting thought of an attempted rape on her by her male fellow mate. In this case also the centre of the continued thought was of being polluted by the attempted rape on her. Before I arranged for her mental release, I told her to think about the wrong door and to abuse him vehemently in the dark room on her psychoanalysis. As a rule, I stood behind her quite unknowingly in the dark room and took down her words of abuse and associated outbursts. After she was brought out of the dark room for a free association, and counselling, she expressed to me that she would have her sleep in the following night. As she was a student of Philosophy, my counsel was designed to stir her mind and my Thought-provoking arguments was to request her to think whether purity and chastity relate to mind or body. Added with the counselling, I administered her a dose of ARSENIC ALBUM 10M. As she was a local girl, I could keep all information about her and I heard of no complaint from her after the medication for years together.

The third case cited below will give more proof on my contention.

In this case, the patient was a girl preparing for her M.A. examination in journalism. She took fancy on a young man, who had a good physique and charming health, but had no qualification to be a match for the girl. Still, the girl was fully determined to

marry the boy and accepted no argument of her parents against the person of her choice. I was called to bring an immediate change in the girl. The maternal uncle of the girl came to give me the call and arrangements were made to bring the girl in the residence of the maternal uncle, when I would visit her. Thinking of all the ways and method to be adopted, I told, the maternal uncle that I would visit the girl as his friend and an astrologer. The girl should not know that I am a physician called upon to see her for her change of mind. As per arrangement, I went to see the girl and as instructed, the maternal uncle requested me to predict the events of the year. I began to depict the year very inauspicious for marriage. I told that most of the marriage, in the year would end in extremely painful divorce and murder of wife newly married and the rest of the married girls, would suffer a life-long torture, barring a few, whose stars and planets in the zodiac are favourable. My idea was to create a fear in the mind of the girl, who made all arrangements to marry the young Romoéo of her choice. The girl was seated before me and wilfully I paid no attention to her. The mother of the girl took me to be a confirmed astro-palmist and requested me to give a reading on the palm of her daughter. I showed very little interest on the girl and told the mother that her daughter had no belief in palmistry or astrology. Thereafter, I began to relate some fictitious stories of unflinching truth of my prediction with a view to create a firm belief on my prediction in the girl. My procedure was rewarded with success and the girl produced her hand before me of her own accord. I began to tell about her success and failures in the life only with the idea that she can-not suspect me to have been brought for solution of

problem of her decided marriage with her lover. The mother pressed me to give my prediction about her marriage. Even then, I showed no inclination to predict on her marriage and only said that her marriage would be delayed, and thereafter, I showed my first interest on her marriage line in her palm and said 'Of course there is a very bad sign on the line of marriage of which you should be cautious. I showed her a divergent line on the marriage line and said with emphasis that the line indicated an immediate marriage either by arrangement from the paternal side or from the choice of the girl, and if the indicated marriage is finalised, then the life of the girl would be ruined and there would be no scope to come out of the betrothal. A very sad and torturous life she would suffer. This would be extremely dangerous. I put all my

emphasis on the point and studied the sign of great fear depicted on the face of the girl.

This prediction, though false, worked wonder and the girl pressed her mother to send her to Ranchi to live with her sister immediately to save herself from the young man whom she determined to marry at the earliest convenience. Of course, the process adopted was not psychological and there was no time to arrange psycho-analytical sitting. As the girl was fully NATRUM MUR personified, I requested the mother to take the drug from me, but she had to leave for Ranchi immediately and the drug could not be administered.

For two years I did not hear anything from the mother or the maternal uncle or from other source. I could learn that the girl severed all connection

with the dearest lover. But after two years, the mother came to me with a complaint that her daughter was very good so long and she showed no problem, but recently she had again been drawn to another young man.

I remained confirmed that the process adopted altered the thinking of the girl for the present, but until her mental character of falling in love with a person only on emotional impulse without any consideration of conscious reason (peculiar symptom of NATRUM MUR) is not given, she would never be able to control her emotion of falling in love in future.



QUINQUINA CROSS WORD ANSWERS

ACROSS

5. Addiction
8. Shin
9. Senility
10. Plates
11. Cicuta
13. Ocelus
15. Ridges
16. Aspidium
18. Iris

19. Myricum

DOWNWARD

1. Adonitol
2. Miosis
3. Stone
4. Coel
6. Chylocyst
7. Stethemia
12. Codeinum
14. Seidel
15. Rumpil
17. Ivy's

QUINQUINA QUIZ QUEST ANSWERS

- | | |
|---------------|--------------|
| 1. Pulsatilla | 9. Mag Carb |
| 2. Ammon Carb | 10. Platina |
| 3. Bovista | 11. Sabina |
| 4. Nux Vom | 12. Helonias |
| 5. Lachesis | 13. Alumina |
| 6. Trillium | 14. Glonoine |
| 7. Lilium Tig | 15. Bryonia |
| 8. Calc Carb | |

MEDICOS QUIZ ANSWERS

- | | |
|-----------------------|--------------------------|
| 1. Still's Disease | 9. Sarcosis |
| 2. Stiff-Man Syndrome | 10. Scoliosis |
| 3. Shingles | 11. Sequestrum |
| 4. Scotoma | 12. Storage Pool Disease |
| 5. Stridor | 13. Splenosis |
| 6. Subluxation | 14. Stenosis |
| 7. Synovia | 15. Succussion |
| 8. Siderosis | |

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