

Inferiority Complex and Homoeopathic

ABSTRACT: *The expression "inferiority complex" first came into fashion in the psychoanalytic school of Freud and was amplified by the great psychoanalyst Jung Adler and other pupils of Freud. It is quite clear however, that the condition of "inferiority complex" was known at all times and was more or less successfully treated by physicians under the most varied names like, morbid timidity, misanthropy, stage fright, the shakes, lack of self confidence and many others. If this can be handled in children itself then it will set the stage for a confident adult.. therefore this subject is handled in mother and child issue.*

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In the present day when the causes and consequences of this condition are well known, its medical treatment has scarcely yet gone beyond the narrow circle of specialists, experts in psychoanalysis and psychotherapy who maintain that they alone are capable of an "Infringing" about alleviation or even cure of this diseased condition of mind and spirit.

WHAT IS INFERIORITY COMPLEX?

1. It is a part of conscious for the most part. However unconscious condition due to a person's own weaknesses, impels him to withdraw it himself.
2. It is a condition which is often accompanied by a feeling of self-torment or even self-destruction driving a person to make himself more insignificant than he really is and therefore avoids comparing himself with others or measuring himself against them.
3. It is a condition that is nourished by one's own mental state in a truly ominous circle, made worse by failures and defeats in association with the world.

The causes of this complex are very deeply rooted and when one asks the sufferer about it, he is not able to give a satisfactory answer. It is, only known by means of psychoanalysis with its process of finding explanations as a result of testing of the interpretation of dreams and so forth, has it become possible to unravel the skein of deep causes of the

unconscious in us and to clarify it. Not all persons are exposed to the same degree to the danger of failing environment and hereditary pre-dispositions as well as the influence of society are the basic factors here.

4. What weapons are at the disposal of the physician to support the patient in dealing with his inhibitions?

There is the procedure of psychoanalysis, the analysis of mental associations and processes that lies within the sphere of a few specialists whose treatment is a long and expensive process, even if successful it is not always effective and some times even dangerous. Psychiatry's the science of mental healing that is the medical treatment of mental disturbances. This procedure is very interesting from the view point of the physician, provided that he is a psychologist, and understands how to combine his psychological methods with other curative measures perhaps with auto suggestion. he will be able to render incalculably valuable services to the patient.

The modern allopathic art of preparing medicines (pharmacology) has produced in recent years drugs which stimulate mental activity, resulting in an increase of mental capacity and nullifying the negative impulses from within. These drugs have actually and literally exerted effect which dissolves complexes, they free the patient from the



fetters of morbid condition during the time that the body is subject to their medicinal effect. But this time span is fairly short and sometimes other unpleasant symptoms follow it, or even headaches and comatose states moreover the momentary beneficial effect is often weakened in proportion to the number of times the remedy is repeated and finally when these remedies are taken too frequently and continuously they can lead to a condition of illness and addiction to drugs. In spite of these misgivings one must admit that the medicines can be extremely valuable as occasional aids, they make a breach in the fatal diabolical circle in which the patient is captive, but when the treatment is directed from the beginning toward the comprehension of the entire organism (treatment of the whole) one will be able to achieve a cure and make it permanent. This is only possible by means of homoeopathic remedies prescribed according to the law of similar of homoeopathy. Some of the remedies will be mentioned below, not entirely but only their effect upon the psychological constitution.

SOME REMEDIES:

1. *Lycopodium*: Is known as an outstanding liver and gall bladder remedy. The *Lyco* person is keenly intelligent but of slight physical strength. He has a high opinion of himself, but lacks self-confidence, he is afraid of not being successful in his work, of not making an impression. He is timid about speaking in public. On the one hand he is violent, tyrannical, brooks no contradiction: on the other, he is sad, lacking in courage without energy withdraws into the role of misogynist.
2. *Selenium*: A person with great mental excitability, trembling, fearful, stage-fright (timidity and fear of public appearances) causes diarrhea in his case, palpitation of the heart with the feeling that the heart will stop when he is not moving. Insomnia, trembling with the feeling of weakness worse when thinking of his excitability.
3. *Barium-carbonicum*: A person with hardening

of the arteries, slow mentally. In the development of retarded children, dull slow in comprehending and retaining, very shy, especially toward strangers, lack of self confidence, distrustful of others. Hides when visitors come, an extremely conscientious person full of groundless worries.

4. *Pulsatilla*: A preferred remedy for the female, mild, gentle, affectionate, modest, excitable, easily influenced, timid, undecided and changeable, in need of comfort, fearful, melancholy, tears flow easily but are quickly dried.
5. *Calcium-phosphoricum*: Children and adolescents with tubercular tendency, nervous, excited, restless, intelligent but inattentive in school. A sensitive person easily frightened by harsh words; lacking in self-confidence, feels at a disadvantage as far as his mental powers are concerned, all the more so when he tries hard to concentrate.
6. *Argentum-nitricum*: Always in a hurry, hasty, thinks he is late, wants to finish before the work is begun, has the need to rush into work to forget himself in it. He tries to conceal his inferiority complex to compensate for it through feverish activity. In case of certain excitements like stage fright suffers from characteristic diarrhoea, also in case of fright.
7. *Tuberculinum Remedies*: Especially "*Tuberculinum Marmoreck*" and "*Tuberculinum Koch*" have in their symptom picture, loss of self-confidence, hence these "nosodes" are good basic remedies for all types of inferiority complex.
Ambergris: very fearful, fears company because the presence of other people neutralizes all his abilities. Restless, in a hurry, hasty, anxious, desperate, melancholic.
Angustura-vera: undecided, dejected, discouraged, timid, ventures to undertake nothing from lack of self confidence, underestimates his own abilities, over estimates those of others.
8. *Cyclamen*: Changeable in mood, pleasantly excited, then sad again, tearful, apathetic overly

conscientious, tormented by reproaches of self which are invented. Also a victim of feelings of inferiority complex.

Silicea: The great physical weakness and clumsiness in mental work springs from the lack of self-

confidence and extreme irritability, restless, nervous, anxious but easily startled, irritable, quarrelsome but also obstinate, stubborn inclined to melancholy, discouraged and tearful.

Homoeopathy for Ear Infections

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The ear is a complex sensory organ embedded in the skull and traditionally divided into three parts (external ear, middle ear and inner ear). The external outer ear includes the fleshy and cartilaginous part that we see on the side of the face. It contains the canal that secretes wax to keep it oily and it stops infections entering the more delicate middle ear where sounds are registered. The middle ear is embedded in the mastoid bone and contains the delicate hearing mechanism. This small box-like cavity is connected to the back of the throat by a narrow tube called the Eustachian tube. If the latter is blocked with mucus or inflammation, the middle ear may be infected and give rise to a very painful condition known as otitis externa. The inner ear consists of a complex set of structures -known as the labyrinth that is concerned with hearing and balance.

Earache can be caused by blockage or infection of either outer or middle ear and will lead to a pain, which is dull or throbbing associated with a temperature. If there is a discharge it would be severe and can be either yellow or green, thick mucus or blood strained. Often in children the symptom that will be noticed is a distressed, fretful child refusing his or her feeds and running a high temperature. It is important to differentiate between otitis externa and otitis media. The former has no long lasting effects, but if not properly treated, otitis media can lead to chronic serious otitis which may lead to deafness.

Blockage of the ear canal can arise from wax and water (swimmer's ear). Infections can arise when people try to clean their ears and in doing so damage the delicate lining. Pain also occurs when the ear is blocked because of a cold, or because of cabin pressurization when flying in an aeroplane.

SYMPTOMS

Earache, discharge from either ear. Fever and vomiting (small children). Uncontrollable crying and diarrhoea (in small babies). Partial deafness or ringing in the ear. As this problem can arise suddenly, it can be prevented. But general measures encompass avoiding damage to the outer ear (ie do not clean the ear canal with the match stick). And trying to prevent colds and infections (concentrate on a good whole food diet and take extra vitamin C). It is important to avoid leaving the ear canal wet especially after swimming.

CHILDREN: Children who regularly get colds and suffer from chronic catarrh, should follow the measures described in those entries. Acute infections can be so distressful and worrying that it is usual and advisable to follow orthodox medical treatment, but the following self help measures can be helpful in relieving the symptoms. Ice packs will bring immediate relief for pain when placed next to the ear. A small piece of cotton wool soaked in garlic (squeezed from a capsule) and inserted gently in the ear is soothing. A gauze plug soaked in an emulsion made from mixing a 40 % alcoholic