

# Emotion, Anxiety and Depression

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"This is my prayer to thee my lord-  
Strike, Strike at the root of penury in my heart  
Give me the strength lightly  
to bear joys and sorrows,  
Give me the strength to make my love  
fruitful in service,  
Give me the strength to raise my mind  
high above daily trifles,  
And give me the strength to surrender  
my strength to Thy will with love".

- Rabindra Nath Tagore

It is also our prayer to Almighty God as Tagore says, because we are gradually losing our strength due to various problems like social, economical, religious, cultural etc. Those problems cause complexes of different types and ultimately those lead to melancholia, depression, anxiety. Human beings are emotional beings. So

emotion directs us to face the problems and then we try to solve them by different means. If we can't manipulate ourselves according to our requirement then we are attacked by the emotional problems.

"Melancholia is one of the great words of psychiatry suffering many mutations, at one time

the guardian of outworn schemes of errant theories, presently misused, cavilled at, dispossessed, it has endured into our own times, at part of medical terminology no less than of common sense". In aphorism 215 Samuel Hahnemann said "Almost all the so called mental and emotional diseases are nothing more than the Corporeal

disease in which the symptom of derangement of the mind and disposition peculiar to each of them is increased whilst the corporeal symptoms decline (more or less rapidly) till it at length attains the most striking one sidedness, almost as though it were a local disease in the invisible subtle organ or the mind or disposition".

Melancholia makes a man depressed and ultimately the person expresses suicidal attitudes. Hippocrates states that melancholic is the expression of imbalance of humors, excess of black bile and atteration of brain moisture.

The hero of Ramayana, Rama was suffering from melancholia at the age of fifteen and it is written that "Once radiant body became all at once emaciated, like the river floods going down in summer; his red cool face with long eyes become wan like a white lotus and he ever seated himself in the padma posture with his hands resting on his thin and his young feet twinkling with bells. Then wholly absorbed in the pensive thoughts, he forgot to perform daily allotted duties of life and his mind grew despondent. His followers..... fell at his feet and asked him of the cause of his moody temper to which Rama waresly replied by performing his daily duties and such a depressed mind and a dejected face as affected all who saw it. The royal priest "Vasishta" explained it as a great delusion that has now arisen in him is unlike any

that springs from disappointments as of any desired object or out of great accident. Rama's earthly manifestation terminates by voluntary drowning in river Sarayu". It is also known to all that Rama's father, Dasaratha suffers from thrice from melancholia and the third attack proves fatal .

"An emotion is Complex feeling or mental agitation, usually tinged with pleasure or pain, that is aroused by ideas or perception and attended with its characteristic bodily expressions; and also reinforced by the organic sensations arising from it; as for instant anger, fear, pride, hope, envy etc".

It is derived from a Latin word "EMOVERE" which means to stir up, agitate, excise etc. It is characterised by a general stirred-up feeling of the whole body.

Emotions are difficult to define. We are emotional beings. Most of the affairs of our everyday life are tinged with feeling and emotion. Without such feeling and emotion our life will be dull. Emotion, is the motive power behind our behaviour. We use some word to designate emotions such as fear, anger, disgust, grief, joy and surprise. The American psychologist James and Danish Psychologist Lange say that "Emotion is the effect of its expression; it is nothing but the organic sensation caused by the later".

A wide variety of bodily changes is included in the list of

symptoms e.g. pounding of the heart, tenderness of the muscle, dryness of the mouth, changes in the facial expression etc. James says that the bodily changes follow directly the perception of the exciting fact that our feeling of the same changes as they occur is the emotion. Common sense says : we lose our fortune, are sorry and weep; we meet a bear, are frightened and run; we are insulted by a rival, are angry and strike, but the more rational statement is that we feel sorry because we cry, angry because we strike, afraid because we tremble.

From physiological studies of the nervous system and of bodily changes in emotion, we know that the changes that occur are controlled by the autonomic nervous system. In that system the sympathetic increases pulse rate, blood sugar, blood pressure and also we become emotional when we become fearful and angry. The para sympathetic nerves tend to be active when we are calm and relaxed. It decreases the pules, B.P., body temperature etc. The sympathetic changes produce several other bodily changes in emotion e.g. a change in breathing or pupil of eye because the pupil gets larger. Another change is the dryness of the mouth because the sympathetic system stops the secretion of saliva, changes in the movement of stomach and intestine can be seen in X-ray picture. It is remarkable that adrenal gland becomes hyper-active during the arouser of emotion. According to canon-Dana

theory, emotion is the action and reaction of the cerebral cortex and diencephalon. When the thalamic processes are aroused they lead to discharge in two directions at the same time into the Cerebral Cortex and the motor nerves causing the bodily changes.

So "emotion is an actual outburst of feeling towards a definite object and is a passing phase of mind". An emotional mood on the other hand is a comparative persisting feeling having no definite object but always tending to fasten upon any object and burst into an emotion. We are not ordinarily aware of any feeling as we are in emotion and emotional mood. Thus a man cherishing love for a friend is not always conscious of that feeling. His love remains generally as a latent tendency and only occasionally manifests itself in different emotions according to circumstances. Thus he will be sorry when the friend is unwell, overwhelmed with fear and disappointment when the latter's life is in danger, full of hope and joy when the latter is on recovery.

Mc. Dougall classified the emotion into primary, secondary and derived. Primary emotions are : (a) fear connected with the instinct of escape (b) anger connected with the instinct of combat (c) disgust accompanying the instinct of repulsion (d) tender emotion accompanying parental instinct (e) wonder accompanying the instinct of curiosity (f) humility (inferiority feeling) accompa-

nying the instinct of submission (g) pride (superiority feeling) accompanying the instinct of self-assertion.

Anxiety is a pervasive phenomenon and common denominator is most form of mental disorder. It is an unpleasant feeling and it is an apprehension of an event that is to take place is the failure, so it can be termed, that anxiety is a specific unpleasurable state of tension which indicates the presence of some danger in an organism.

Now we are to differentiate anxiety and depression; while depression is the result of loss then anxiety is the result of threatened loss. The depressed person is preoccupied with the past while the anxious patient is worried everyday about future.

Anxiety may be present in normal subjects as well as in patient. In case of patient it may be present as a symptom of Schizophrenics or depressive etc. Anxiety is common in everyday life, work, social situations, family interactions and even leisure activities may give rise to the emotion of anxiety. Like other emotions anxiety can occur concurrently with other psychiatric disorders including depression, phobic neurosis, obsessive compulsive neurosis, Schizophrenia, epilepsy and delirium tremens.

Thus anxiety is suggested as a common mood in everyday

life. When and how the anxiety functioning in an individual is yet a marvel of mystery, but the following may be the causes -

- a) Continuous severe anxiety resulting from head injury in any or in epileptics.
- b) In acute infection commonly well known carcinoma.
- c) Cardiac illness by producing tachycardia as well as fear of death produces anxiety.
- d) In asthma during respiratory distress severe anxiety may cause.
- e) Goldstein (1972) found that anxiety were correlated with physical in high emotion.
- f) Lindsay (1984) postulated that cortex is activated by the upward discharge of lower centers - the thalamus, hypothalamus.
- g) Mulmo (1957) suggested that pathological anxiety is the result of decreased central inhibition

Mitral valve prolapse syndrome is one of the most frequent cardiac valvular abnormalities in general population. Mostly the patient remains asymptomatic but few may suffer from anxiety or panic states and a number of physicians have come across these findings during the recent past.

Depression is one of the commonest illness all over the world. It has been recognised, discussed, classified and treated right from

the pre-Christian era.

In old age depression is the common disorder. Physical health, socioeconomic condition, living condition, personality and emotional attitude are the important factors. Physical illness, sensory deficit and difficulty in self care are very significant points in the late onset depressives than normal subjects. Since physical disability often disrupts mobility, it can lead to social isolation and gradually depression occurs together in old age. It is believed that depression in old age is much less in India than in the west due to joint family system and other cultural practices which provide satisfaction and security to the aged. In industrial countries where the joint family has broken up and the nuclear family has been popular and where higher values are attached to the productiveness and attractiveness, old subjects are at a disadvantage and severe form of depression occurs to old persons.

Depression was found more frequently in females and the widowed. Widowed state leads to feeling of Loneliness, lack of purpose and dissatisfaction in life. Due to large age differences between husband & wife the women in old age were frequent widowed further if a man loses his wife, he remarries whereas a woman does not in this country. When Hindu woman loses her husband she is forbidden to use vermilion and Ornament and she is also not linked to come in front during marriage and other auspicious functions. It is also a very important cause of depression.

Memory disturbances in depression is another significant point. Elderly depressives many a time manifest memory impairment of such portion, so, that, to enable them to be concluded under the level pseudodementia. Significant correlation of depression with mental control indicates that, probably depressives are defective in the earliest mechanism of cognitive function like perception & attention. Depression leads to feeling of guilt and hostility in any subjects. These feelings associated with shame as well as unworthiness over the past sins and failure. But in India it is much less than the western countries.

Depression in children are very rare. Levy (1937) has studied that a group of children who in their earliest years had received little or no maternal love and found that their effect was shallow and that they shared various neurotic symptoms. Due to deficient social relationship ultimate by they become delinquent. It is also found that they developed a weepy & then withdrawn; Ultimately rigid behaviour along with insomnia, loss of weight occurred.

#### *SYMPTOMS OF DEPRESSION*

1) Disruption of social functioning 2) Lack of self confidence 3) Early awakening 4) Anorexia 5) Feeling of pressure 6) Restlessness 7) hypochondriasis

8) Memory loss 9) Lack of energy 10) Loss of ability to concentrate 11) guilt feeling 12) Sadness 13) Anxiety 14) Aggression 15) Irritability 16) Desire to be alone 17) Inability to fall asleep 18) Hypersomnia 19) Suicidal ideas 20) Hopelessness 21) Loss of interest 22) Weight loss 23) Constipation 24) Change of time perception 25) Indecisiveness 26) Decreased libido 27) Ideas of insufficiency 28) Delusions 29) Idea of reference persecution.

#### *HOMOEOPATHIC VIEW*

Samuel Hahnemann says. "Homoeopathy is a perfectly simple system of medicine remaining always fixed in the principles as in its practice, which, like the doctrine whereon it is based, if rightly apprehended will be found to be complete (and therefore serviceable)"

Hahnemann considers the mind of a separate entity. The finer most or the highest degree of quality controls the innermost of the man i.e., his mind. According to him life has three parts; the body, the mind and the soul. The unit of human life cannot be the organ, tissue, cell or the molecules or atoms but the whole organism i.e., whole man.

As mind is repository of the finest quality of the vital force, any affection of mind and intelligence if treated as affecting the most finest plane of the vital force and to combat it generally we use

a sufficiently higher potency to equate the quality of both the force.

Hahnemann discussed that "almost all mental and emotional diseases are nothing more than corporeal diseases in which symptoms of derangement of mind and disposition peculiar to each of them". Hahnemann clearly advised that the patient is to be carefully encouraged to regain self confidence, to remould his life in the path-of rectitude where there had less moral lapses. The physician to the patient should not only be his prescriber but also his friend, philosopher and guide to healthy growth and development of his personality.

#### HOMOEOPATHIC REMEDIES

1) **IGNATIA** :- Sadness and sighing with sobs and tears, and will not be comforted wants to be alone. Silent grief, fickleness, moody, indifferent and weakness of memory, good natured when well but quickly disturbed by emotions, changeable mental condition; from Joy to sorrow laughing to sadness and sometimes happy but next moment in rage. History of disappointment of love.

2) **NATRUM MUR** :- Much irritable in slightest cause and get into a passion about trifles. Hysterical mood; weeps or laughing at unsuitable times. Lachrymal disposition and hypocondrial mood. Consolation aggravated her complaints. Dreams of robber at

night.

3) **PULSETILLA** :- Mild, gentle, timid, melancholic sometimes silent and fearful, weeps easily whether in joy & sorrow, consolation reliefs. Always takes bad side of everything.

4) **NUX VOM** :- Irritable and irascible, cannot bear to be opposed; quarrelsome even to violence suicidal impulse though afraid to die. Ill humoured and disinclination to do or to say anything.

5) **ANTIM CRUDE** :- Great sadness; always feels despair & wants to commit suicide by drowning, loathing life; sentimental mood in moonlight, particularly in exstatic love, always says in poem.

6) **SULPHUR** :- Ragged philosopher; life having been failure. He dressed himself in most filthy and torn clothes but consider himself as a most fancy person. Melancholic mood; dwelling on religious things, anxious to save the soul. Dislikes in bathing.

7) **LYCOPODIUM** :- Great medicine for old persons. Very anxious and depressed. Impervious and domineering. Dread of appearing in public often in professional, Lawyers, Ministers. Feeding of inability to undertake the task. Very sensitive even cries when thanked. Cannot tolerate contradiction.

8) **LACHESIS** :- Great loquacity, wants to talk all the time, jumps from one idea to another. One word often leads to another story. Thinks her self under super human control, very jealous depressed mind, weak memory, aggravated by sleep Dread of his own dead body is carrying.

9) **VERATRUM ALB** :- Mania of three types violent or destructive, nymphomania and religious Anxiety and fear of death and despair about his position in society, feels very unlucky cannot bear to be alone.

10) **AURUM MET** :- Melancholic, great hopelessness, weary of life, harassed with a desire to Commit Suicide because patient is plunged into the deepest gloom and despair. Life is burden to him. Thinks he is to be damned for something he had done.

There are also other medicines which act very fine up on the emotionally disturbed patients. But along with medicine if there is any environmental defects, that should be changed and patients are to be advised to forget any previous incident and misdeeds as far as possible.

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## NATIONAL HOMOEOPATHIC SEMINAR ON CANCER

29th & 30th November 1997

**Venue: AMALA CANCER HOSPITAL & RESEARCH CENTRE Auditorium,  
Amala Nagar, Thrissur - 680 553 KERALA**

### Scientific Programme:- *Homoeopathic approach to Cancer.*

Topics:- 1.Homoeopathic concept of Cancer Management and Treatment. 2. Clinical Cases of Cancer. 3.Management of terminal cases, 4. Management of pain in Cancer. 5.Preventive aspect of Cancer. 6.Concept of pre-cancerous state according to Homoeopathy.

Presentation of Papers:- We invite scientific papers for oral/postal presentation on the topics of the seminar from Homoeopaths and also papers related to cancer treatment and research from other fields of medicine. Papers neatly typed in English should reach the secretariat of the seminar well in advance. The acceptance of papers is at the decision of the scientific committee. Speakers should indicate their requirements regarding any Audio-visual aids, that they might need.

Open Session:-Discussion of subjects other than those included in the main programme may be scheduled in the open session, allowing audience-speaker interaction.

Souvenir:- We are trying to bring out a souvenir in connection with the seminar. Articles are invited.

Registration fee:- Delegates: Rs250/-(Rs 350/- after 30th Sept.97). Students:Rs 200/-(Rs 250/- after 30th Sept 97) Reg.fee includes lunch &tea on seminar days.Payment to be made by DD in favour of Treasurer, Organising committee,National Homoeopathic Seminar on Cancer,payable at Union Bank of India, Puzhakkal Branch,Amala Nagar PO, Thrissur-680 553. Kindly avoid spot registration as the seats are limited.

An EXHIBITION on cancer, for the public is arranged. Specimens,charts,posters photoes etc., are invited. A Cultural evening and sight seeing tours are being designed. Hotel Accomodation can be arranged at Thrissur or Guruvayur. Request with advance payments should reach us before 30th Sept.97. Last date for submission of papers/articles : Aug 15,1997. For Accomodation: 30th Sept.97.