



INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

Mental Symptoms As A Concomitant In Acute Condition

Dr. Pravin Shyamsundar Agrawal¹

M.D. (Homoeopathy),

Professor, Organon of Medicine

Shri Prakashchand Jain Homoeopathic Medical College, Hospital & Research, Palaskheda, Jamner, Jalgaon, Maharashtra, 424206

Dr. Maheshkumar A. Gite¹,

M.D., Ph.D.* (Homoeopathy), MBA,

Professor and HOD, Homoeopathic Repertory

Shri Prakashchand Jain Homoeopathic Medical College, Hospital & Research, Palaskheda, Jamner, Jalgaon, Maharashtra, 424206

Dr. Santoshkumar A. Gite¹,

M.D., Ph.D. Hom., MBA, DYT, P.G. Hom (London),

Associate Professor and HOD, Forensic Medicine & Toxicology,

Shri Prakashchand Jain Homoeopathic Medical College, Hospital & Research, Palaskheda, Jamner, Jalgaon, Maharashtra, 424206

Abstract

In homoeopathy concomitant symptoms are those that accompany the chief complaint or main symptoms of patient, mental symptoms as concomitants refer to the emotional or psychological symptoms that occur alongside physical symptoms in acute condition. Mental symptoms play a crucial role in the diagnosis and treatment of acute conditions. This study highlights the significance of considering mental symptoms as a concomitant in acute care, where physical symptoms often dominate the clinical picture. By analyzing case studies and clinical experiences, this research demonstrates how mental symptoms can guide the selection of homoeopathic remedies, leading to more effective and holistic treatment outcomes. The importance of mental symptoms in acute conditions is discussed in the context of homoeopathic principles and practices.

Key words: Concomitant Symptoms, Acute Condition, Mental Symptoms.

Review of literature

Homoeopathy is a holistic system of medicine that considers the physical, emotional, and mental aspects of an individual. In acute conditions, mental symptoms as concomitant play a crucial role in guiding the selection of homoeopathic remedies.

Importance of Concomitant symptoms

- Guiding remedy selection
- Individual treatment
- Holistic understanding

Homoeopathic Perspective

- Hahnemann's emphasis: Samuel Hahnemann, the founder of homoeopathy, emphasized the importance of considering mental symptoms in the treatment of diseases.
- Totality of symptoms: Homoeopathy aims to treat the totality of symptoms, including physical, emotional, and mental aspects.

Importance of Mental Symptoms

- Guiding remedy selection: Mental symptoms can guide the selection of homoeopathic remedies, especially in acute conditions where physical symptoms may be similar.
- Individualized treatment: Mental symptoms help in individualized treatment, allowing for a more precise and effective approach.
- Holistic understanding: Considering mental symptoms provides a more holistic understanding of the individual's condition, enabling a more comprehensive treatment approach.

Research and Clinical Experience

- Case studies: Various case studies and clinical experiences have demonstrated the effectiveness of considering mental symptoms in acute conditions.
- Remedy selection: Mental symptoms have been shown to be crucial in remedy selection, particularly in cases where physical symptoms are similar.

Mental symptoms with remedy examples

1. Anxiety and Fear
 - Aconitum napellus: Fear of death, anxiety, and restlessness
 - Arsenicum album: Anxiety, fear of being alone, and perfectionism
2. Irritability and Anger
 - Nux vomica: Irritability, anger, and oversensitivity
 - Chamomilla: Irritability, anger, and capriciousness
3. Depression and Sadness
 - Natrum muriaticum: Depression, sadness, and emotional suppression
 - Ignatia Amara: Grief, sadness, and emotional turmoil
4. Restlessness and Agitation
 - Coffea Cruda: Restlessness, agitation, and oversensitivity
 - Aconitum napellus: Restlessness, anxiety, and fear
5. Delirium and Confusion
 - Belladonna: Delirium, confusion, and altered mental state
 - Stramonium: Delirium, confusion, and fear
6. Fear of Specific Things
 - Phosphorus: Fear of darkness, thunderstorms, or being alone
 - Calcarea Carbonica: Fear of heights, enclosed spaces, or specific situations
7. Emotional Sensitivity
 - Pulsatilla: Emotional sensitivity, mood swings, and need for reassurance
 - Cimicifuga racemosa: Emotional sensitivity, anxiety, and fear

Case Presentation

A 30-year-old woman presents with acute symptoms of fever, headache, and body aches. She reports feeling extremely anxious and restless, with a fear of dying. She is also experiencing insomnia and is unable to calm down.

Mental Symptoms

1. Fear of dying: The patient expresses a deep-seated fear of dying, which is exacerbating her anxiety.
2. Restlessness: She is unable to sit still and is constantly moving due to her anxiety.
3. Anxiety: The patient reports feeling extremely anxious, which is worsening her physical symptoms.

Physical Symptoms

1. Fever: The patient has a high fever, which is accompanied by chills and sweating.
2. Headache: She reports a severe headache, which is throbbing in nature.
3. Body aches: The patient experiences generalized body aches and pains.

Remedy Selection

Based on the mental symptoms of fear of dying, restlessness, and anxiety, as a concomitant (having only time relation) the remedy *Aconitum napellus* is selected.

Outcome

After taking *Aconitum napellus*, the patient reports a significant reduction in her anxiety and restlessness. Her fever and physical symptoms also start to subside.

Conclusion

The symptom fear of death has nothing to do with fever and insomnia i.e. not any physiological or pathological relationship, it has only time relationship [During]. By incorporating mental symptoms into the treatment approach, homoeopaths can provide more effective and holistic care to their patients. This case illustrates the importance of considering mental symptoms in acute conditions in homoeopathy. By matching the mental symptoms with the remedy, the patient's anxiety and restlessness were effectively addressed, leading to a faster recovery.

References

- Books
 1. Organon of Medicine by Samuel Hahnemann
 2. Kent's Repertory of the Homoeopathic Materia Medica by James Tyler Kent
 3. Homoeopathic Materia Medica by William Boericke
- Journals
 1. The Journal of Alternative and Complementary Medicine
 2. The British Homoeopathic Journal
- Online Resources- National Center for Homeopathy
- Research Studies
 1. Studies on the effectiveness of homoeopathy in acute conditions (various authors)
 2. Research on the role of mental symptoms in homoeopathic prescribing (various authors)