

Study Of Psychosomatic Effect In Cases Of Urticaria

Dr. Priti Muni*, Dr. Girish Patel**, Dr. Gunjan Popat***

*Head of Medicine Department, **Head of Repertory Department, ***Head of Gynaec and Obstetrician Department, Swami Vivekanand Homoeopathic Medical College and Hospital, Sidsar Road, Bhavnagar, Gujarat, India

Abstracts: Background and Objective: To evaluate the effect of Mind over the body in cases of urticaria. Method: 30 cases of chronic urticaria of different age group were selected and detail history including the Emotional state of each patient was defined. Result: From the pilot study of 30 cases of chronic urticaria, the result shows that there were many emotional disturbances in their life. 15 cases had Suppressed Irritation as the chief factor while others showed emotional disturbances due to sensitive nature and sentimental attachment, anxiety, mortification, lack of love etc. [Muni P NJIRM 2016; 7(2):136-138]

Key Words: Urticaria, Psychosomatic, Suppressed Anger, Lack of Love, mortification.

Author for correspondence: Dr. Priti D. Muni, 1191/A- 3, Param, Sanetorium Road, Ambawadi, Bhavnagar – 364001, Gujarat. E- mail: pritimuni@yahoo.com

Introduction: Urticaria is a skin disease characterised by the appearance of wheals. The most important symptoms are heat, redness, swelling of the affected part and itching predominate all these symptoms. According to the medical practitioners there are causes like food, sunlight, use of chemicals etc which provoke the lesions. It is believed that in the modern era with the increasing use of perfumes, deodorants, pollutions in general, pesticides, use of preservatives, junk food etc the prevalence of urticaria is increasing. In this e – age were men is surrounded by many difficulties, lot of expectation of self from surrounding and vice – versa, which keeps men in a distressed state. This distress is then reflected on the body. When people consciously or unconsciously experience anger or anxiety, they scratch themselves, often violently. An inordinate need for affection is a common characteristic of patients. When these needs are not fulfilled, men get frustrated and this frustration is expressed over the skin. Urticaria is one of the most distressing, frustrating and also challenging condition for both the patient and the doctor as well.

The patients of urticaria are loaded with many food restrictions as one is not able to pin point the exact food which causes it. This creates lot of distress and inconvenience to the patient. More over the symptoms do not subside by food restrictions and thus they have to take an anti allergic tablet daily. The medicine produces its own side effects and might become resistant because of its long term use. In this whole scenario most of the practitioners focus only on physical cause and the emotional aspect is overlooked. If we try to study the mind of these patients we see that there are many emotional disturbances which also provoke the disease. One needs to treat the mental state to achieve cure in such cases.

Materials and Methods: A sample of 30 cases of urticaria both male and female of all age group were taken up for study. The patients were selected from my private practice and patient coming to our college outpatient department. A detailed case – taking was done as instruction given by Dr. Hahnemann in organon. The mental state of each patient was studied in detail to understand the emotional disturbances prevalent in each individual case. From the history homoeopathic similimum was decided and administered according to the homoeopathic principles.

The medicines were purchased in the required potency from the reputed homoeopathic pharmacy. The dose schedule or repetition of doses was decided on the basis of individual susceptibility and sensitivity and other homoeopathic principles. Medicines were administered in required potency in globule forms, orally to be kept 4-5 globules dry on the tongue. Cases were analyzed according to Kentian method. Software Cara with complete repertory was used for repertorisation.

The effect and the outcome of urticaria was noted & evaluated on the following criteria.

Criteria for improvement or cure –

1. Eruptions – Frequency
– Intensity & spread
– Duration
2. Itching – Frequency
– Intensity
– Duration
3. Burning
4. Heat of the part
5. Redness
6. Swelling
7. Provoked with Causative Factor / or not

The subjective improvement of various symptoms and signs and careful assessment about the stability at emotional levels which was done after administration of medicines was accurately monitored through regular, clinical interview session.

Results: All 30 patients were of chronic urticaria. There were 16 female patients (54%) and 14 male patients (46%). At emotional level 15 patients had suppressed anger as provoking factor while 6 patients had lack of love, 5 patients showed sensitivity with sentimental attachment, 2 patients had mortification, 2 patients had lack of confidence & were fearful. At physical level urticaria was aggravated by sun, cement, pressure, cold, perspiration, before and during menses. Food which aggravated urticaria are fat, milk, chocolate, onion and sour food.

All 30 patients were treated with constitutional remedy (comprising of mind & body totality) and they showed a gradual improvement in the symptoms of urticaria in terms of intensity and frequency. With all this they had learned to handle their emotions which now did not disturb them at a major level. The remedies used with the desired response are: Natrum Muraticum in 8 cases, Sepia in 6 cases, Kali carbonate in 5 cases, Magnesium & Phosphorus in 3 cases each, Staphysagria & silicea in 2 cases each and Pulsatilla in 1 case. In most cases treatment lasted for 3 – 6 months duration. In one patient it had to be continued for 9 months. Then after the patients did not have any food restriction and were able to eat without any complaint. The patients were then after able to tolerate the external aggravating factors like sun, cold, perspiration, pressure, cement etc. So overall the patient improved at the mental and the physical level. Remedies in 200 and 1M potencies were used infrequently. In case of acute episodes in between, it had to be substituted by acute drug with the totality then available.

Discussion: A physical itch shows that something is 'biting' or 'bugging' us on the psychological level. Yet evidently we have ignored it or refused to notice it on that level, or else it would have had no need to somatise itself as an itch in the first place. Behind the itching stands some powerful emotion, some inner fire and some burning issue that wants to come out into the open and be discovered. That is why it itches and so makes us scratch. Itching always warns us of something that is 'biting us' or 'needling us'. It informs

us of something that, far from 'leaving us cold,' is 'burning us up inside': a glowing passion, a fiery enthusiasm, a burning love or even a flaming anger. The emotions that most frequently lead to generalized psychogenic pruritus are repressed anger and repressed anxiety. When people consciously or unconsciously experience anger or anxiety, they scratch themselves, often violently. An inordinate need for affection is a common characteristic of patients. Frustrations of this need, elicit aggressiveness that is inhibited. Rubbing the skin provides a substitute gratification of the frustrated need, and the scratching represents aggression turned against the self. Itching is the chief complaint which comes up in urticaria. In this work of urticaria I have tried to focus on the relation with mind and body.

Conclusion – Within the limits of our study it can be concluded that Urticaria is triggered by some psychological stress leading to emotional distress which is further reflected on the body as hypersensitive reaction. Homoeopathy heals the mind thus reducing the physical distress of the patient. Other pathies treat the symptoms while Homoeopathy treats patient as a person. The psychosomatic aspect of urticaria is handled very gently by the sweet little pills of Homoeopathy.

References -

1. Andrew's Diseases of the Skin and Clinical Dermatology - 7th edition. Published by Library of Congress Cataloging in publication Data. Domonkos / Arnold / Odom
2. Roxburgh's Common Skin Disease - 16th edition. Published by Chapman and Hall, London. R. Marks.
3. Textbook of Dermatology - 4th edition. Published by Oxford University Press, India. Arthur Rook / D.S. Wilkinson / F.J.G Ebling / R.J. Champion / J.L. Burton.
4. Kaplan and Sadock's Synopsis of Psychiatry - 8th edition, Published by B.I. Waverly Pvt. Ltd. New Delhi. Harold I Kaplan and Berjan Sadok.
5. Healing power of illness - Reprint edition 1995. Published by Redwood Book Ltd. Great Britain. Illustrate Thorwald Dethlefsem
6. Complete Repertory & Software Cara. Dictionary of Materia Medica - Reprint edition 1999. B. Jain Publishers Pvt. Ltd. New Delhi. J.N. Clarke.
7. Farrington's Lectures on clinical Materia Medica - 4th edition, Revised Indian edition 2002.

8. B. Jain Publishers Pvt. Ltd. New Delhi. E.A. Farrington
9. Lectures on Homoeopathic Philosophy - Reprint edition 1999. B. Jain Publishers Pvt. Ltd. New Delhi. J.T. Kent
10. Lectures on Materia Medica - Reprint edition 1999. B. Jain Publishers Pvt. Ltd. New Delhi. J.T. Kent
11. Hahnemann's Organon - 9th edition. Published by Birla Publication. Delhi. Commentary by B.K. Sarkar
12. Symposium Volumes
I.C.R publications, Dr. Dhawale

Conflict of interest: None
Funding: None
Cite this Article as: Muni P, Patel G, Popat G. Study Of Psychosomatic Effect In Cases of Urticaria. Natl J Integr Res Med 2016; 7(2): 136-138