

The use of homeopathic medicines to increase frustration and stress tolerance

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This paper presents the results of the use of a bioresonance complex and homeopathic preparations in order to increase psychological stability and performance in a stressful situation.

The study involved members of a long-term educational program in psychotherapy conducted in Moscow by Austrian psychotherapists: doctors and psychologists aged 29 to 52 years. After four years of study, they faced a serious test, which was to determine the possibility of a professional career in an international psychotherapeutic organization. The use of homeopathic medicines was carried out during the preparation for the final exam, during the examination procedure, within three days of waiting for the announcement of the exam results, during the interview and discussion of candidates for participation in a joint educational project as teachers. At the first stage of the study, three students of this program turned to a doctor in connection with complaints of increased anxiety. For the correction of increased anxiety, a complex BR-preparation was prepared using the APK "IMEDIS-BRT". In the manufacture of a complex BR preparation, *Goffea crudum* and *Staphisagria* were used in balanced potencies without inversion and an autonosode prepared on the above apparatus with inversion. The cooking process took place in an open mode. It is interesting that in a complex preparation prepared for the whole group, a nosode obtained from the points of the pericardial meridian of one patient was used. When using the prescribed drug, all three reported a rapid and significant improvement in mental health. After that, they were asked to undergo psychological testing before and after taking the drug (Self-assessment test of the functional state of the SAN). This procedure was carried out twice a day for three days. The interval between filling the test sheets was 30 minutes each time. Table 1 summarizes the results of this survey:

Table 1

Test results of three patients (Test of self-assessment of the functional state of the SAN)

| Indicators | Average value before ingestion drug | Average value after ingestion drug |
|------------|-------------------------------------|------------------------------------|
| Wellbeing  | 6.34                                | 7.44                               |
| Activity   | 4.2                                 | 6.83                               |
| Mood       | 3.79                                | 8.01                               |

The subjects noted a sharp increase in efficiency and mental activity along with a decrease in anxiety.

At the second stage of the study, the participants in the educational program were asked to take part in the survey. With the help of the 16-factor personality questionnaire of Cattell, testing was carried out, and on the basis of the indicators of the scale of anxiety (scale O), 23 candidates were selected whose indicators corresponded to the norm (4-6 points). The subjects were divided into three

groups. The first group (8 people) was offered to take a homeopathic preparation as needed, the second group (8 people) was given pure sugar crumbs with the same instructions. The third group (7 people) did not receive any drugs.

All subjects completed the SAN questionnaire the day before the exam, after the exam, before the announcement of the results and before the interview. The test results are shown in Table 2.

table 2

**Test results**  
(self-assessment test of the functional state of the SAN)

| Show bodies         | Group          | The arithmetic mean of the indicator in the group |            |                                      |                             |
|---------------------|----------------|---|------------|--------------------------------------|-----------------------------|
|                     |                | one day before exam                               | after exam | before the announcement by re-result | before the interview adding |
| 1. Self feeling     | Reception drug | 7.91  | 6.8        | 8.33                                 | 8.62                        |
|                     | Placebo        | 5.25  | 4.12       | 6.25                                 | 7.8                         |
|                     | Counter. Group | 5.17  | 4.92       | 6.31                                 | 6.93                        |
| 2. Assetness        | Reception drug | 6.13  | 5.77       | 7.79                                 | 8.8                         |
|                     | Placebo        | 4.6   | 3.39       | 5.64                                 | 7.92                        |
|                     | Counter. Group | 4.47  | 3.76       | 4.83                                 | 6.67                        |
| 3. Present swarming | Reception drug | 8.11  | 8.73       | 7.60                                 | 8.35                        |
|                     | Placebo        | 2.76  | 3.59       | 4.45                                 | 6.21                        |
|                     | Counter. Group | 3.3   | 2.98       | 3.91                                 | 7.13                        |

Unfortunately, a small number of subjects does not allow statistically significant conclusions to be drawn, but the trend towards higher adaptability in those who took the drug is well traced in the results.

In self-report, the participants in the experiment noted a great psychological stress, physical and mental fatigue, and increased emotional lability. In spite of this, those who took the drug were able to prepare effectively for the exam. According to them, the feeling of anxiety, decreased performance and a feeling of helplessness and despair subsided a few minutes after taking the drug, the head became clear and there was a desire to study, the material was easily remembered. These days, the subjects were repeatedly exposed to frustrating influences, but taking the drug allowed to restore mental balance, optimism and purposefulness. None of those taking the drug reported the lethargy, drowsiness, or headache that is common with tranquilizers.

The actual results are difficult to assess, since all project participants have high intellectual indicators, but it can be noted that all members of the first group increased the percentage of correct answers compared to the midterm exam two years ago and successfully passed the professional selection.

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