

Psychosomatics is a significant assistant in homeopathic practice
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SUMMARY

The homeopathic method is effectively used in the treatment of various diseases, having its own clearly substantiated laws and its own rules. Homeopathy is a regulatory therapy that uses its own internal resources to rehabilitate the body. Samuel Hahnemann was one of the first to note the psychosomatic aspect of physical suffering - the influence of a person's psychological characteristics on health. The great homeopath determined the patient's state of mind and temperament as a key symptom for homeopathic therapy. An important basis for psychosomatics is psychoanalysis, which was created by the famous doctors Z. Freud, K. Jung, A. Adler and others. Psychoanalysis helps to determine how the unconscious affects conscious processes. Modern psychosomatics is able to predict homeopathic exacerbation, recovery time,

Key the words: homeopathy, homeopathic method, Hahnemann, psychosomatics, psychoanalysis, German New Medicine (GNM), safe and effective treatments.

RESUME

Homeopathic method is effectively used in the treatment of various diseases, having its own well-grounded laws and its own rules. Homeopathy is a regulating therapy that uses own internal resources for the rehabilitation of the body. Samuel Hahnemann was one of the first to note the psychosomatic aspect of physical suffering - the influence of psychological characteristics of a person on the state of health. The great homeopath determined the state of mind and temperament of the patient as a key symptom for homeopathic therapy. An important basis of psychosomatics is psychoanalysis, which was created by the famous doctors such as Z. Freud, K. Jung, A. Adler and others. Psychoanalysis helps to determine how the unconscious affects the conscious processes. Modern psychosomatics is able to predict homeopathic exacerbation, recovery time,

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The clinical experience of doctors using the homeopathic method confirms with a high degree of reliability the effectiveness of treatment with homeopathic remedies. Homeopathy therapy mobilizes the processes of self-healing, uses the body's own resources to restore, does not damage

action on the body, that is, it is a regulatory therapy. However, in the practice of every doctor there are "difficult patients" when it is difficult to understand the essence of the disease, the nature of the patient and the logic of his actions. And it is very difficult to find out the root cause of the disease, which is important for the appointment of the right remedy. Only the vast experience of medical practice and the analysis of "difficult cases" give an understanding that the disease

Is a tool for adaptation of a biological system in the prevailing conditions of an individual's survival, i.e. the body's chance to stay alive. The concept of adaptation for the "MAN" biological system is extremely voluminous and includes a huge set of features: social, biomedical, historical, geographical, industrial and many others. According to Heinz Hartmann (student of Freud): "We call a person well adapted if the productivity of his activity, his ability to enjoy life and his mental balance remain intact." The key link in adaptation is the psychological aspect [1].

Despite the multifactorial nature human devices, Human is a complete system. Even doctors of antiquity noted the relationship between "soul" and "body", mental and somatic factors. Democritus (5th century BC) believed that the soul often becomes the cause of the suffering of the body. Socrates (IV century BC) was one of the first to discover that man is "the essence of the unity of soul and body," and in order to understand a person and his body, one must first understand its essence. Plato (a student of Socrates) argued that a somatic illness can cause madness (mania). He said: "A big mistake is made where physical and mental illnesses are treated by different doctors. After all, the body is inseparable from the soul." Many consider M. Cicero (1st century BC) to be the first "psychosomatics", who confirmed earlier statements about the impact of strong emotional disturbances, grief on the occurrence of bodily diseases [2].

Oriental Medicine of ancient times also considered a person as a whole (spirit and body), at the same time inextricably linked with the environment (landscape, climate, soil), and divided the causes of the onset and course of diseases into external and internal [3].

The emotional and mental state of a person is his internal causes. Strong feelings, great joy, excessive anger, intense anxiety, longing, sadness, hopelessness, intense fear or horror can lead to an imbalance in the energy balance in the body. And this, in turn, can open the door to various pathological factors, which are always abundant in a person's environment. The oldest Chinese treatise on medicine, The Canon of the Inner, describes the connection between the basic emotions of a person and the organ where these emotions are "stored". Thus, "joy hurts the heart; anger hurts the liver and stomach; sadness hurts the lungs and spleen; reverie hurts the spleen; sorrow hurts the lungs; fear hurts the kidneys, fear hurts the heart and kidneys, "and so on. [4].

It was only at the end of the 19th century that science began to study the influence of the unconscious on conscious processes. Sigmund Freud investigated various psychosomatic illnesses, which allowed him to form his own theory of the unconscious mind and repression, and also to introduce the term "psychoanalysis". And it is Sigmund Freud who is considered to be the founder of the method of psychoanalysis [5]. M.D,

professor, neurologist, psychiatrist, he studied unconscious experiences in depth, delving into the essence of neurotic symptoms. Z. Freud not only discovered the whole sphere of the psyche, which contributed to the development of psychology and medicine, but also had a tremendous influence on the development of sociology, anthropology, as well as literature and art of the 20th century.

Followers of Z. Freud - Carl Gustav Jung and Alfred Adler revised and supplemented the theory of psychoanalysis in different directions [6, 7].

However, even before the great psychoanalysts, the great homeopath Samuel Hahnemann noted the psychosomatic aspect of physical suffering. Hahnemann focused on the significance and hierarchy of symptoms associated with the psyche, as well as with the etiology and causative factor. It follows from this that it is imperative to take into account the event that emotionally shocked the person. The state of the patient's psyche is the most important symptom of the aggregate, which allows one to present the true picture of the disease. And this, in turn, contributes to the successful therapy with the homeopathic method (Organon, § 210) [8].

The term "psychosomatics" began to be used since 1818 by the philosopher and psychiatrist I. Geynroth (Heinroth) (1773-1843). He believed that the leading cause of mental illness is internal conflict, and the development of most diseases of the body (tuberculosis, epilepsy, cancerous tumors, etc.) is determined by psychogenic factors: anger, shame, sexual dissatisfaction, etc. In 1822, psychoanalyst M. Jacobi used another term "somatopsychics", with which he emphasized the connection of soma with mental manifestations. In 1913, a report was published on the successful cure of asthma by the method of psychoanalysis, the author of which was the psychoanalyst P. Federn. In his work, Federn was guided by the ideas of Z. Freud about subconscious repression, that the cause of hysteria and conversion is an internal conflict, which is expressed in the form of bodily manifestations. These manifestations can be very diverse: vegetative symptoms, headache, etc. up to the development of severe bodily diseases such as paresis, paralysis. Moreover, each of the somatic symptoms has its own psychogenic cause, which causes it. So, diseases of the lower extremities may indicate a subconscious unwillingness to move forward, to fear of the future; diseases of the organ of vision - unwillingness to see a traumatic situation, etc. It is worth noting that hysteria and conversion according to Freud themselves can have both mental and somatic nature. The disease allows you to relieve stress caused by internal conflict, as well as to realize the accumulated energy, even if it is a concern for your physical health [9]. up to the development of severe bodily diseases such as paresis, paralysis. Moreover, each of the somatic symptoms has its own psychogenic cause, which causes it. So, diseases of the lower extremities may indicate a subconscious unwillingness to move forward, to fear of the future; diseases of the organ of vision - unwillingness to see a traumatic situation, etc. It is worth noting that hysteria and conversion according to Freud themselves can have both mental and somatic nature. The disease allows you to relieve stress caused by internal conflict, as well as to realize the accumulated energy, even if it is a concern for your physical health [9]. up to the development of severe bodily diseases such as paresis, paralysis. Moreover, each of the somatic symptoms has its own psychogenic cause, which causes it. So, diseases of the lower extremities may indicate a subconscious unwillingness to move forward, to fear of the future; diseases of the organ of vision - unwillingness to see a traumatic situation, etc. It is worth noting that hysteria and conversion according to Freud themselves can have both mental and somatic nature. The disease allows you to relieve stress caused by internal conflict, as well as to realize the accumulated energy, even if it is a concern for your physical health [9]. diseases of the lower extremities may indicate a subconscious unwillingness to move forward, fear of the future; diseases of the organ of vision - unwillingness to see a traumatic situation, etc. It is worth noting that hysteria and conversion according to Freud themselves can have both mental and somatic nature. The disease allows you to relieve stress caused by internal conflict, as well as to realize the accumulated energy, even if it is a concern for your physical health [9]. diseases of the lower extremities may indicate a subconscious unwillingness to move forward, fear of the future; diseases of the organ of vision - unwillingness to see a traumatic situation, etc. It is worth noting that hysteria and conversion according to Freud themselves can have both mental and somatic nature. The disease allows you to relieve stress caused by internal conflict, as well as to realize the accumulated energy, even if it is a concern for your physical health [9].

The official date of birth of psychosomatic science is 1922, when the term "psychosomatics" was first used in medical literature. Many scientists took part in the development and formation of this important direction, including the American psychoanalyst and physician F. Alexander (1891-1964), the greatest researcher of psychosomatic medicine and the founder of psychoanalytic criminology. Alexander believed that the disease is provoked not only by psychogenic (stress, internal conflict, psychological trauma) or somatic (heredity,

predisposition, unfavorable conditions) factors. There is also a third factor - personal disposition - psychological defense skills that a person develops from childhood. It is the personal disposition that makes psychological factors traumatic for a person. According to Alexander, a person's conscious emotions do not harm him. And only repressed and suppressed emotions (usually negative) lead to the appearance of somatic ailments or to the appearance of individual symptoms. It is possible to identify the psychogenic causes of bodily diseases only with the help of psychoanalytic techniques. That is, in order to understand the true causes of psycho-somatic diseases, it is necessary not only to understand the current life situation of the patient, but also to follow the nature of the development of his personality. In developing his theory, F. Alexander used the teachings of Z. Freud and A. Adler,

For psychosomatic medicine, a person is not just a biological body, but a person with his own life destiny and personal life situation, the integrity of the physical (somatic) and psychosocial life of a person. This is a unified system in which psychological characteristics affect a person's somatic health.

It is now known that up to 90% of body diseases, as well as various "accidents" have psychological causes [11].

Medical science has made great strides forward thanks to the multitude of accumulated research results, the latest techniques, previously inaccessible methods [12]. Consider modern psychosomatics using the example of the German New Medicine (GNM).

In 1981, at the Faculty of Medicine of the University of Tübingen, a sensational report by the German doctor Ryke Geerd Hamer about the true causes of cancer sounded. Hamer discovered a clear sequence of causes, localization, course of development, as well as the process of natural healing from disease - "an important special biological program of nature." It was a phenomenal discovery for the scientific and medical world - a new system of occurrence, localization and course of any disease was determined. Diseases, according to Hamer, are designed to help the individual during the period of emotional and psychological distress, and are not, as is commonly believed, the result of dysfunctions or malignant processes in the body. Everything in nature is filled with deep biological meaning, there is nothing "sick" in it. To this conclusion, Professor and Doctor of Medicine Rijk Hamer came after the tragic events that occurred in his family. And the subsequent decades of clinical research, as well as the analysis of more than 40 thousand case histories, confirmed this amazing conclusion [13].

Hamer was a practicing doctor for over 25 years when his son tragically died. After the death of his son, the professor developed testicular cancer within a year. After a while, his wife also developed oncology. Rijk logically assumed that cancer was the result of psychological trauma that triggered deeper biological mechanisms. Evolution has created these mechanisms specifically to adapt humans to difficult circumstances.

As a professor of medicine, Hamer was able to analyze the medical history of cancer patients and soon found confirmation that similar diseases occurred in people who had experienced similar tragic events. For example, patients with testicular and ovarian cancer 1–3 years before the diagnosis experienced a severe shock or tragedy associated with their children. In response to this stress, which a person experienced in loneliness (acute conflict), the body launched a certain program - "disease". Instrumental studies additionally confirmed Hamer's assumptions: brain scans showed a relationship between psychological trauma, the subsequent emergence of foci of activity in a certain area of the brain ("Hamer's focus" is reflected in the MRI image by darkening) and the organ corresponding to this area in which cancer has developed. aimed at solving psychological stress "- was tested and confirmed by numerous clinical cases [14].

According to GNM, any disease occurs in two phases. The first is the active phase of the conflict, the phase of sympathicotonia, experience. It is accompanied by various autonomic disorders, sleep disorders, appetite disorders, etc. Due to the unresolved conflict, this phase can continue for years, lead to many diseases, one way or another destroying the body. Second phase - the phase of conflict resolution, restorative, or the phase of parasympathicotonia. The body begins to scrupulously get rid of cancerous or necrotic cells that have become useless. "Cleansing" of the body occurs with the help of microbes, which are activated and "eat" damaged or overgrown cells. This process is accompanied by infectious diseases - when the conflict is over, the disease manifests itself in this way.

It is possible to explain what happens to the tissues of the body in different phases of the disease with the help of the names of the germ layers. It is known from embryology that all human organs and tissues develop from three sheets, which begin to form in the embryo, starting from the 18th day of its formation. These are endoderm, mesoderm (divided into "young" and "old" parts) and ectoderm. Most human organs develop from one embryonic layer, but there are also those that are built from tissues of different types, originating from different embryonic layers. According to Hamer's theory, tissues originating from different germ layers react to stress in different ways: some of them increase the number of cells, and some lose their cells. These processes were formed in the course of evolution with the sole purpose of helping the body survive in a stressful situation.

The cells originating from the endoderm and the cells of the "old" mesoderm in response to stress begin to multiply, and an increased growth of tissue or tumor occurs. This is the course of the first phase of the disease - active. When the conflict is over, the experiences "go away", the second phase of the disease begins - the resolution of the conflict (recovery). During the second phase, the body begins to "cleanse" the tissue (or organ) from overgrown cells with the help of fungi, tubercle bacillus, mycobacteria. Thus, in the tissues originating from the endoderm and the old mesoderm, tissue growth first occurs, the body, as it were, "strengthens" itself to cope

with the problem that has arisen. Further, the disintegration of the unnecessary occurs - and the person notes the pain that accompanies the onset of the inflammatory process ... For example, Hamer showed that stomach cancer cells cope with the digestion of food faster than ordinary cells. The body "strengthens" itself to cope with the problem that has arisen - the digestion of a huge portion of food, the conflict of "misunderstanding". When the digestion of a large piece, the conflict of "misunderstanding" is completed, the need for enhanced digestion disappears - the tumor disintegrates, there is severe pain in the stomach, gastritis.

The tissues derived from the endoderm include: the gastrointestinal tract (most of it), the prostate gland, uterus and fallopian tubes, thyroid gland, liver, lungs, collecting ducts of the kidneys, salivary glands, pituitary gland, middle ear, smooth muscles. From the old mesoderm originate: mammary glands, pericardium, peritoneum, pleura, dermis, greater omentum.

Tissues originating from the "new" mesoderm and ectoderm lose themselves in the active phase of the conflict. And in the recovery phase, on the contrary, there is a healing of tissues that have lost their cells. Loss of tissue in the active phase of the conflict occurs due to the formation of ulcers, necrosis. The biological meaning of cell loss is to increase either the area of the organ or the lumen of the organ tube. This is important for adaptation because the larger the area, the larger the lumen, the better the organ performs its function. Consider, for example, a territorial conflict. The area of the brain that controls the cardiac arteries is responsible for it. The lumen of the coronary arteries expands without pain due to the loss of cells, so that more blood flows to the heart. And the work of the heart "improves" - "a real man has defended his territory." But with the end of the conflict (experience), when a person, it would seem that it can relax and breathe calmly, the body gives the command: you need to restore what has been lost. That is, you need to restore the cells of the heart arteries, and ... a heart attack begins.

The tissues originating from the new mesoderm and ectoderm are bones, muscles, cartilage, tendons and ligaments, connective and adipose tissue, lymphatic system, skin epidermis, breast ducts, ovaries and testes; mucous membranes of the bladder, urethra, nose, mouth, upper esophagus, cervix, etc.

A brief description of conflicts, as well as an analysis of various human tissues and organs and their relationship to the germ layers, is presented in the e-book by Raik Gerd Hamer "Scientific Map of German New Medicine" [15].

Thus, any disease proceeds in two phases: the active phase of the conflict and the phase of conflict resolution. At the beginning of the active phase, a person practically does not feel changes imperceptible to the eyes in the tissue or organ, where the conflict is "loaded". In the future, either a noticeable tumor forms, or the second phase begins. In the second phase, there is a healing of what happened in the first phase, when the person was in shock, worried, nervous. And physically we begin to suffer ("get sick") when we "recover", when everything is already good.

The number of all kinds of diseases is increasing from year to year ... Official medicine cannot give clear explanations for what reason

this or that disease occurs, and what needs to be done in order for a person to never get sick. Medicines and surgeries temporarily relieve symptoms and provide support, but they do not eliminate the cause of the disease or cure.

Knowledge of "body language" can help with treatment. Our body "adjusts" to our thoughts, our mood. Most of us are not aware of these thoughts and emotions and do not track them. The body sends signals of pain and discomfort when we "don't hear" our emotions for too long, when the mental pain continues to grow. We should be grateful to our body for these signals. If you can quickly and accurately detect the connection between anxiety and illness, and if you do not resist the disease, do not be afraid of it, recovery begins earlier and occurs much faster. And it is very important for a speedy recovery to be able to recognize your inner conflict (or unlived stress), to realize and accept it; to see ourselves on a larger scale than we knew about ourselves before the disease.

Homeopathic treatment provides tremendous help on the path of recovery, which gently, without complications for the body and side reactions, uses natural internal resources. The homeopathic method is primarily a regulatory therapy. In the active phase of the conflict, when there are no physical symptoms yet, but there is already emotional suffering (loss of a loved one, unhappy love, a feeling of abandonment, uselessness, emotional burnout, resentment, etc.), homeopathy can work as preventive medicine. Homeopaths have been using their medicines for a century to transform experience and suffering into acceptance. Everyone knows the phrase: if the situation cannot be changed, then the attitude towards it can be changed. The homeopathic medicine "reprograms" the attitude to the situation (disease), changing the patient's psyche. For example, Pulsatilla is used when you need to separate from your parents; Natrum muriaticum is necessary for the loss of a loved one; Lycopodium helps with bursting pride; Ignatia is useful in emotional distress; Staphysagria helps with suppressed anger, etc. Typically, a homeopathic physician is approached with complaints of many physical symptoms, i.e. when the patient is already in the post-conflict phase of the disease. An experienced doctor always, while collecting the totality of symptoms, takes into account the emotional cause of the onset of the disease so that healing occurs! when the patient is already in the post-conflict phase of the disease. An experienced doctor always, collecting the totality of symptoms, takes into account the emotional cause of the onset of the disease, so that healing occurs! when the patient is already in the post-conflict phase of the disease. An experienced doctor always, while collecting the totality of symptoms, takes into account the emotional cause of the onset of the disease so that healing occurs!

A modern person during the rapid scientific and technological progress in a short time receives a huge amount of information and experiences psychological stress and stress more than his ancestors in their entire life. And this is in addition to personal psychological trauma, mental suffering, worries, tension, discontent, conflicts ... Not everyone is able to quickly adapt in such conditions and get out of stress without loss. Many suffer from prolonged distress, as a result of which psychosomatosis can occur - physical disorders and diseases, a key role in the pathogenesis of which mental factors play. Currently, psychosomatics has clear characteristics of the relationship between psychological and somatic disorders. With its help, it became possible to determine the temporal parameters of the disease,

"Mapping" any conflict in the brain gives the doctor a tool that allows him to have an accurate idea of the affected organ and the correctness of the chosen treatment with the help of a computed tomogram. Taken together, this knowledge allows us to take into account all possible "pitfalls" and choose the most optimal tactics of homeopathic therapy.

Psychosomatics today is an important part in the practice of a homeopathic physician.

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