

Indisposition and Homoeopathy

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ABSTRACT

Indisposition is a health issue caused by outside influences that can be readily addressed by removing the causing source.

Eg: Business failure, Overeating, Lack of sleep, Abuse of substances etc are the external causes due to which indisposition occurs.

If man's stomach has been upset by his bad habits, it will return to normal once he stops abusing it; as long as he leads a normal life, he won't experience this indisposition.

“If a strong-smelling flower that causes syncope and hysterical suffering is removed, it will correct indisposition. Removing it will fix the indisposition that causes sensitive, anxious girls to swoon from the flower's scent.”

There are people who cannot live in the ordinary atmosphere; so they need to change their environment, goes to the mountains, some to warm lands, some to cold lands and by removing the occasioning cause, the apparent aggravating cause of suffering will correct the symptoms.

Keywords- Indisposition, Aggravation, External causes, Miasm, Psora, Homoeopathy.

I. INTRODUCTION

There are some diseases which are not actually a disease but a disturbed state of health called indisposition. A psoric person may have these conditions, but they do not interfere with their condition.

They can be similar to a miasmatic disturbance, but they can be resolved by simply eliminating external factors, as they are the result of an external abuser. His strategy of identifying a subset of symptoms and treating them as the sickness is flawed since they don't accurately reflect the full scope of the individual.

The Organon denied about the principle that removal of external manifestations of disease by any external means whatever. If there is no external or traumatic cause the case is known as PSORIC CASE.

Objectives

To study indisposition in view of Homoeopathy through which an external cause can be removed without disturbing the miasma or psora in person.

II. MATERIAL AND METHOD

Different literature and journal of indisposition as Kent's philosophy Lectures on homoeopathic philosophy, Robert's philosophy of the principles and Art of Cure by Homoeopathy.

Pathophysiology

There are some conditions which arises from mechanical obstruction, non-pathological but the actual presence of a foreign body, which gives rise to reflex symptoms of troublesome nature. The remedy does not and cannot cure such symptoms so long as the causative factor remains and can only be cure just by removing the obstacle.

For eg; Persistent earaches or coryzas in children who have inserted small objects into the ear or nose, Psychic trauma, emotional stresses of varying insistence, are factors that we, as homeopathic prescribers, should understand and thoroughly observe the patient's symptomatology.

However, frequently the patient does not share his private affairs to outsiders, even to the physician, and keeps this important information to himself or he might be so accustomed to carrying his own burdens that he fails to see them as a barrier to his recovery in this particular case.

It was Hahnemann himself says that unhappy domestic conditions are much worse; that these conditions often did, prove obstacles to cure. It is possible that the similitum often can remove the tension from patients, or may remove of symptoms; but so long as these strains persist in background, one cannot expect cure. ⁽¹⁾

Over-anxiety, worry, constant financial stress, tensions in workplace, have overburdened the person during the past few years, and have lowered the possible cures. Above mentioned cause disturbed the path of cure in whole or in part; and it's not the fault of homeopathic system of medicine.

III. SIGN AND SYMPTOMS

- Some patient has the habit of living as nearly an orderly life as it is at the present day, going the regular routine of service change of this may cause irritation or derange health
- Indigestion or constipation due to using lot of coffee and tea not only in large quantity but very frequently, careless in diet.
- Unhealthy lifestyle, all external things which are the causes of indispositions, and this patient remains sick due to these indisposition

The signs and symptoms that are manifested are the true picture of nature, they constitute the outwardly reflected symptom of the inner derangement of health or vital force. As in a disease from which no manifest exciting or maintaining cause has to be removed, we can perceive nothing but the morbid symptoms, it must be the symptoms alone through which the disease manifest itself and points towards the indicated remedy.

- When a man stops abusing his stomach, it will heal itself; as long as he leads a disciplined life, he won't experience this indisposition.
- Removal of the strong-smelling flowers from room which have cause syncope and hysterical sufferings.
- Nervous girls who are so sensitive to flowers and they will faint from the odour so removal of it may correct indisposition which cause it.

There are other individuals who cannot live in the ordinary atmosphere; some must be sent to the mountains, some to warm lands, some to cold lands. This is removing the occasioning cause, the apparent aggravating cause of suffering.

IV. CLASSIFICATION OF INDISPOSITION ⁽⁵⁾

- 1) Acute Indisposition
- 2) Chronic Indispostion

1) *Acute Indisposition-*

It refers to temporary feeling of unwellness due to some exciting cause which do not affect the vital force, so it recovers on its own without any help of dynamic medicine.

Most common examples of acute indisposition are headache due to lack of sleep which recovers after a good night sleep. If a patient complain of one or more trivial symptoms, that have been only observed a short time previously, the physician should not regard this as a fully developed disease but requires serious medical aid. A slight alteration in the diet and regimen will usually suffice to dispel such an indisposition such as fatigue, exertion, etc.

2) *Chronic Indispostion*

It refers to a feeling of unwellness due to some maintaining causes which do not affect the vital force to such extent, so it recovers on its own without any help of dynamic medicine but removal of the maintaining cause will bring the state of comfort or wellness to the individual. As in cases where eyes are painful due to any foreign body, so removal of its give relief from the discomfort, etc.

V. FEATURES

- ❖ Disturbed sleep causing headache
- ❖ Night watching or late-night sleep caused sleep deprivation and may disturbed digestion
- ❖ Overheating causes indigestion and upset stomach
- ❖ Loose motion due to excess eating of oily things
- ❖ Acute constipation due to irregular routine
- ❖ Many of having upset stomach and headache due to emotional breakdown.

VI. HOMOEOPATHY AND INDISPOSITION

According to Dr. Hahnemann- **APHORISM 150** (§ 150)

“If a patient complains of one or more trivial symptoms, that have been only observed a short time previously, the physician should not regard this as a fully developed disease but requires serious medical aid. A slight alteration in the diet and regimen will usually suffice to dispel such an indisposition.” ⁽⁵⁾

APHORISM 7

In § 7 of the organon of medicine Dr. Hahnemann says "Now As in a disease, from which no manifest exciting or maintaining cause (Causa

occasionalis) has to be removed" and further foot note of same aphorisms 7 He says " It is not necessary to say that every intelligent physician would first remove this where it exists the indisposition there upon generally ceases spontaneously. ⁽⁵⁾

There are no such medicines for Indisposition as it is due to disturbed state of health due to some exciting cause so it will evade just by regulating diet and lifestyle. So, physician should avoid giving any medicines in such cases but only placebo. Some cases such as constipation, headache etc. may cause severe disturbance to person calm state so it may require some medicinal aid for example: In such cases one can use Nux vomica (N.V.) to relieve constipation etc. as an acute remedy to relief symptom. Indisposition can be regulated by correct healthy diet, exercise, proper sleep, regulating and maintaining the healthy lifestyle with work.

According to Dr. Stuart Close ⁽²⁾ -

Stuart Close says in his book "Genius of homoeopathy" in the chapter named Indisposition and the Second-Best Remedy says that not every case which presents itself to the physician requires medicine. It may only require the find out and correcting of some evil habit, some error in the mode of living, such as unsanitary surroundings, faulty diet, nonobservance of ordinary hygienic requirements in regard to breathing, exercise, sleeping, etc.

According to Dr. Kent ⁽³⁾ -

James Tyler Kent says in his book lectures on homoeopathic philosophy in the chapter 7 "Indisposition" -That some conditions that appear to be diseases are actually disturbed states that go by the name of indispositions. According to him, indisposition resulting from external causes mimics the manifestations of miasm that is, the patient's set of symptoms mimics a Miasmatic manifestation; however, the patient's condition is likely to return once the external cause is removed. Failures in business, melancholy struggles, and unfulfilled love that causes pain in young girls appear to be causes of illness, but in actuality, they are merely stimulating factors for illnesses. The apparent cause of illness is external, but the underlying cause is internal.

According to Dr. HA Roberts ⁽⁴⁾ -

The principle and art of cure by homeopathy, HA Roberts: (Chapter XXII-Disease Classification) H.A. Roberts says, "Repeated claims have been made followers of Hahnemann treat diseases by the symptoms only applying remedies according to the symptomology and paying attention only to the symptomatic applicability of the remedies but it cannot be emphasized too strongly that Hahnemann made one classification of disease condition that were dependent entirely on external causes, such as the mechanical conditions. It was Hahnemann's teaching that the removal of the cause was first step in the proper method of cure. This may occasion at times, surgical procedures, rectification of diet, the removal of irritating substances, change of

environment, anything and everything that may place the patient in the best possible relation for complete cure, which will take place of itself when the cause is removed. Hahnemann taught by precept and example that value of thinking through, to the beginning, the first cause of disease conditions, and treating them accordingly. In his study, Hahnemann separated all disease conditions into four great groups. The mechanical conditions (Leading to indispositions) were easily detected and classified. To the three remaining groups, Hahnemann gave the term miasm".

According to Dr. C. Dunham ⁽⁶⁾ -

Dr. C. Dunham in Homoeopathy The science of Therapeutics Chapter 1 has given cases of indisposition where it was managed by alteration in diet and regimen, mode of living etc. and not at all medicines were required.

VII. CONCLUSION

By experimenting and analysing the different cases of indisposition and also by different writings we come to know that indisposition is just an exciting state of health due to some disturbed condition as diet, lifestyle. It needs to be address as a disturbed state of health due to some exciting cause only and requires no medicinal aid or acute medicine in small doses to remove the psora in background to lurk.

By regulating our diet, maintaining healthy work and personal life balance, exercising, healthy thinking, healthy talk, healthy mindset an along with great company and environment may change this disposition and person will never feel that indisposition again in his life.

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