

EVALUATION OF MENTAL SYMPTOMS IN ILLNESS

DR. H. A. NEISWANDER, M.D., OHIO

Psychologically, the normal mentality indicates the average intelligence or development, free from mental disorder; the usual condition, degree, quantity of, average, mean intelligence or state of mind. A mental illness then is a deviation from the normal. It may be mild—a restlessness or lethargy or loquaciousness; moderate as an increased restlessness or dull stupid state, a mild delirium. A severe mental illness may be a severe delirium, a prodromal insanity, an insanity or a stuporous or hypnotic state.

William James, father of American psychology, made the statement that human beings can alter their lives by altering their attitudes of mind. If that is true, the reverse is also true that the physical state will affect the mind. The Psalmist, David, when having a great deal of inner conflict, outward opposition and physical disability, said, "I shall yet praise Him, Who is the health of my countenance." Close says, "Mind is a substance; since it acts to . . . produce thoughts . . . mind therefore has intelligence. Thought, the action of the mind, may be called 'a mode of motion, of mind acting upon the molecules of the brain'. In the last analysis life and mind are one and identical, since they have identical qualities and attributes, and mind is the primary cause of motion. Life is energy and all energy is living energy. As regards living beings, including man, the substantialistic hypothesis is that within every living creature there exists a vital and mental organism, the counter-part of the physical structure, the source of all vital and physiological phenomena, originally contributed by the Creator as atoms out of His own being."

Hahnemann's view of life is that it is a substantial, objective entity—a primary, originating power or principle, and not a mere condition or mode of motion; and from this

arises his theory of disease and pathology "that disease is always primarily a dynamical, or functional disturbance of the vital force."

Hahnemann says that "disease is nothing more than an alteration in the state of health of a healthy individual" caused by the dynamic action of external, inimical forces upon the life principle of the living organism, making itself known only by perceptible signs and symptoms, the totality of which represents and, for all practical purposes, constitutes the disease.

A symptom is any evidence of disease or change from a state of health. Hahnemann defines symptoms broadly as "any manifestation of a deviation from a former state of health, perceptible by the patient, the individuals around him or the physician." They may be subjective or objective.

Every complete symptom has three essential elements, location, sensation and modality. By sensation is meant the impression or consciousness of an impression upon the central system through the medium of the sensory or afferent nerves, or through one of the organs of senses; a feeling, or state of consciousness produced by an external stimulus, or by some change in the internal state of the body. A sensation may also be a purely mental or physical reaction, such as fright, fear, anger, grief or jealousy.

Modality refers to the circumstances and conditions that affect or modify a symptom which may be either mental or physical. Nearly all mental symptoms are generals because mental symptoms can only be expressed in general terms, as "I feel worse in cold, rainy weather," or "I feel better during a thunder-storm," or "I feel better when alone."

The homœopathic principle recognizes Life or Mind as an entity, as the primary, spiritual power or principle which creates and sustains the physical organism and is the primary cause of all its actions and reactions.

Thus in all diseased states we have mental manifesta-

tions which lead us to the personality or the individuality of the person afflicted.

Ever since the creation of man, in the beginning of time, Nature has failed to surround man with the conditions which his cells required. Life has been a constant endeavor at adaptation to a strange environment. Much depends upon the ability of the body to adapt itself to changes which make it deviate from normal conditions. This varies from individual to individual. This factor determines how an individual will cope with certain given situations. It is involved in individual resistance, or individual susceptibility. This applies to all the functions of the body.

The failure of the adaptive processes to remain within physiological limits constitutes disease. Probably all the chemical reactions which are involved in the physiological processes of the body are enzymatic, and as such subject to various changes. These enzymatic processes are more or less affected by mental states, as in digestive disturbances from excitement, fear, shock. More or less and in various degrees, all the physiological processes are under hormonal influence, and consequently mental states as excitement, thrills, depressions, shock, fear affect these processes and may be momentarily or, depending on the physical state and the intensity of the influence, may be more or less permanent.

In a case of an acute pneumonia or typhoid fever, we are very likely, when in a severe state, to have a great deal of anxiety, apprehension or fear, or may be a state of exhaustion, which are the most important as general symptoms and help definitely in selecting our remedy as these symptoms definitely point out a group of curing, or at least ameliorating remedies.

On the other hand, we may have a patient in a chronic state who is full of fear or apprehension, which again signifies the depth of his ailment.

The natural state of humanity is to be buoyed up,

exhilarated and generally braced-up physically if mingling with a happy or joyous group or circumstances. This exhilaration affects the entire system even though it is a mental state. When a chronically ill patient is not so affected, it again affects the mental status and aids very materially in the diagnostic and remedial picture.

Pleasant exercise, pleasant experience, the thrill of accomplishment always materially affect the personality, if only for a few hours, depending on the individuality and personality. Even the influence of a depressed person in the presence of one or more others often is very detrimental to certain types of individuality, or the presence of a joyous, cheerful personality is often so contagious, even on radio or television, that it is not only magnetic but influential physically and mentally.

Exhilaration or a pleasant exercise, through its hormonal influence, causes a dilatation of the general arterioles and a general tendency to well-being providing the physical state can still tolerate and function to that extent. Even the thrill of accomplishment has a definite hormonal influence on the well-being state. The cheerful, happy-go-lucky individual is less prone to the devastating hormonal state than the sad and depressed individual, and if you will note, these states are all more or less contagious, as will be verified by association with either type of individual for a few hours.

Many individuals can be made ill by constant and repeated suggestion that they appear ill as well as by giving a remedy with a proving that has a strong mental influence. This all depends upon the gravity of the influence or the potency and type of the remedy and it may either be mild or great. This varies according to the period in life, but even a babe may be influenced. A continued influence, mental or by a remedy or drug proving, certainly varies and modifies the hormone action and in time causes a definite cell change, and sooner or later a pathology and thus disturbs the general economy. This may be acute,

subacute or chronic, all depending upon the time, the stress, and the force of the power responsible for the condition; the degree of toxicity is also measured thereby.

All physical illness has a certain mental status, depending upon the type of infection, disease, or inward turmoil which in turn produces a state of excessive or mild excitement or restlessness, or a state of calmness, sleepiness, stupor or coma.

All remedial agents have their individual mental influences. The bromides, barbiturates, opiates, etc., all have a sedative action. Penicillin, aureomycin and all other antibiotics and hormones have a mild sedative effect on most cases in their crude state. These agents may relieve the patient's pain or distress and, consequently, may or may not relieve the anguish. They may relieve the pain but may aggravate the delirium, bewilderment and nausea, as the producer may note as a side effect.

Our homœopathic remedies all have mental symptomatology in their provings, some very marked and others very minor or mild. Since the mental symptoms are generals and point out the individual characteristics of the personality and the individual characteristics of the disease or malady, they are the most important in any case for they demonstrate the deepest functions of any prevailing state in that individual as well as in the remedy. If the mental symptoms of the remedy match the mental symptoms of your case, you have gotten a long way in the selection of your curative remedy. However, your other leading generals must be included to make it a simillimum, and then your case will be started to a state of order, regardless of the potency.

Aconite has a sudden, violent acute onset, usually painful, with restlessness, a state of excitement, nervous, anxious and feverish, in a state of terror, anxiety and agonizing fear. They have an anxious look with a burning thirst. In such a state *Aconite* will cure.

The *Arsenic* patient is very restless, increasingly irrit-

able, suddenly weak, over-sensitive, fastidious, exacting, faultfinding; *anguish*, agonizing fear of death, worse at night, yet tired of living, a severe anguish, a sense of violence, self-torture, suicidal impulses. Patient has a pale, anxious, sunken, haggard or distorted countenance with a cold sweat, restless sleep, dreams of death, *cold* externally. With these symptoms and one or two other generals your patient will be benefitted by the administration of *arsenic*.

The mentals of the case, together with the characteristic generals which are named descriptively of the patient himself, will go a long way toward the selection of the corresponding remedy, and since the mental symptoms demonstrate the individuality and character of the patients more than any other group, I usually consider this group first in selecting the totalities.

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ANACARDIUM IN LEPROSY

DR. A. AHMED, G.B.U.C., M.D.H., KISHANGANJ

A young man aged 30 years of fair complexion and tall, was affected with tubercular leprosy on the face and ears. Since he was a poor man, he attended his business with covered face. Different treatments failed to relieve him. The disease progressed and his condition became from bad to worse.

Once I had seen a note* on *Anacardium orientalis* that it had a very great efficacy in leprosy. For the sake of curiosity and as an experiment, I intended to try this medicine. I gave him one dram of *Anacardium* 30 in globules no. 40, with the instructions to take two globules in the empty stomach in the morning. He came to me

* Dr. Ahmed should have mentioned his authority.—*Ed.*