

Miasm (psora) in case of generalized anxiety disorder: a review article.

Miasma (psora) en caso de trastorno de ansiedad generalizada: una revisión

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ABSTRACT

Generalized Anxiety Disorder is one of many types of anxiety disorder where there is excess of worry that is out of proportion to the event's impact. This excess worry disturbs normal functioning, and these people are overly concerned about daily matters such as health issues, money, family problems, friendship, interpersonal relationship problem, work difficulties and death. The homoeopathic concept of disease is related with the concept of chronic miasm. It is a system of medicine which has its own unique etiological causes in the form of three miasm i.e., Psora, Sycosis and Syphilis. Psora is the root cause of all mental diseases and the dominant Miasm in cases of all anxiety disorders.

Keywords: Generalized Anxiety Disorder, Miasm, Homoeopathy, Psora

RESUMEN

El trastorno de ansiedad generalizada es uno de los muchos tipos de trastorno de ansiedad en los que hay un exceso de preocupación desproporcionado en relación con el impacto del acontecimiento. Este exceso de preocupación perturba el funcionamiento normal, en donde las personas se preocupan en exceso por asuntos cotidianos como los problemas de salud, el dinero, los problemas familiares, la amistad, los problemas en las relaciones interpersonales, las dificultades laborales y la muerte. El concepto homeopático como enfermedad está relacionado con el concepto de miasma crónico. Es un sistema de medicina que tiene sus propias causas etiológicas únicas en forma de tres miasmas: Psora, Sycosis y Syphilis. Psora es la causa fundamental de todas las enfermedades mentales y el miasma dominante en los casos de todos los trastornos de ansiedad.

Palabras clave: trastorno de ansiedad generalizada, miasma, homeopatía, psora

INTRODUCTION

Generalized Anxiety Disorder is one of the many types of anxiety disorder where there is excess of worry that is out of proportion to the event's impact. The excess of worry disturbs normal functioning, and these people are overly concerned about daily matters such as health Issue. Money, family problems, friendship, interpersonal relationship problem, work difficulties and death.

GAD is anxiety, which is generalized and persistent but not restricted to, or even strongly predominant in, any particular environmental circumstances (Free Floating Anxiety). Common associated physical symptoms are persistent feeling of nervousness, trembling, muscular tension, sweating, light-headedness, palpitation, dizziness, and epigastric discomfort.

DSM-V- Diagnostic Criteria for Generalized Anxiety Disorder

A. Excessive anxiety and worry (apprehensive expectation), occurring more days than not for at least 6 months, about several events or activities (such as work or school performance).

B. The individual finds it difficult to control the worry.

C. The anxiety and worry are associated with three (or more) of the following six symptoms (with at least some symptoms having been present for more days than not for the past 6 months): Note: Only one item required in children.

1. Restlessness, feeling keyed up or on edge.
2. Being easily fatigued.
3. Difficulty concentrating or mind going blank.
4. Irritability.
5. Muscle tension.
6. Sleep disturbance (difficulty falling or staying asleep, or restless, unsatisfying sleep).

D. The anxiety, worry, or physical symptoms cause clinically significant distress or impairment in social, occupational, or other important areas of functioning.

E. The disturbance is not attributable to the physiological effects of a substance (e.g., a drug of abuse, a medication) or another medical condition (e.g., hyperthyroidism).

F. Another medical disorder does not better explain the disturbance.

Miasm

Miasm comes from a Greek word “miasma” which means (a) a heavy vaporous exhalation or effluvium formally believed to cause disease (b) an unwholesome exhalation (c) obnoxious influence or atmosphere (d)polluting material (e) contagion effluvia from human body (f) infective material

In homoeopathy, Miasm are dynamic morbific agents inimical to life which are imperceptible to our senses, can only be seen by their effect, cannot be touched, or captured. it denotes not an influence from without but a change from within. it is the source of all true natural chronic diseases. Miasm is not a disease but a factor that makes disease possible.

History of Miasm

During the time of Dr Hahnemann, Miasm or miasma word was loosely used to express the morbific emanation from putrescent organic matter, animal, vegetable and sometime the effluvia arising from the bodies of those affected by certain diseases. Dr Hahnemann picked up the term which was current in medical literature of his time but he adorned the term with a special connotation and denotation and used it accordingly.

Dr. Hahnemann (1755- 1843) after discovering and practicing Homoeopathic treatment method for about 30years (1790-1820 A.D) found that homoeopathy failed to bring a real cure in some diseases. These diseases always tended to relapse at some future time. In Order to treat chronic diseases Dr. Hahnemann (1755- 1843) stated that “Its start was pleasing, the continuation less favourable the outcome hopeless”.

He spent 12 Years in investigating the source of this incredibly large number of chronic affections, in ascertaining and collecting certain proofs of this great truth, which had remained unknown to all former or contemporary observers, and in discovering at the same time principal (Antipsoric) remedies, which collectively are nearly a match for these thousand headed monsters of disease in all its different developments and forms. He worked tirelessly day and night trying to study the case history of the patients and while studying those histories, he found a certain pattern of disease in patient’s family history and past history which he felt explained the true basis of chronic diseases. He called these patterns as Miasm and declared that unless the underlined Miasm was completely uprooted from the origin, a chronic disease could not be permanently cured with homoeopathy even if it is a well-chosen remedy. Around 1/8th of the total cases that he studied, he could elicit a definite past history of venereal disease (Gonorrhoea and Syphilis). In 7/8th cases there is suppression of a skin eruption or an itch in any form.

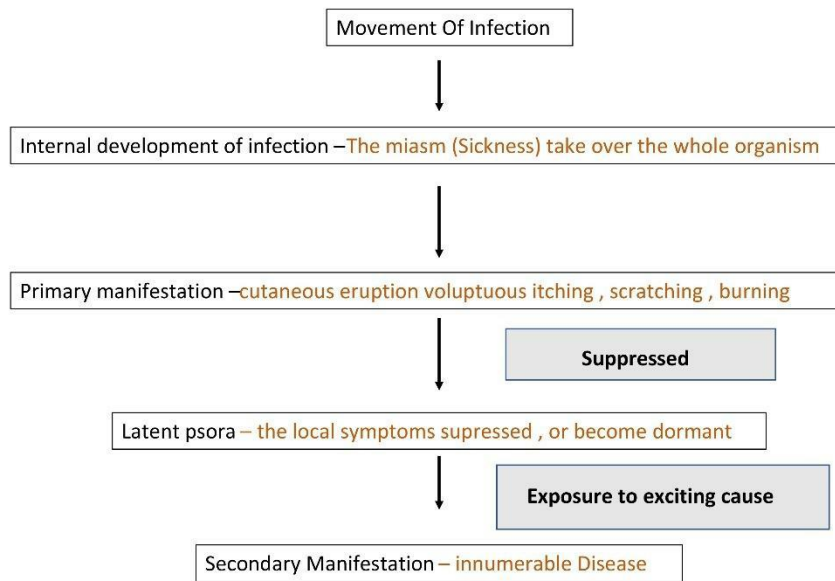
Types of miasm: Psora, syphilis and sycosis

Psora – The dictionary meaning of word Psora are as follow:

1. The itch or similar skin disease
2. The Itch mite (sarcoplas, scabii, sarcoptes hominis or Acaris Scabii)

The word psora came from a Hebrew word Tsorat which means “a grove, a fault, a pollution, a stigma often applies to leprous manifestation and the great plague” psora is defined as the cause of multitude of chronic disease. psora is the fundamental cause and producer of all natural chronic diseases.

Development of psora



Primary Manifestation

Peculiar eruption accompanied by voluptuously tickling itching, burning compels the patients to rub and scratch.

Latent Psora

Suppression of an itch-eruption followed by only moderate ailments and complaints: the internal malady of Psora, although as yet of slight degree but increase unceasingly and often for years unperceived by the eyes; so that anyone, who does not know the signs of its latent presence, would suppose and declare such persons to be healthy and free from any internal malady.

Secondary Psora

Innumerable forms of disease can be produced by it which mentioned under aphorism 80 in 'Organon of Medicine'- (... Nervous debility, hysteria, mania, epilepsy, cancer, gout...)

Investigation Of Psora

For its investigations, the ascertainable physical constitution of the patient, his moral and intellectual character, mode of living and habits, his social and domestic relations, sexual function, past history, intrauterine history etc., are to be taken into consideration.

Treatment

Few guidelines regarding treatment mentioned in the book ‘The Chronic Diseases, Their Peculiar Nature and Their Homoeopathic Cure’. Ref Table 3

Views on Psora according to different Stalwarts:

Dr J.T Kent: It is impossible for psora to manifest itself in a healthy race; a weakness must be there first. A legacy which passes from generation to generation. thinking, willing and acting are the three things that make up the science of the life of humans. Man thinks, he wills, and he acts. Thinking and willing establishes a state in man that identifies the condition he is in. As long as man continued to think that which was true, that which was uprightness and justice, so long man remained upon the earth free from the susceptibility to disease, because that was the state in which he was created. But when man began to will the things that were the outcome of his false thinking then he entered a state which was the perfect correspondence of his interior.

DR J.H Allen: He described Psora as potential which becomes bonded with the life force, it cooperates with this life force. Together these two along with other miasms, cause all physiological deflections, functional disturbances followed by structural and pathological changes.

DR H.A Roberts: Lack of certain elements in the system, or the inability to assimilate them from foods, is the great common denominator of almost all the so called psoric conditions, plus a lack of balance in the equilibrium of health that manifests through a hypersensitivity of impressions – functional disturbances. Psora alone never causes structural changes.

Hahnemann’s concept of psychological disorder

MIND is that part of the organism from which he calculates, compares, criticizes, creates, visualizes, plan, communicates etc. this is the part of their body from which they register changes in consciousness and understanding.

Any disturbance in the above mental cognitive functions can cause mental illness. Observation, non-judgmental techniques/approach is needed to elicit the complete picture which can direct us to the remedy, this mental illness/disorder unless modified can lead to organic disease. This applies in the cases of Generalized Anxiety Disorder.

According to Homoeopathy - It is given in 5th & 6th edition of organon of medicine written by Dr. S Hahnemann in aphorism 210-230.

In aphorism 215, Dr. Hahnemann defines the so-called mental disorder as physical diseases in where there is derangement of the mind & disposition peculiar to an individual is increased while the physical symptoms decline in strength. The mental symptoms attain foremost striking one-sidedness. It is classified into four types:

- 1) Mental disease of Somato -psychic type – mental disease arising with the decline of corporeal disease (Aphorism 216)

- 2) Mental disease because of exciting cause- mental disease coming as acute disease in patient ordinary calm state, which is caused by fright, vexation, the abuse of spirituous liquors etc (Aphorism 221)
- 3) Mental disease of doubtful origin- (Aphorism 224)
- 4) Mental disease of psycho-somatic type- mental disease caused by prolonged emotional causes, which in time destroy the corporeal health.

GAD comes in the 4th category. In latter aphorism Dr Hahnemann mentioned that all these one-sided mental diseases are of Psoric origin, for complete cure Antipsoric medicine should be prescribed, if not done the patient will suffer from same condition again and again.

Psoric Miasmatic representation of anxiety

Homoeopathy is a system of medicine that has a unique etiological consideration in terms of miasms. Psora is the root cause of all mental diseases and the dominant miasm in all anxiety disorders. Anxiety and fear are psoric in origin by most stalwarts, including Hahnemann. Ref (Table 1)

Table 1

STARWARTS	PSORA
Samuel Hahnemann	Anxiety and cold perspiration Palpitation with anxiety Anxiety several time a day Fear of being alone Fear of becoming insane
Phyllis Speight	Anxious when ill Apprehensive, despondent, melancholy, Full of Fear, sudden anxiety with strong palpitation of heart
Henny Heudens	Fearful, worry, blushing, ailment from fear, anxiety, fear of something will happen
S.K Banerjee	Anxiety on morning, Fear of darkness, Fear of strangers, apprehension

DISCUSSION

Homoeopathy is correctly called as an artistic science; it will be the skill and art of the physician that will, at first, help him to discover the exact cause and the factors responsible for the development and maintenance of Chronic Disease (Example GAD) in his patient. This will be achieved by a detailed case taking of the patient and with that taking into consideration his entire life history starting from his childhood, his overall constitution, diseases suffered, social and family relations, his diet and nutrition, factors that generally bother him, impressionable incidences in life etc. Further systematic analysis of the case will guide the physician to the most appropriate remedy which will serve as the homoeopathic similimum for the case in hand. Dr Hahnemann, these cases (like all mental diseases) should be considered as arising from Psora. Thus, to completely cure the patient and to prevent the recurrence, most appropriate anti-psoric medicine should be prescribed for treatment.

Table 2: Summary of Article proves the effectiveness of Homoeopathic Medicine in Anxiety Disorder

S.no	Author name	Title of Study	Type of Study	Conclusion
1	Susan Thomas & Achla Nanhorya	To explore the Miasmatic significance in anxiety disorders and its applicability in Clinical Practice	Clinical study	30 Subjects were taken from the OPD of homoeopathic medical collage Bhopal, totality of symptoms was erected for each case and medicine is given after referring different Materia Medica AND repertories. After analysis of each case the most dominant misam is found to be psora in 23 cases,
2	Dr. KS Lalithaa and Dr. J Kathiravan	Effectiveness of homoeopathic medicines in illness anxiety disorders among young adults	Clinical study	30 participants were enrolled in this study. The study was conducted to study the effectiveness of homoeopathic medicine in illness anxiety disorder. Arsenicum album and Phosphorus six cases, Nux vomica five cases, Natrum muriaticum four cases, Calcarea carbonica, Lycopodium, Ignatia, and Pulsatilla with two cases each, Aurum mettalicum one case, were recorded Fig 3. Out of thirty cases, 7 cases (23.33%) showed marked improvement, 12 cases (40%) with moderate improvement

3	Deepthi Gilla, Jaseel Ahammed, Akhila AL, Sreelakshmy SR	A Review on Anxiety Disorders During Covid-19 Pandemic Homoeopathic Perspective	Review article	<p>and 11 cases (36.66%) with mild improvement were noted</p> <p>Selective literature in PubMed search engine to identify most prevalent anxiety disorders during Covid-19 using terms "Covid-19" and "Anxiety" and available research studies in homoeopathy on anxiety have been put forward in this narrative review.</p> <p>mental health is a critical concern in the pandemic's scenario, and Homoeopathy can be a safe and effective alternative or adjunctive to the conventional system in the management of anxiety disorders during this chaotic situation.</p> <p>Keywords: Anxiety, Covid-19, Coronaphobia, Generalized Anxiety Disorder (GA)</p>
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Table 3

State of condition	Treatment
Primary manifestation	Highly Potentised sulphur dose
Latent Psora	Several antipsoric remedy to be repeatedly administered successively according to totality of symptoms

Secondary manifestation	Antipsoric remedies based on individual totality of symptoms
In case of mixed miasmatic disease	Need of different medicines according to predominant miasm and repetition too.

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Susan Thomas* and Achla Nanhorya To Explore the Miasmatic Significance in Anxiety Disorders and Its Applicability in Clinical Practice

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