



RESEARCH ARTICLE

EMINENCE OF MENTAL HEALTH IN HOMEOPATHY: FROM SUPPRESSION TO EXPRESSION, HOMEOPATHY'S INDIVIDUALIZED PATH TO MENTAL WELL-BEING

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ABSTRACT

Context: Today in an era of advanced science and technology, the 21st century, despite the fact that prevention through vaccinations and immunization have greatly enhanced physical health, medical innovations have not adequately addressed the rising issues surrounding Mental health. Suppression – whether Emotional, Psychological, or Societal – are still common and frequently disregarded in the hurry for physical health. In the quickly challenging field of contemporary science, true health required a balanced approach that incorporates both physical and mental care. **Aim:** The study aims to explore the various factors affecting mental health in different individual, with a specific emphasis on consequences of the Emotional suppression and to examine the relation between Mental health and Suppression through individualized homeopathic management. **Research Design:** This was an observational retrospective study which was done in my private clinic. **Materials and Methods:** The study was carried out for 4 years and it includes 300 patients. Pregnant women and patients on concurrent suppressive treatment throughout the duration of Homeopathic treatment were excluded from the study. **Statistical Analysis:** Statistical analysis of the descriptive data was done by numbers and percentages according to different categories. **Result:** There were 300 cases during entire study which was chronic in nature and a majority of the patients (115) were belongs to the Age group between 31 - 40 years. 97 patients were Males and 203 patients were Females. The results of treatment out of 300 cases, Significant improvement in 177 cases, Moderate improvement in 80 cases, Status quo in 18 cases and patient left the treatment in 25 cases. **Conclusion:** In this study, Homeopathy offers a holistic and individualized approach to mental health. By treating the root causes rather than just symptoms, it helps transform suppressed emotions into balanced expression, supporting true mental well-being and inner harmony.

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INTRODUCTION

"WHO IS HAPPY ?"

"Sometimes you are unsatisfied with your life, while many people in this world are dreaming your life..."

A child on a farm sees a plane fly overhead and dreams of flying, But a pilot on the plane sees the farmhouse and dreams of returning home.

That's life! Enjoy yours...

If wealth is the secret of happiness, then the rich should be dancing on the streets. But only poor kids do that.

If power ensures security, then officials should walk unguarded. But those who live simply sleep soundly.

If beauty and fame bring ideal relationships, then celebrities should have the best marriages."

What is HOMEOPATHY ???

Homeopathy is a medical science developed by Dr. Samuel Hahnemann (1755-1843), a German physician. It is based on the principle "like cures like". In simple words, it means that any substance, which can produce symptoms in a healthy person, can cure similar symptoms in a person who is sick.

HEALTH

We are familiar with the following definition of HEALTH –

“A state of complete physical, mental & social well-being & not merely the absence of disease or infirmity” (WHO)

Where MENTAL HEALTH means,
“Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well, work well, and contribute to their community”.

Suppression

As we all know that, Disease is a deviation from the state of health, which is expressed by sign and symptoms. Dr. Hahnemann, states that removal of the cause and total restoration of health from the state of sickness is cure. It means that removal of one or few symptoms never amounts to cure. Whereas any unnatural removal of cause or expression leads to suppression. The word “Suppression” means a lot of complexities. It originated from Latin word “Supprimere” which means press down and prevent from expression (Oxford’s dict.) It also means a sudden stoppage of secretion, excretion, or natural discharge (Dorland’s dict.). Suppression occurs whenever the patient’s symptom goes against the direction of cure. Disappearance of the existing disease manifestation at the cost of a new suffering is called as suppression and expresses itself in some other form, and usually on a deeper and more vital organ. In suppression, disease changes its place, where as in palliation disease remain in same place. Commonly Suppression in Homeopathic field is “Phenomenon”. A process that causes disease expressions to disappear without changing the underlying disease force “The Miasm”. And thus, this current disease state may not be true or Complete state, but it is because of the Suppression of the earlier disease phenomenon and therefore Suppression is not the actual primary cause of this disease state but it is the “Philosophical Explanation” of the current disease state. From the homeopathic viewpoint, suppression of something external or superficial leads to the disease being driven deeper so that the patient develops a more chronic disease. No greater crime can be committed against the human economy than to aid & abet this suppression, for these may be the direct cause of many constitutional diseases and the symptoms are in their natural state always the expression of constitutional condition. Suppression is the source of various disturbances of human economy.

“Emotional Suppression”

- Every person will experience Emotions, it is a part of human being.
- Happiness, Sadness, Anger, Fear, Surprise, Disgust... These all are common feelings that play an important role in our daily life.
- When people have a hard time for “Expressing and Accepting” these feelings, they may suppress their feelings consciously or unconsciously...

WHY ???

Because...

- They are Unable to Handle them.
- Sometime want to Avoid more hurt and pain.
- Sometime for Self-Protection.
- Sometime for Social Expectation.

- Sometime patient has Fear that their emotions is not acceptable or their feelings are considered invalid.
- Sometime patient has a tendency to Suppressed Emotions because of early childhood experiences as for Example if child is constantly instructed to “Be good” or “stop crying” then it became habit.

“What Will Happen ??”

RESULT...

Constantly

- Patient opt to bottle up their Emotions.
- Patient choose to tamp down their Emotions.
- They may even create a constant state of “Fight or Fright” response.
“What will be Outcome ???”
- It become Part of the bigger Picture of the disease.
- Because Suppressing Emotions is not a healthy coping Mechanism.
- It can produce negative consequences for both Mental and Physical well-being.
- By understanding the underlying reasons behind Emotional Suppression, we can begin to Explore healthy way of expressing our Emotions.

HOMOEOPATHIC MANAGEMENT

HOMOEOPATHY

Individualization

↓
Different Personality

↓
Different Constitution

↓
How patient understand life and their different reactions

↓
Must find out “Psychological connections” between physical, mental and metaphysical connection

PSYCHOLOGICAL HOMOEOPATHY

↓
In physical condition 60-70% cases

↓
Connection to metaphysical level and to the spiritual level

↓
Help us to provide and to find out

↓
Must discover WHY ???

↓
In many cases physical problems have deep routes in

↓
subconscious level

↓
Continue to trigger

↓
Develop the disease

↓
Homoeopathic management and Psychological management

Prescribed Homoeopathic medicine

↓
Doesn't change

↓
If everything is fine

↓
If Imbalance

↓
Balance

↓
Make true connections

↓
You better understand

REVIEW OF LITERATURE

Dr. Hahnemann

In Aph.215, "Organon of Medicine"

Mental disease more than Corporeal disease

↓
Psychic and Somatic aspect

↓
In modern living life

↓
Stress

↓
Emotional disturbances

↓
Disease appears through physical plan

↓
Psycho-somatic disease

In Aph.210-230, "Organon of Medicine"

↓
Psycho-somatic disease

↓
Psoric miasm

↓
Antipsoric medicine and Psychotherapy

DR. LUC DE SCHEPPER

"Hahnemannian text book of classical Homeopathy for the professional"

↓
Level of Suppression

↓
Outer physical level

↓
Deeper physical level

↓
Deepest physical level

↓
Emotional level

Dr. Hammer

"German New Medicine"

Structural



↓
Emotional

Biochemical

↓
Unresolved

Emotional conflict

↓
"Locked up"

↓
Physical disaster

↓
Example

1. COLON : Ugly "undigestible conflict"
2. LARYNX : Fear or Fright
3. LUNG : Fear of Death or Suffocation
4. SKIN : Impaired Emotion
5. GUTS : Unable to swallow Anger
6. THYROID : Feeling of Helplessness

7. LIVER : Fear of Starvation

Role of Psychology in Homoeopathy

Does the Knowledge of Psychology help in enhancing our Understanding about the Patient?

I say YES! It definitely helps us to know the patient in a deeper manner.

For many years Psychology is viewed by the medical profession as "soft science", interesting but unimportant. Working in a caring profession we spend most of our working lives interacting with other people. A key part of our job is to promote health and well-being. This is seen as an important goal, those working in the field of health care system need the knowledge and the skills to help the people in achieving it. Homeopathy is always interested in identifying the "SICK". A "SICK" who has not only physical symptoms but also internal feelings. A "SICK" who has Delusions, Fears, Anxieties, Depression, Phobias etc, and behind all these internal states there are so many factors and causes. More important is the person himself who interacts with these factors and responds in a particular manner. For example, if we talk about Fear and the object of Fear, we might get different responses from different people. Type of fear and degree of fear might be different for same object in different people. This individual difference is very important in Homeopathic treatment. The subject of Psychology takes us into the depth to understand these individual differences. It works as light in the darkness, and helps us to know the causes of behaviour.

We can define PSYCHOLOGY as

"Scientific study of Behaviour and Mental processes".

Psychology is the science of mental life, both of its phenomena and their conditions. Psychology has come into its own as a recognized science of mind just as Biology, Pathology and Medicine are recognized science governing the body. As these are concerned with "HOW" and "WHY" of life and of the body reactions, Psychology is concerned with "HOW" and "WHY" of conduct and of thinking. As we know the laws of science governing man's physical well-being, we would know the laws of mind and of its responses to the world in order to know the Mental Health. The purpose of Psychology is to understand the behaviour in scientific manner and to modify it for better adjustments with surrounding environment so that the person can lead a normal and healthy life. Our behaviour is nothing but a response, a response in terms of action and glandular changes which are noticeable and observable. Human behaviour is extraordinarily complex and is influenced by many different factors. Thus any aspect of behaviour can be examined from many different perspectives. All these add to our understanding of behaviour, as in behavioural perspectives we consider only the overt behaviour and the process of learning and direct effect of External Environmental Stimuli on behaviour and behaviour change. Another perspective is Psychodynamic Psychology which focuses on the role of hidden, unconscious, internal motives and drives along with childhood experiences. Cognitive perspectives focuses on the cognition (mental process) of person, his memory, perception, information processing, thoughts and reasoning. Social perspective studies the influence of social settings and social interactions on human behaviour. Similarly there are many

ways in which psychological theory and research can contribute to improvement the individual's health and whole health care system. Psychology contributes certain broad principals of behaviour that cut across specific disease and specific issues of health. As in homoeopathy we have a holistic approach of health, similarly in Psychology this is conceptualized with in the Bio-Psychosocial Model of Health which emphasize that complex interaction between Biological factors and Physiological system (life science), Psychological process (thoughts, feelings, behaviour) and Social and Cultural context in which people live and children grow up. This field of study provides strong evidence to support the need for holistic care. Let's understand it with example, A boy of 12 years lives with his unemployed, alcoholic father and step mother, is having Asthma which is well controlled in hospital but poorly controlled at home, his school attendance is poor. He was admitted to hospital for acute attack of Asthma and Severe Respiratory Infection.

After treatment, his life could be saved but we can't improve his long term health. Studies now show that our Emotions play a key role in the link between the world we inhabit and our immune response. Holistic care requires an integrated approach; we need to work together and we need to work both as medical man and as psychologist. But there are many barriers to over come, the biggest barrier is Mind-Body "Dualism". In 17th Century a French philosopher Descartes proposed that mind and body could be understood independently of each other. This Dualism has led to the separation of the life science from the social and mental aspects. But the work of Dunbar's and Alexander's helped to shape the emerging field of Psychosomatic Medicine. They referred profiles of particular disorder which caused by emotional conflicts such a Ulcers, Hyperthyroidism, Neuro-Dermatitis, Colitis and Bronchial Asthma. I must say that with the advent of research into links between physical and mental state in the late twentieth and early twenty-first centuries, it is now possible to demonstrate that Psychology can make a fundamental difference to physical as well as mental health. And after the bio-psychosocial model now the importance of psychology has raised its value in medical education and that's why every filed of medicine is adding it into its syllabus same as in homoeopathy.

No doubt knowledge of psychology contributea lot to every medical man including homoeopath, Because – Psychology appreciates how people's understanding and needs vary, so that we can try to ensure that the individualized care, we provide is appropriate and optimal. Identify factors that affect how people cope with such situation and acute and chronic illness, pain and loss, and demands of everyday life, so that we can help them to cope better and reduce the risk of stress-related illness. Inform us about factors that influence people's lifestyle and what motivates certainhealth related behaviours such as Smoking, Dietary changes and Sleep disorders. Apply evidence-based intervention to enhance health and well-being and help people to change or modify their life styles. It helps to gain a better understanding of communication process so that we can identify ways of improving the therapeutic relationship effectively. The main purpose of this work is to enable every practitioner to apply evidence based psychology to enhance their therapeutic work, work more effectively with members of multi-professional team to promote the health and well-being of patients (or clients) and their caregivers and preserve their own health and well-being.

Aim and Objective

- To study the various factors which are affecting themental health in different individual.
- To study the relation between Mental health and Suppression in various cases with its individualized Homeopathic Management.
- To understand the consequences of the “Emotional suppression” in human being.

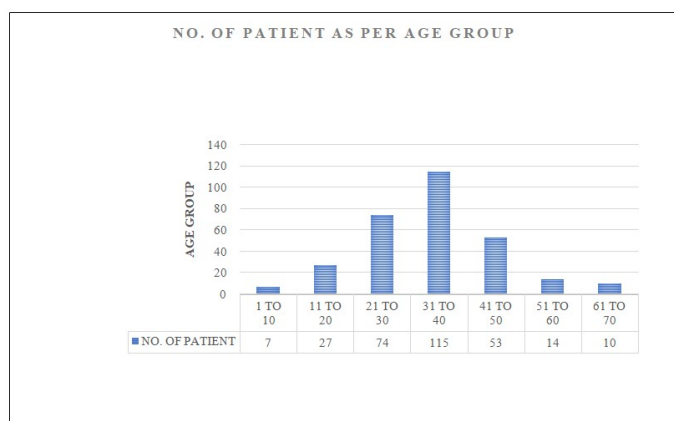
MATERIALS AND METHODS

Type of Study :	Descriptive - observational type of Clinical study
Source of Data :	Cases of the my private “Om Homoeopathic Clinic (Surat)”
Material :	Case record proforma of the clinic
Sample size :	300
Sampling Method :	Randomized Method
Material :	<ul style="list-style-type: none"> • Case record Performa according to Dr. Hahnemann guidelines. • Homeopathic software's like – Homeopath, Radar 10 etc.
Selection Criteria :	<p>INCLUSION CRITERIA</p> <ol style="list-style-type: none"> 1. Cases which had history of Emotional Suppression. 2. Cases had been taken from school going children to old age (70 years) and both sexes. <p>EXCLUSION CRITERIA</p> <ol style="list-style-type: none"> 1. Pregnant women. 2. Patients on concurrent suppressive treatment throughout the duration of Homeopathic treatment.
Response Analysed : Significant Improvement Moderate Improvement Status Que Left the treatment	<p>Feeling of mental and physical well-being with disappearance of all the Signs & Symptoms.</p> <p>Feeling of mental and physical well-being with relief in his suffering.</p> <p>There is no change in the patient's any complaints. Patient remains as it is condition even after administration Homeopathic medicine.</p> <p>Patient didn't come for the further treatment.</p>

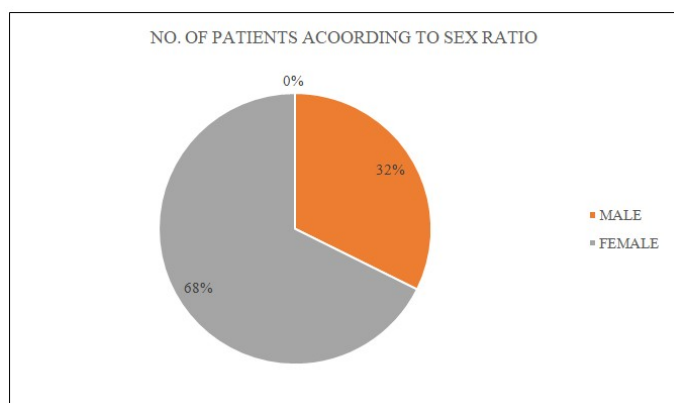
Data Collection

1) Sex group : Male Female	97 Patient 203 Patient
2) Nature of disease :	Chronic in nature
3) Age group : 1 to 10 Years 11 to 20 Years 21 to 30 Years 31 to 40 Years 41 to 50 Years 51 to 60 Years 61 to 70 Years	07 cases 27 cases 74 cases 115 cases 53 cases 14 cases 10 cases
4) Treatment used :	Constitutional medicine with Intercurrent remedy (where it was required)
5) Result of treatment : Significant Improvement Moderate Improvement Status Quo Left the Treatment	177 cases 80 cases 18 cases 25 cases

Analysis of Data



Graph 1. Age Group



Graph 2. Sex ratio

Table 1. List of constitutional remedy

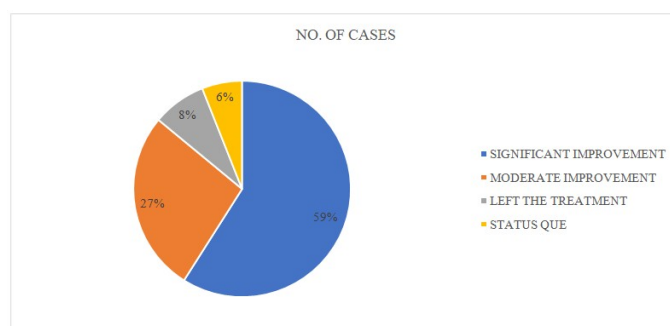
MEDICINE	NO. OF CASES
NAT.MUR	66
NAT.CARB	33
PHOSPHORUS	21
NAT.PHOS	21
STAPHYSAGRIA	17
NAT.SULPH	17
LYCOPodium	16
MAG.CARB	14
CALC.CARB	14
NAT.ARS	11
IGNATIA	08
NAT.SILICATA	08
AUR.MET	08
SEPIA	07
PHOSPHORIC ACID	06
CALC.SIL	05
CALC.PHOS	05
CALC.ARS	05
PULSATILLA	04
SULPHUR	03
AUR.SULPH	03
MAG.SULPH	03
ARG.NIT	03
GRAPHITES	02

Table 2. List of Intercurrent Remedy

MEDICINE	NO. OF CASES
THYROIDINUM	37
TUBERCULINUM	22
THUJA	19
HISTAMINUM	12
PSORINUM	07
SYPHILLINUM	03

Table 3. List of various Causative factors for Emotional Suppression

Causative factors (a/f)	No. of cases
Anger suppressed – intolerance of contradiction	118
Love disappointment – grief, brooding, weeping	60
Death of loved one, parents, friends – sadness, melancholic, weeping	31
Loss of his job, position, reputation, money, business	28
Abuse after being sexually	10
Rudness of others	08
Domination	08
Injustice can not support	07
Children punishment, scolded being “reproaches”	07
Offended being “insults”	06
Honor wounded	05
Bad news	05
Rejected from being	04
Humiliation – mortification	03



Graph 3. Result analysis

DISCUSSION

During Hahnemann's time, he considered few psychic diseases, that have not merely derived from physical ones. Instead with only slight physical illness, these diseases arise and proceed from the psyche, from persistent grief, resentment, anger, humiliation and repeated exposure to fear and fright. In time such diseases often greatly harmed the physical health. This is a typical classical description of what you all observe of disease which are mainly origin from Emotional suppression. Hahnemann has described in 226 that, “In mind psycho-somatic diseases, you can help them, before it has extended themselves too much, we can help them greatly with psychotherapy, good living and Homeopathic medicine. As all these diseases which origin from Emotion are related with Psoric miasm in background. Anti Psoric medicine can be great help to them. The main objective of this research work is to show the efficacy of Homoeopathy in chronic diseases which origin from Emotional suppression. During entire study 300 cases were taken. In 300 cases 97 patients were male and 203 were Females. On the basis of nature of disease, all cases were chronic in nature. As per age incidence, 07 cases from 1 to 10 years of age, 27 cases from 11 to 20 years of age, 74 cases from age 21 to 30 years, 115 cases from age 31 to 40 years, 53 cases from age of 41 to 50 years, 14 cases from 51 to 60 years, 10 cases from 61 to 70 years of age. In all chronic cases, I have used Constitutional Medicine and Intercurrent remedy in some cases where it required. The results of treatment out of 300 cases, Significant improvement in 177 cases, Moderate improvement in 80 cases, Status quo in 18 cases and patient left the treatment in 25 cases.

SUMMARY AND CONCLUSION

During entire study 300 cases were taken to understand the scope of Homoeopathy in disease which are origin from the emotional suppression. To draw conclusion all cases were studied in detail. All 300 cases were of chronic disease in this study. During treatment, indicated remedy with appropriate counselling, psychotherapy approach was given. To prevent relapse, repetition of the medicine was done without an aggravation at proper intervals. In this study of 300 cases, effects of Emotional suppression on body and mind were noticed in all type of disease as follows: 62 cases suffered from Migraine, 37 Hypothyroidism, 29 Eczema, 29 Depression, 24 Psoriasis, 14 allergic bronchitis and asthma, 14 GERD, 14 DUB, 13 PCOD, 11 Hypertension, 10 Erectile dysfunctions, 08 Lichen planus, 07 Alopecia areata, 07 Urticaria, 07 Leukoderma, 04 Verruca vulgaris, 04 Epilepsy, 02 Palmer keratoderma, 02 Acne vulgaris, 02 Diabetes mellitus. In all the cases "Fight or Fire" response to anger suppressed, love disappointments, death of loved one, loss of job – position – reputation – money – business, rudeness of others, domination, insults, honor wounded, bad news, reprimands and scolding, rejected, humiliation leads to development of disease, which are mainly origin from bad effects of emotional suppression can be observed. For management, I have prescribed indicated constitutional remedy, indicated remedy with intercurrent remedy in few cases, psychotherapy and counselling can produced good results in more than 59% cases and moderate improvement in 26 % cases. Modern Psycho-somatic diseases are Migraine, Hypothyroidism, Atopic dermatitis, Depression, Ulcerative peptic disorder, Diabetes mellitus Primary Hypertension, Ulcerative colitis, Psoriasis, Leukoderma, Irritable bowel disease, Erectile dysfunction, Insomnia, etc. disease can be managed well with Homoeopathic remedies rather than crude dosage of modern medicine. In modern era Homoeopathic medicine has a wide and good scope in treatment of Psychosomatic diseases in which most cases have history of emotional suppression. So, we can say "Homoeopathy is the best stress booster for unresolved emotional conflict".

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