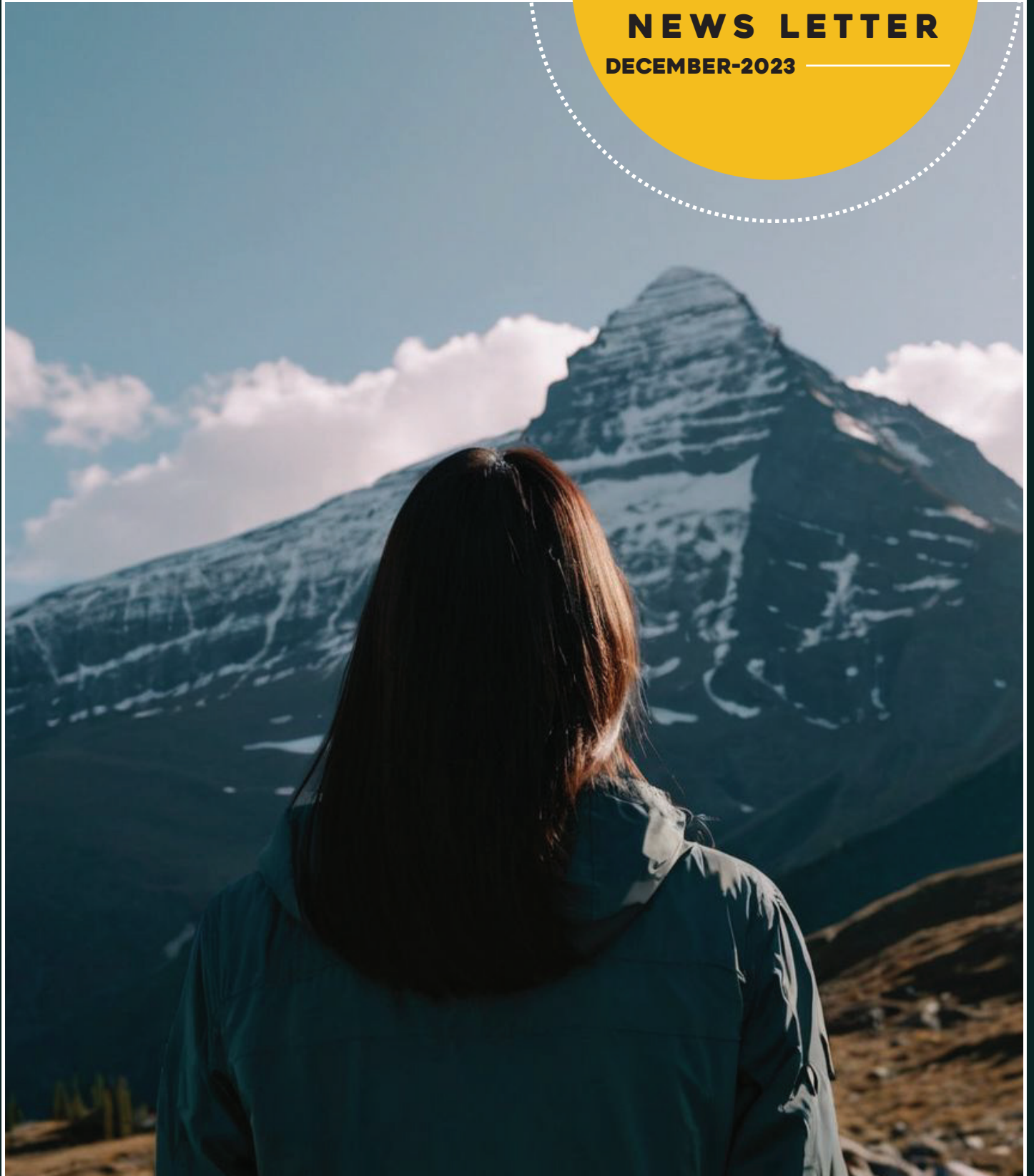




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SWASTHYA
NEWS LETTER
DECEMBER-2023



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YOGA

FOR SPIRITUAL REJUVENATION

Dr. Soniya Anu

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Yoga is simply a conscious and systematic process for the complete physical, mental, intellectual, emotional and spiritual development of a human being. A discerning mind holds the key to bridging the gap between thought and action. Stress sap the quality of discernment. Stress like suffering affects the afflicted unsparingly mentally, physically, emotionally, psychologically. Yoga is a conscious process that helps us raise our level of mental and emotional serenity without which harmony in thought and action is unobtainable.

In the modern competitive world of industry trade, finance, banking, management and information where breath taking changes taking place tension stalks every individual worth his adrenalin. Business and executive life have become a never ending race against time, technology and target.

This rat race creates tension which leads to dissatisfaction and frustration. Eventually it manifest itself as psychological and physiological stress with mental and emotional drain.

Every passing day intensifies the stress leading to excessive tension and consequently deterioration in executive efficiency and rise in the incidence of psychosomatic elements.

Disease in modern medical perspective is considered as dysfunction of organs and systems which may be due to congenital defects, atmospheric agents like allergens, toxins, pollutants or infectious germs.

Modern science does reorganise that the other major cause for other disease could be the factor of internal imbalance like mental restlessness, emotional upsurges or intellectual conflicts that lead to stress reactions.

Disease such as asthma, diabetes, hypertension, anxiety are called ad-hygavyadhi (stress borne diseases) originating in manomaya kosha – the astral layer of our existence. They arise from our actions that are governed by our emotions (strong likes and dislikes) rather than what is right or what is wrong.



Often in this phase, we respond to our emotions the pull of senses knowing fully well that we are going against what is right. This is called prajna-paradha – a mistake at the level of inner consciousness, it is this going against what is right – the cosmic law that causes an imbalance, a disease at the manomaya kosha called adhi.

The adhi at the astral layer if not remedied will bring imbalance at the level of pranamaya kosha that shows up breathing jerks, imbalances and speed.

This in turn creates stress creation causing autonomic and endocrine imbalances leading to diseases in the body called vyadhi. Such diseases are called adhijavyadhies, ie, vyadhi created of adhis. The other category of diseases such as infections and injuries come under anadhijavyadis which essentially are physical in nature and can be tackled by modern medical system effectively.

Since the adhijavyadis are multi dimensional, we need to tackle them not merely with physical symptomatic treatment measures.

The whole person has to be treated and only then can there be lasting remedy to our problems of the modern era. The answer lies in the integrated approach of yoga therapy that provides techniques for correcting the problem at both the gross (physical) and subtle levels.

Yoga is a conscious process that helps us raise our level of mental and emotional serenity without which harmony in thought and action is unobtainable.

MENTAL HEALTH IS A UNIVERSAL HUMAN RIGHT

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The World Mental Health Day theme "Mental Health is a Universal Human Right" for 2023 is encouraging since it symbolizes a global commitment to increase understanding of mental health issues and to provide assistance to those who are coping with psychiatric problems. The event raises the prospect of constructive change in the way society views and handles mental health patients. The occasion offers hope for positive change in how society perceives and treats those suffering from mental illnesses.

It's important to understand, though, that stigma and discrimination still exist for deeper, more fundamental causes than just these well-meaning intentions. We need to make an effort to comprehend these difficulties from the viewpoint of those who are actually dealing with mental illnesses if we are to effectively address this problem. We can address the underlying reasons and work towards a more accepting and helpful society that supports the fundamental human right to mental health by using this compassionate approach.

There has long been a stigma attached

to the way that people with mental illness and the organizations that care for them are perceived. Hospital outpatient clinics and psychiatric units are frequently relegated to the periphery or secret places. Hospitals may be hesitant to offer psychiatric outpatient care because of these individuals' tendency to cause disruptions. A brief glance at Indian general and mental hospitals reveals that outpatient consultation services and psychiatric wards are usually found in less obvious or hidden locations.

First and foremost, a welcoming and sympathetic atmosphere is essential for providing the highest level of empathy in meeting the needs of mentally ill individuals receiving help. But the design of the wards and observation rooms frequently seems dirty, almost like it belongs in a prison. It begs the question of whether these people are being punished for their conduct, which may have been motivated by their mental health issues.

When caring for patients who are mentally ill, the patience of medical staff members may naturally vanish

when they deal with their own personal, family, and financial struggles. Even when staff members are very patient and respectful of mentally ill patients, their constant disruptions—such as screaming, yelling, and violent episodes—can result in a deterioration in the quality of treatment they give. It is crucial to carefully consider and select those appointed to these wards who have completed demanding training and have a strong dedication to providing selfless care for the mentally ill.

Positively oriented patients—those with artistic, musical, dancing, or cultural skills, for example—should be isolated and their gifts used to encourage and uplift other patients. In addition, the caregivers who are with these patients all the time ought to be actively involved in psychoeducation and applicable rehabilitation techniques.

Academic selection

Even individuals who are qualified and trained to treat mentally ill patients often choose this profession as a last resort when they don't gain admission to other specialties that promise greater commercial or financial rewards. The care that is unintentionally given to the mentally ill community may be of lower quality since there may not be a strong underlying commitment to serving this population.

Competence of Trainers

Concerns are raised, especially in places where services provided with financially profitable training centers, about the qualifications of instructors, who teach people to treat mental patients in the recent medical systems, since some of them appear more driven by the desire to become a "Made Mental Health Professional"

than by a strong intrinsic calling to be a "Born Mental Health Professional" This has an impact on the standard of instruction, which in turn affects the self-assurance and readiness of aspiring mental health professionals. When it comes to treating mentally ill patients, these professionals are frequently not exposed to clinical settings very often. The absence of experienced mentors who can offer thorough training in these new systems and poor infrastructure frequently make this lack of practical experience worse. Because of this, these new systems are not as advanced as the standard psychiatry training provided by reputable establishments or Institution. Ensuring the provision of top-notch mental health care requires addressing these deficiencies in support and training.

Poor references from clinical service

It's common and natural to witness furrowed eyebrows and disinterested facial expressions of a general physician when patients discreetly disclose their mental health concerns. Doctors often hesitate to make referrals to psychiatrists, psychologists, or counselors for assessment and guidance, even when patients express a desire for such support. Only when patients become unmanageable or begin significantly affecting the emotions of the general physician do they get referred, often following a distressing incident.

Self-Image, Own Family & Social Factors

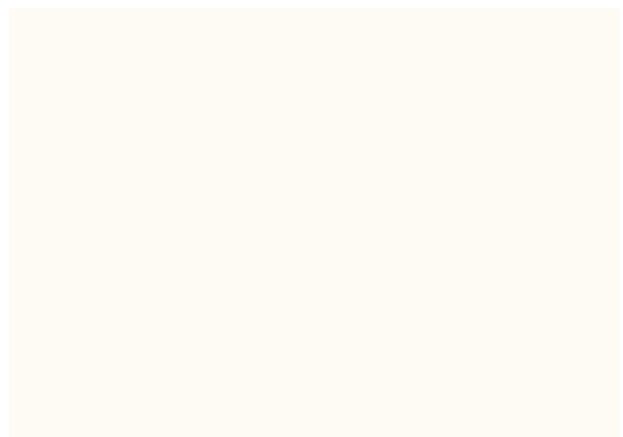
Unknowingly, people with mild to moderate mental illnesses frequently battle with the belief that they are unproductive and have few job opportunities, which can result in social isolation. Furthermore, kids who suffer from mental illnesses are especially susceptible to being used for illicit purposes.



It is, in fact, a distressing situation when people frequently turn to leaving their own mentally ill family members behind because of financial difficulties, personal struggles, health problems, or family situations. This can sometimes entail putting them in nursing homes or purposefully losing them in crowded cities or urban areas, leaving them to spend long stretches of time on the streets. Furthermore, the general public frequently neglects to refer people who come across elderly mental illness, dementia, disorientation, intellectually disabled children, or schizophrenic people living on the streets to psychiatric or general hospitals. When it comes to transferring patients who are mentally ill, even free ambulance services may show hesitation. This emphasizes the need for society to have more extensive and caring mental health support networks.

It is a collective responsibility of all mental health professionals, regardless of their field of specialization, to take a solemn oath to provide selfless and dedicated service to individuals with mental illnesses. This commitment should be underpinned by a

genuine intention to serve people who may not always realize the extent of the support they are receiving. Changing the perception and treatment of individuals with mental illnesses is not just a duty but a crucial social responsibility. Therefore, it is imperative for anyone entering the mental health profession to prioritize this oath, understanding that in the midst of potential work-life imbalances, the true meaning of work lies in the genuine enjoyment and fulfillment it brings. In this context, one's work should take precedence, as it is not merely a job but a source of real satisfaction and happiness, leaving little room for the separation of work and personal life.



Unleashing the unknown scope of homoeopathy in mental health



Dr. Hiba Abdul Majeed
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A few days ago, we all were awakened by the shocking news of the suicidal death of a famous blogger, whose community channel was the first one to be funded by the Facebook company. He was a person who was growing financially as well as someone who was able to make a label of his own, in his field of career. Then what made him opt for a suicidal death?

The famous Bollywood star Sushant Singh is not a name that will be easily forgotten. The news of his death shook the whole industry! Many discussions on the possible causes of his death were made. He committed suicide when he was at the peak of his career! New cars, a luxurious mansion to live a happy and satisfactory life, any person would wish for! Then why did he commit suicide?

In a study conducted by WHO, 67 % of the world's population is partially or completely unhappy and not contemptuous of their life. Though we are blessed with many of our lifetime wishes, it's only a few who lead a life with happiness. Many people have a huge sum of money in their bank

accounts but are unable to sleep. Whereas there are people who live happily even in their financially unsound situation. On hearing about mental health, it is always misunderstood as this is only related to people with mental diseases. But according to WHO, health is defined as the physical, mental, social and emotional well-being of a person.

The importance of mental health

According to WHO, mental health is a state of mental well-being, with the ability to realize one's talents, cope with stress and contribute to society. Mental health is determined by one's thoughts, behaviour, and handling of people along with their cultural and familial influences.

According to studies conducted, it is said that 300 out of every 10000 people are affected with their mental health in India, out of which 15 % are affected with depression. In Kerala, 10 % of the population has depression in which only 1 % tend to take medical aid. The rest of them, either due to the fear of being titled as a person affected with mental disorder, try to avoid taking a medical aid.

Studies also show that when a person is constantly under stress, his body secretes a stress hormone called cortisol, which when the body is continuously exposed by the body may cause adverse effects on the immunity power as well as easily lead to diseases such as diabetes, hypertension, cancer, etc. For example, A study made by Dr Hammer said that when a woman is experiencing constant stress in her nest (maybe home, or family) is likely to have diseases in her breast or uterus!

Is depression & sadness the same ?

We often use the word depression or feeling depressed when we feel sad. So is it that depression is only meant as feeling sad?

1. When a person feels emotionally sad all the time, without change in his emotional state.
2. Increased or very low appetite
3. Sleeps the whole time or loses his sleep
4. Tired for no reason, medically there wouldn't be a reason to explain his tiredness
5. Not able to enjoy his previously favourite hobbies or sports.
6. Always angry for no reason
7. Feels he is worthless and repeatedly thinks about suicide

When these symptoms persist for more than 2 weeks continuously, then he is said to have depression. Depression usually affects females more when compared to men.

Causes that contributes to depression

These are a few reasons that contribute to depression

1. Genetic causes, any one of the family members is affected by depression.
2. Postpartum- due to the hormonal imbalance that resulted after delivery, 20% of the women experience postpartum depression.
3. Increase in the production of stress hormone- cortisol.
4. Decrease in the production of neurotransmitters serotonin and dopamine which are also known as happy hormones.
5. Increased usage of drugs, alcohol or cigarette smoking.

How can depression be managed without medicine?

In the initial phase, when you feel that this state would lead to depression, a few steps could prevent the progression of the depressive state.

1. Talk to a friend. The more you keep it to yourself, the more stress hormones will be released in your body!
2. Expose yourself to sunlight for at least 10 mins between 11am-3pm daily which would help in increasing Vitamin D in your body which would help in the production of happy hormones.
3. Exercise daily for about 45 mins minimum which would help in the expulsion of stress hormones.

4. Even after trying these, if you find it difficult, get help without hesitation, try psychotherapy.

Scope of homoeopathy in mental health.

Homoeopathy is a system of medicine that dates back to the 1700's which treats the person as the whole individual considering a person's unique mental and physical characteristics. It gives more importance to the cause of the disease, as a disease can completely be cured only when it is treated from its roots.

A brief case discussion.

A patient named XYZ came in for a consultation for depression who was already under allopathic medication. During his detailed case-taking, it was found that the patient started suffering from this disease after the death of his mother which made him feel lonely as she was the only close relative of his alive, on taking along with his physical and other mental symptoms a homoeopathic remedy was prescribed, within a month there was a great progression, his sleep became sound, he started feeling peaceful, his low mood changed to a better mood. Appetite improved. Presently his medications are being tapered down to be gradually stopped (third month of treatment).

A patient named ABC came with a sensation of something stuck in the chest which he is not able to remove even after drinking or doing any exercise, which made breathing difficult. He feels depressed, not able to face people, feels anxious for no reason, he feels what if someone finds out that he has done something wrong.

On investigating deeply into his case we got to know that he had an affair

with a married woman which he was not aware of. Later when he found out that the girl was cheating on him, more than feeling depressed for being cheated, what made him feel wronged was that, what if somebody found this out? He was always a good boy, he always had a good image in the society, and this thought still haunts him.

After considering this he was given psychotherapy along with homeopathic medication. Within 2 weeks he felt as if some weight from his chest was released and he was able to breathe peacefully again, his moods alleviated, felt as if some heavy cloud above his head moved away.

Homoeopathy emphasises individualizing the patient, no two people are created as replicas, In the same way, no two patients would have the same disease, it's only the same common symptom of the disease that is similar, but when investigating deeply one has peculiar characteristics, these determine the selection of medicine. Thus individualizing patients, also helps the patient to open up and choose the right psychotherapy needed, thus creating more results in the field of mental health without any side effects.

Mental Health and Rest

Dr. Mohammad Azharuddin
BUMS, PGCACP



The topic Mental Health and Rest is becoming more prevalent in the current situation. In Unani system of medicine we consider each individual as different and opt different methods for maintaining mental health and its relaxation. Here we try to discuss some useful tips for its maintenance. In Unani, we consider disease as an imbalance in the normal body humors—Blood (dam), phlegm (balgham), black bile (sauda) & yellow bile (safra). The classification of each person as Choleric, Sanguine (hot temperament individuals), Phlegmatic and Melancholic (cold temperament individuals) is necessary before administering any treatment and according to the condition of problem different methods can be opted. Instead of only depending on drugs we can create a change by focusing on our daily activities and minute things we listen to and apply in our daily life. Here I discuss about those ways which are defined in one or the other way in relation to our Asbab-e-sitta-zarooriya (6 essential factors of life) and umoor-e-tabbaiyya (basic principles of unani medicine) which help us to understand our mind and body in a

better way. Hoping this will be useful in your day to day life.

If we consider about disease and its treatment from ancient times we can understand that in earlier periods itself mental disorders were common and they were treated with many beliefs of such time as allowing the patient to take relief in certain temples, bathing in the nearby pond and belief that the cure would be suggested in dream.

From that time studies have been made starting with Hippocrates (Father of Unani medicine) and various nature of organs such as brain and its associated organs and its functions on human body are studied. In the present scenario, we can understand how important is Mental Health to each individual.

According to Unani perspective, Mental Health is not only the ability to think properly, it is the ability to control our emotions, thoughts and use it in a more productive way.

The prime aim of Mental Health is to build a healthy thinking. To take a proper

decision a mind should be free from excessive/decreased joy,anger,grief and various emotions.Instead of considering mental health as just a part,we should consider it in a more holistic approach. In this context I try to describe some views regarding this topic and believe that each person has his own perspective on his Mental Health and self satisfaction.

Ways to improve Mental Health

1. Build up a friendly environment with others.
2. Be grateful to people for every small help others do as it encourages them to help many others. It can be verbal, texted forms or even by a gesture like smile.It should start from childhood and practice gratitude in children.
3. Don't hesitate to congratulate others on their achievements as "Givers get a more positive pleasure" as keeping in mind is like not giving your gift wrapped up in a box.
4. Stop overthinking about the past as it cannot be changed and don't be overanxious about the future.Focus on the present as it helps in giving the most productive outcome.
5. Each day find a particular time to speak with friends,family or a trustworthy person to exchange your ideas and thoughts.Even writing a diary can help many people to express their feelings which gives a sense of relief.
6. Use various modes for learning as if learning a subject, use method of writing with reading to learn it more quicker and easier and connect with daily activities to understand it better. For eg-a mnemonic connected with our daily life can be used to

remember different things.As of old age,the most challenging disease condition is dementia which can be prevented by engaging them in daily activities and playing mind games like sudok, chess, solving a rubix cube etc.

7. A best way to improve your mental capacity/memory is to recollect the important things in a day before going to sleep.
8. Abstaining from improper talks, hearings, visuals, activities, harmful environment and food intake gives you a positive effect on Mental Health.
9. Try to accept people and their differences and understand everyone is unique.Be empathetic.

Mental Rest

1. It is an absolute need to find a space of your own to get relief from the stressful life.
2. Meditations and methods like yoga can be practiced daily for creating calmness in mind.
3. Proper sleep is an adequate resting method for maintenance of proper health and its need varies according to age,occupation,sex and temperament. Eg-A hardworking person requires more sleep as compared to a person of sedentary lifestyle.Depriveness of sleep can be seen when excess safra(yellow bile) is present in a person and this can be corrected using balghami (phlegmatic)drugs/diet/regimens.
4. If unable to perform yoga simple breathing exercises in a quiet room lasting 10-15 minutes can be practiced daily in fresh air as atmospheric air is an important factor in maintaining our Health and the air during the morning



time is the most suitable as it is comparatively less affected by harmful gases in environment.

5. Travel to a peaceful place, listening to soothing music can also produce similar effect in various persons. A soothing music can reduce the anxious state of a hyperactive person and a stimulant music of active quality will be helpful for hypoactive persons according to the situation.

6. Even fragrant smells and soothing colours have been proved to reduce Mental stress. For example usage of a barid (cold) fragrant smell for har (active) person and vice-versa is really helpful and usage of colours can also influence the mental state as using light colours such as blue and green in a child's room can reduce the har/active state of a child and increase his concentration. Similarly for elderly persons har (active) colours like red, orange etc can produce a sense of activeness in them.

7. The great physician Hippocrates

has said "Eat food like medicine" which shows the importance of diet in our life and studies have shown that fasting in certain intervals can help people with mood swings and reduce the chance of depression. Try to finish your dinner at least 2 hours prior to sleep and try to have it before 7pm i.e, before sunset as it helps in proper digestion.

8. A smooth massage to your head/body can also produce similar relaxation effect by inducing mild circulation and Roghan kadu/kahu can be used if a barid/cooling effect is needed.

9. The affect of position, shape, climate and time can also influence the Mental Health as it can be related even in constructing a monument and allotting particular areas for different activities. Try to choose a climatic environment which allow one to be in his extreme potential i.e, if a person is of har/active temperament and if doing an important work try to choose a place where excess har/hot nature



is not present and proper ventilation is there as ihtedal(normalization) is the best condition to bring out best outcome which differs according to one's own temperament.

10. The shape of our residing monument itself has an affect on our Mental Health as sharp monuments tend to produce an har/stimulating affect on our mind and spherical objects tend to produce a calming/barid effect which can be seen in the construction of many holy monuments.

Treatment of Mental disorders through Unani

Ilaj bil ghiza (Dietotherapy)

For various mental disorders,different diets are opted in Unani system.For eg-in dementia brain tonification foods like badam,pista,walnut,brahmi etc are included in diet as per condition of patient.

Ilaj bil tadabeer(Regimental therapy)

As per unani system, different regiments like tadheen (oiling) using certain drugs, sumoom (inhalation), sahoot(snorting), riyazat (exercise) are included in order to bring the best outcome.

Ilaj bil dawa(Drug therapy)

Various medications are used in unani system of medicine to treat conditions like anxiety, stress, depression, melancholia etc as per the condition of patient. Drugs having properties of Taqwiyat wa tanqiya dimagh(brain tonification & cleansing), Mufarrehat (exhilirant), khameerajat (general tonification of heart,brain)etc are also used as per need.

Ilaj bil yad(Surgery)

Conditions of structural deformities which cannot be treated with medications or other therapies are opted for surgery.

Natural Approach for Managing Nightmare Disorder

The Homoeopathic Perspective

Dr. Pushkar Malik, BHMS
Dr. Basil's Homoeo Hospital



The title may have caused surprise for many of us, as we reflect on the various nightmares we have experienced in our lives. Some may have found it amusing, while others may have felt anxious, especially those who are hypochondriacs. This leads us to the question—Is having a nightmare, really a Disorder? In order to obtain an answer, let us first comprehend the true nature of nightmare disorder.

Understanding Nightmare Disorder

Nightmare disorder is categorised as a parasomnia, which is a classification of sleep disorders that encompasses unpleasant occurrences or experiences that happen while transitioning into sleep, during sleep, or when you are waking up. Typically, nightmares manifest during the rapid eye movement (REM) stage of sleep.

In simple terms, nightmares are vivid and disturbing dreams that can cause a person to wake up feeling anxious, scared, or upset. While the exact cause of nightmares is not fully understood, there are several factors that can

trigger them, which include: Stress, Anxiety, Medications (antidepressants and blood pressure medications), Sleep disorders (sleep apnea and restless leg syndrome), Substance abuse, Sleep deprivation, Medical conditions (Parkinson's disease and epilepsy) etc.

Overall, there are many factors that can trigger nightmares. By identifying and addressing these triggers, individuals can take steps to reduce the frequency and intensity of their nightmares.

So when to see a doctor?

In the event that you experience nightmares, it is sufficient to bring them up during a regular general examination at your family physician. It is also a responsibility of a homoeopathic physician to investigate about the sleep and dreams of a patient. Nevertheless, it is advisable to seek medical advice if the nightmares:

1. Occur frequently and endure for an extended period of time.

-
2. Regularly disrupt the child's sleep patterns.
 3. Instil a fear of falling asleep.
 4. Result in behavioural issues during the day or hinder normal functioning.
 5. The dream appears incredibly life-like and distressing, intensifying as it progresses.
 6. The dream's narrative typically revolves around endangerment or the need for survival, although it can involve other unsettling themes.
 7. The dream abruptly wakes you up. Feelings of fear, anxiety, anger, sadness, or disgust arise as a result of the dream.
 8. While in bed, you experience sweating or a racing heartbeat. Upon awakening, you can think clearly and remember specific details of the dream.

The Role of Homoeopathic Remedies in Alleviating Nightmare Disorder

The therapeutic approach of Homoeopathy is founded on the principle of similarity and utilises remedies sourced from the mineral, vegetable, and animal kingdoms. Clinical experience has demonstrated its efficacy, affordability, and high patient satisfaction, with a low occurrence of adverse effects. Moreover, the Homoeopathic system is Holistic and is based on nature's law. Homoeopathic remedies are known to trigger the body's self-healing mechanisms in a safe and natural way. They empower individuals to overcome post-traumatic stress by tapping into their inner resilience. These remedies have the ability to alleviate the negative memories of the past, thereby putting an end to the recurring

nightmares and providing long-lasting relief. It is widely acknowledged that homoeopathic remedies are a potent and restorative form of treatment.

Dr Hahnemann and Dr Kent acknowledged more than a century ago that within the realm of general symptoms, the mental and emotional manifestations hold a greater significance compared to the physical aspects. These respected homoeopaths acknowledged the prominent status that these symptoms hold within the levels of authority of symptoms.

As Dr Kent said- "you might say that the mind merely dreamed, but the mind is the man and therefore, we see how important sleep and dreams become in the anamnesis of a case." Therefore, it is imperative to take into account dreams and sleep symptoms as integral components of a case in order to attain success in the case.

Personalised care: Tailoring Homoeopathic Treatment for Individual Patient

Advancing towards cure necessitates adhering to a treatment regimen founded on explicit principles elucidated in organon by Master Hahnemann. Being this is a constitutional ailment, its management necessitates constitutional treatment coupled with lifestyle adjustments. Nevertheless, constitutional treatment does not imply treating the patient with a solitary remedy for the entirety of their life. The homoeopathic medical system is rooted in the principles of individualization and susceptible constitutions. While both constitutional and organ remedies have proven beneficial in the management and treatment of this condition, constitutional medicines offer sustained relief in symptoms for long-term management.

After conducting a comprehensive case assessment and analysis, it is crucial to take into account a comprehensive set of symptoms that accurately depict the disease profile. This consideration is essential in tailoring the treatment plan, prescription, and subsequent follow-ups to suit the individual's specific constitution. The distinctiveness of homoeopathy lies in its ability to individualise treatment, which, when combined with scientific understanding of diseases, yields extraordinary outcomes.

Key Homoeopathic Remedies for Relieving Nightmare Disorder

The principles established by the founder of homoeopathy strongly discourage the practice of prescribing specific medications for individual diseases. However, with the evolution of the world and the introduction of modern inputs, new methods of studying homoeopathic medicines as a clinical aspect of rational medicine are emerging. Dr. Devrient has published a remarkable article titled "The impact of Homoeopathic remedies on dreams" in the January 1936 edition of the Pacific Coast Journal of Homoeopathy.

The article categorises dreams into: Dreams of Fortune, Dreams which exhaust, Dreams of emotion, Dreams of anxiety (nightmare), Dreams of different ages. The fourth category, Dreams of Nightmare anxiety, holds significant importance among all the concepts when it comes to prescribing. Under this heading Dr Devrient stated Aconite, Aurum, Argentum, nitricum, Apis, Chamomilla, China, Colchicum, Hyoscyamus, Lilium tigrinum, Mercurius corrosivus, Rhus toxicodendron, Silicea, Sulphur and Zincum with their indication for the Prompt and precise medication

recommendation and to distinguish between the medicines listed above, a true practitioner of healing art can devise perfect similimum. Always take homoeopathic medicines from a registered homoeopathic physician.

Combining Homoeopathy and Conventional Treatments for Nightmare Disorder

In addition to receiving homoeopathic treatment, adhering to the following regimens will contribute to a swift and consistent recovery. To ensure a peaceful and restful sleep, it is recommended to establish a calming routine before bedtime. Additionally, it can be helpful to reflect on one's dreams and aspirations before drifting off to sleep. Consider trying alternative stress-relief techniques such as deep breathing or progressive muscle relaxation. Furthermore, providing oneself with comforting measures such as a cosy blanket or soothing music can enhance the overall sleep experience. Lastly, utilising a night light can provide a sense of security and promote a more tranquil sleeping environment.

Dreams offer valuable insights into an individual's psychological condition as they serve as reflections of their unconscious desires and ambitions. The deranged state of health hinders the patient's Will, which creates the manifestation of distressing dreams that essentially represent their mental states. Homoeopathy, a system that originated 200 years ago, focuses on both the mental and physical aspects of the patient. It takes into account not only the objective symptoms but also the subjective symptoms in order to achieve the utmost restoration of health from any disturbances.

MENTAL HEALTH FOR WELL-BEING

Dr. Viplav Sharma
Dr. Basil's Homeo Hospital



According to WHO, mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. It is an integral component of health and well-being that underpins our individual and collective abilities to make decisions, build relationships and shape the world we live in. Mental health is a basic human right. And it is crucial to personal, community and socio-economic development.

Why is Mental Health Important?

Positive mental health is crucial in today's world, as it profoundly influences every aspect of our lives. Mental health can impact our thoughts, actions, and interactions. It empowers us to navigate challenges, build meaningful relationships, and make informed decisions.

Reasons to care for mental health

Maintaining a positive mental health and treating any poor mental health conditions is crucial to stabilizing constructive behaviors, emotions, and thoughts. Focusing on mental health care can increase productivity, enhance our self-image, and improve relationships.

Nurturing mental health doesn't just improve our daily functioning, but it can also help us control – or at least combat – some of the physical health problems directly linked to mental health conditions. For example, heart disease and stress are related, so managing stress might have a positive outcome on heart disease and promote a healthy lifestyle.

Other benefits of taking care of our mental health can include:

1. Improving our mood
2. Reducing our anxiety
3. Creating an enhanced sense of inner peace
4. Thinking more clearly
5. Improving our relationships
6. Increasing our self-esteem

Our mental health is something that impacts our eating and sleeping habits and has a lot to do with our physical health as well. It is important to address our mental health needs, or oftentimes we will feel the impact of it in other areas of our health as well.

What Are the Most Common Mental Health Conditions?

There are countless mental health conditions, and some are more common than others. Close to 60 to 70 million people in the country suffer from common and severe mental disorders. India is the world's suicide capital with over 2.6 lakh cases of suicide in a year. WHO statistics say the average suicide rate in India is 10.9 for every lakh people. According to the Anxiety & Depression Association of America, anxiety disorders are the most common mental health conditions in the United States. More than 40 million adults in the United States have an anxiety disorder, but less than 37% of people actually seek mental health treatment for their symptoms.

Other common mental ill health conditions include:

- Depression
- Panic disorder
- Post traumatic stress disorder (PTSD)
- Obsessive compulsive disorder (OCD)
- Eating disorders

'Some of the most common mental health conditions include depression, anxiety, PTSD, psychotic disorders, and personality disorders.'

Treatment

Your treatment depends on the type of mental illness you have, its severity and what works best for you. In many cases, a combination of treatments works best.

If you have a mild mental illness with well-controlled symptoms, treatment from your primary care provider may be sufficient. However, often a team

approach is appropriate to make sure all your psychiatric, medical and social needs are met. This is especially important for severe mental illnesses, such as schizophrenia.

Your treatment team may include your:

- Family or primary care doctor
- Nurse practitioner
- Physician assistant
- Psychiatrist, a medical doctor who diagnoses and treats mental illnesses
- Psychotherapist, such as a psychologist or a licensed counselor
- Pharmacist
- Social worker
- Family members

Medications

Although psychiatric medications don't cure mental illness, they can often significantly improve symptoms. Psychiatric medications can also help make other treatments, such as psychotherapy, more effective. The best medications for you will depend on your particular situation and how your body responds to the medication.

Some of the most commonly used classes of prescription psychiatric medications include:

Antidepressants. Antidepressants are used to treat depression, anxiety and sometimes other conditions. They can help improve symptoms such as sadness, hopelessness, lack of energy, difficulty concentrating and lack of

interest in activities. Antidepressants are not addictive and do not cause dependency.

Anti-anxiety medications. These drugs are used to treat anxiety disorders, such as generalized anxiety disorder or panic disorder. They may also help reduce agitation and insomnia. Long-term anti-anxiety drugs typically are antidepressants that also work for anxiety. Fast-acting anti-anxiety drugs help with short-term relief, but they also have the potential to cause dependency, so ideally they'd be used short term.

Mood-stabilizing medications. Mood stabilizers are most commonly used to treat bipolar disorders, which involves alternating episodes of mania and depression. Sometimes mood stabilizers are used with antidepressants to treat depression.

Antipsychotic medications. Antipsychotic drugs are typically used to treat psychotic disorders, such as schizophrenia. Antipsychotic medications may also be used to treat bipolar disorders or used with antidepressants to treat depression.

Psychotherapy

Psychotherapy, also called talk therapy, involves talking about your condition and related issues with a mental health professional. During psychotherapy, you learn about your condition and your moods, feelings, thoughts and behavior. With the insights and knowledge you gain, you can learn coping and stress management skills.

There are many types of psychotherapy, each with its own approach to improving your mental well-being. Psychotherapy often can be successfully completed in a few months,

but in some cases, long-term treatment may be needed. It can take place one-on-one, in a group or with family members.

When choosing a therapist, you should feel comfortable and be confident that he or she is capable of listening and hearing what you have to say. Also, it's important that your therapist understands the life journey that has helped shape who you are and how you live in the world.

Brain-stimulation treatments

Brain-stimulation treatments are sometimes used for depression and other mental health disorders. They're generally reserved for situations in which medications and psychotherapy haven't worked. They include electroconvulsive therapy, repetitive transcranial magnetic stimulation, deep brain stimulation and vagus nerve stimulation.

Make sure you understand all the risks and benefits of any recommended treatment.





Hospital and residential treatment programs

Sometimes mental illness becomes so severe that you need care in a psychiatric hospital. This is generally recommended when you can't care for yourself properly or when you're in immediate danger of harming yourself or someone else.

Options include 24-hour inpatient care, partial or day hospitalization, or residential treatment, which offers a temporary supportive place to live. Another option may be intensive outpatient treatment.

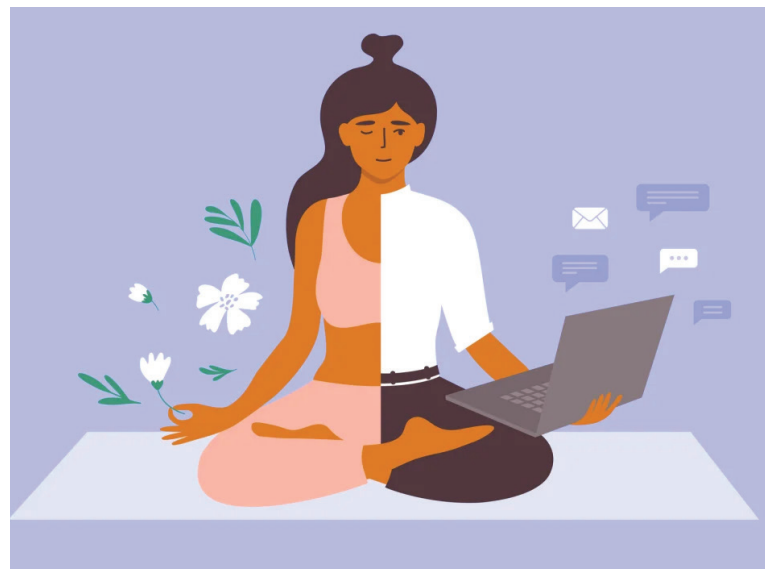
Treatment against substance abuse

Problems with substance use commonly occur along with mental illness. Often it interferes with treatment and worsens mental illness. If you can't stop using drugs or alcohol on your own, you need treatment. Talk to your doctor about treatment options.

Participating in your own care

Working together, you and your primary

care provider or mental health professional can decide which treatment may be best, depending on your symptoms and their severity, your personal preferences, medication side effects, and other factors. In some cases, a mental illness may be so severe that a doctor or loved one may need to guide your care until you're well enough to participate in decision-making.



THE PROBLEMATIC CHILD



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A "problem child" is a term often used to describe a child who exhibits challenging or disruptive behavior that goes beyond typical childhood misbehavior. These challenges may encompass a range of issues, including disobedience, aggression, temper tantrums, academic difficulties, and social problems.

It is important to note that labeling a child as a 'problem child' can be stigmatizing and over simplifies the complexities of their behavior and underlying causes.

Several factors can contribute to a child's problematic behavior:

Environmental Factors:

Home environment, family dynamics, and exposure to violence or instability can greatly impact a child's behavior.

Emotional and Psychological Factors:

Children may struggle with emotional regulation, trauma, anxiety, or attention disorders, leading to problematic behavior.

Learning Disabilities:

Undiagnosed or unaddressed learning disabilities can result in academic difficulties, leading to frustration and acting out.

Social Factors:

Peer pressure, social isolation, or bullying can contribute to behavioral problems.

Parenting Styles:

Inconsistent discipline, neglect, or overly permissive parenting can influence a child's behavior.

Genetic Factors:

Some children may have a genetic predisposition to certain behavioral or mental health issues.

The common behavioural problems which make a child "The Problem Child" according to their age which is likely to be manifested are

Infancy, (0-2 years)

which encompasses the first two years of a child's life, is a critical developmental



period marked by significant physical, emotional, and psychological changes. During this time, infants and toddlers may exhibit various behaviors and characteristics, some of which include:

(i) Persistent Weeping and Crying

Infants communicate primarily through crying during their early months. It is their way of expressing needs such as hunger, discomfort, or fatigue.

(ii) PICA (mud, chalk, sand, etc.) and other eating disturbances

PICA is a behavior where a child ingests non-food items like mud, chalk, or sand. It can be concerning and may indicate nutritional deficiencies, sensory exploration, or other underlying issues.

(iii) Head Banging, Pulling of hair

Some infants and toddlers engage

in self-soothing behaviors like head banging or hair pulling. These actions are often rhythmic and can be related to sensory stimulation or a coping mechanism for emotional distress.

(iv) Breath Holding

Breath-holding spells can occur when a child briefly stops breathing, often in response to frustration or anger. This behavior can be alarming but typically resolves on its own and is usually not harmful.

(v) Thumb Sucking

Thumb sucking is a common self-soothing behavior in infants and toddlers. It provides comfort and a sense of security. Most children naturally outgrow this habit as they get older.

(vi) Excessive fear

Infants and toddlers may exhibit fear of unfamiliar people, objects,



or situations. This is a normal part of their cognitive and emotional development as they learn about their surroundings.

(vii) Fear of separation or excessive dependency

Separation anxiety is a common developmental milestone during infancy and toddlerhood. It involves a child becoming distressed when separated from their primary care giver. This phase typically peaks around 8-10 months of age and gradually diminishes as the child matures.

Other Behavioural problems are

Pre school age (2-6 years)

- (i) Nightmares or sleep disturbances.
- (ii) Tantrums and temper with aggressiveness, Hyper-activity.
- (iii) Crying, shouting, jealousy to siblings, clinging to mother or emotional reactions

(iv) Enuresis (Bed wetting) and Encopresis.

(v) Masturbation.

(vi) Nail biting and Thumb sucking.

(vii) Stammering, stuttering, lalling or speech disturbances.

(viii) Tics or habit spasms.

Understanding these behaviors in the context of pre school- age development can help parents and caregivers provide appropriate support and guidance. It's essential to remember that each child is unique, and while some behaviors may be challenging, they are often a part of the natural progression of a child's growth and development.

School age (6-13 years)

(i) School Phobia.

(ii) Comprehending or learning difficulties, Dyslexia.



(iii) Obstinacy, stubbornness and dependency.

(iv) Anti-Social behaviour like lying, stealing and vandalism etc.

In this age group, children are going through significant cognitive, emotional, and social development. They are forming their identities and dealing with various challenges related to school, peer relationships, and family dynamics. It's important for parents, care givers, and educators to maintain open lines of communication, provide appropriate support, and seek professional help when behavioral or learning challenges persist or worsen.

Early intervention and understanding can greatly aid children in navigating these critical years of development.

There are no problem children. Only children who need help with problems.

Adolescence (13 years and above)

(i) Suicidal thoughts and tendency.

Adolescence is a period of exploration, self-discovery, and growth. It's essential for parents, caregivers, and educators to maintain open lines of communication with adolescents, provide guidance and support, and be vigilant for signs of emotional distress or behavioral issues. Addressing these concerns with empathy, professional help when necessary, and a non judgmental attitude can help adolescents navigate this challenging phase successfully.

A problematic child, often labeled as such due to challenging or disruptive behavior, is a complex issue that requires a multifaceted approach. It's crucial to recognize that behind the challenging behaviors lie a variety of underlying factors, including environmental influences, emotional and psychological needs, learning difficulties, and social interactions.



Labeling a child as a "problem" over simplifies their situation and can be stigmatizing. Understanding and addressing the needs of a problematic child involves a combination of assessments, interventions, and support systems. Early identification of underlying issues, such as learning disabilities, emotional distress, or family dynamics, is essential. Equally important is providing a nurturing and consistent environment, effective discipline strategies, and access to appropriate therapies and counseling.

Further more, it's vital to approach the child with empathy and patience, recognizing that their behavior often serves as a way of expressing unmet needs or coping with challenges. Collaborative efforts between parents, caregivers, educators, and mental

health professionals are key to helping a problematic child overcome their difficulties and develop into a well-adjusted and thriving individual.

Ultimately, the journey of understanding and supporting a problematic child is a journey towards providing the child with the tools and resources they need to reach their full potential, navigate life's challenges, and build a brighter future.





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