

Evolution of Stress and Its Management Through Homoeopathy

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Abstract

Stress is a fundamental aspect of human existence and is commonly viewed as a reaction to outside influences. Stress is characterized as the body's physical and mental response to circumstances. Those can create a challenge or risk to a person's overall well-being. It is worth noting that certain stress levels are essential for human survival and productivity. It can include the mental stage as well as physical well-being. This essay explores the concept of stress, its measurement, and the importance of adopting a Homoeopathic approach to manage stress.

Life would be simple indeed if all of our needs are automatically satisfied. In reality, however many obstacles both personal and environmental, prevent this ideal situation. Such obstacles demands to adjust with situation and it can lead to stress.

Dictionary Meaning:

- The word **Stress** has Latin origin. This word has been derived from the word **Strictus** that indicates to draw together.
- A force exerted upon a body that tends to strain or deform its shape.
- Mental or physical tension or strain.

Definition:

- Stress is a normal physical response to events that make you feel threatened or upset your balance in some way.
- According to Neufeld stress is a by-product of poor or inadequate coping.

Historical Evolution of Stress:

- Walter B Canon used the term stress in both a **Physiologic and a Psychological** sense as early as 1914.
- He applied the engineering concept of stress and strain in a physiological context. He believed that emotional stimuli were also capable of causing stress.
- Hans Selye in 1946 popularized these same findings, viewing stress as a biological phenomenon.
- In 1950 it was investigated that stress might be influence the immunity and resistance to disease.
- In the study of 1970 it was founded that life changes or emotions resulting from life changes were associated with decreased immune function.
- More recently we have seen the interactions among social, Psychological and biological factors in causing and prolonging or shortening the course of disease.
- This will give rise to a more holistic and complex model of molecular biology, immunology, neurology endocrinology and behavioral science.

Responsible Factors For Stress:

- Factors, which are responsible for the production or giving rise to Stress, are known as **Stressors**.
- **Anything that puts high demands on you or forces you to adjust can be stressful.**
- The root sources of Stressors are **Frustration, Conflicts and Pressure.**
- Not all stress is caused by external factors. Stress can also be self-generated, for example, when you worry excessively about something that may or may not happen, or have irrational, pessimistic thoughts about life can also generate stress.

Situation → Our Perception → Stress

What's stressful for you may be quite different from what's stressful to someone else.

- **Frustration:** Whenever the strivings of an individual are not achieved either by obstacles that block progress toward a desired goal or by the absence of an appropriate goal, frustration occurs.
- **Conflicts:** In many cases stress results from the simultaneous occurrence of two or more incompatible needs or motives. This will give rise to a state of conflict.
- **Pressure:** Stress may arise from pressures to achieve specific goals or to behave in particular ways. In general pressure, force us to speed up, to intensify effort or to change the direction of goal-oriented behavior.

Factors Predisposing a Person to Stress:

- Nature of the Stressor
- The experience of crisis
- Changes Of Life
- A Person's Perception of the Stressors
- The Individual's Stress Tolerance

Common external causes of stress:

- Major life changes
- Work or school
- Relationship difficulties
- Financial problems
- Being too busy
- Children and family

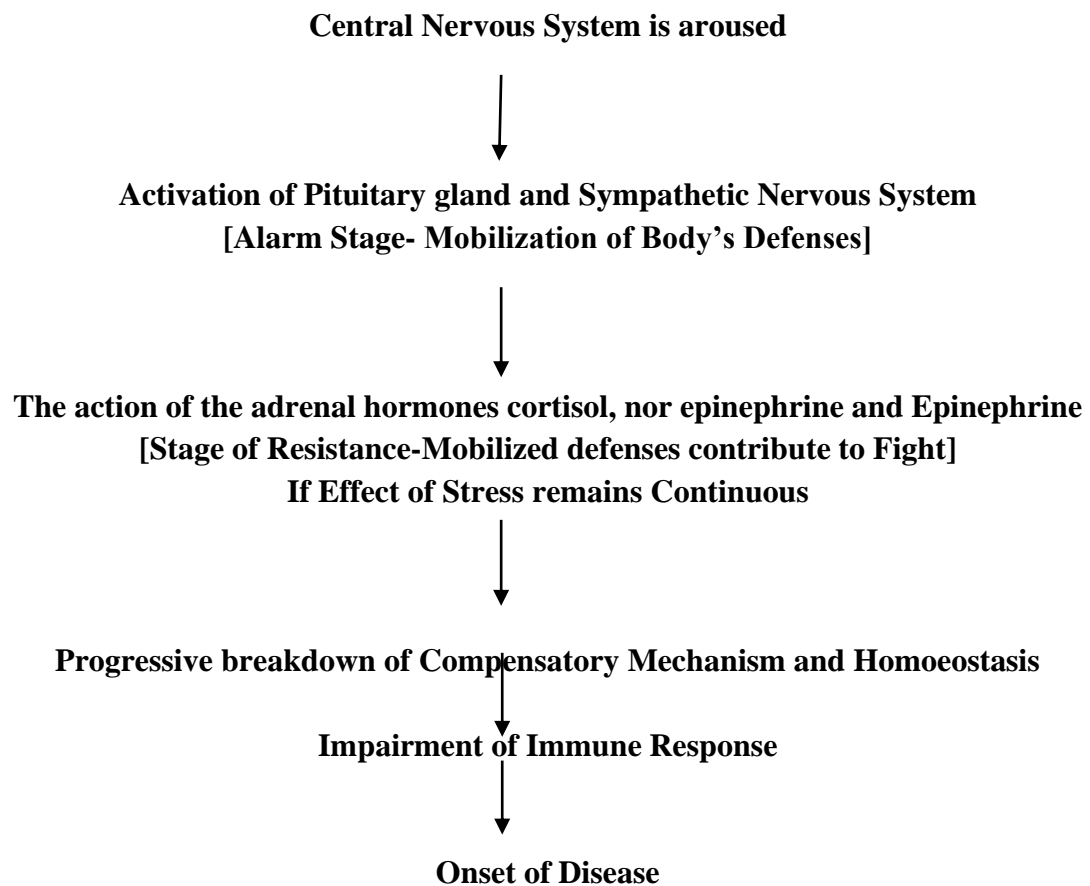
Common internal causes of stress:

- Chronic worry
- Pessimistic attitude
- Negative self-talk
- Unrealistic expectations/Perfectionism
- Rigid thinking, lack of flexibility, All-or-nothing attitude.

Basic Understanding Of Mechanism of Disease production in relation to Stressors:

Effect Of stressors





Manifestations of Stress:

Emotional Symptoms:

- Moodiness
- Irritability or short temper
- Agitation, inability to relax
- Feeling overwhelmed
- Sense of loneliness and isolation
- Depression or general unhappiness

Cognitive Symptoms:

- Memory problems
- Inability to concentrate
- Poor judgment
- Seeing only the negative
- Anxious or racing thoughts
- Constant worrying

Physical Symptoms:

- Aches and Pains
- Diarrhea or constipation
- Nausea, dizziness
- Chest pain, rapid heartbeat
- Loss of sex drive

Frequent colds**Behavioral Symptoms:**

- Eating more or less
- Sleeping too much or too little
- Isolating yourself from others
- Procrastinating or neglecting responsibilities
- Using alcohol, cigarettes, or drugs to relax
- Nervous habits (e.g. nail biting)
- Keep in mind that the signs and symptoms of stress can also be caused by other **psychological or medical problems.**

Health problems caused or exacerbated by stress:

- Pain of any kind
- Heart disease
- Digestive problems
- Sleep problems
- Depression
- Weight problems

Autoimmune diseases, Skin conditions, such as eczema**How much stress is too much?**

- Because of the widespread damage stress can cause, it's important to know your own limit.
- **But just how much stress is "too much" differs from person to person. We're all different.** Some people are able to roll with the punches, while others seem to crumble in the face of far smaller obstacles or frustrations.

Things that influence your stress tolerance level:

- **Your support network** – A strong network of supportive friends and family members can be an enormous buffer against life's stressors.
- **Your sense of control** – It may be easier to take stress in your stride if you have confidence in yourself and your ability to influence events and persevere through challenges.
- **Your attitude and outlook** – Optimistic people are often more stress-hardy. They tend to embrace challenges, have a strong sense of humor, and accept that change is a part of life.
- **Your ability to deal with your emotions:** You are extremely vulnerable to stress if you don't know how to calm and soothe yourself when you're feeling sad, angry, or overwhelmed by a situation.
- **Your knowledge and preparation** – The more you know about a stressful situation, including how long it will last and what to expect, the easier it is to cope.

Stress and its Homoeopathic Understanding:**Homoeopathy****Human Being**

Mind — — Body

State of Health:

Healthy Mind + Healthy Body = State of Health

Health at Mental Plane:

- **Spiritual Level**
- **Intellectual Level**
- **Emotional Level**

Health at Physical Plane:

- **Physical Level Health**
- **Normal functions of System of Body**

Mechanism of Production of Disease

Exciting or Maintaining Cause

[Role of Stressors]



Dynamic Derangement of vital force



Disturb harmony between mind and body

Arousal of latent Psora

[Fundamental Cause of Disease]



Disturbance in the Rhythm of Psycho, Neuro-Endocrine system



Outward manifestations in the form of perceptible signs and symptom especially on skin and mucous membrane and at the level of limitless mind [Role of vital force in disease]



Appearance of Characteristics and classical discharges and eruptions [Primary manifestation of Psora]



Suppression of such manifestations by improper medicinal measures [Ext. application, heterorganic medicines, homoeopathic combinations etc] Interiorization of Disease



Involvement of More Vital organs with Progressive

**Structural Changes and Irreversible Pathological Changes
[Chronic disease with different names]**

Coping With Stress:

- Coping is the process of managing stressful demands and challenges that are taxing or exceeding the individual’s resources.
Sometime inner factors such as person’s frame of preference, motives, and stress tolerance play the dominant role in determining his or her coping strategies. For example a person who has successfully handled adversity in the past may be better equipped to deal with similar problems in the future.
- In coping with stress an individual has to deal with two challenges:
 1. To meet the requirements of the stressor.
 2. To protect oneself from Psychological damage and disorganization.
- Effective positive coping strategies determine the degree of successful response of the stress challenge.
- Similarly negative coping approach may lead to development of disease condition.

Criteria to Detect Stress:

| In the last month, how often have you: | Never | Some-times (2) | Fairly (3) | Often | Very (4) | Often |
|--|--------------|-----------------------|-------------------|--------------|-----------------|--------------|
| Been upset because of something that happened unexpectedly? | | | | | | |
| Felt that you were unable to control the important things in your life? | | | | | | |
| 3. Felt nervous and "stressed"? 4. Felt unsure about your ability to handle your personal problems? | | | | | | |
| 5. Felt that things weren't going your way? | | | | | | |
| 6. Found that you could not cope with all the things that you had to do? | | | | | | |

| | | | | |
|--|--|--|--|--|
| 7. Been unable to control irritations in your life? | | | | |
| 8. Felt that you weren't on top of things | | | | |
| 9. Felt difficulties were piling up so high that you could not overcome them? 10. Been angered because of things that were outside of your control? | | | | |

| Score | Your stress level |
|-----------------|--|
| 0 to 10 | Below average. Congratulations, you seem to be handling life's stressors well at the moment. |
| 11 to 14 | Average. Your life is far from stress-free so now is the time to learn how to reduce your stress to healthier levels. |
| 15 to 18 | Medium-High. You may not realize how much stress is already affecting your mood, productivity, and relationships. |
| 19 + | High. You're experiencing high levels of stress. The higher your score, the more damage stress is doing to your mind, body, and behavior. |

How to Manage Stress:

- Stress management involves changing the stressful situation when you can, changing your reaction when you can, taking care of yourself, and making time for rest and relaxation.
- Remember the four "A": avoid, alter, adapt, or accept.
- Avoid unnecessary stress. It should be done by learning how to say no, distinguishing between "should" and "musts" on your work list.
- Alter the situation. If you can't avoid a stressful situation, try to alter it. Instead of bottling up your feelings and increasing your stress, respectfully let others know about your concerns

- Adapt to the stressor. When you can't change the stressor, try changing yourself. If a task at work has created stress, focus on the aspects of your job you do enjoy.
- Accept the things you can't change. Learn to accept the inevitable rather than rail against a situation and making it even more stressful.

Other Measures to Manage Stress:

- Relaxation techniques such as yoga and deep breathing activate the body's relaxation response.
- Exercise regularly.

Eat a healthy diet. Reduce your caffeine and sugar intake, and cut back on alcohol and nicotine. Get plenty of sleep.

- Let your feelings out. Talk, laugh, cry, and express anger when you need to. Talking with friends, family, about your feelings is a healthy way to relieve stress.
- Do something you enjoy. You may feel that you're too busy to do these things. But making time to do something you enjoy can help you relax. It might also help you get more done in other areas of your life.
- Focus on the present.

Homoeopathic Management:

- In Homoeopathy while doing history taking an attempt has been made to know about the stressors of a patient by asking his life space or circumstances of his life and his reactivity toward the circumstances.
- Diagnosis of a patient as a person is also done.
- This process will provide valuable information to select the medicine [ailments] or to form the totality of symptom in the selection of anti miasmatic or constitutional medicine.

| Chronology | Key words | Physical | Feelings | Behavior | Interpretation |
|--------------------------------|------------------|-----------------|-----------------|-----------------|-----------------------|
| Childhood | | | | | |
| During School – College | | | | | |
| Adulthood | | | | | |
| Marriage Life | | | | | |
| Incidences of Life | | | | | |

On the basis of Interpretations stressors can be identified and group of medicines can be selected with the basic knowledge of Materia Medica.

Conclusion:

The Golden Rule of Life to Avoid Stress

- **Yesterday I Was Intelligent I wanted to Change the World, but Today I am wise because I want to change myself**

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