

IMPORTANCE OF RUBRIC “DREAMS” FROM COMPLETE REPERTORY WITH ITS UTILITY IN CLINICAL CASES

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ABSTRACT

A clinical study was conducted to evaluate the role of rubric dream with the help of complete repertory in homoeopathic prescription and its uses in clinical cases. Dreams are sequence of images, feelings or emotions transient through the mind during the sleep. As we know in homoeopathy the mind is always taken in priority in case taking and dreams are the one which are more important as it shows the internal feeling of the patient. In Complete repertory Roger Von Zanvoort mentioned rubric dream under the chapter mind. A single blind, prospective, clinical study was conducted with 30 cases of both sex, with different age groups between 15 to 65 years was studied. Homoeopathic prescription on the basis of rubric dream has shown good result. It is concluded from the percentage of result 21 (70%) cases shows marked improvement, 05 (17%) cases shows moderate improvement and 04 (13%) cases shows mild improvement. From the above result it is concluded that homoeopathic prescription on the basis of rubric dream gives good quality of life and helps in curing the individual.

KEYWORDS - Rubric, Homoeopathy, Dream, complete Repertory, Repertorisation, Prescription.

INTRODUCTION-

The scientific study of dreams is known as Oneirology.¹ Dreams are sequence of scenes and feeling occurring in the mind during sleep.⁷ After taking a detailed case history homoeopath interprets the patients dream.² Each person has thousands of dreams in their lifetime, but the patient choose to recall a specific dream, which helps homoeopath to individualise the case on basis of dreams.² There is a proverb in Marathi : "Mani Vase te Swapnee Dise" which means the thoughts in mind is perceived in the dreams.³ According to the observations of pioneers, dream reflect the internal state of man.³ Due to importance of dreams in homoeopathy, we have entire chapter on dreams, from our first repertory i.e. Therapeutic Pocket book by Dr. Boenninghausen, Knerr repertory, Kent's repertory and the most recent Synthetic Repertory and Complete repertory .³ It is obvious that dream occurs from the various state of mind from fear, anger, joy, accident, death, dreams of violence and battle etc.^{3,8,9} Dreams are the nature's phenomena, not the outcome of unconscious mind in sleep. Dream interlinks between the procedure of life and our sensible personality.⁴ Homoeopaths use dreams since Hahnemann's time. Our repertories and proving's contain many references to dreams.² The complete repertory basically based on 1st, 2nd, and 6th edition of Kent's repertory along with Boerike's material medica and repertory ,phatak's additions and many homoeopathic journals etc. Complete repertory contains 3 volume, Roger Von Zanvoort mentioned mind under volume 1 and it contains 1964 sub-rubrics of rubric dreams, which help us to find appropriate dreams for individualize the case.¹¹ Dreams itself have a very long history, they have been a subject of debate and disagreement. Throughout history, people have tried to find meaning in dreams or prediction through dreams. They have been defined physiologically as a response to neural processes at the time of sleep and action of rapid eye movement; psychologically as thoughts of the sub-conscious mind and spiritually as messages from the God or predictions of the forthcoming.^{1,10} Study of dreams with complete repertory in case taking along with their remedy gives us new sight of knowledge of prescribing.⁵ Dreams had great utility in analyzing clinical cases homoeopathically.⁶

MATERIAL AND METHODS

Study Design-

Single - blind, prospective, clinical study carried out in Bharati Vidyapeeth Homoeopathic Medical College & Hospital, Pune, India.

Case Definition-

Cases of both sexes with age group between 15 to 65 years, having complaints along with dream. The remedy was prescribed on the basis of of dream in every individual case.

Inclusion Criteria-

- Cases of both sexes with age group between 15 to 65 years.
- Patient having "DREAM" was included.
- Patient having acute or chronic illness.
- Patient fulfills the case definition.

Exclusion Criteria-

- The other psychotics like schizophrenia, obsessive compulsive disorder, generalized anxiety disorder.
- Non co-operative patient, not taking medicine as per direction.
- Patient suffering from life threatening diseases and those who need emergency medical intervention.

Study procedure-

Total 30 cases of both sexes, with age group between 15 to 65 years having complaints with dream and fulfilling the criteria of inclusion and exclusion were enrolled in the study from the general O.P.D. and peripheral O.P.D. of Bharati Vidyapeeth Homoeopathic Foundation Hospital, Pune and all 30 cases with 5 follow ups.

Selection of Remedy, Potency and Repetition of Doses –

A detail history of each case comprising of information from the patient and others, including the family was taken and the symptoms was carefully studied and formed a reportorial totality giving higher importance to the rubric "Dream". The drug was administered in various potencies like 30, 200, 1M as per the instructions given by Dr. Samuel Hahnemann in his Organon of Medicine, and repetition of the doses as per the need of the case.

Criteria for assessment-

Marked: When there is more than 75% disappearance of the symptom.

Moderate: When the patient has symptomatic relief with more than 50% reduction of the complaints.

Mild: When the patient has symptomatic relief with less than 50% reduction of the complaints.

Dropped out: The patient opts out or does not report after first, second and third visit.

RESULT AND DISCUSSION-

The topic is study of rubric dreams from complete repertory with its importance and utility in clinical cases. Aim is to select the similimum by taking dream in account after complete case taking and evaluate its effectiveness in clinical cases. So it is considered that the dream is important in complete case taking and the remedy is prescribed on the basis of dream, so that it reduce the suffering and improve the general condition and quality of life. Age wise incidence was high between the age group of 15-25 years, followed by 25-35 years, 35-45 years, 45-55 years, 55-65 years of age group. Each groups for 11, 8, 4, 4, 3 cases out of 30 respectively. Out of 30 cases 21 (70%) cases showed marked improvement, 05 (17%) cases showed moderate improvement and 4 (13%) cases showed mild improvement, which shows mean age of male was 30.5 with SD 11.36 and female mean was 35.5 with SD 16.02.

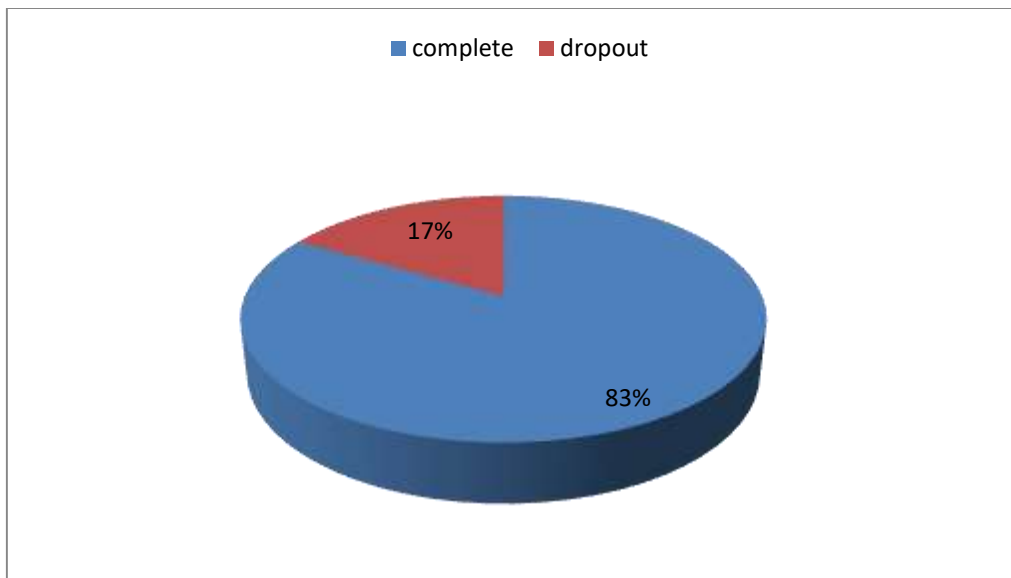


Figure1. Participant in the study

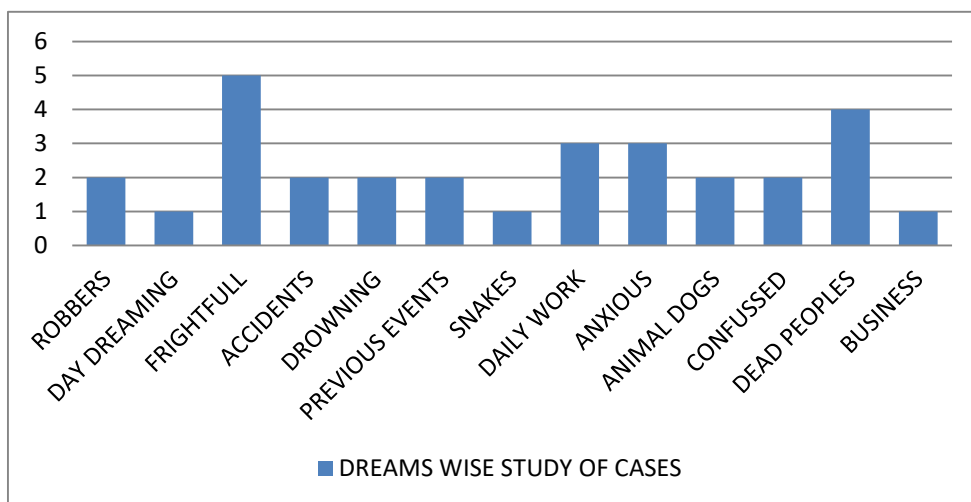


Figure2. Dream wise study of cases

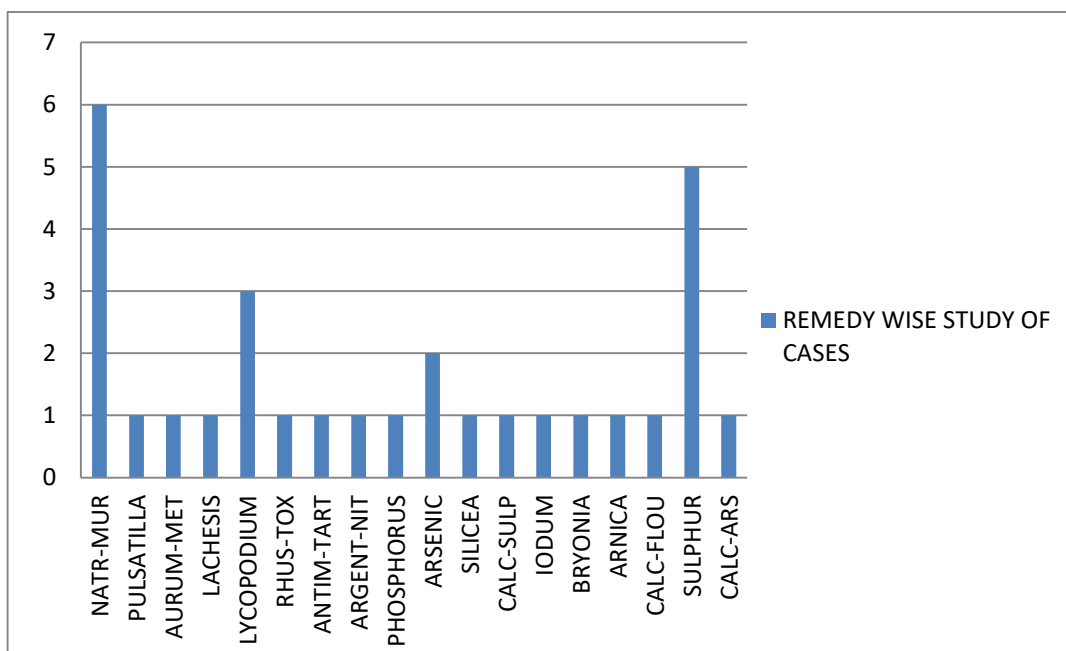


Figure3. Remedy wise study of cases

Table (1): Sex wise distribution of the case and mean age (n=30)

Gender	No. of cases	Percentage	Mean Age	SD
Male	20	66.66%	30.5	11.36
Female	10	33.33%	35.5	16.02
Total	30	100%	32.16	13.04

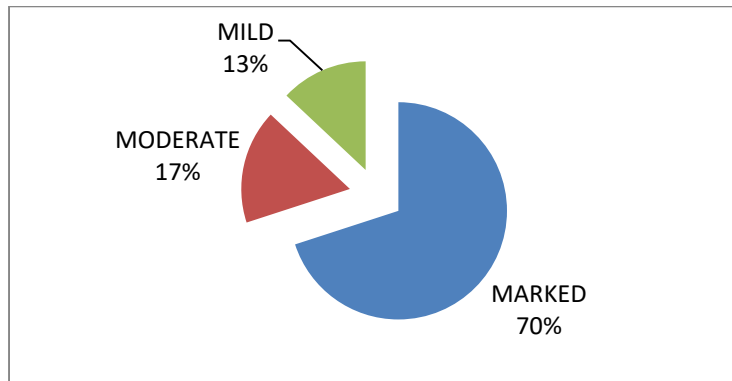


Figure4. Response of treatment

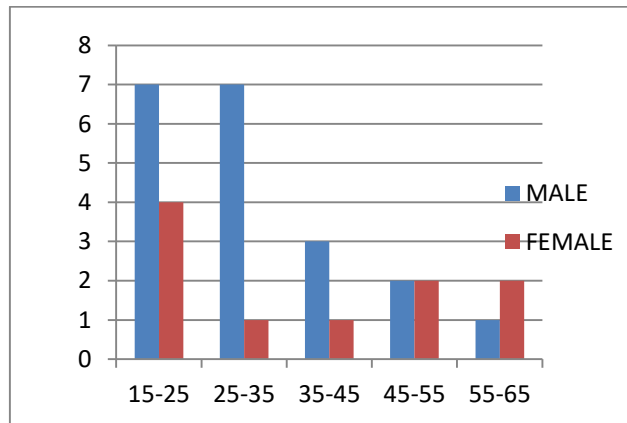


Figure5. Gender wise number of patients

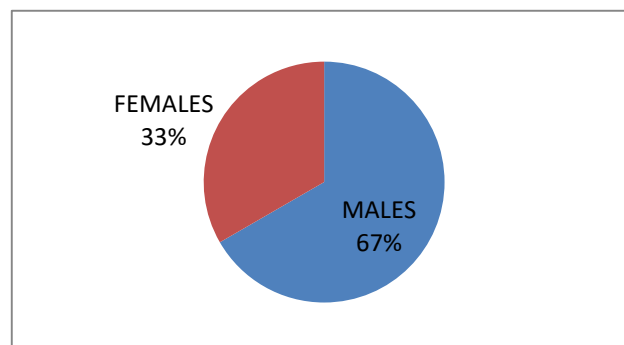


Figure 6. Male - Female Ratio

CONCLUSION

From the above result and observations, it is concluded that the importance of dream rubrics from complete repertory in prescription for clinical cases shows important role. It is concluded from the outcome that remedy prescribed after considering the dream of the patient, mostly cases shows marked improvement and from the above results and observations, it was found that the fact given by different authors are true and applicable practically.

CONFLICT OF INTEREST

There was no point of conflict of interest between the authors.

ACKNOWLEDGEMENT

The authors are grateful to Dr. Jyoti Deepak Patil Associate Prof., Prof. Dr. Anita S. Patil H.O.D. Dept. Of Homoeopathic Repertory, Prof. Dr. Arun Bhargav Jadhav Principal, Dr. Tejas P. Gosavi ,Bharati Vidyapeeth (Deemed To Be) University Homoeopathic Medical College, Pune, India for their valuable guidance and providing facility to carry out the study. We are indeed thankful to patients for their complete faith and have enthusiastically participated in research work.

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