



Original Research Article: Study of “Emotional Suppression” – Its Effects And Homeopathic Management.

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ABSTRACT

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.) 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. Emotions accompany many of our CONSCIOUS experiences. It is an aroused state involving intense feeling, autonomic activation and related behavior. It has two major components, a mental and physical. “Emotion Is A Complex Reaction Pattern, Involving Experiential Behavioral And Physiological Elements.” Every person will experience emotions, they are part of being a human. Anger, sadness, joy, and shame are all common feelings that play an important role in daily life. When people have a hard time expressing or accepting these feelings, they may be struggling with suppressed emotions. Sometimes suppressed emotions are part of the bigger picture. These physical manifestations serve as reminders that the mind and body are intricately connected. When emotional distress is not addressed, it can take a toll on our overall health.

Key Words: Homoeopathy, Emotions, Suppression, Emotional Conflict.

INTRODUCTION

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.[1] 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. [2]

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 a 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 there for suppression is not the actual primary cause of this disease

state but it is the philosophical explanation of the current disease state. [3]

Emotion :Emotions accompany many of our CONSCIOUS experiences. It is an aroused state involving intense feeling,autonomic activation and related behavior. It has two major components, a mental and physical. [4]

Definition: A conscious mental reaction experienced as strong feeling usually directed toward a specific object and typicallyaccompanied by physiological and behavioral changes in the body.

According to American Psychological Association (APA) _“Emotion Is A Complex Reaction Pattern, Involving Experiential Behavioral AndPhysiological Elements.”

Role Of Emotions In Everyday Life: Human emotions are innate in all of us. It is something we are born with and something we die with. They play a significant role in decision making, learning, problem solving, memory and reasoning. Without emotions our lifewould be dull and colorless. [5]

Range Of Emotions: Happiness, Fear, Disgust, Anger, Surprise, Sadness, Nostalgia, Trust, Loneliness.

What Does it Mean to Suppress Emotions?

Every person will experience emotions, they are part of being a human. Anger, sadness, joy, and shame are all common feelings that play an important role in daily life. When people have a hard time expressing or acceptingthese feelings, they may be struggling with suppressed emotions. Sometimes suppressed emotions are part of the bigger picture. It is no secret that people can suppress emotions. Sometimes, individuals may consciously or unconsciously choose to avoid experiencing certain emotions because they believe they are unable to handle them. In doing so, they push these emotions deep down within themselves. However, it’s important to recognize that suppressing emotions is not a healthy coping mechanism. In fact, it can have negative consequences for both mental and physical well-being, when people suppress their emotions, they may find themselves feeling numb or disconnected from others, they might struggle to express themselves effectively as if their emotions are totally inaccessible. This can lead to buildup of anxiety, irritability, or moodiness, as the suppressed emotions continue to exert their influence. It may even create a constant state of fight-or-flight response, where individuals are always on edge. Moreover, suppressing emotions can manifest in physical symptoms like frequent headaches or stomach aches. These physical manifestations serve as reminders that the mind and body are intricately connected. When emotional distress is not addressed, it can take a toll on our overall health. [6]

What Causes Suppressed Emotions?

There are various reasons why individuals may choose to tamp down their emotions. One significant factor is self protection, as some people believe that by not acknowledging their emotions, they can shield themselves from potential hurt or pain. Additionally, individuals may suppress their emotions due to societal expectations. They might feel pressured to conform to certain norms and believe that expressing certain emotions is not acceptable or that their feelings are considered invalid. Consequently, they opt to bottle up their emotions, keeping them hidden and unexpressed. It’s worth noting that this tendency to suppress emotions can often be traced back to early childhood experiences. For instances, if a child is constantly instructed to “be good” or “stop crying” they may internalize the message and learn to suppress their emotions as they grow older. [7,8]

By understanding the underlying reasons behind emotional suppression, we can begin to explore healthier ways of processing and expressing our emotions, fostering emotional well-being and authenticity in our lives. Unresolved emotional Conflict, can get “locked up” in the body and cause physical disaster later when they surface under another guise. When the grieving process is short-circuited and grief is not allowed to have its way it can lead to health issues as varied as the individuals that it afflicts. Unresolved emotional issues, such as grief can get ‘LOCKED UP’ in the body and later they surface under another form. The proper balance and regulation of our emotional life is very important not only to the health of the mind but, as we have just seen, to the health of the body, and all its internal organs. Serious problems arising from deep grief are best dealt with homeopathic medicines. [9]

MATERIALS AND METHODS

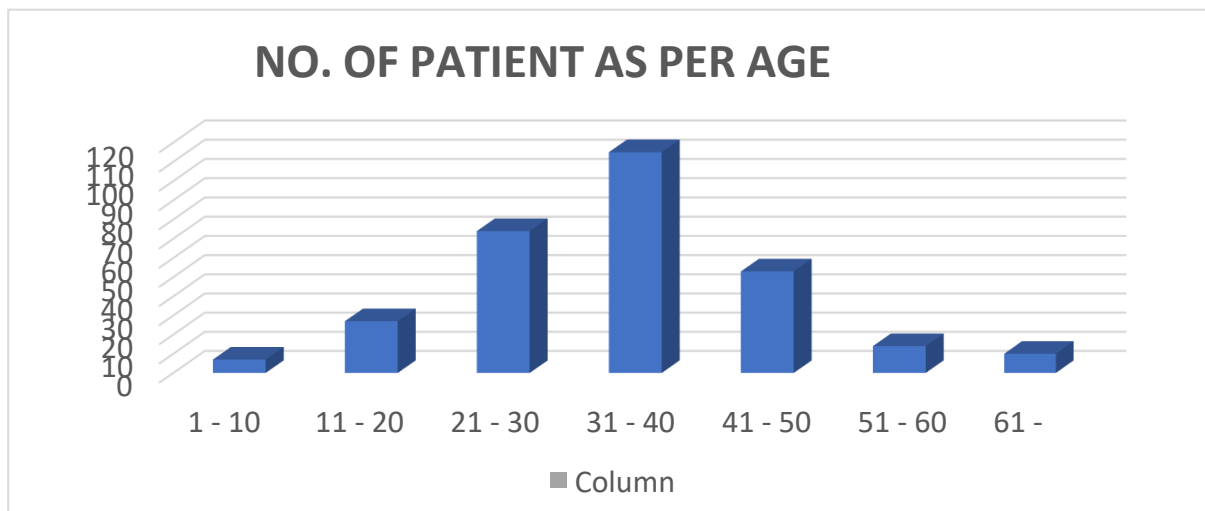
This Prospective study was carried out at Om Homeopathic Clinic , Surat ,Gujarat,India from Aug 2019-April 2023.

This study was conducted taking 300 cases .

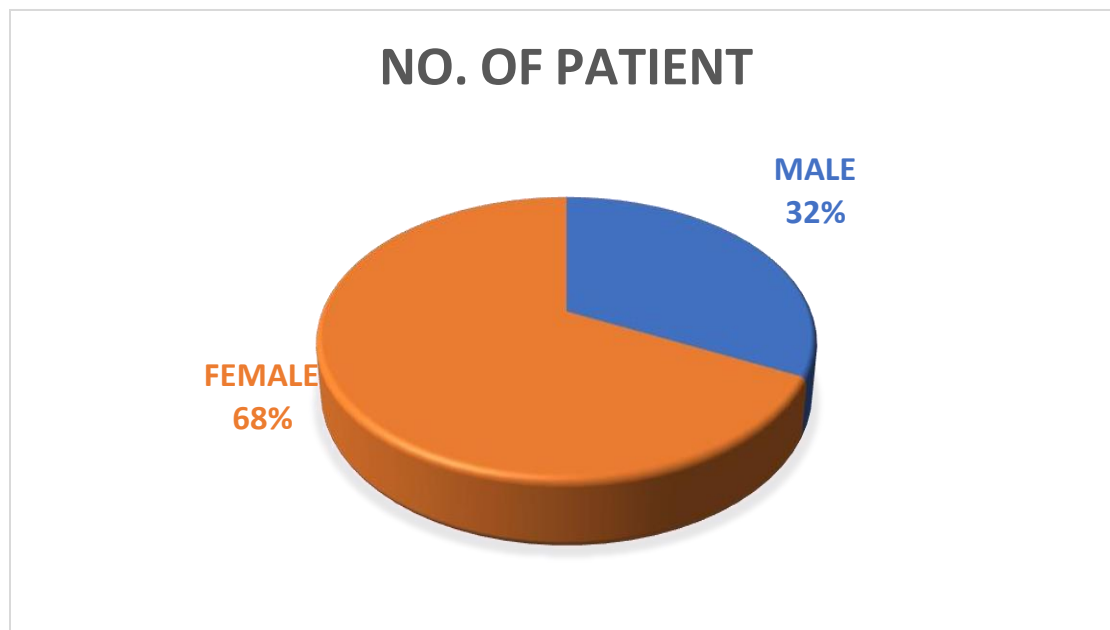
The Treatment used in chronic cases was Constitutional Medicine with Intercurrent remedy in some cases where it required.

RESULTS

In 300 cases 97 were Male and 203 were Females. While considering the Nature of disease, all cases were Chronic. Considering the Age incidence, 07 cases were of age 1 to 10 years,27 cases were of age 11 to 20 years, 74 cases were of age 21 to 30 years, 115 cases were of age 31 to 40 years, 53cases were of age 41 to 50 years, 14 cases were of age 51 to 60 years, 10 cases were of age 61 to 70 years.(Graph 1)



Graph 1: Showing Age wise distribution of participants



Graph 2: Showing Gender wise distribution of participants

Diagnosis	No. Of Cases	Diagnosis	No. Of Cases
Migraine	62	Erectile Dysfunction	10
Hypothyroidism	37	Lichen Planus	8
Depression	29	Alopecia Areata	7
Eczema	29	Urticaria	7
Psoriasis	24	Vitiligo	7
Allergic Bronchial Asthma	14	Verruca Vulgaris	4
Gerd	14	Epilepsy	4
Dub	14	Keratoderma	2
Pcod	13	Acne Vulgaris	2
Hypertension	11	Diabetes Mellitus	2

Table 1:List of diagnosed cases

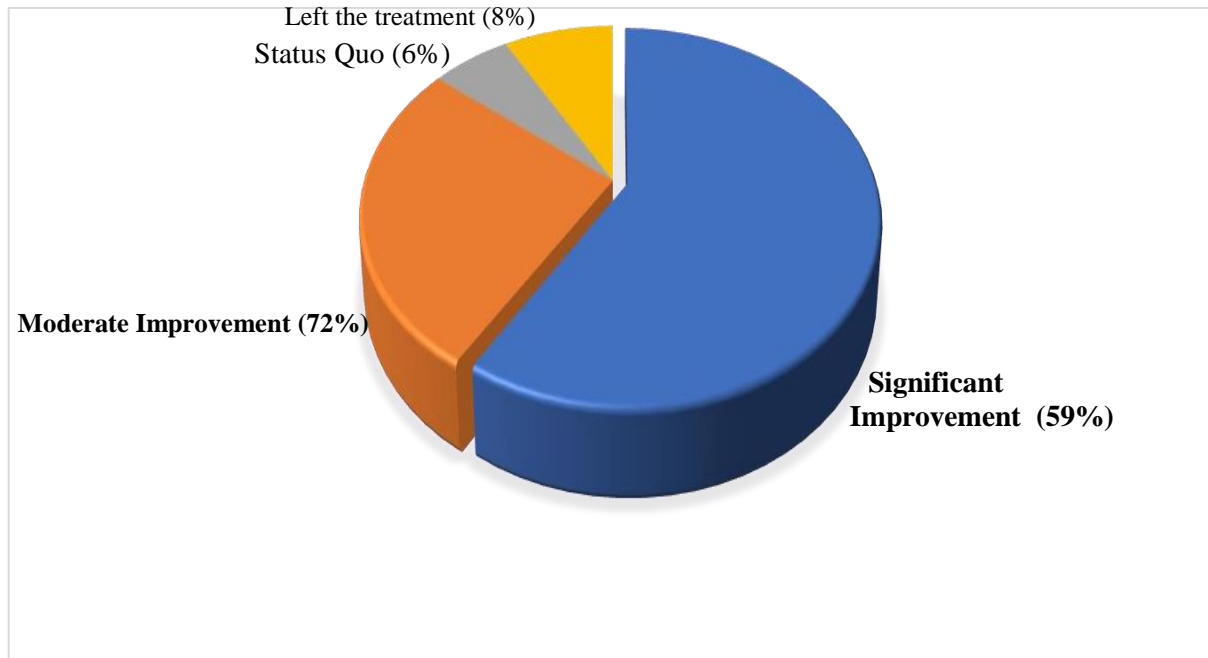
Medicine	No. Of Cases	Medicine	No. Of Cases
Nat. Mur	66	Aur. Met	08
Nat. Carb	33	Sepia	07
Phosphorus	21	Phos Acid	06
Nat. Phos	21	Calc. Silicata	05
Staphysagria	17	Calc. Phos	05
Nat. Sulph	17	Calc. Ars	05
Lycopodium	16	Pulsatilla	04
Mag. Carb	14	Sulphur	03
Calc. Carb	14	Aur. Sulph	03
Nat. Ars	11	Mag. Sulph	03
Ignatia	08	Arg. Nit	03
Nat. Silicata	08	Graphites	02

Table 2 - List Of Constitutional Remedy

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
Offended Being “Insults”	06
Honor Wounded	05

Bad News	05
Children Punishment, Scolded Being “Reproaches”	07
Rejected From Being	04
Humiliation – Mortification	03

Table 3- List Of Various Causative Factors For Emotional Suppression



Graph 3: Showing Results of Disease cases

The results of treatment of 300 cases, in 177 cases Significant improvement, in 80 cases Moderate improvement, in 18 cases Status quo and in 25 cases patient left the treatment.

DISCUSSION & CONCLUSION

In this study to understand the scope of Homeopathy in diseases which are origin from the emotional suppression, 300 cases were taken. All the cases were studied in detail to draw conclusions. In my study all 300 cases are of Chronic diseases. In these, indicated medicine with good counseling, psychotherapy approach was given. Repetition of the medicine was done without an aggravation at proper intervals to prevent Relapse.

In the study of 300 cases, effects of Emotional suppression on body and mind can be seen in all type of disease as follows: 62 cases suffering 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 constitutional remedy, indicated remedy with intercurrent remedy in few cases, psychotherapy if required, counselling, Behavioral change, can produced good result in more than 59% cases and moderate improvement in more than 26% cases.

Modern Psychosomatic diseases like Migraine, Hypothyroidism, Atopic dermatitis, Depression, Diabetes mellitus, Hypertension, Peptic ulcer, Ulcerative colitis, Psoriasis, Leukoderma, Erectile dysfunction, Irritable Bowel syndrome, Insomnia can be treated well with Homeopathic medicines, rather than crude dosage of Modern medicines with frequent Repetition of medicines and Relapse of diseases. Homeopathy has a wide and good scope in treating Modern Era of Psychosomatic diseases in which most of the cases have history of emotional suppression. Homeopathy - "The

Great Stress booster for unresolved emotional conflict".

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