

"THE ART OF INDIVIDUALIZED HOMEOPATHY IN TREATING ADJUSTMENT DISORDER: INSIGHTS FROM A CASE SERIES"

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DOI: 10.63001/tbs.2025.v20.i03.pp420-424

KEYWORDS

Homoeopathy, Adjustment disorder, Psychiatry, Individualization.

Received on:

04-06-2025

Accepted on:

02-07-2025

Published on:

11-08-2025

ABSTRACT

Every society's progress and productivity, as well as a healthy and happy life, rely on good mental health. Homoeopathy prioritizes mental wellness in the treatment of both physical and mental illnesses. The Homoeopathic approach to health is mostly linked to its understanding of the mind in general. They commonly believe that the body and mind are inextricably linked and have a direct impact on one another. Homoeopaths base almost all of their prescriptions on the ill person's bodily and psychological symptoms. Psychological symptoms are frequently used to guide the selection of the appropriate medicine.

INTRODUCTION

Psychiatric diseases are distinguished by their disordered behavior and emotional condition. Homoeopathy is built on the concept of treating an entire person, by emphasizing the mind, body, and life force interconnection. In this concept, health is defined as an ideal state of harmony of functions in the mind-body-life force, with illness often being the result of discord. Disorder can result from any individual's dysfunction. Holistic health care believe that any issue in one area affects the entire individual, not just that specific area of the body. Holism encourages a concept that each individual must be treated as a whole in order to heal, rather than simply treating a single condition. Holistic health considers the needs of the sick and provides personalized care. Understanding the patient is the foundation of Homoeopathic health care.² Adjustment disorder is a condition in which a person has trouble coping with or adapting to a specific stressor or sequence of stressors. It can cause

emotional anguish and affect an individual's daily functioning. Adjustment Disorder Adjustment disorders are defined by an emotional reaction to a stressful situation. It is one of the rare diagnostic entities that associates an external stressful event with the onset of symptom.³ These can include the death or loss of a loved one, and also difficulties with relationships. An inability to cope with a stressful situation may result in one or more major psychological and physical symptoms.⁴ The Diagnostic and Statistical Manual of Mental Disorders (DSM-5) distinguishes several subtypes of the disease, including adjustment disorder with sad mood, mixed anxiety and depressed mood, disruption of conduct, mixed disturbance of emotions and behavior, and unidentified type. Clinical features indicate that patients with adjustment disorders experience severe emotional or behavioral symptoms in response to one or more external stresses. The severity of the symptoms is subjectively perceived to be greater than what would be

expected in the current situation, impairing the patient's capacity to perform.⁵

Material and Method -

The study was carried out with the approval of IEC. A randomized placebo-controlled trial was conducted to determine the efficacy of individualized homoeopathic treatment in Adjustment Disorder. A patient who met the inclusion and

Table 1- Summary of Cases Analysis, Treatment & Result:

exclusion criteria and provided informed consent completed the DASS 21 Questionnaire. Cases diagnosed with Adjustment disorder according to ICD-10 DSM (V) criteria that are willing to volunteer to participate in the study will be chosen regardless of age or gender. At least six follow-up visits have been made each month.

C a s e n o	Age /Se x	Presenting complaints	Associate complaint s	Stressor factor	Miasm	Rubrics	Prescription of Homoeopathic Remedies	DASS - 21 Score (1st & 6th visit)	Follow up	Reference
1	23/ F	Delayed & scanty menses since 3 months. Sleep gets disturb now, sometimes restless at whole night & unable to sleep. Dark pigmentation around both the eyes. Feeling very depressed and thoughts of suicidal tendency with loneliness.	Appetite decreased , sometimes headache at Frontal region, lack of interest in any activity with weeping disposition when alone.	Interpersonal issue (IPR)	Fundamental Miasm: Psora - Syphilis Dominant Miasm: Psora - Syphilis	Mind-Forsaken feeling Mind-Sadness-suicidal disposition with Mind -Reserved Sleep -Disturbed Female genitalia/sex menses too late Female genitalia/sex menses scanty	1st Visit: <i>Natrum mur</i> 200C/1 dose given <i>Sac lac</i> 30C/BD/30 Days 2nd visit: <i>Natrum mur</i> 200C/1dose given. <i>Sac lac</i> 30/BD/30 Days 3rd Visit to 6th Visit: <i>Rubrum</i> 30C / BD/ 30Days	1st visit D-34, A-12, S-19 6th visit D-14, A-08, S-11	180 days The patient showed an initial increase in Headache and reduced mental symptoms. Similar Treatment was repeated at 2nd follow-up visit then patient shows improvement.	6-10
2	27/ F	Joint pain started before 2 and 1/2months, rt side affected first then left side continue pressing & rubbing joints all ,sometimes slight swelling also seen on joints ,complaints started after marriage ,overthinking constant thinking of past events of life ,feeling very unpleasant after marriage ,always bleam to herself	General weakness always feels sleepiness . After doing slight work feel more exhausted	Interpersonal Issue (IPR)	Fundamental Miasm: Psora -Sycosis -Syphilis Dominant Miasm: Psora -Sycosis	Mind -Unfeeling hard hearted Mind - Disgust Mind - Brooding Mind Reproaching himself Joint Inflammation	1st Visit: <i>Sulphur</i> 200C /1dose/OD/15 days <i>Sac lac</i> 30C/BD/30 Days 2nd visit: <i>Sac lac</i> 30C/BD/30 Days 3rdVisit: <i>Sulphur</i> 1M SD <i>Sac lac</i> 30/BD/30 Days 4th Visit to 6th Visit: <i>Phytum</i> 30C/BD/30Days	1st visit D-26, A-18, S-32 6th visit D-14, A-12, S-20	180 days The patient showed an initial slight improvement, pain slightly reduced, intensity of Overthinking slightly improved after 15days so medicine given after till 2nd visit Similar complaint appears with less intensity then, Treatment was repeated at 3rd follow-up visit with higher potency The patient improved gradually and finally recovered The patient was improved.	6-10
3	30/ F	Patient feels anger on slightest things; anger is excessive then it will get burst out but afterwards she feels guilty for same. She gets angry if anyone not listen what she told. Since 4 -5 months all complaints started but now intensity of anger increases from previous days.	Headache after anger. She does not have interest in anything not easily mix up with any one. Stool unsatisfactory. Back pain sever	Divorce Interpersonal issue (IPR)	Fundamental Miasm: Psora -Sycosis -Syphilis Dominant Miasm: Psora - Syphilis	Mind -Ailments from abused after being - sex Mind -Anger-Anger contradiction from Mind Indifference to loved one Genitalia - Female genitalia sex/coition aversion General season - winter aggravation General -Food & Drinks -Aversion to sweet	1st Visit: <i>Sepia officinalis</i> 200C /1dose /OD <i>Sac lac</i> 30C/BD/30 Days 2nd Visit to 3rd Visit: <i>Phytum</i> 30C/BD/30Days 4th Visit: <i>Sepia officinalis</i> 200 C/1dose /OD <i>Phytum</i> 30C/BD/30Days 5th Visit to 6th Visit: <i>Phytum</i> 30 C/BD/30Days	1st visit D-34, A-12, S-38 6th visit D-20, A-12, S-18	180 days Anger intensity and brooding of thoughts gets control back pain as it is present then at 4th visit repeat the same medicine then pt. shows anger issue almost control ,brooding over thoughts reduced almost stool passes normally , back pain reduced pt. looks cheerful compare to previous so pt. shows marked improvement.	6-10

Reportorial results of all cases -

Figure 1 - (Case no.1)⁶

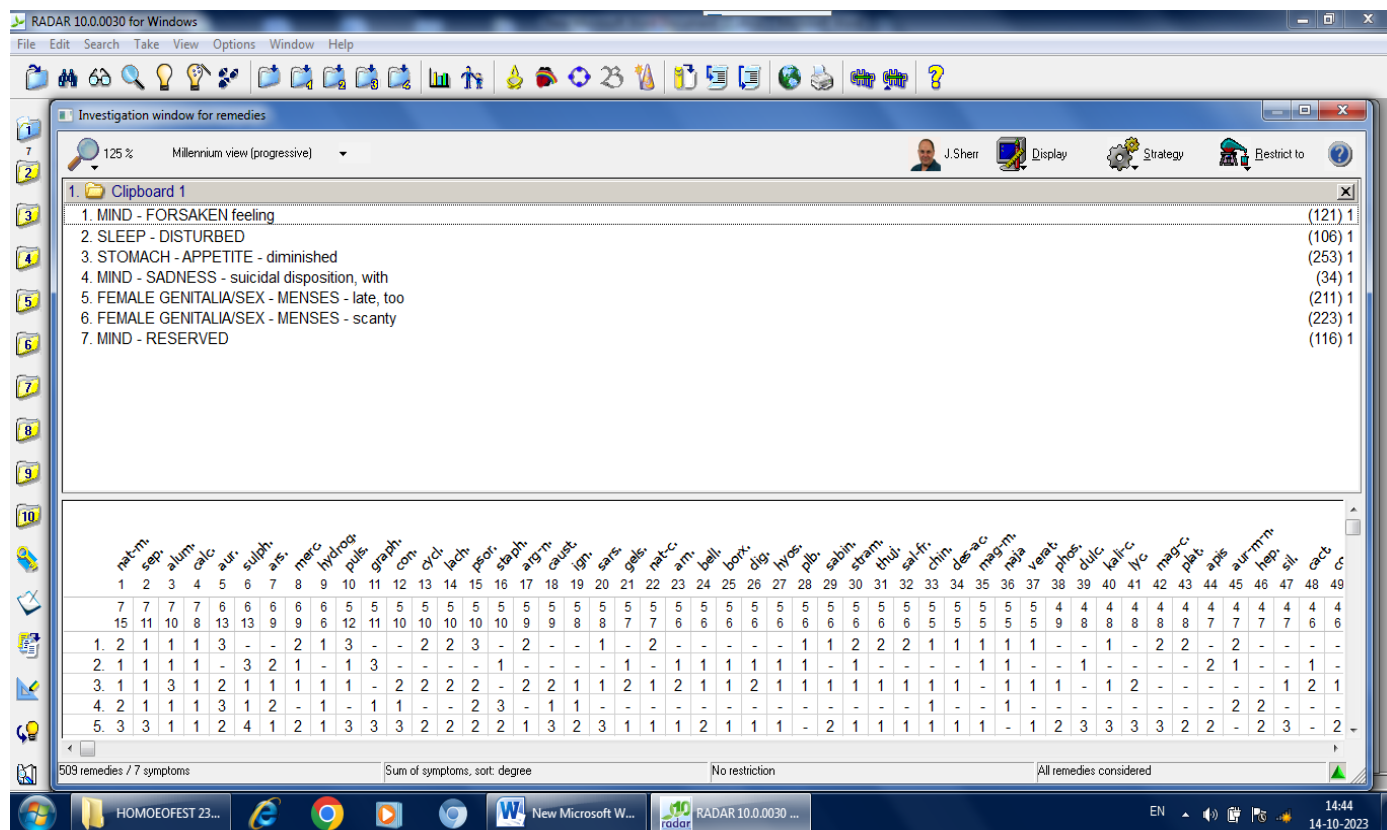


Figure 2 - (Case no.2)⁶

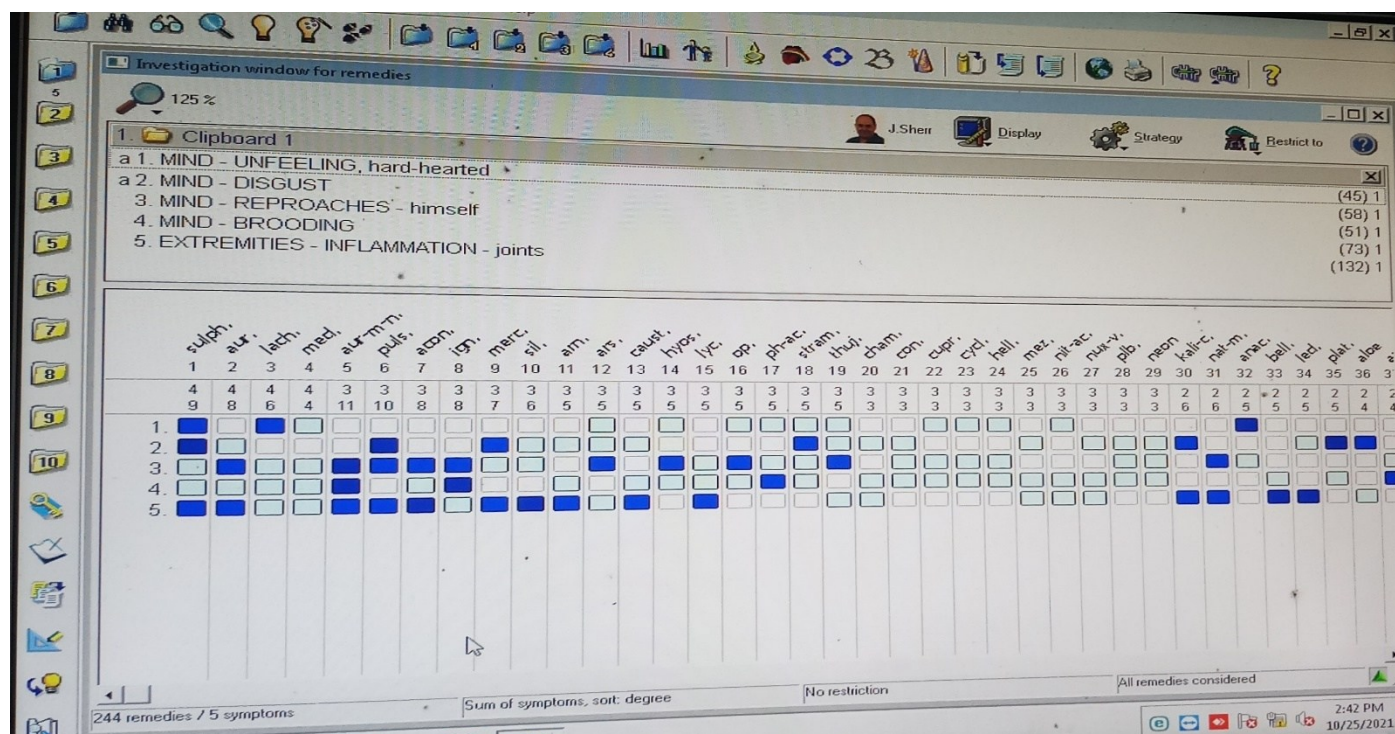


Figure 3 - (Case no.3)⁶

sep.	lyc.	ign.	ars.	phos.	nat-m.	caust.	nux-v.	petr.	med.	merc.	st.
1	2	3	4	5	6	7	8	9	10	11	12
5	5	5	5	4	4	4	4	4	4	4	4
14	11	10	8	9	8	7	7	7	6	6	6

3	1	3	1	-	3	1	1	-	2	-	-
3	3	3	1	-	-	-	2	1	1	1	1
3	2	1	-	2	3	2	-	2	2	-	1
3	-	-	1	3	-	-	-	-	-	1	-
-	2	1	2	2	1	2	1	1	1	2	2
2	3	2	3	2	1	2	3	3	-	2	2

1. Clipboard 1

1. MIND - AILMENTS FROM - abused; after being - sex... (50)
2. MIND - ANGER - contradiction; from (80)
3. FEMALE GENITALIA/SEX - COITION - aversion to (78)
4. MIND - INDIFFERENCE - loved ones, to (38)
5. GENERALS - FOOD and DRINKS - sweets - aversi... (85)
6. GENERALS - SEASONS - winter - agg. (101)

265 remedies / 6 symptoms

Sum of symptoms, sort: degree

No restriction

All remedies considered

Selection of remedy -

Prescription: It was based on after detail case taking, repertorisation done using synthesis repertory using tool RADAR 10 and also use different book of homoeopathic material medica for confirmation of prescription then all prescription was done.⁷⁻⁹

Selection of remedy with justification: After reportorial analysis for all cases covers all rubrics as per case and higher score then after consulting materia medica, it is found to be most appropriate for all cases covering general, physical as well as mental picture and, also thermal reaction.

Selection of potency with justification: It was based on susceptibility of the patient. Nature of drug & diseases. As per the guidelines given by Dr. Hahnemann in Organon of Medicine.¹¹⁻¹²

DASS 21 Questionnaire -

The Depression, Anxiety, Stress Scale (DASS - 21) is self-report questionnaire used to assess the severity of symptom related to Depression, Anxiety and Stress. It consists of 21 items, with seven items dedicated to each of these three emotional states.¹³

DASS 21 Score Scan copy - DASS Score - D-34, A-24, S-28As per DASS 21 score Depression towards extremely severe grade present than anxiety, stress.¹³

DISCUSSION

Adjustment disorder is a mental and behavioural condition. In the sixth edition of the Organon of Medicine, Dr. Hahnemann addresses mental diseases in aphorisms 210 to 230, particularly psychosomatic disorders in aphorism 225. According to this approach, Homoeopathy performs better in the management of adjustment disorders with the inclusion of other symptoms and by means of specific homoeopathic medication for each individual. Homoeopathy provides a strategy that may play an important part in improving the psychotherapeutic process. Homoeopathy provides safe, mild, nontoxic therapies based on

holistic principles. They can be effective alternatives to traditional drugs with no side effects. From the time of Master Hahnemann to the present, master prescribers continually emphasize the importance of the mental and emotional planes in the selection of remedies to achieve effective cures. Dr. Hahnemann also believed that the actual cause would always remain hidden and would never be discovered.¹⁴⁻¹⁶ We can determine the cause of disease using the miasm theory.¹⁶ Where depression, stress, anxiety is at its peak and every day we find many psychosomatic diseases, it is in our hand to utilize Homoeopathy to its full potential in all somatic diseases arising from a psychic cause thereby helping the individuals and the society at large. From this cases it can be conclude that mental & behavioural disorder [F.43.2-Adjustment disorder] can be successfully treated with Homoeopathy. If the selected medicine is a true similimum then it will start improving the case even with single dose. It also tell us the importance of patient's perception and reaction towards it which can lead to drastic changes in the patient's mental and behavioural plane. This cases shows the importance of related factors in medicine selection. It further demonstrates the efficacy of materia medica and reportorial findings.

CONCLUSION

Homoeopathy plays the vital role on the treatment of psychological disorder. The basic needs of the persons are to makes life healthy & happy. Homoeopathic treatment effects the human's being internally & individualize each person by his/her constitution. Mental health is the superior in all aspects if mind goes well then person runs well & lives a healthy life. In Homoeopathic science we treat the patient not the disease & our medicine also prescribed in this way. Therefore, Homoeopathy is a good choice of treatment in psychological disorder. But more research is needed in this topic to make & show good result in the upcoming years.

Conflict of interest - Nil

Acknowledgment:

The author wishes to acknowledge the guide Dr. Jignesh Patel sir for his constant support. And also wants to thank all subjects for participating in the study, our beloved Dean & principal of JNHMC Dr. Poorav Desai, Dr. Vijay Patel, principal of JJHMC for permitting work in college premises also thanks to Parul University for this research work.

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