

Importance of Integration of Non-pharmacological Method of Healing with Pharmacological Healing Model in the Management of Psychic and Psycho-Somatic Disorder W.S.R. to Hypnotherapy

¹Dr. Devendra Chhayala, ²Dr. Akhilesh kumar Singh

¹ Research scholar, ² Assistant Professor
Department of Yoga and Ayurveda
Sanchi University of Buddhist-Indic Studies, Barla, Raisen (M.P.)

Abstract

AYUSH and WHO incorporated mental health as a Major pillar of health along with physical health. In 21st century the age of robotic life, we are running at much higher speed to fight against each other in every field. Starting from childhood humans are in the environment of competition. Competition of study, professional course entrance, job, establishment of life all these thing giving a mental stress to human and becoming a major health issue in the present era. Pharmacological methods are playing their jobs at their best but still something more is required to manage the psychological or psycho-somatic disorders. Hypnotherapy being mode of action on subconscious mind might be best additional healing model as non pharmacological mode of healing to treat psycho-somatic disorders.

Key words: Hypnotherapy, Integrated Healing, psychological disorders, Psycho-somatic disorder.

Introduction

One of the oldest healing mode Ayurveda described importance of healthiness of mind for the complete health of human being, even the WHO describe health as a state of complete physical, mental and social will being. Now a day we are living in computer era which is the phase of competition, not only we are competing with each other but we are also competing with machines as well, blindly we are in race of chasing goals. In this time most of the subjects are in state of stress of competition and are suffering from psychological and psychosomatic disorders.

Psychological and Psychosomatic disorders

A psychological disorder is termed as syndrome characterised by disturbance in subjects cognitive, emotional or behaviour disturbance, that reflect as a dysfunction in the psychological, biological, or developmental process underlying mental functioning. Psychological disorders causes disturbance in personal, occupational as well as social life.

Common psychiatric disorders are mood disorder, anxiety disorder, sleep-wake disorder and personality disorder.

Word psychosomatic stand for a combination of two independent word psyche which means mind and soma means body. So as a whole the word psychosomatic stand for any physical disease which also involve the functioning or influence of subject's mind, subject's present mental state can affect the prognosis of physical disease.

It is well known phenomenon that psychic state through nerve impulses and neurotransmitters regulates the physiology of the human body like during anxiety subject feel palpitation, increase heart rate, increase respiratory rate, nausea, sweating, dry mouth, headache etc. More or less every somatic disease have its psychic

relation, but exactly the word psychosomatic disorder stand for those diseases which are thought to be caused or made worse by psychological factor.

Some common examples of psychosomatic disorders are psoriasis, eczema, and hypertension.

Factors responsible for psychic and psychosomatic disorders

Most common cause for genesis of psychic disorders involve disturbance in one or more of the given factors like biological factors, learnt behaviour, psychological adaptation, and social & environmental conditions.

Pharmacological management of psychic and psychosomatic disorders

In most of the psychic and psychosomatic disorders main pharmacological agents which are used in wide categories are selective serotonin reuptake inhibitors, selective norepinephrine reuptake inhibitor, tricyclic antidepressants and neuroleptics.

Prolonged use of these drugs causes mild to severe side effects in most of the patients. Common side effects of these drugs are postural hypertension, palpitation, precipitation of convulsion, blurred vision, dry mouth, reduced sweating, decreased gastric motility, constipation, urinary retention, ejaculatory dysfunction, drowsiness, and mental confusion. Some time these drugs will show the symptoms of extra pyramidal involvement, and characterised by acute dystonias, parkinsonism, Perioral tremors, akathisia, malignant neuroleptic syndrome, endocrine disturbance, and ocular toxicity.

Due to severe side effects these drugs are not safe for prolonged use, even some time mostly in case of extrapyramidal involvement drugs are immediately withdrawn.

Importance of hypnotherapy

As discussed earlier that there are so many factors are responsible for the genesis of psychic and psychosomatic disorders, out of which only few are related with the disturbance in biological disturbance of the subject, but most of them are related to the perception of the subject towards himself or towards society. In this scenario long term use of pharmacological measures as a single method with its known side effects is not sufficient to treat psychic and psychosomatic disorder.

Modern science also emphasis on use of psychological intervention along with the pharmacological interventions for the prolong control of psychic and psychosomatic disorders.

Hypnotherapy is an important psychological intervention among so many interventions to treat learnt behaviour, and social & environmental factor of psychic and psychosomatic disorders, as hypnotherapy governs the subconscious mind.

In early 20th century Australian neuro-physician Dr. Sigmund Freud worked on a non-pharmacological based method for the beneficial effect on psychic and psychosomatic disorder named hypnotherapy and find out the functioning of brain. He postulated the theory of conscious, subconscious and unconscious mind. On the basis of his work Dr. Freud divide human brain on the basis of its commanding and controlling function into three different tiers. First one is termed as conscious mind which is the cognitive mind who performs different works for the survival of human beings, conscious mind play a role of bridge between outer and inner world. Second one subconscious mind works as a communicating link between conscious and unconscious mind. Subconscious mind uses the recent memories and stored information of unconscious mind, subconscious mind also store the information regarding the daily routine activity of the subject. Unlike conscious mind subconscious mind does not have power of visualization, subconscious mind just have the power of recalling memory and passing it to emotion. Subconscious mind is not an independent entity rather it works under the direction of conscious mind and it helps in one of the important work of creating memories. Subconscious mind as described earlier works as bridge between conscious mind and unconscious mind and helps in exchange of memories, in this process subconscious mind discards the unimportant and unnecessary data and prevent the over loading of the conscious mind.

Unconscious mind is the storage house of all the past experiences and the memories of life journey. Unconscious mind is responsible for both the things i.e. memories of deeply situated trauma condition as well as the memories which are no longer important for us. These past life experiences and memories are responsible for the buildup of person's habits, beliefs and behaviour changes. The conscious mind remain in sustain relation with unconscious mind through semiconscious mind. Unconscious mind communicates with outer world through feelings, imaginations, and emotions made by person's beliefs and habit.

Conscious mind is the bridge between outer world and inner body with certain ads like words (speech) pictures and physical movements, conscious mind interact with the past memories and experiences with the present situation and performs the different types of actions and duties. Basically we can say conscious mind is the captain of our body which controls the mind and body. Most of the person lives in state of conscious mind. Conscious mind have another specialized ability of visualization or making working plane in any surprised situation on the basis of past experience

Most of the time the word subconscious mind and unconscious mind creates confusion about their difference, The word unconscious is used by psychologist or psychiatrist for the thought which are not in reach of conscious mind.

So the conscious mind and unconscious mind can perform differently at different situations. For an example a subject sleeping in an atmosphere of thunderstorm his/ her subconscious mind will recollect the memories from past experiences (own/listen), if in night sudden noise happen the reaction taken by the subject is based on beliefs of unconscious mind, subconscious mind make subject prepare for fight or flight for the situation. On other hand if conscious mind overcome the subconscious mind which is more in today's world the reactions will be different by subject, there will be calming thoughts and fear or feeling will gradually ruled out.

Dr. Freud also justifies the concept of three tiers of brain by presence of positive and negative thoughts for a similar situation by two different persons. Definitely conscious mind has the power to guide or direct the subject's attention and awareness, but that guidance is based on past experience and learning which is ultimately in control of unconscious mind.

Discussion

As from the above description it is clear that psychic or psychosomatic disorders are multi-factorial disorders and use of medicine can treat only biological factor or it is helpful to treat the disease symptomatically. For curing the subject holistically it is important to eradicate all the possible factors of psychic disorders. Counseling is the best way to eradicate the psychological, social or environmental factors or memories of past time which stimulates the episode of psychosis.

Conclusion

As the Dr. Freud's experiment emphasis that working of cognitive functions which is the part of conscious mind are better guided by subconscious mind / unconscious mind, and counseling during subconscious or unconscious mind is better to be done under the state of hypnotized state. So use of alternative non pharmacological method can be beneficial for the treatment of psychic and psychosomatic disorders, as they can reduce the dose of pharmacological drugs and so as their harmful effects.

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