



## ROLE OF DREAMS IN HOMOEOPATHIC PRACTICE: A STUDY

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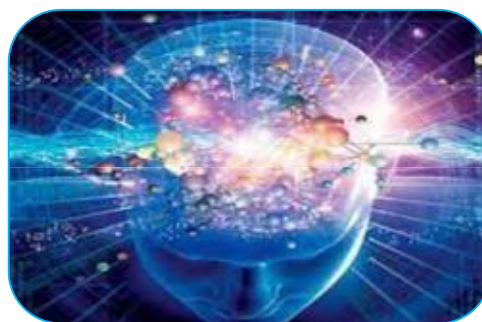
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### ABSTRACT

*This article presents the observation and Study of some cases. The study adequately demonstrates the utility of dreams and their interpretation in our Homoeopathic practice. Importance of dreams in Homoeopathic practice is much more and depends upon what type of dreams to individual patient on which we can select similimum remedy.*



### KEYWORDS :

**Unconscious mind** - The thoughts & feelings that person is not aware.

**Conscious mind** - The thoughts & feelings that a person is aware.

**Repertory** - Subject where we can select remedy according to reference chapter and patient sentence turned into rubric.

**Analyze** - Many types of dreams - we separate as per their value.

**Evaluation** - According to gradation of symptoms.

**Interpretations** - An explanation what you feel.

### INTRODUCTION

Everybody dreams, normal night sleep always includes not one but several periods of dreaming. A few people entirely forget every dream they get and claim they don't dream at all. Some have almost complete record of their dreams, most of us remember few elements of our dreams and occasionally recall in great detail a dream that seems, for some reason, to be especially impressive and Important: Almost everyone has the feeling that some dreams. At least some have something interesting to say to us.

The work of Freud, Jung, a great psychologist and others made Dream analysis an important feature of our understanding of the unconscious mind and psychotherapy. There are still sceptics who regard Dreams are essentially meaningless. Most psychologist, however accept dreams as important manifestations of the unconscious contents and their analysis, at may illuminate the aspects of one's behavior.

There is considerable evidence that dreams arise in the part of brain that is used less by most people when they are awake. This part is right hemisphere, which is the source images - the stuff of dreams. (The left side is the source of words and concepts). The language of ego - consciousness and the function ware in the waking state.**Significance of Dreams in Homoeopathy:**

Dreams reflect the unconscious mind, hence in HOMOEOPATHY, they are very important. They reflect the hidden desires and aversions and the innermost turmoil, there by acquiring a lot of importance in HOMOEOPATHIC PRESCRIBING. Whenever the prover reported dreams, these were included in the Materia Medica. We have a whole chapter on dreams in our repertory subject where we can select a remedy on the basis of dreams. The repertories are Therapeutic Pocket Book of Boenninghausen, through knerr's repertory and Kent's repertory also.

### Role of Dreams in understanding the Mental state:

Dreams affects or the bodily reactions occurring within the dreams, as well as affects or bodily reactions occurring while talking about the dream are of an entire image. They often lead Directly to the emotions underlying the dreams. Thus, they give the real image of real mental state of the individual. But it doesn't mean that all dreams of the subject can be subjected to a detailed analysis. So, the question arises that which dreams are to be considered to be subjected for analysis.

1. Dreams that are Vivid elaborate and gets in the memory.
2. Dreams that leave a powerful emotional impact on the person either during and after their occurrence.
3. Dreams are recurrent, persisting over a period of time.

So, again the question arises that which other dreams are to be taken in the formation of repertorial totality? Dreams which cannot be interpreted but are very striking and have an impact on the individual should be an essential part of the repertorial totality.



### How do we Analyze dreams?

First of all, I will clarify that what we should avoid

1. Avoid instant interpretation without reference to context.
2. Avoid all fixed interpretations for symbols e.g. Sex for any animals like snake etc.
3. Avoid such type of interpretations where the dreams are in completely remembered and rendered.

It is useful to look at dreams in two ways

1. The content of the dream.
2. The context in which they occur.

It must be remembered that the dream analysis is not compulsory but reference to the repertory in the large proportion of the cases should do the job especially when the nature of the dream is a characteristic one. Dreams always play a twofold part in case taking and it guides for the selection of similimum and for to reveal the suppressed desires and emotions of individual and to provide for the relevant rubrics.

### CONCLUSION:

These are some points we have observed in my Homoeopathic practice and conclusions obtained.

1. In some cases, Dream interpretation is not possible but in maximum cases dreams interpretation are easily possible.
2. Where in the cases where the Dream interpretation is possible, Dreams play a key role in understanding the real mental state, and the mental state could be well understood through the life situation of the patient's dreams, and dreams enhanced the understanding of the mental state.
3. Dreams have very good role in the treatment of chronic as well as acute illness.
4. Dreams can be used as a characteristic symptom.
5. The observation of the cases importance of the dreams as an important criteria in the assessment of regular follow-up's. There is alteration in the dream sequence post treatment enabling as to understand the remedy response in a better way.
6. In our observation, a variety of dreams have been seen. The highest incidence is Dreams of water, Dreams of snakes, Dreams of dead people and Dreams of mutilations and blood etc.
7. On interpretations of dreams, various themes were reflected, like underlying theme of Anxiety, Sexuality, themes of suppressed emotions and repressed emotions also. Again the theme of violence and aggression also. Theme of forsaken feeling, theme of loneliness, theme of unfulfilled desires etc.
8. In our Homoeopathy, maximum constitutional remedies work better than other remedies. The constitutional deep acting remedies like the different cases received the different remedies like constitutional remedies work were remarkable results
  - Like Lachesis - dreams of snakes etc.
  - Kali Carb., Natrum Mur., Magnesium, Lycopodium etc.
9. Repressed and suppressed feelings, the major core of emotions of 'Magnesia' group. Also the suppressed violence and aggression was also seen in Magnesium group only.
10. Theme of sexuality is prominent in 'OPHIDIA' group and remedies like Lyssin, Calcarea, and Silicea. But for that the detailed study of case taking is essential to study the dreams by co-relating it with the life situation of the patients.
11. The steps like analysis, evaluation of symptoms from a very important role in selection of similimum remedy.
12. By using Psychodynamic study of the person it is possible to derive the Materia Medica portraits of various remedies.
13. To understand the utility of dreams and their interpretations from the life space and behavioral patterns, it is essential to undertake a detailed interview focusing upon childhood, upbrings, schooling, work and family with the respect to various expression from time to time.
14. Interpretation of the dreams can mislead also the physician, if they are not interpreted in the correct way. Dreams interpretation is having a correct discipline of the highest order. Fanciful interpretation have no role in selection of remedy.
15. Along with the remedial measures, constitutional remedy is the main but some ancillary measures are also take helped in our homoeopathy "Better counselling is our first weapon, then second weapons is the remedy" patient can show their own problems, or active interaction with the patient etc.
16. There are some examples for the guidance take
  - Dreams of Death - Lachesis, Sulphur, Calcarea etc.
  - Dreams of Water - Ammonium Mur., Lycopodium, Silicea, Kali Carb, VeratrumViride, Merc, Arsenic.
  - Dream of Snakes – Lac-can, RananculusScleratus, Argentum Nitricum etc.

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