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## Creativity & Homoeopathy

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### ABSTRACT :

With the advancement of modern technology and globalisation we humans have involved ourselves into various activities both personally and professionally in various fields. At the personal level we have encountered various relaxing activities which we call it as creativity in today's context.

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Keywords -Art , Innovation , Creation

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### INTRODUCTION :

Every science is expressed in the form of art and every art has its principles based on science and thus the mutual bonding of art and science goes hand in hand.

Creativity is defined as thinking out of the box and making something which no one has tried to make. It is a sort of an innovation like a blank sheet of paper which has been given to a child and who has to think what he has to draw on it by using his imagination.

Creativity can also be used by the word as hobby by lay man. A true practitioner of homoeopathy after taking a whole case even tries to find out the hobby of that patient to get some clues about any specific remedy for prescribing. No doubt art is used as a leisure just to relax your mind from the external tensions that stresses your mind. But leisure activities do carry some importance in homoeopathic practice.

Sometimes creativity comes naturally that is the person is born with some talent whereas some other times it is because of some unfavourable circumstances or due to temporary explosion of latent psora or something which has been causing any kind of distress in life which explodes in a way of creating some artifacts to relax the chaos that was going on in the mind.

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### HOMOEOPATHIC REMEDIES & CREATIVITY :

Few homoeopathic remedies that show their artistic side are as follows -

#### 1. Sepia -

Dance is a form of rhythm which comes naturally to a fish like sepia.

A fish has to respire through gills for which it requires constant movement and thus the rhythm is maintained.

Applying the similar doctrine of the signature we can say sepias are well-versed in dancing. Although the complaints are ameliorated by violent exercise so dancing is also one of them to keep their mind busy which is in a way , a manifestation of their indifference to their life problems.

#### 2. Tuberculinum -

A happy go lucky child when given a blank sheet of paper tries to carve something colourful on it. Such is a state we see in a remedy called tuberculinum.

Driven by artistic abilities these hyperactive people tries to swing like a pendulum from one change to the another.

Art comes to these people naturally with a constant desire for traveling.

With their precocity they are much more wiser than the people surrounding them.

#### 3. Natrum Mur -

Presence of salt gives taste to the food.

Generally a food having salt is loved by all compared to the one that doesn't.

In the same way these people are like the mothers of *materia medica* showering all of their love and affection on their loved ones and also wanting the same amount of love in return. But when their love is not reciprocated then they become discontented and then this brings on a disappointment.

A lump of suppressed emotions when gets stuck in the throat has to be removed somehow in any possible means.

Though being introverts the easiest way to remove this is by writing and when it comes to writing the most possible way is through poetry.

Hence these are the writers of *materia medica* who inspire grief and expire poetry cause when a person is in love you feel a romantic connection between you and them but when this romantic connection is broken down then you enter into a state of disappointment, where lack of love is the causative factor to bring out the writer in a person.

Definitely writing is an art but with the touch of love & also with the absence of love everyone becomes a poet.

That's the beauty of love. It makes you an artist. Thus either this hobby can be inborn or it can happen because of some unfavourable disappointments which the physician needs to inquire in his case taking.

Some other remedies include Antim crud, Magnesiums.

#### 4. Tarentula -

Belonging to the animal kingdom it has cunningness and foxy nature which resembles to that of the spiders.

Its nervous and hysterical temperament often leads to a particular type of dance called the St. Vitus dance.

Being an animal they want attention & thus dancing is one of the ways to attract people's attention.

Hence these people can be good dancers like Sepias.

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#### 5. Carcinosis -

One can never forget the perfectionist of *materia medica*, the one and only called the *carcinosis*. Here the artistic nature comes out of their suppression of emotions similar like *Natrum*.

Tendency to be perfect in their work, both personally and professionally brings on a lot of anxiety just like *silicea* & *lycopodium*.

But one must understand that *carcinosis* is a sufferer who is smiling with the same hope like that of a *Tuberculinum* but at the same time also hiding his sufferings like that of a *Natrum*. Thus we see a variety of symptoms of many remedies in it.

Being romantic in nature these people love music just like *Natrum*, dancing just like *Sepia*, traveling just like *Tuberculinum*.

Their creativity is actually the representation of their sensitivity, a kind of an escape from the harsh world that crushes their emotions & so these people find peace in these artistic activities.

Their perfection can also be seen in the field of singing. Thus they are very well versed artists.

#### INFERENCE :

The above-mentioned are the explanation of some of the well-known Homoeopathic remedies which we come across in our practice. Although *materia medica* is an ocean of symptoms, there are other remedies too that shows the above characteristics.

It is the duty of the physician to dig out such findings from his patients through proper case taking such that the portrait of the patient as a whole is formed which can be applied in the form of art in prescribing the correct *similimum* & also to understand the correlation of homoeopathy with creativity for a better way of understanding the patient in a broad sense through the eyes of *Materia Medica*.

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