



Suppression & Homoeopathy – A Miasmatic Approach

Dr. Shefali Telang M.D.(Hom)

Assistant Professor, Physiology Department, Lokmanya Homoeopathic Medical College, Pune, MH, India

ABSTRACT -

In today's 21st century, with the advancement in science & technology & with more use of artificial intelligence, human to human interaction, communication via expressing ideas, thoughts, beliefs whether verbally or non verbally has reduced to such an extent that homo sapiens inspite of being a social animal is now becoming more of an introverted specie.

This introversion has arisen out of suppression of normal behaviour due to extreme stress causing depression, loneliness, anxiety, negativity amongst individuals.

Thus to understand the cause of this deviation one needs to first understand the definition of suppression.

Keywords - Suppression, introversion, depression

INTRODUCTION -

The word "suppression" is derived from the latin word " suppressus" which comes from the word "supprimō" in which the word " sup " means "under" & " premō " means "press".

Thus suppression in a common sense means "to press down " or " to hold back".

But according to homoeopathy it is defined as "inhibition of the natural expression of the vital force".

This inhibition is caused due to certain factors such as suppressing the skin eruptions with the use of local applications , suppressing normal & abnormal discharges , suppression through surgery & continuous palliation & lastly most commonly occurring nowadays is the mental suppression.

Here one needs to understand that the cause of suppression is triggered via unfavorable conditions which one meets in his/her life & it's expression in the person is totally dependent upon the miasm in which the seeds of causes are sown.

Thus in order to understand an individual one needs to know the miasmatic expression of that individual at that specific time.

So to begin with basically one must know what miasm is. The word miasm is derived from the Greek word 'miasma' which means "an unpleasant or an unhealthy vapour".

These are the dynamic disease producing agents which are also called as "stigma" or "pollutants".

Thus miasms are further categorised under-

1. Psora - Here the cause of the sickness is deficiency , functional changes or suppression of skin eruptions
2. Sycosis - Here there is overgrowth of tissues both at the physical level in the form of warts as well as at the mental level in the form of ego or pride or jealousy.

Here the cause lies in suppression of gonorrheal discharges.

3. Syphilitic - Here there is destruction of the tissues & cause lies in suppression of syphilitic chancre.

4. Tubercular - It is a combination of psora & syphilitic miasm.

A fifth type of the miasm nowadays we can hear is called the cancer miasm in which everything grows out of proportion & situation becomes out of control just like how rapidly cancer cells multiply in blood. The cause here again lies in suppression of any form.

If we study in depth we can get to know at what level suppression is occurring in our body & this can be understood by knowing the layers of suppression which depict the various levels of it.

Thus accordingly there are 7 layers of suppression. These are as follows -

1. Ectoderm - It is the outermost layer that helps in forming cornea , conjunctiva.

Any kind of suppression at this level can be manifested in the form of -

A) Conjunctivitis - If psora is predominant.

Other examples include boils , rashes , eczema , acne , dermatitis , otitis externa.

B) Blepharitis - If sycosis is predominant.

Other examples include warts , ringworms or taenia.

C) Corneal ulcer - If syphilitic miasm is predominant.

Presentation of the above conditions in the patient depends upon the degree of derangement of vital force & susceptibility of that individual & his constitutional tendencies to attract these affections.

Ectoderm forms structures of eyes, ears, mouth & skin.

2. Endoderm - This is the 2nd layer from outside after ectoderm.

Any kind of suppression at this level can be manifested in the form of -

A) Appendicitis - Inflammation of appendix, if psora is predominant.

Other examples include Tonsillitis, sinusitis, hepatitis, gastritis, pharyngitis, bronchitis, laryngitis.

Hence all the inflammatory conditions are covered by psora.

B) Gall stones - Occurs if sycotic miasm is predominant.

Other examples include polyps, Deviated nasal septum, tumors, gonorrhoea, Asthma.

C) Intussusception - If syphilitic miasm is predominant.

Other examples include ulcers, varicose veins, trophic ulcers.

Endoderm forms lining of urinary tract, Gastro intestinal tract, upper, middle & lower respiratory tract.

3. Connective tissue - After endoderm comes the connective tissue whose function is to connect one part or the organ of the body with that of the other for the systematic functioning of the body.

One can see the role of joints & cartilages forming articulations between bones & thus helps in the attachment of muscles to bones.

Also dermis in our body forms the largest connective tissue forming one of the layers of skin.

Any kind of suppression at this level can be manifested in the form of -

A) Arthritis - This includes inflammation of the joints, if psora is predominant

Other examples include falling of hair, synovitis, lumbago, various types of anaemias as blood act as a connective tissue.

B) Psoriasis - If sycotic miasm is predominant.

C) Osteoarthritis -

If syphilitic miasm is predominant.

Other example -

One can also recognise the role of calcium deficiency & degenerative condition due to old age leading to osteoporosis.

4. Mesoderm - This is the inner most lining which forms the lining of important organs like heart , kidney , lungs.

Any kind of suppression at this level can be manifested in the form of -

A) Myocarditis - Inflammation of myocardium, if psoric miasm is predominant.

Other examples include - Angina, Nephritis, Lymphangitis.

B) Renal calculi - Formation of stones, if sycotic miasm is predominant.

Other examples include hypertrophy of heart, Atherosclerosis, stenosis.

C) Chronic renal failure - If syphilitic miasm is predominant, it will cause destruction & thus proper functioning will be hampered.

Other examples include infarct, valve prolapse, nephrotic syndrome, uterine prolapse, emphysema, interstitial fibrosis, COPD.

As the age advances body starts to undergo many degenerative changes thus trait of syphilitic miasm comes more & more into picture provided necessary conditions for its growth are fulfilled.

5. Endocrine - This is the fifth layer.

Any kind of suppression at this level can be manifested in the form of -

A) Thyroiditis - If psora is predominant.

B) Goitre - If sycosis is predominant.

Deficiency of iodine leading to goitre can give clinical presentation in the form of combination of psoro - sycotic miasmatic traits.

C) Leucoderma or Vitiligo - If syphilitic miasm is predominant, with a confirmation of family history for vitiligo.

6. Neural plate - This is the 6th layer.

Any kind of suppression at this level can be manifested in the form of -

A) Neuritis - If psora is predominant.

Other examples include peripheral neuritis.

Tingling & numbness as the common presentation.

B) Neurofibromatosis especially of Type I -

If sycosis is predominant miasm.

C) Parkinson's disease - If syphilitic miasm is predominant.

Other examples might include Alzheimer's, dementia or degenerative lesions in brain & spinal cord.

7. Changes in genetic code - This forms the seventh or the innermost layer where any slight change in the genetic makeup of an individual can completely change the overall constitution of the person transforming him from healthy state to pre disposing state.

Any kind of suppression at this level can be manifested in the form of -

A) Schizophrenia - If psora is predominant.

B) Cancers - If there is enormous growth beyond the exceeded limit, then sycosis is predominant miasm.

C) Gangrene - If syphilitic miasm is predominant.

Other examples include necrosis, Multiple sclerosis, various leukemias etc.

At the mental level psychopaths like aloof nature & criminal tendencies can be observed in case of syphilitic miasm with suicidal disposition or self harming tendencies.

One can note that the above cited examples of suppression are presentations at the physical level which can be seen or cross checked either through naked eye or through diagnostic tests. But there are certain behavioral changes of suppression at the mental level which are masked up by the patient which one needs to dig out through thorough case taking with utmost care & patience so as to distinguish between a hypochondriac & a real sick.

The physician needs to understand that certain constitutions are predisposed to certain illnesses. You just need proper fertiliser to act as causes in forming the causative factors for that individual where the seeds of ailments are allowed to grow.

Thus homoeopathic way of dealing with suppression depends upon proper case taking, the constitution, the ailments, the history & most importantly the evolution of that individual which has transformed him to enter in such state.

A homoeopathic medicine having the dynamic action on the body will go into the deeper layer of the organism & thereby removes the tendency to attract such affections both at the physical as well as at the mental level.

Lastly any kind of mental suppression which has been brought on by disappointments, loss, embarrassments, grief, shock, trauma etc can be taken care not only with the use of homoeopathic medicine but also with the use of proper counselling, guidance, moral support, cognitive behavioural therapy, also by developing good relations with peers giving you a sense of good motivation, who can help you come out of your intense brooding, also traveling & giving yourself "your me time" through indulging in creativity, one can naturally promote healing faster.

To conclude -

SUPPRESSION RISE, WHEN EXPRESSION DIES.