

**HOMOEOPATHIC INTREPRETATION OF DREAMS IN RELATION TO FEAR & ANXIETY****Dr. Channabasawa Reddy<sup>1</sup>, Dr. Samina Bandalagi<sup>2\*</sup>**<sup>1</sup> Intern, BVVS Homoeopathic Medical College and Hospital, Bagalkote.<sup>2</sup> Associate Professor and HOD, Department of Forensic Medicine and Toxicology, BVVS Homoeopathic Medical College and Hospital, Bagalkote.

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Modern psychology and homeopathy, both acknowledge the significance of dreams while psychologists use dreams to understand the subconscious process. On the other hand, homeopaths utilize dreams as perspicaciously for individualized case taking and prescribing a dogmatic remedy. Fear and anxiety related dreams are punctiliously important because they often reveal the patients deepest perils of emotional nudity and frailty. By this a physician gains insight into the patient's mental and emotional constitution. From a homoeopathic perspective, dreams possess considerable clinical importance because they form part of the patient's mental and emotional sphere. Homoeopathic pioneers emphasized that peculiar, intense, recurring, and characteristic dreams can aid in individualization and a dogmatic remedy selection. Sir Hahnemann's concept of treating the patient as a whole supports the inclusion of dreams within the totality of symptoms. Kent further highlighted the significance of mental symptoms, while H.C. Allen emphasized strange, rare, and peculiar manifestations, making unusual dreams highly valuable in case analysis.

**KEYWORDS:** Dream, fear, anxiety, dream analysis, dream interpretation, homoeopathy for dreams, homoeopathy for fear & anxiety.**DREAMS**

A dream is a physiological and psychologically conscious state that occurs during sleep and is characterized by a rich array of endogenous, sensory, motor, emotional, and other experiences.<sup>[1-3]</sup>

Dreams occur more often during periods of sleep which is a circadian rhythm, NREM sleep that is Non-rapid eye movement sleep and during REM sleep that is Rapid eye movement sleep, around 74% of awakenings are during Rapid eye movement sleep which result in the recall of the dream and 9% of awakening during Non-rapid movement sleep.

Non-rapid moment sleep is regulated by interacting hypnogenic and arousal mechanisms characterized primarily by thoughts and emotions. Whereas, Rapid eye movement sleep is characterized by visual imagery,

along with intense emotion, especially fear, elation, anger.<sup>[4-6]</sup>

Jung considered dreams are the means of communication between the unconsciousness and consciousness mind, which helps in progressing growth and self understanding. He believed that dreams try to guide an individual towards the emotional healing.

Dreams are the natural messages from the unconscious mind which contain symbols representing personal experiences that help in maintaining psychological balance. But, fearful dreams are designated for emotional imbalance or psychological hazard. He did not unequivocally state about fearful dreams indicating psychological hazardous condition but his ideology says disturbing dreams are like compensatory hidden

messages of unconscious mind signaling mooted emotional conflagration.<sup>[7-8]</sup>

Sigmund Freud expounded upon “Dreams are royal road to the unconscious”, dreams as symbolic condensation of conflicting impulses that are rejected from waking consciousness to avoid emotional distress. Accordingly, dreams, Are nothing but monogram of different pulses that are rejected during consciousness to avoid emotional distress.<sup>[9]</sup>

### **IMPORTANCE OF DREAMS IN HOMOEOPATHY**

Homeopathic pioneers like Dr Samuel Hahnemann in his Organon of medicine, sir, overlooked upon changes in sleep and dreams considering dreams as part of patient’s total symptom picture reflecting the action of disease or the response to the remedy prescribed.

Sir did not write extensively about dreams. But his philosophy laid the foundation for their importance in homeopathy. As he said a physician must absorb all vamping in patient health and mental symptoms. Since, dreams are the manifestations of the mental sphere they have a reason to be a part of the totality of symptoms that help in remedy prescribing. Dr Hahnemann believed that disease exhibits itself as a whole in an individual which even include mind and emotions. Therefore, dreams that are unusual, intense and recurring can add essence to the remedy prescribing. To match the inclusion criteria, dreams cannot only be given importance, they should be put up alongside of physical generals, mental symptoms, modalities, which helps in understanding the individuality of the patient.<sup>[10]</sup>

Another homeopathy scholar who mainly stressed over the mental symptoms said that mental and emotional state of the patient to be the highest and the most important aspect in the homeopathic case taking.

Dreams are also the expressions of the inner mind and can reveal disturbances that may not be evident during consciousness. A dream savvy importance when it correspondence with the patient mental and emotional characteristics. A physician should note the content of dreams, emotions experienced and their effect on conscious, all this information helps in identifying the constitutional remedy.<sup>[11]</sup>

Accordingly, dreams are like Windows to the subconscious mind which add plum tools for individualization following veracious remedy selection.

Suspectedly, Dr. James Tyler kent in his hierarchy of symptoms gave most importance to the mental symptoms following physical generals and particulars.

### **ANXIETY**

It is an emotion characterized by apprehension and somatic symptoms of tensions in which an individual

anticipates about impending danger, catastrophe or misfortune which is mediated by Amygdala.<sup>[12]</sup>

### **There are two types of anxiety**

#### **1. Amygdala Based Anxiety**

- Automatic, emotional, and rapid
- Produces physical symptoms such as tachycardia, sweating and panic attack attacks.
- often triggered before conscious, thinking hours.

#### **2. Cortex Based Anxiety**

- This is generated by thoughts, worries and over thinking.
- Involves anticipation that is overlooking upon future hazards and imagining worst case scenarios.

Anxiety disorders prevail worldwide as the most troublesome mental disorders. According to WHO World health organization 359 million put up with anxiety disorders. That is 4.4% of the global population is getting affected by anxiety disorders. According to 2019 data there were around 301 million cases of anxiety disorders, which in year 2021 prevailed to 359 million.<sup>[13]</sup>

### **ANXIETY RELATED DREAMS**

1. Dreams of being chased.
2. Dreams of falling from Heights.
3. Dreams of missing an examination.
4. Dreams of being lost or getting lost.
5. Dreams of natural disasters.
6. Dreams of snakes and dangerous animals.

Such dreams of an individual bombard about his ability to perform well, but thinks he may suffer failure during the course, needs to face social anxiety, getting rejected, financial insecurity, and anxious about health, or even worst scenarios imagines death.<sup>[14-15]</sup>

HC Allen emphasized more on strange, rare, and peculiar symptoms. Understandingly, dreams, which have unusual pattern of fear, precariousness, and demise become very worthwhile guiding symptoms for a remedy selection.<sup>[16]</sup>

### **FEAR**

Fear is initiation of the survival mechanism, which is mediated by amygdala which is a almond shaped structure located deep within each side of the brain in the temporal lobes. Their function is to process fear, anxiety and detect potential threats and Hazard. Fear is a very unpleasant emotion experienced by an individual to precariousness threat and harm.

Dr. Richard Lazarus explain that fear as an emotion arises when a person gauge a situation as threatening and believes it may cause harm or loss. Understandingly, fear as an emotion is different in different scenarios.<sup>[17-19]</sup>

**FEAR AND THEIR INTERPRETATION IN DREAMS**

DREAMS	INTERPRETATION
1.Dreams of Being chased	a) Avoiding a problem b) Responsibility c) Conflict
2. Dreams of falling	a) Loss of control b) Insecurity c) uncertainty
3. Dreams of being attacked	a) Feeling threatened b) Vulnerable c) stressed
4. Dreams of darkness	a) Fear of unknown b) Uncertainty about the future
5. Dreams of snakes and dangerous animals	a) Perceived danger b) Inner conflict
6. Dreams of death	a) Fear of loss b) Major life transitions
7. Dreams of being trapped	a) Feeling powerless

Revonsou speculated the “Threat Simulation Theory” insinuating that dreams evolve as biological mechanism which allows an individual to rehearse threatened situations in a safe environment, so fearful dreams are not random events. When an individual experience dreams the brain savvy survival related skills. Hence, dreams help in enhancing preparedness for real life threats.<sup>[21]</sup>

Another scholar Domhoff viewed dreams as continuation of conscious thoughts. So the fearful dreams reflect above scenes which may have happened in day today life, Analysing the dream content one can gain keen insight into the individual’s psychological state.<sup>[22]</sup>

Sir Calvin S. Hall says that dreams reveal how individual perceive people around them and try to inculcate their state of mind to cope up with them. Dreams involving fear may reveal feelings of insecurity, conflict, perceived hazard, thus helping in understanding an individual’s concerns.<sup>[23]</sup>

**Fear as an emotion is different in different scenarios.**

1. EXAMPLE: fear from darkness
2. EXAMPLE: fear from snakes
3. EXAMPLE: fear from threat.

In above scenarios an individual behaves dissimilar to each. In homoeopathic case taking this fears are recorded separately, as they indicate different remedies.

**COMMONLY INDICATED REMEDIES DURING FEAR AND ANXIETY**

ACONITUM NAPELLUS <sup>[23]</sup>	
Dreams	Characteristic Mental State
1. Fearful dreams 2.Dreams of death 3.Dreams of danger and disasters 4.Awakens in panic and anxiety	1.Sudden intense fear 2.Fear of death 3.Restlessness and panic

ARSENICUM ALBUM <sup>[24]</sup>	
Dreams	Characteristic Mental State
1. Anxiety-filled dreams 2.Dreams of thieves, robbers, and misfortune 3.Dreams causing awakening with great fear	1 Anxiety about health and future 2.Fear of being alone 3.Restlessness

STRAMONIUM <sup>[25]</sup>	
Dreams	Characteristic Mental State
1. Terrifying dreams 2.Dreams of monsters, ghosts, darkness 3.Nightmares with screaming	1. Fear of darkness 2.Fear of being alone 3.Terror and violence

CALCAREA CARBONICA <sup>[26]</sup>	
Dreams	Characteristic Mental State
1Anxious dreams 2.Dreams of misfortune 3.Dreams of sickness and danger	1.Apprehension 2.Fear of insanity 3.Fear that something bad will happen

<b>LACHESIS MUTUS<sup>[27]</sup></b>	
<b>Dreams</b>	<b>Characteristic Mental State</b>
1.Dreams of death	1.Jealousy
2.Frightening dreams	2.Suspicion
3.Dreams of snakes	3.Anxiety on waking

<b>PHOSPHORUS<sup>[25]</sup></b>	
<b>Dreams</b>	<b>Characteristic Mental State</b>
1.Frightful dreams	1.Fear of darkness
2.Dreams of fire	2.Fear of being alone
3.Dreams causing anxiety and palpitations	3.Easily startled

<b>PULSATILLA NIGRICANS<sup>[23]</sup></b>	
<b>Dreams</b>	<b>Characteristic Mental State</b>
1.Frightful dreams	1.Timid disposition
2.Dreams with weeping	2.Fearfulness
3.Dreams of abandonment	3.Emotional sensitivity

<b>SILICEA<sup>[27]</sup></b>	
<b>Dreams</b>	<b>Characteristic Mental State</b>
1.Anxious dreams	1.Lack of confidence
2.Dreams of failure and examinations	2.Anticipatory anxiety
3.Dreams producing fear	

<b>CACTUS GRANDIFLORUS<sup>[27]</sup></b>	
<b>Dreams</b>	<b>Characteristic Mental State</b>
1.Dreams of death	1)Melancholy and sadness.
2.Dreams of impending danger	2)irritability and emotional sensitivity.
3.Anxiety during sleep	

<b>MANCINELLA<sup>[28]</sup></b>	
<b>Dreams</b>	<b>Characteristic Mental State</b>
1.Frightful dreams	1.Extreme fear
2.Dreams of evil spirits	2.Anxiety with religious themes
3.Religious and fearful dreams	

<b>MEDORRHINUM<sup>[26]</sup></b>	
<b>Dreams</b>	<b>Characteristic Mental State</b>
1.Dreams of danger	1.Anticipatory fear
2.Dreams of being chased	2.Extreme nervousness
3.Night terrors	

## DISCUSSION

Dreams have fascinated mankind since ancient times and continue to remain an important motif in psychology, neuroscience, and homoeopathy. Modern science considers dreams as a natural phenomenon occurring predominantly during REM sleep and NREM sleep, where emotions, memories, and experiences are refined.

Psychological scholars such as Sigmund Freud, Carl Jung, Hall, Antti Revonsuo and G. William Domhoff have different explanations regarding the significance of dreams. Sigmund Freud viewed dreams as symbolic expressions of repressed wishes and conflicts, while Carl Jung regarded them as messages from the unconscious mind that guide to emotional growth. Antti Revonsuo proposed that fearful dreams function as a biological rehearsal mechanism for threatening situations, whereas

Hall and G.William Domhoff considered dreams to be reflections of an individual's daily concerns, emotions, and thought processes.

Fear and anxiety are among the most common emotions represented in dreams. Dreams of being chased, falling, death, darkness, dangerous animals, or being trapped often symbolize insecurity, uncertainty, perceived danger, unresolved conflicts, or anticipation of future adversity. Although such interpretations may vary among individuals, they frequently provide valuable clues regarding an individual's emotional and psychological state.

Fear-related dreams are particularly useful in homoeopathic prescribing because different forms of fear often correspond to different remedies. Fear of darkness,

fear of snakes, fear of death, fear of being alone, and fear arising from perceived threats each represent distinct mental states.

Remedies such as Aconitum Napellus, Arsenicum Album, Stramonium, Calcarea Carbonica, Lachesis Mutus, Phosphorus, Pulsatilla Nigricans, Silicea, Cactus Grandiflorus, Mancinella and Medorrhinum exhibit characteristic dream patterns that can guide a physician for a remedy selection when correlated with the patient's complete symptom picture.

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