

# A Journey from Health to Disease: A Bio - Psycho - Socio - Spiritual Environment with Homoeopathic Perspective

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**Abstract:** *The Homoeopathic system of medicine, that based on the principle that like cures like, meaning that substances which can cause certain symptoms in a healthy person can also be used to treat a diseased person. In this article, we try to focus on how to go on a journey from health to disease on the basis Bio - psycho - socio - spiritual environment with a homoeopathic approach regarding health, disease and knowledge of physicine in prevention and preservation of health. There is no simple consensus on the definitions of health, disease, and illness, even though they are key concepts in both the biomedical and nonbiomedical health fields. These concepts are multidimensional, complex, and sometimes elusive. The WHO's definition of health is critiqued. Disease categories (acute, chronic, accidents/injuries, and mental disease/illness) are discussed. The chapter concludes with a strong emphasis on cultural beliefs regarding causation among lay populations. Natural, supernatural, mystical, and hereditary/genetic causes are discussed based on cultural realities but sometimes diverge from biomedical models of disease causation. [1] In Homeopathy, Health is seen as freedom and creativity. The cause of the disease is the dynamic disturbance of the harmonious relation between the physical body and the vital force that stimulates the body's health.*

**Keywords:** Health, disease, Homoeopathy, bio - psycho - socio - spiritual environment, illness, preservation of health, Biopsychosocial model

## 1. Introduction

Aristotle believed that people should live a good life in society by obeying moral rules and laws, whereas Plato and Hellenism stressed the importance of the relationship between body and soul. [2] The belief that there is a cause of health and illness has existed throughout history. However, the understanding of health and illness has undergone much development throughout history. The "separation" of health and illness began during the Renaissance period of history. During that period, science rediscovered knowledge about plants and herbs as well as about the human body that had been forgotten for centuries. Later during the Industrial Revolution period, society introduced economic ideas about survival through work in addition to ideas from Darwinian thought to influence people's perception of health and illness. [2]

The journey from health to disease through the patient is described in the following.

Concept of health Major concepts of health:

- 1) Biomedical concept: Koch's theory of disease is based on the belief that germs are the cause of disease.
  - a) The postulates of the germ theory of disease state that a) Microorganisms are responsible for the disease. [3] Viruses, bacteria, fungi, and parasites are causes of infectious diseases. [4]
  - b) These microorganisms can be isolated from the diseased host and can be purely in the laboratory. [3] The purpose of spread plating and streak plating is to isolate individual bacterial colonies on a nutrient medium. [5]

- c) The isolated organisms in pure culture when injected into a healthy susceptible host can produce the same disease. [3] If a healthy susceptible host is infected with the suspected causal agent, the host must reproduce the specific disease. [6] The homoeopathic system of medicine, that based on the principle that "like cures like", meaning that substances which can cause certain symptoms in a healthy person can also be used to treat those same symptoms in an ill person.
- d) The microorganisms can be isolated from the experimental host both in smear and culture. [3]

2) Ecological concept: The host and their environment are in a dynamic equilibrium. [3] Environmental health is used in both medicine and wider society to refer to the health of a site that is cultivated for crops, managed for tree harvest, stocked for fish, urbanized or otherwise intensively used, or the health of people exposed to synthetic chemicals via polluted air, water and food. [7]

3) Psychosocial concept: This concept states about social cultural and economic as well as psychological factors in defining health and disease. [3] How a person interacts with others, especially friends and family, regarding their thoughts, beliefs, and behaviours is called psychosocial health. Although psychosocial health encompasses the past, present and future, it also involves how a person copes with stress and pressure. Emotional health includes mental as well as physical aspects of a person's life. Social health involves interaction with others. Spiritual health includes interaction with God or a higher power. [8]

Spiritual health has many dimensions. Religious, individualistic and material world - oriented components

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affect physical, psychological and social aspects of life. Spiritual health includes four domains of the connection between humans and God, themselves, others and nature. Each dimension is important in spiritual health. Spiritual health involves religious, existential and individualistic dimensions. Religious and existential approaches to spiritual health are different. Spiritual health is dynamic such that it changes over time and can be promoted. [11]

According to Dr Samule Hahnemann in Organon of Medicine 6th edition, in a healthy condition of man, the spiritual vital force (autocracy), the dynamic that animates the material body (organism), rules with unbounded sway and retains all the parts of the organism in admirable, harmonious, and harmonious operation. Our reason - impelled mind can use our living instrument for higher purposes of our existence if we employ it freely. The material organism, without the vital force, can perceive nothing, perform nothing, and be preserved by the organs if it does not utilize the immaterial being that animates it. According to Aphorism no.11, diseases are caused by a vital force within the body and not by external factors only. The vital force is deranged and this derangement of the vital force makes you feel ill. Or to put it another way, it is only unhealthy feelings that you can see and perceive through your senses.

4) Holistic concept: this concept includes all biomedical, ecological and psychological concepts in defining health and disease. [3]

#### A. Concept of disease:

The severity of an illness can be categorised according to the signs and symptoms it presents. This can also be done for chronic as it can be categorised as mild, moderate and severe. Chronic conditions such as rheumatism should be treated with medication to prolong their existence and not just be cured. The signs and symptoms of acute disease are either obvious or not apparent while those of chronic disease are evident even to people who do not realise why they are suffering. [9]

According to Homoeopathy, there is no difference between normal health and disease. The signs of deviation from it can be found in every part of one's psychological and physical being.

#### B. Classification:

- 1) Indisposition: A slight alteration in the state of health manifested by one or more trivial symptoms which are slight alterations in the diet and regimen will usually suffice to dispel.
- 2) Surgical disease: Mechanical aid does not work for all diseases, and if it were to work for every disease there would be a chance of cure in medicine. But the vital power is sufficient to cure some diseases; hence mechanical means can be used to help cure such diseases.
- 3) Dynamic disease: The vital principle is disturbed to such an abnormal state that makes disagreeable sensations and inclines disease in sensations and functions and makes disease in the parts of the organism exposed to the senses for the observer and physician.

- a) Acute disease: The period during which a short illness is manifest comes quickly and is finished by distinct signs and symptoms.
  - Individual disease: There are individual cases of latent infections that become active due to unbalancing of the diet and depressive impressions. e. g. Chill overheating, depression, mental emotion etc.
  - Sporadic disease: Occasionally single or in scattered instances sporadic diseases. e. g. diseases that attack several persons at the same time here and there. Typhoid fever.
  - Epidemic disease: if it refers to the consent presence of a disease or infection as an agent within a given geographic area or population. It is the usual or expected frequency within a population. e. g. Influenza.
- b) Chronic diseases: are long - term medical conditions that are generally progressive. Fully developed symptoms [more than 3 months] few symptoms.
  - Diseases with fully developed symptoms: a) non - miasmatic chronic disease.: diseases from bad hygienic conditions of living. e. g. scabies and trachoma. b) communicable diseases found in conditions of poverty, overcrowding and poor access to water and sanitation.

#### C. Disease with few symptoms:

- a) One - sided disease [172 - 184]: the only disease that seems to have but few symptoms and, on that account, fewer chances to cure are those which may be termed one - sided.
  - Diseases with only mental symptoms e. g., insanity.
  - Diseases with only physical symptoms e. g., Headache.
- b) Local disease. A localised disease is an infection or neoplastic process that originates in and is continued to one organ system or general area in the body such as a sprained ankle, a boil on the hand an abscess of a finger.
  - Surgical
  - Non - surgical - dynamic diseases appear on the external parts of the body.
- c) Occupational disease: some diseases due to occupation. e. g. Asthma [nature and treatment]. [10]

Operationalizing knowledge in the management of Disease, preservation of Health and prevention of disease.

In Homoeopathy According to the Organon of Medicine 6 th edition Aphorisms no 3 and 4 mention that physician must have the following knowledge

- Knowledge of disease [Aphorism.5 to 18]; To know the patient rationally, the physician must know about the disease. [12]
- Knowledge of medicinal power [Aphorism 19 to 21], The source of medicine known to physiology is its chemical properties, its physiological effects on the human body, the properties of drugs, methods of preparation and ways of administration. Physicians must have a complete knowledge of all these to choose the right drug substance. [12]
- Knowledge of the application of drug knowledge to disease knowledge [Aphorism 22 to 27], The patient's health can be improved by choosing the right remedy for his/her symptoms. [12]

- Knowledge of the choice of remedy [Aphorism 153] The symptoms which the physician names during his knowledge of Materia Medica and Organon of medicine are to choose the proper minimum for the patient. [12]
- Knowledge of pharmacy [Aphorism 264, 265, 267, 268] Proper techniques are needed for using medicines effectively. [12]
- Knowledge of proper dose; The correct dose is chosen based on such factors as the constitution and personality of the patient, nature of the disease, type of medicine and so on. [12]
- Knowledge of repetition of dose [Aphorism 245 - 248, 251] It is necessary to know about medicine how to administer the remedy and when to administer it. How many times to repeat it? How long is the medicine to be continued? What to give along with medicine? What to expect after the administration of medicine? Should the medicine be stopped at once or reduced gradually?
- Knowledge of obstacles to cure and their removal; Blocking or hindering factors can cause the cure to go astray, but if these are identified and removed, then the cure can be successful. [12]

Prevention and Preservation of Health In Homoeopathy Dr. Hahnemann in Aphorism 4 explains the knowledge of disease prevention. In section 4 organon of medicine. Prevention is better than cure. The physician must be a healer as well as an adviser to the community on maintaining health.

#### Factors that Derange Health:

Include factors that decrease the vital force and predispose us to various disease states. The vital force is the body's ability to heal and maintain a healthy state.

- Mental And emotional factors, worries, exposure to too much obscenity or violence through media, heartbreak, separation or death of a loved one, or harassment may cause unusual mental strain.
- Physical factors: unusual physical strain or trauma [such as a car accident, fall. Etc. ]
- Environmental factors: Colds, heat, damp, or dry weather; changes in the moon's cycle; or exposure to pollution and poor air quality cause a person to fatigue.
- Social factors: Poverty, unhealthy surroundings, and stressful jobs make many people ill.
- Dietary factors: Bad jobs, bad neighbourhoods, poverty and unhealthy surroundings.
- Bad habits: It is due to a lack of physical exercise, a poor sleep cycle, addictions like smoking and alcohol, unhealthy sexual practices, etc that lead to failure in finding a good job.
- Suppressive medicines, treatments or actions of any kind: Exasperating noise and distraction can make it hard to pay attention to a medical prescription or even to recognise signs of illness.
- All these factors can decrease the vitality of the person and predispose persons to a variety of disease conditions. [13]

#### Biopsychosocial Model:

A person's experience of pain is seen as a complex combination of factors including psychological, physical and environmental elements. Therefore, physiotherapy should take into consideration how psychological distress can play a part in the experience of pain. \

- Bio [Physiological markers]
- Psycho [thoughts emotions and behaviours such as psychological distress, fear/avoidance beliefs, current coping methods and attribution]
- Socio [socio - economical, socio - environmental and cultural factors such as work issues family circumstances & benefits /economics]

It has been suggested that physiotherapists should consider the cognitive, somatic, emotional and behavioural aspects of patients with chronic pain to help them improve their situation. These factors should be taken into consideration during data collection to explain the perpetuation of this condition and provide a basis for planning the treatment. [14]

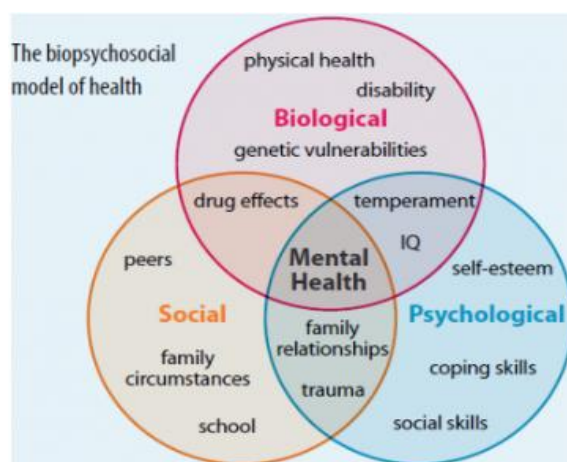


Figure 1: Diagram of the Biopsychosocial model

## 2. Conclusion

In this article, we try to focus on how to go on a journey from health to disease on the basis Bio - psycho - socio - spiritual environment with a homoeopathic approach regarding health, disease and knowledge of physicine in prevention and preservation of health. There is no simple consensus on the definitions of health, disease, and illness, even though they are key concepts in both the biomedical and nonbiomedical health fields. The chapter goes on to discuss various features of a disease and the specific realities of illness by showing the difference between the two concepts. Natural, supernatural, mystical, and hereditary/genetic causes are discussed based on cultural realities but sometimes diverge from biomedical models of disease causation. Homoeopathy is said to be a holistic approach to health, taking into account both the physical and mental aspects of an individual. It works by stimulating the body's healing power, rather than simply treating symptoms. Homoeopathy treats the person as a whole, utilizing the patient's unique set of symptoms to create an individualized treatment. Homeopathy concepts of health and diseases provide an understanding of how the physical, psychological, and cultural environment interacts to

influence an individual's well-being. This bio-psycho-social approach to health and illness recognizes that there are complex relationships between biological, psychological, and social factors that must be considered to achieve full health. Homeopathy seeks to understand the root cause of disease and provide solutions that are tailored to the individual's particular set of circumstances.

Experience: 9 years

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