



“SILENT SUFFERING OF THE NATRUM PERSONALITY : A HOMEOPATHIC INSIGHT INTO UNEXPRESSED EMOTIONS AND UNRESOLVED CONFLICTS”

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ABSTRACT :

CONTEXT: In the fast-paced 21st century, emotional suppression driven by stress and societal pressure is a growing concern, often leading to psychosomatic disorders. Research highlights the strong mind-body connection, showing how emotional strain affects physical health. Homeopathy, particularly remedies from the Natrum group, emphasizes the importance of addressing suppressed emotions like inner conflict and silent suffering to support holistic healing.

AIM: The study aims to assess the impact of suppressed emotions and unresolved inner turmoil in the Natrum personality on overall health, and to evaluate the effectiveness of Natrum group remedies in facilitating emotional healing, release, and holistic well-being through personalized homeopathic treatment.

RESEARCH DESIGN: This was an observational retrospective study which was done in my private clinic.

MATERIALS AND METHODS: The study was carried out for 4 years and it includes 300 patients.

Pregnant women and patients on concurrent suppressive treatment throughout the duration of Homeopathic treatment were excluded from the study.

STATISTICAL ANALYSIS: Statistical analysis of the descriptive data was done by numbers and percentages according to different categories.

RESULT: There were 156 cases out of 300 cases where Natrum medicine is given during entire study which was chronic in nature and a majority of the patients (68) were belongs to the Age group between 31 - 40 years. 52 patients were Males and 104 patients were Females. The results of treatment out of 156 cases, Significant improvement in 96 cases, Moderate improvement in 41 cases, Status quo in 09 cases and patient left the treatment in 10 cases.

CONCLUSION: In this study of 300 chronic cases, homeopathy combined with counselling and psychotherapy proved effective in managing illnesses linked to emotional suppression, especially

among Natrum-type patients who internalize grief. Significant improvement was observed in over 52% of cases, highlighting homeopathy’s potential as a holistic treatment for psychosomatic disorders rooted in emotional conflict.

KEY WORDS: Homeopathy, Psychosomatic disease, Emotional Suppression, Natrum group, Individualization

INTRODUCTION

“UNEXPRESSED EMOTIONS WILL NEVER DIE,
THEY ARE BURIED ALIVE
AND
THEY WILL COME FORTH LATER IN UGLIER FORM”

- SIGMUND FREUD

What is Emotions ??

- Emotion is a “Complex Reaction Pattern” and “Our Conscious Experiences”.
- It is an aroused state means it is an “Conscious Mental Reaction” which is experienced as a strong feeling towards a specific object result in Physiological and Behavioral changes in the body.

What does it mean to Suppress Emotions ? What are the Common Causes that lead People to hide or hold back their Feelings ??

WHAT IS DISEASE ?

- Deviation from the State of Health, expressed by sign and symptoms, as a result of dynamic derangement of the vital force is DISEASE.
- As per Dr. Hahnemann, “A true cure means not just getting rid of the symptoms, but also removing the root cause and fully restoring the person’s health.”
- Suppression means pushing down or hiding symptoms instead of letting them come out naturally. The word comes from the Latin “Supprimere”, which means to press down or prevent from being expressed.
- Suppression occurs whenever the patient’s symptoms go against the “Direction of Cure.”
- When suppression happens, the original symptoms may go away, but the illness can move deeper into the body, often affecting more important or vital organs. This leads to more serious health issues over time.
- Commonly Suppression in Homeopathic field is “Phenomenon”. A process that causes disease expressions to disappear without changing the underlying disease force “The Miasm”.
- And thus, this current disease state may not be true or Complete state, but it is because of the Suppression of the earlier disease phenomenon and therefore Suppression is not the actual primary cause of this disease state but it is the “Philosophical Explanation” of the current disease state.

EMOTIONAL SUPPRESSION

- Emotions are a natural and essential part of being human. Everyone experiences a wide range of feelings – such as Happiness, Sadness, Anger, Fear, Surprise and Disgust which play a significant role in how we respond to life’s situations.
- However, not all individuals are comfortable expressing or even acknowledging their emotions. When someone finds it difficult to process their feelings, they may begin to suppress them; either Intentionally or Unconsciously.

WHY ??

- Inability to cope with strong or overwhelming emotions
- Avoidance of further pain or distress
- Self-protection, especially in emotionally unsafe environments
- Pressure to conform to social norms and expectations
- Fear of judgment, rejection, or invalidation

- Early childhood conditioning, such as being told “don’t cry” or “be good,” which teaches the child to hide or deny their emotions

WHAT ARE THE CONSEQUENCES ?

When emotions are consistently suppressed :

- Individuals may start to bottle up or internalize their feelings
- Emotional responses become muted or repressed, even unconsciously
- This can trigger a constant state of internal stress, often keeping the body in a heightened “fight or flight” mode

OUTCOMES...

- Emotional suppression can become a contributing factor to chronic disease.
- It is not a healthy coping strategy and often leads to mental and physical health issues.
- Long-term suppression may result in conditions such as Depression, Anxiety, Digestive Problems, Autoimmune Disorders, and many more.

By exploring and understanding the root causes of emotional suppression, individuals can begin to find healthier and more constructive ways to express their feelings. In homeopathy, recognizing these suppressed emotions is crucial, especially in remedies like those from the Natrum group, where inner conflict and silent suffering are often central to the case. Homeopathy takes a holistic approach, with mental and emotional symptoms playing a crucial role in selecting the right remedy. As Dr. J.T. Kent emphasized, characteristic mental symptoms are prioritized when forming the totality of symptoms for accurate treatment.

The understanding of the symptoms of Natrum group with correlation of PNI Axis that will help in identifying the personality profile of such patients of ‘Natrium’ with pathological understanding of diseases and clinical approach. Psychoneuroimmunology (PNI) can be understood as the empirical realization of the biopsychosocial paradigm in medicine. It has been shown that psychological, neuronal, and hormonal activities influence the immune system. In the opposite direction, cytokines can act on endocrine glands and neurons and alter an individual's subjective experience and behaviour.

SPHERE OF ACTION AND PATHOGENESIS

Through the great vegetative nervous system, natrum salts acts especially on the blood, lymphatic vessels, and glandular system.

On the blood, it causes a dyscrasia resembling very closely a scorbutic disorganization, with disposition to angry eruptions, ulcer, and inflammations. On the lymphatic system, it deteriorates its fluid, leading to disintegration of the tissues. It increases the secretions of the glandular system. It also produces vascular enlargement of the spleen; lastly it affects the genitourinary organs, and also the posterior portion of the spinal cord.

It is found in almost all the tissues of the body and most abundantly in crystalline lens and aqueous humour of eyes. It is best suited to pale, anaemic, emaciated people with profound weakness and weariness.

MENTAL SYMPTOMS :

The Natrum personalities are melancholic, depressed, sad and reserved. Along with depression, there is marked irritability, crossness and the feeling of isolation. The cause of depression might be the death of loved ones, broken relationships, broken heart or divorce. It is useful in cases of acute as well as chronic grief where it is followed by suicidal thoughts.

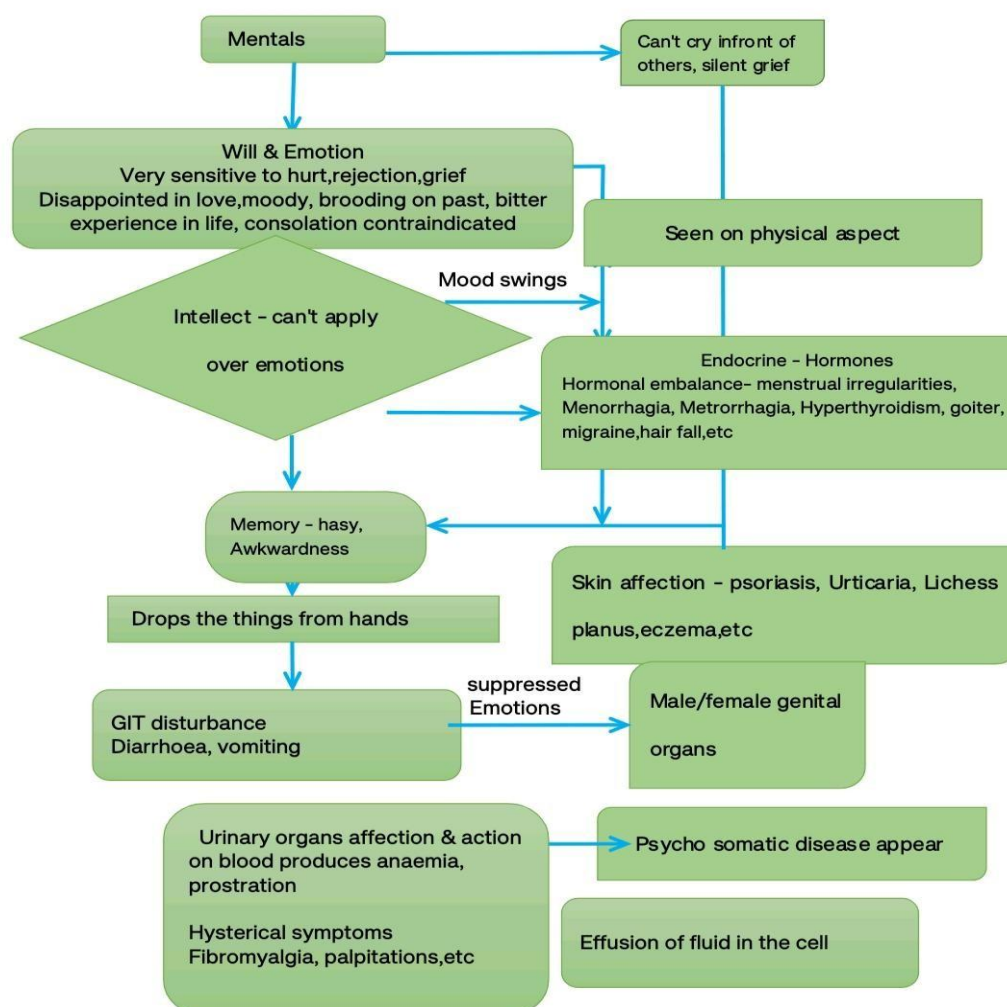
Psychic causes of disease; ill effects of grief, fright, anger, etc. The patient becomes an introvert and desires to be alone. There is silent grief, the patient weeps when she is alone. It seems that the patient needs sympathy, but to the contrary the patient is aggravated by consolation and even leads to anger.

They recollect past unpleasant memories in their mind and dwell on them and get more disheartened by the grief. After getting hurt in a relationship, the patient develops a kind of fear for getting attached to someone or getting into a close relationship. She is unable to control her affections, and falls in love with someone whom she cannot get, i.e. unattainable person like a married man, coachman etc. The patient is sympathetic and emotionally very sensitive. They don't want to get hurt and neither want to hurt anyone. They always listen to the pain of others and imagine themselves in that situation and feel their sufferings. They are taciturn and try to avoid company because they have been offended. They have aversion to the presence of others, especially strangers and that too during urination and thus cannot pass urine in the presence of others.

They are very irritable personalities who get offended easily on slightest things. Child cross when he is spoken to or approached and cries readily on slightest cause.


The patient is hysterical and hypochondriac. Weeping alternates with laughter, there is laughing at inappropriate times. There is awkwardness and hurriedness, drops things due to nervous weakness. The patient has dreams that robbers entered her house and on waking, she still feels the same and searches the entire house. The patient has weak memory, she loses the thread of her conversation and forgets what she was about to say. Concentration power is also weak. The patient is disinclined to mental work and when the attempt is made, she makes many mistakes.

PSYCHO- CLINICO- PATHOLOGICAL CO RELATION OF NATRUM MURIATICUM



Mental generals are among the important symptoms that help in framing the constitutional picture of the patient. Dr. Kent has emphasized to give more importance to the mental symptoms which are specified by certain factors such as aggravation, amelioration or ailments from. Margaret Tyler called these mental symptoms as high grade or qualified mentals.

REVIEW OF LITERATURE

AUTHOR	CONCLUSION
DR. LUC DE SCHEPPER	<p>“Hahnemannian text book of classical Homeopathy for the professional”</p> <p>Level of Suppression</p> <p>Outer physical level</p> <p>Deeper physical level</p> <p>Deepest physical level</p> <p>Emotional level</p>
DR. HAMMER	<p>“German New Medicine”</p> <p>Structural </p> <p>Emotional Biochemical</p> <p>↓</p> <p>Unresolved Emotional conflict</p> <p>↓</p> <p>“Locked up”</p> <p>↓</p> <p>Physical disaster</p> <p>↓</p> <p>Example</p> <ol style="list-style-type: none"> 1. COLON : Ugly “undigestible conflict” 2. LARYNX : Fear or Fright 3. LUNG : Fear of Death or Suffocation 4. SKIN : Impaired Emotion 5. GUTS : Unable to swallow Anger 6. THYROID : Feeling of Helplessness 7. LIVER : Fear of Starvation

AIM AND OBJECTIVES

- To delve into the silent emotional struggles of the Natrum personality, understanding how unspoken grief and inner turmoil affect health, and how homeopathy offers a path toward release and integration through individualized care.
- To determine how effectively remedies from the Natrum group address diseases arising from deeply buried emotions and internalized conflicts in patients.

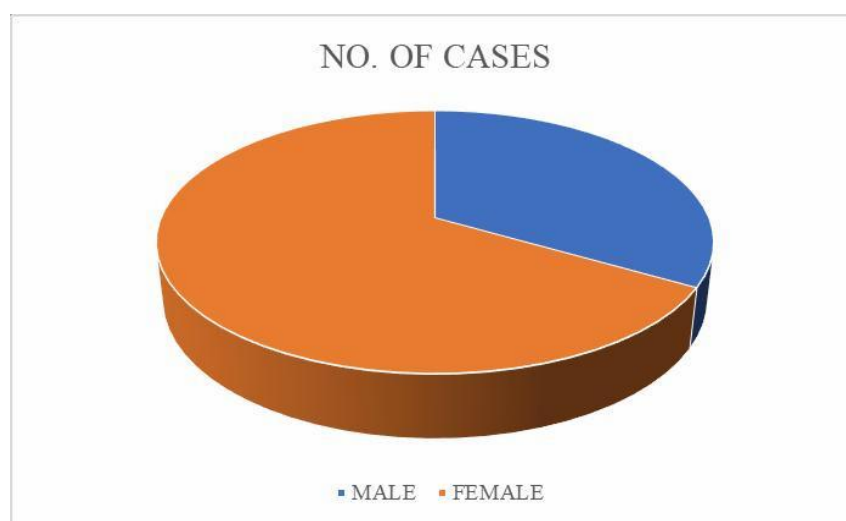
MATERIALS AND METHODS

1) Type of Study :	Descriptive - observational type of Clinical study
2) Source of Data :	Cases from my private clinic “Om Homoeopathic Clinic (Surat)”
3) Material :	Case record proforma of the clinic
4) Sample size :	300
5) Sampling Method :	Randomized Method
6) Material :	<ul style="list-style-type: none"> Case record Performa according to Dr. Hahnemann guidelines. Homeopathic software’s like – Homeopath, Radar 10 etc.
7) Selection Criteria :	
INCLUSION CRITERIA	1. Cases which had history of Emotional Suppression. 2. Cases had been taken from school going children to old age (70 years) and both sexes.
EXCLUSION CRITERIA	1. Pregnant women. 2. Patients on concurrent suppressive treatment throughout the duration of Homeopathic treatment.
8) Response Analysed :	
1. Significant Improvement	Feeling of mental and physical well-being with disappearance of all the Signs and Symptoms.
2. Moderate Improvement	Feeling of mental and physical well-being with relief in his suffering.
3. Status Que	There is no change in the patient’s any complaints. Patient remains as it is condition even after administration Homeopathic medicine.
4. Left the treatment	Patient didn’t come for the further treatment.

DATA COLLECTION

CRITERIA	ALL CASES (300 CASES)	CASES WHERE NATRUM IS GIVEN (156 CASES)
1) Sex group :		
Male	97 Patients	52 Patients
Female	203 Patients	104 Patients
2) Nature of disease :	Chronic in nature	Chronic in nature
3) Age group :		
1 to 10 Years	07 cases	02 cases
11 to 20 Years	27 cases	13 cases
21 to 30 Years	74 cases	41 cases
31 to 40 Years	115 cases	68 cases
41 to 50 Years	53 cases	25 cases
51 to 60 Years	14 cases	04 cases
61 to 70 Years	10 cases	03 cases
4) Treatment used :	Constitutional medicine with Intercurrent remedy (where it was required)	Natrum group of medicine with Intercurrent remedy (where it was required)
5) Result of treatment :		
Significant Improvement	177 cases	96 cases
Moderate Improvement	80 cases	41 cases
Status Quo	18 cases	9 cases
Left the Treatment	25 cases	10 cases

GRAPH 1 GENDER-WISE DISTRIBUTION OF CASES IN NATRUM GROUP PATIENTS



GRAPH 2 AGE-WISE DISTRIBUTION OF CASES IN NATRUM GROUP PATIENTS

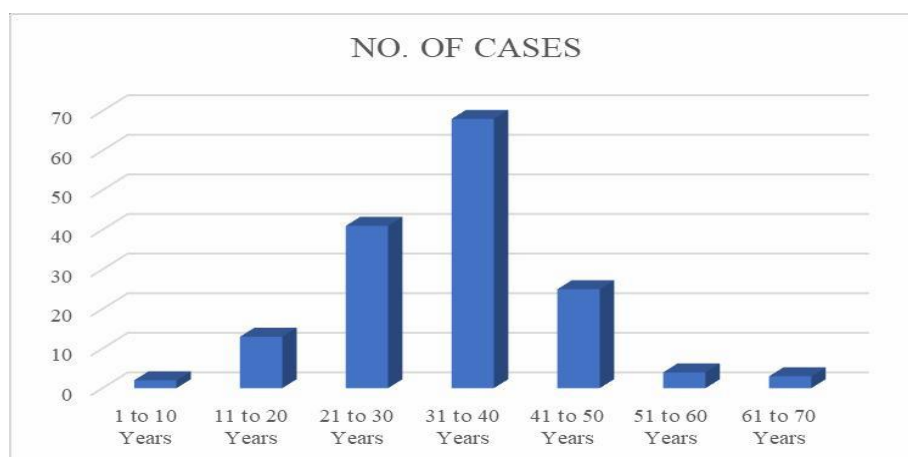


TABLE 1 LIST OF DIAGNOSIS

DIAGNOSIS	NO. OF CASES (300 CASES)	NO. OF CASES WHERE NATRUM IS GIVEN (156 CASES)
MIGRAINE	62	40
HYPOTHYROIDISM	37	18
DEPRESSION	29	17
ECZEMA	29	20
PSORIASIS	24	14
ALLERGIC BRONCHIAL ASTHMA	14	05
GERD	14	05
DUB	14	08
PCOD	13	07
HYPERTENSION	11	03
ERECTILE DYSFUNCTION	10	02
LICHEN PLANUS	08	04
ALOPECIA AREATA	07	02
URTICARIA	07	04

VITILIGO	07	03
VERRUCA VULGARIS	04	02
EPILEPSY	04	00
KERATODERMA	02	01
ACNE VULGARIS	02	01
DIABETES MELLITUS	02	00

TABLE 2 LIST OF CONSTITUTIONAL REMEDY

NAME OF MEDICINE	NO. OF CASES
NAT.MUR	66
NAT.CARB	33
PHOSPHORUS	21
NAT.PHOS	21
STAPHYSAGRIA	17
NAT.SULPH	17
LYCOPODIUM	16
MAG.CARB	14
CALC.CARB	14
NAT.ARS	11
IGNATIA	08
NAT.SILICATA	08
AUR.MET	08
SEPIA	07
PHOSPHORIC ACID	06
CALC.SIL	05
CALC.PHOS	05
CALC.ARS	05
PULSATILLA	04
SULPHUR	03
AUR.SULPH	03
MAG.SULPH	03
ARG.NIT	03
GRAPHITES	02

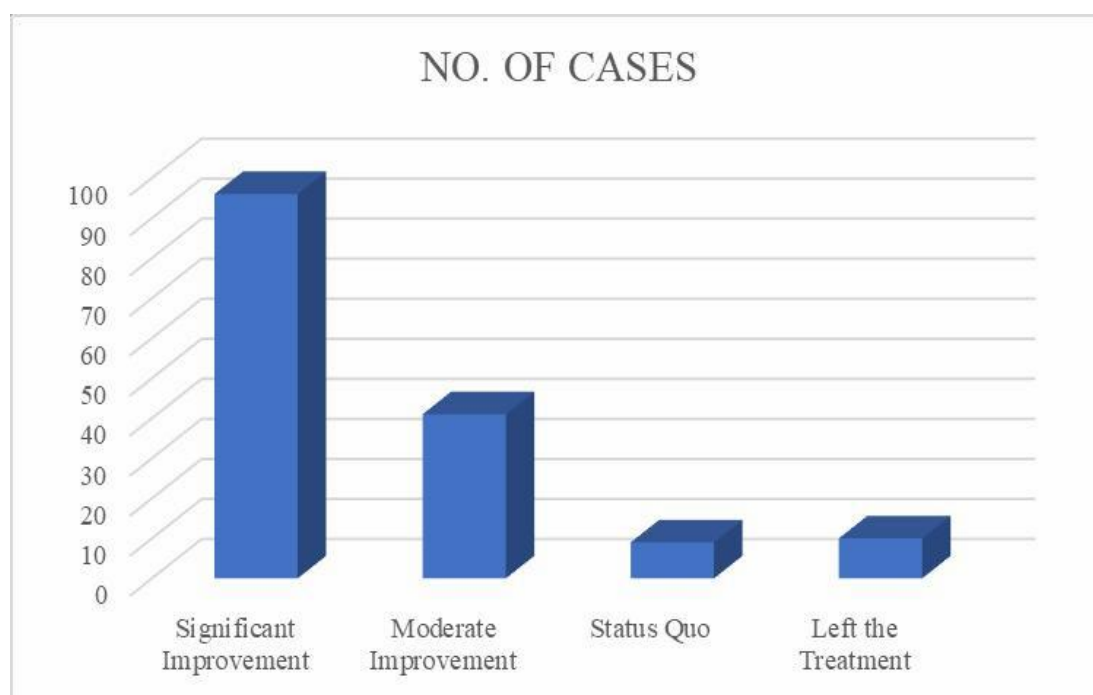
TABLE 3 LIST OF INTERCURRENT REMEDY

NAME OF MEDICINE	NO. OF CASES (300 CASES)	NO. OF CASES WHERE NATRUM IS GIVEN (156 CASES)
THYROIDINUM	37	20
TUBERCULINUM	22	10
THUJA	19	05
HISTAMINUM	12	05
PSORINUM	07	03
SYPHILLINUM	03	00
NO INTERCURRENT	200	113

TABLE 4 LIST OF VARIOUS CAUSATIVE FACTORS FOR EMOTIONAL SUPPRESSION

CAUSATIVE FACTORS (A/F)	NO. OF CASES (300 CASES)	NO. OF CASES WHERE NATRUM IS GIVEN (156 CASES)
Anger Suppressed – Intolerance of Contradiction	118	80
Love Disappointment – Grief, Brooding, Weeping	60	45
Death of Loved one, Parents, Friends – Sadness, Melancholic, Weeping	31	15
Loss of His Job, Position, Reputation, Money, Business	28	05
Abuse after being Sexually	10	02
Rudeness of Others	08	02
Domination	08	00
Injustice can’t Support	07	00
Children Punishment, Scolded being “Reproaches”	07	02
Offended being “Insults”	06	00
Honor Wounded	05	01
Bad News	05	02
Rejected from Being	04	02
Humiliation – Mortification	03	00

GRAPH 3 RESULT ANALYSIS OF CASES TREATED WITH NATRUM GROUP REMEDIES



CASE 1



DIAGNOSIS – Acne Vulgaris

A/F – Sensitive to Reprimand

REMEDY – Natrum Silicium

CASE 2



DIAGNOSIS – Warts

A/F – Disappointment after failure in Exams

REMEDY – Natrum Muriaticum

CASE 3



DIAGNOSIS – Warts

A/F – Conflict with the Family, Suppressed Anger

REMEDY – Natrum Sulph

CASE 4



DIAGNOSIS – Palmer Keratoderma
A/F – Conflict with MIL, Suppressed Anger
REMEDY – Natrum Muriaticum

CASE 5



DIAGNOSIS – Eczema
A/F – Abandoned feeling
REMEDY – Natrum Carb

CASE 6



DIAGNOSIS – Infective Eczematoid Dermatitis
A/F – Grief - Honor wounded
REMEDY – Natrum muriaticum

CASE 7

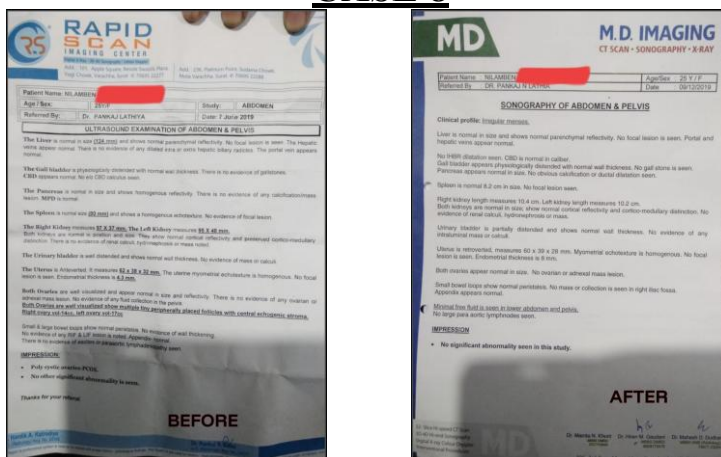


DIAGNOSIS – Atopic dermatitis

A/F – Suppress emotion, suppressed anger, Reproaches herself

REMEDY – Natrum muriaticum

CASE 8



DIAGNOSIS – PCOD

A/F – Engagement broken 2 times -Brooding - Self reproaches

REMEDY – Natrum Phos

CASE 9



DIAGNOSIS – Psoriasis

A/F – Loss of Job, Divorced

REMEDY – Natrum Ars

DISCUSSION

Dr. Samuel Hahnemann, the founder of Homoeopathy, recognized early on that not all diseases stem solely from physical causes. He identified a group of disorders that originate primarily from emotional disturbances such as prolonged grief, suppressed anger, resentment, humiliation, fear, and repeated fright. These emotional states, though accompanied initially by only minor physical symptoms, can gradually lead to significant deterioration of physical health.

This classical homoeopathic perspective reflects what is now widely referred to as Psychosomatic illness conditions where emotional suppression plays a key role in disease development. In aphorism 226 of the Organon of Medicine, Hahnemann emphasizes that such disorders, if addressed in their early stages, can be effectively managed through a combination of Psychotherapy, Healthy Lifestyle practices and Homoeopathic treatment. He associates these conditions with the Psoric miasm, suggesting that Anti-psoric remedies can offer considerable therapeutic benefit.

This understanding is particularly relevant to individuals with a Natrum personality; who are known for their silent suffering, inward grief, and emotional isolation. These individuals often internalize emotional trauma, suppressing their need for support or expression, which can manifest as chronic physical or psychological disorders.

Out of a total of 300 cases studied, Natrum medicine was prescribed in 156 cases. Among these, 52 patients were male and 104 were female. All 156 cases were chronic in nature. Based on age distribution: 2 patients were between 1–10 years, 13 were between 11–20 years, 41 were in the 21–30 age group, 68 were between 31–40 years, 25 were aged 41–50 years, 4 cases fell within the 51–60 age range, and 3 patients were between 61–70 years of age.

In the 156 cases where medicines from the Natrum group were administered, intercurrent remedies were also used in selected cases where clinically indicated. Among these cases, significant improvement was observed in 96 patients, moderate improvement in 41 patients, no change (status quo) in 9 cases, and 10 patients discontinued treatment.

SUMMARY AND CONCLUSION

This study demonstrates that Homoeopathy, when combined with counselling and psychotherapeutic support, is effective in managing chronic diseases caused by emotional suppression. Among the 300 chronic cases examined, a significant number reflected the Natrum typology - patients who internalize grief, disappointment, or emotional trauma, often without outward expression.

Through the careful use of indicated remedies, particularly from the anti-psoric groups, patients experienced significant relief on both emotional and physical levels. Timely repetition of remedies without aggravation helped maintain progress and prevent relapse. This reinforces the view that Homoeopathy is not only a system of medicine but also a powerful tool for addressing deep emotional suffering, offering a path toward holistic and lasting healing.

In this study, Natrum group remedies were prescribed in 156 out of 300 cases, all of which exhibited evidence of emotional suppression contributing to various physical and psychological conditions. The conditions observed among these cases included : 40 with Migraine, 20 with Eczema, 18 with Hypothyroidism, 17 with Depression, 14 with Psoriasis, 8 with DUB, 7 with PCOD, 5 each with Allergic Bronchitis and Asthma, and GERD, 4 with Lichen Planus, 4 with Urticaria, 3 each with Leukoderma and Hypertension, 2 each with Erectile Dysfunction, Alopecia Areata, and Verruca Vulgaris, and 1 case each of Palmar Keratoderma and Acne Vulgaris.

Across all cases, the suppression of natural reactions to emotions such as anger, disappointment in love, bereavement, loss of employment, status, reputation, finances, or business, as well as experiences of disrespect, domination, insult, wounded pride, rejection, humiliation, bad news, reprimands, and scolding, activated the “Fight or Flight” response. This emotional internalisation was a key factor in the development of diseases primarily rooted in the adverse effects of emotional suppression.

Treatment included the use of constitutional and indicated remedies, supplemented by intercurrent remedies in select cases. Psychotherapy and counselling were also integrated into the treatment approach. Among the 156 cases treated with Natrum group remedies, over 61% of patients showed significant improvement, while 26% experienced moderate improvement.

Contemporary Psychosomatic conditions including Migraine, Hypothyroidism, Atopic Dermatitis, Depression, Peptic Ulcer, Primary Hypertension, Ulcerative Colitis, Psoriasis, Leukoderma, Irritable Bowel Syndrome, Erectile Dysfunction, and Insomnia can be effectively treated with Homoeopathic Remedies such as Natrum group, which provide a safer and more holistic alternative to the often potent dosages used in conventional medicine.

Homoeopathy plays a vital role in treating psychosomatic diseases that often stem from emotional suppression, especially in the Natrum personality, known for silent suffering and hidden grief. In the modern era, Homoeopathic medicine holds a significant and promising role in treating psychosomatic diseases, many of which stem from a history of emotional suppression. Therefore, it is apt to say that **“Homoeopathy is the best stress reliever for unresolved emotional conflicts.”**

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