



A Case of Stress Related Insomnia and Homoeopathy

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<p>CC License CC-BY-NC-SA 4.0</p>	<p style="text-align: center;">Abstract</p> <p>A 32 years lady came for homoeopathic treatment. The disease picture was pure because she did not take any previous treatment. Sometimes previous treatment cause complex disease picture which may create hurdles in selecting similimum. Mental symptoms like anxiety were very marked. The condition was caused by grief, anxiety and loss of dear one. On the basis of totality of symptoms diagnosis done. Repertorisation done following Robin Murphy's Repertory. Consulting with materia medica, Calcarea carb – 1M was prescribed with monthly follow up. Three months treatment almost restored the patient's health. Homoeopathic treatment not only treat insomnia but also treat anxiety.</p> <p>Keywords: Insomnia, Stress, Homoeopathy, Murphy's Repertory</p>
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Introduction:

Insomnia is a common sleep disorder that can be related to stress. Insomnia is defined as persistent difficulty with sleep onset, maintenance, consolidation, or overall quality. It occurs despite adequate time allotted for sleep on a given night and a comfortable place to sleep. People with insomnia experience excessive daytime sleepiness, fatigue, irritability, and other impairments when they are awake.

Elevated stress levels have also been shown to influence the structural organization of sleep, including the duration of each sleep stage. People experiencing chronic stress may experience a decrease in the amount of time spent in deep sleep, and disruptions during REM sleep.

Short-Term Insomnia

If someone experiences insomnia symptoms for fewer than three months, this condition is referred to as short-term or acute insomnia. Sudden stressors can trigger short-term insomnia symptoms. These stressors may include:

- Interpersonal relationship issues
- Work-related problems
- Financial loss
- Grieving and bereavement
- Diagnosis or symptoms of a disease or other medical condition

Acute stress may also be caused by significant changes made to your bedroom or sleep space. For example, new parents or caregivers may experience insomnia symptoms when sharing their bedroom with their baby for the first time, even if the child is not audibly disruptive. Children may also have sleep problems immediately after they begin sharing their room with a sibling. Visiting or moving to a new location can lead to short-term insomnia as well.

Short-term insomnia symptoms may begin to dissipate once the stressful situation ends and acute stress subsides. However, some people fall into a cyclical pattern of sleep loss and daytime anxiety about sleep that eventually becomes chronic insomnia.

Chronic Insomnia

A person may be diagnosed with chronic insomnia if their symptoms occur at least three times per week for at least three months. Persistent stressors can heavily contribute to chronic insomnia. These stressors may include:

- Problems or dissatisfaction at work
- Divorce and other marital or family difficulties
- The death of a loved one
- Major illness or injury
- Crucial life changes
- Low socioeconomic status

Not everyone develops chronic insomnia due to constant stress, but those with anxiety disorder are at higher risk of experiencing insomnia symptoms. Additionally, changes to one's sleep schedule that occur due to life events or changes can also lead to insomnia. Once chronic insomnia takes hold, people often feel anxious about sleeping and other aspects of their lives. This increases day-to-day stress, which in turn exacerbates insomnia symptoms.

Other daytime impairments related to insomnia that can bring about or contribute to stress include:

- Feelings of fatigue and malaise
- Difficulty paying attention, concentrating, or accessing memories
- Impaired performance in social, family, professional, or academic settings
- Irritability and mood disturbances
- Hyperactivity, aggression, impulsivity, and other behavioural issues
- Decreased energy and motivation
- Increased risk for errors and accidents¹

Prevalence:

Insomnia is considered to be the most common sleep disorder. While one-fourth to one-third of the general population reports a complaint of difficulty falling and / or staying asleep, about 10% present chronic complaints and seek medical help for insomnia. However, insomnia has always been and still is an under-recognized and therefore under-treated problem, since about 60% of the people suffering from insomnia never talk to their physicians about their sleeping difficulties.²

Case study

A lady of 32 years first consulted on 18/03/2023 for sleeplessness / insomnia. She was of an average built and height. Facial expression was anxious with dry lips. Her sleep had been disturbed off and on since past 2 years. She generally went to bed by around 10 pm and left by 5.30 to 6 am. She remains awake on an average 2-3 hours and wake up 2-3 times at night especially after midnight. The frequency was more if she was disturbed by any recent stress.

The complaints had started after her mother's death in covid. As she was very much attached with her mother, she become very much anxious and shocked on sudden demises of her mother.

Frequently she was sleepless after midnight and feels sleepy in the morning with frequent yawning. Dreams were often and frightful.

Treatment taken: no previous treatment taken.

Past illness: No serious illness.

Family history: Mother had Diabetes.

Personal history: Patient is single, anxious by nature, no addiction,

Case analysis:

Stress and anxiety are the key feature of the case. This condition is very helpful for a homoeopath for treatment plan as patient is young and did not take any other treatment before. The case analyses were done following the homoeopathic principles strictly. After forming the totality of symptoms repertorisation done following Robin Murphy's repertory because it is a clinical repertory and presents a separate elaborate rubric 'Insomnia', thereafter consulting with Materia Medica medicine was selected and prescribed.

Totality of symptoms for repertorisation:

1. Sleeplessness for 2 years.
2. Sleeplessness caused by anxiety
3. Sleeplessness especially after midnight
4. Feels sleepy in the morning.
5. Frequent yawning due to unrefreshed sleep.
6. Sleeplessness caused by sudden bad news.
7. Mental grief from death of the loved ones.
8. Dreams are often frightful.
9. Mentally very much anxious in nature
10. Desires sweets and tea.

Analysis

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Analysis: Repertorised Clipboard 1

Totality, Grades, None, Chart

Rubrics Count
Grade Total

- 1 Murphy Sleep INSOMNIA,
- 2 Murphy Sleep INSOMNIA, anxiety, from
- 3 Murphy Sleep INSOMNIA, night, midnight, after
- 4 Murphy Sleep SLEEPINESS, morning
- 5 Murphy Sleep YAWNING, frequent
- 6 Murphy Mind ANXIETY,
- 7 Murphy Mind GRIEF, death of, loved ones or friends
- 8 Murphy Dreams FRIGHTFUL, dreams,
- 9 Murphy Food SWEETS, desires
- 10 Murphy Food TEA, desires
- 11 Murphy Mind NEWS, bad, ailments from

	calc	sulph	ars	nux-v	puls	nat-m	kali-c	phos	sep	bry	caust	chin	sil	ign
	10	10	9	11	10	10	9	9	9	9	9	9	7	9
	21	21	21	20	20	18	18	18	18	17	17	17	17	16
1	3	2	3	3	3	2	3	3	3	3	2	3	3	2
2	1	1	3	1	1	1	1	1	2	2	2	-	2	1
3	1	1	3	3	1	1	3	1	2	1	1	1	3	1
4	3	3	1	3	2	1	1	2	3	1	2	1	2	1
5	1	3	2	1	2	1	1	2	2	1	1	1	2	2
6	3	3	3	2	3	2	3	3	2	3	3	3	2	2
7	1	1	-	1	-	3	-	-	-	-	3	-	-	3
8	3	2	3	2	3	3	3	3	1	2	1	2	3	1
9	2	3	2	1	2	1	2	2	2	2	-	3	-	-
10	-	-	-	1	2	-	-	-	-	-	-	2	-	-
11	3	2	1	2	1	3	1	1	1	2	2	1	-	3

Prescription and follow up:

First Prescription: Calcarea carb 1M prescribed 1dose OD every week for one month. Advised for monthly follow up.

First follow up: Slight Improvement. Prescription was same as before.

Second follow up: Remarkable improvement. Dose reduced as one dose every 15th day.

Third follow up: Patient was almost recovered. Only one dose prescribed for one month.

Discussion:

Most of the time a homoeopath receives cases where patient try other system of medicines for long period, in that condition symptoms becomes complicated. This type of mixed symptoms misguides the physician in selection of similimum. Here the patient came to a homoeopath for the first-time treatment and the symptoms collected was only pure disease picture. Case taking, treatment and follow up done according to homoeopathic principle. Every follow up patient report about the sense of wellbeing which is most important indication in way to cure and overall improvement. Not only the cure but the overall energy level also increased.

Robin Murphy's Repertory was selected for repertorisation because it is a clinical repertory and improvement will also prove the efficacy of the Repertory.

Likewise, if patients come to homeopathic doctor with pure disease condition, then the chances of recovery will be more.

Conclusion:

Insomnia is a very common sleep complain and the effects may impact every aspect of life. The improvement of the case shows that homoeopathic medicines can treat insomnia as well as anxiety. When the similimum is selected, it alters the patient's disease condition both mental physical plane and restore health. Robin Murphy's Repertory very much useful in treatment of Insomnia, but more and more study required, which will prove the efficacy of Homoeopathy and Robin Murphy's Repertory.

Bibliography:

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