



Research Article

Organon Of Medicine and Homoeopathic Philosophy in The Individualised Management of Stress-Related Disorders: An Observational Study of Fifteen Patients

Running Head- Homoeopathic Management of Stress-Related Disorders

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Abstract

Background

Stress-related disorders have emerged as a significant contributor to global morbidity, affecting emotional stability, sleep, cognition, immunity, and psychosomatic health. Increasing occupational pressure, lifestyle imbalance, emotional conflicts, and social stressors have led to a rise in anxiety-related and stress-associated clinical presentations. Homoeopathy, guided by the principles of the Organon of Medicine and individualised constitutional prescribing, offers a holistic therapeutic framework for addressing stress-related disturbances.

Objective

To evaluate the clinical application of Organon of Medicine and Homoeopathic Philosophy in the individualised management of stress-related disorders in fifteen patients.

Methods

A prospective observational clinical study was conducted on fifteen patients presenting with stress-related symptoms. Detailed homoeopathic case-taking was undertaken according to Organon principles, emphasising mental generals, emotional causation, susceptibility, constitutional characteristics, and miasmatic background. Remedies were selected individually based on the totality of symptoms and repertorial evaluation. Patients were followed periodically for assessment of stress intensity, sleep quality, emotional stability, and psychosomatic symptoms.

Results

Most patients demonstrated varying degrees of symptomatic improvement, particularly in anxiety, irritability, insomnia, fatigue, and stress-associated somatic complaints. Individualised constitutional prescribing appeared beneficial in improving emotional resilience and general well-being.

Conclusion

The study observations suggest that Organon-based individualised homoeopathic management may provide supportive clinical benefit in stress-related disorders. Further controlled studies with larger sample sizes and standardised assessment tools are warranted.

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KEYWORDS: Stress-related disorders; Organon of Medicine; Homoeopathic philosophy; Individualisation; Constitutional prescribing; Psychosomatic disorders.

1. INTRODUCTION

Stress is increasingly recognised as a multidimensional health concern with profound effects on mental, emotional, and physical well-being. Chronic stress contributes to anxiety disorders, insomnia, fatigue syndromes, gastrointestinal disturbances, headaches, hypertension, reduced immunity, and psychosomatic illness. Contemporary medicine identifies stress as an important etiological and aggravating factor in numerous chronic disorders.

Homoeopathy conceptualises stress-related disturbances as dynamic manifestations of imbalance within the individual rather than isolated symptomatic entities. Samuel Hahnemann, in the *Organon of Medicine*, emphasised the significance of mental and emotional symptoms in understanding disease susceptibility and selecting the similimum. Aphorisms dealing with the vital force, susceptibility, individuality, maintaining causes, and totality of symptoms remain particularly relevant in stress-associated pathology.

The individualised nature of homoeopathic prescribing enables a deeper exploration of emotional conflicts, personality traits, coping mechanisms, constitutional tendencies, and environmental stressors. Such an approach aligns closely with modern holistic concepts, recognising the interaction between mind, body, and environment.

This observational study was undertaken to examine the practical application of Organon of Medicine and Homoeopathic Philosophy in the management of stress-related disorders in fifteen patients.

2. OBJECTIVES

2.1 Primary Objective

To evaluate the role of individualised homoeopathic management in stress-related disorders using Organon-based principles.

2.2 Secondary Objectives

- To assess changes in emotional and psychosomatic symptoms.
- To evaluate the role of constitutional prescribing.
- To study patient response according to individualised remedy selection.
- To explore the clinical relevance of Organon principles in stress-related conditions.

3. MATERIALS AND METHODS

3.1 Study Design

- Prospective observational clinical study.

3.2 Study Setting

- Homoeopathic outpatient clinical practice.

3.3 Sample Size

Fifteen patients were diagnosed with stress-related disorders.

3.4 Inclusion Criteria

- Patients aged between 18 and 60 years.
- Presence of stress-related symptoms such as anxiety, irritability, insomnia, emotional instability, fatigue, or psychosomatic complaints.
- Patients are willing to participate voluntarily.

3.5 Exclusion Criteria

- Severe psychiatric illness requiring emergency intervention.
- Substance abuse disorders.
- Severe systemic disease requiring hospitalisation.
- Patients unwilling to participate.

4. Organon-Based Case-Taking Framework

Detailed case-taking was performed according to classical homoeopathic principles, emphasising:

- Mental generals
- Emotional causation
- Stress triggers
- Personality patterns
- Sleep disturbances
- Occupational and social stressors
- Physical generals
- Miasmatic background
- Maintaining causes

The totality of symptoms was evaluated through repertorial analysis and Materia Medica correlation.



Figure 1. Organon-Based Clinical Framework in Stress-Related Disorders

Conceptual representation of Organon-based individualised case management in stress-related disorders, integrating mental

symptoms, susceptibility, constitutional assessment, remedy selection, and follow-up evaluation.

5. Clinical Observations

5.1 Demographic Profile

Variable	Observation
Total Patients	15
Male	7
Female	8
Age Range	21–54 years
Mean Age	36.4 years

5.2 Common Presenting Complaints

Symptom	Frequency
Anxiety	12
Insomnia	10
Irritability	9
Fatigue	8
Headache	6
Gastric disturbances	5
Palpitations	4

6. Frequently Prescribed Remedies and Clinical Themes

Remedy	Predominant Clinical Features
Nux vomica	Occupational stress, irritability, sleeplessness
Ignatia amara	Emotional grief, silent disappointment
Kali phosphoricum	Mental exhaustion and nervous fatigue
Arsenicum album	Anxiety with restlessness and insecurity
Natrum muriaticum	Suppressed emotions and emotional withdrawal
Gelsemium	Anticipatory anxiety and weakness

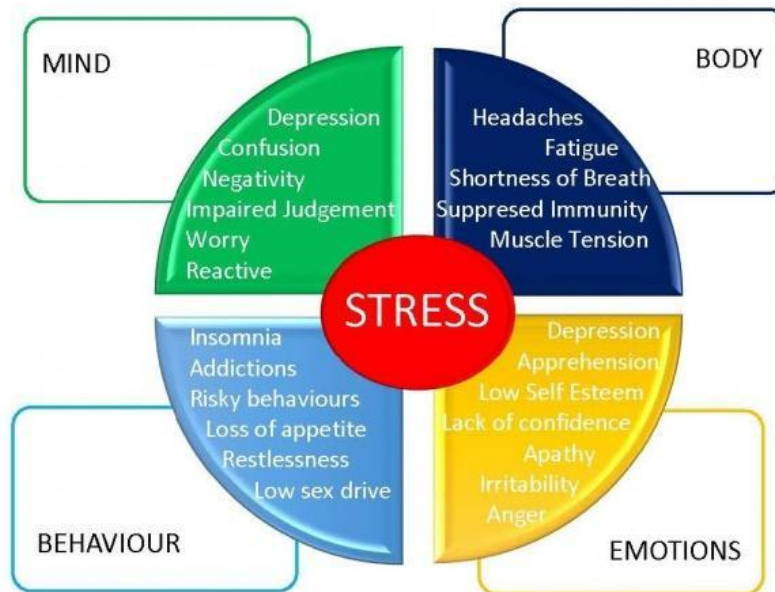


Figure 2. Relationship Between Stress, Susceptibility, and Symptom Expression

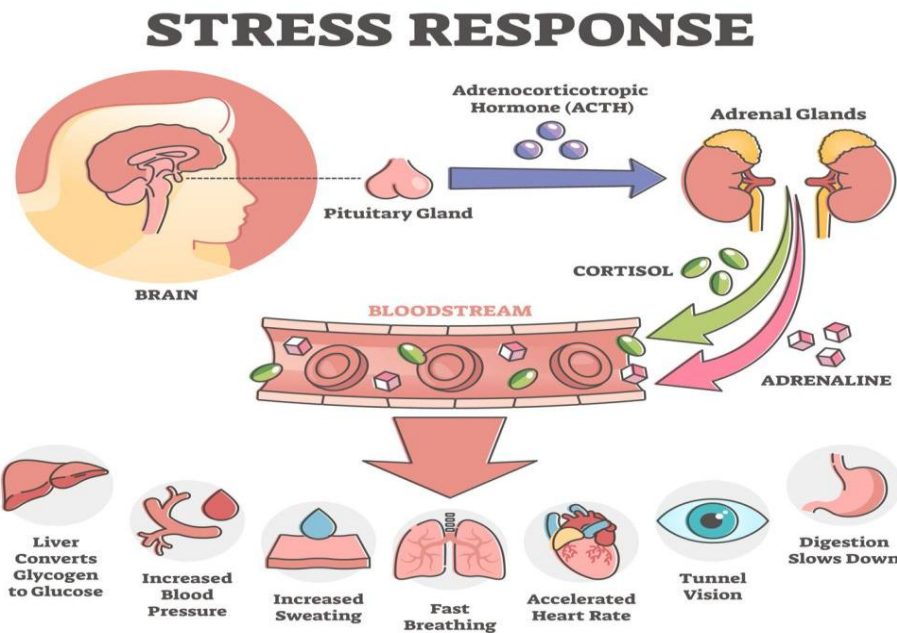


Illustration demonstrating the interaction between stressors, susceptibility, disturbance of the vital force, symptom expression, and individualised homoeopathic management.

7. RESULTS

Most patients demonstrated gradual symptomatic improvement during the follow-up period. Improvement was particularly observed in emotional stability, stress tolerance, sleep quality, irritability, and psychosomatic manifestations. Several patients reported a reduction in the frequency and intensity of

headaches, gastric complaints, fatigue, and palpitations. Patients receiving constitutional remedies based on detailed emotional and mental assessment appeared to demonstrate more sustained improvement than those treated symptomatically in previous therapeutic settings.

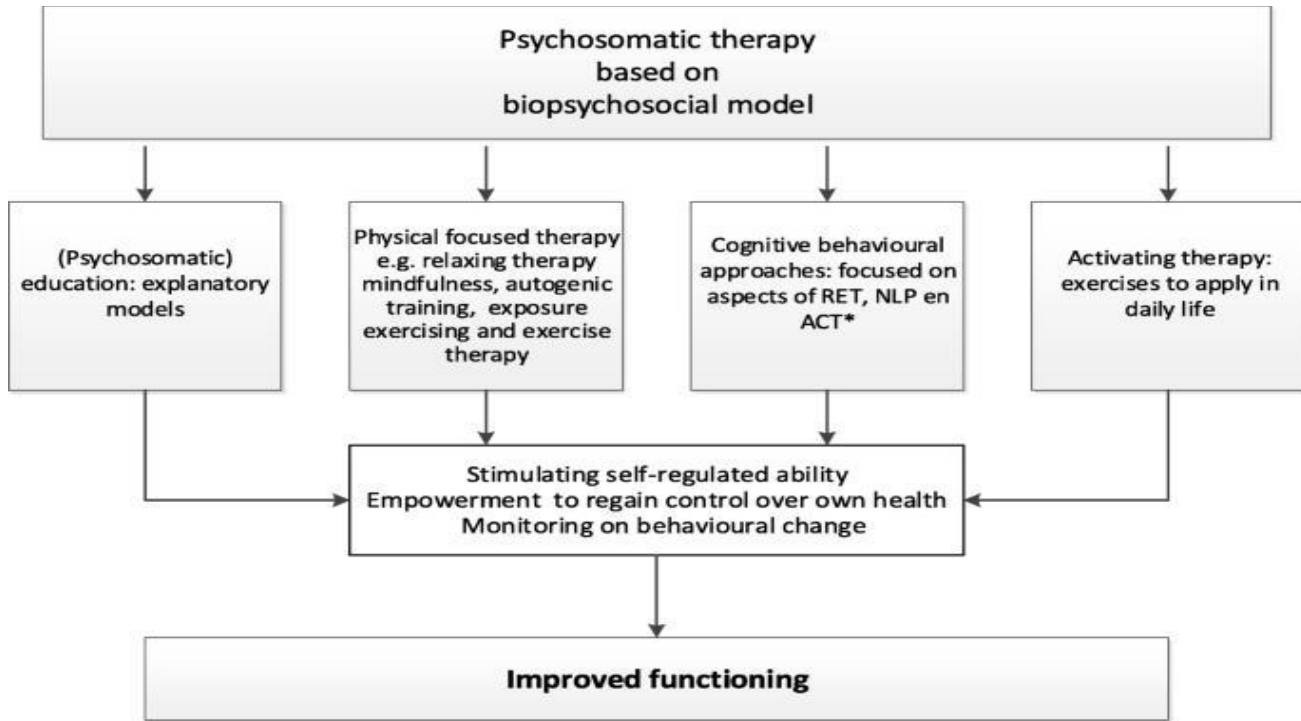
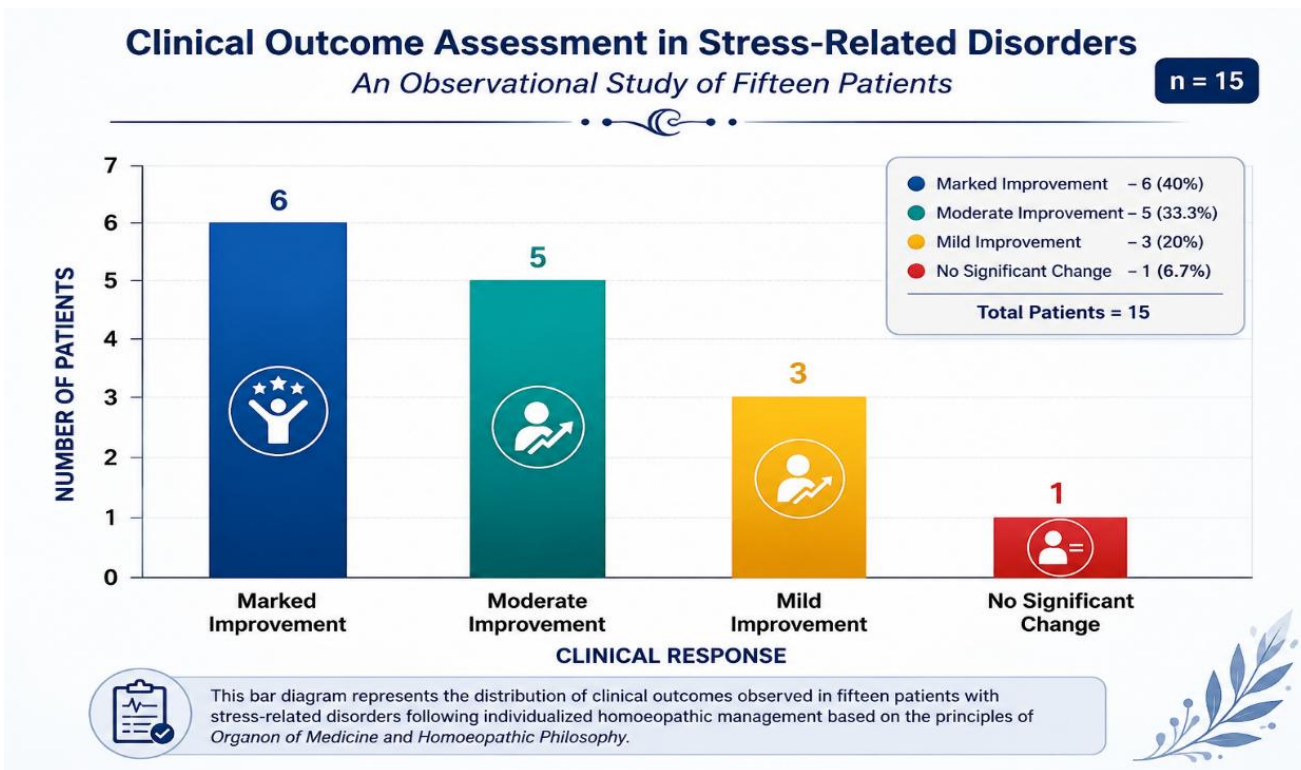


Table 1. Clinical Outcome Assessment

Clinical Response	Number of Patients
Marked Improvement	6
Moderate Improvement	5
Mild Improvement	3
No Significant Change	1



8. DISCUSSION

The findings of the present observational study highlight the clinical relevance of Organon of Medicine and Homoeopathic Philosophy in stress-related disorders. Hahnemann consistently emphasised the significance of emotional and mental symptoms in understanding disease processes. Modern psychosomatic medicine similarly recognises the bidirectional interaction between psychological stress and physiological dysfunction. Stress-related disorders often involve complex interactions between emotional triggers, constitutional susceptibility, environmental stressors, and maladaptive coping patterns. The individualised framework of homoeopathic prescribing enables

a detailed exploration of these dimensions. Constitutional remedies such as Ignatia, Nux vomica, Natrum muriaticum, and Kali phosphoricum correspond closely to distinct emotional and behavioural patterns frequently encountered in stress pathology. The observed improvement in emotional resilience and associated psychosomatic symptoms supports the importance of individualised constitutional assessment rather than disease-label-based prescribing alone. Organon principles emphasising totality, susceptibility, and dynamic disturbance remain clinically relevant in contemporary stress-associated disorders.

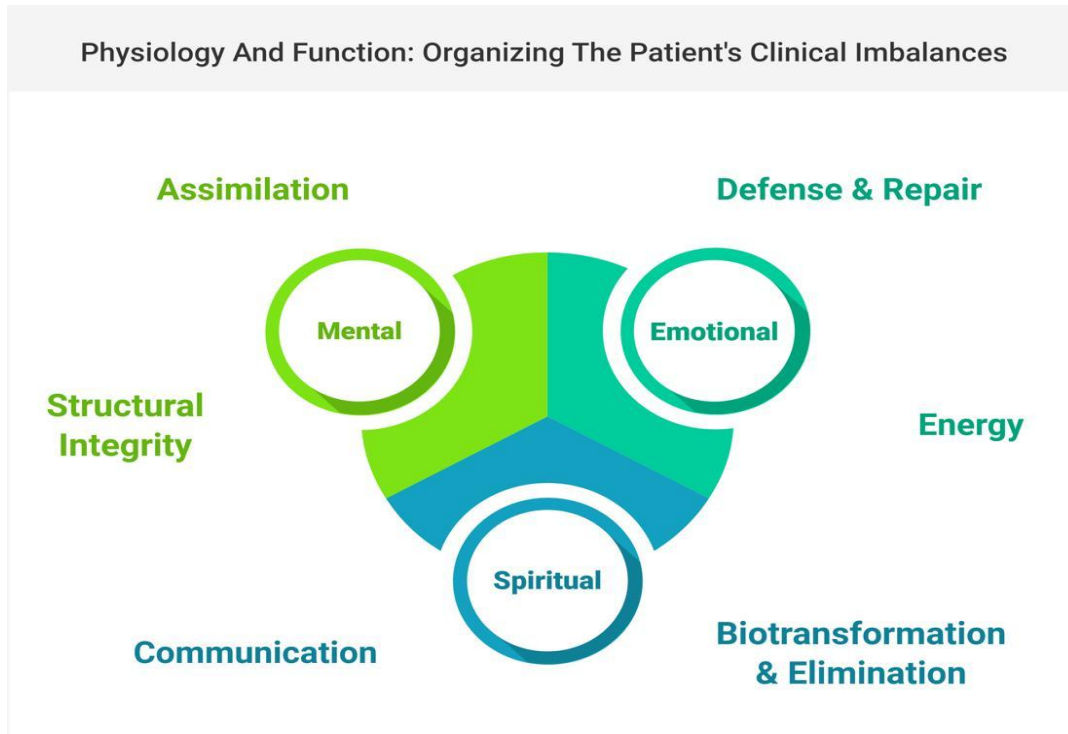


Figure 3. Constitutional Homoeopathic Management Pathway

Constitutional management pathway demonstrating individualised assessment, remedy selection, follow-up evaluation, and restoration of functional balance.

9. Limitations

The study is limited by its small sample size, observational design, absence of a control group, and lack of standardised psychometric assessment scales. As a result, findings cannot be generalised without further controlled clinical studies involving larger patient populations.

10. Areas for Future Research

Future research should focus on larger observational cohorts, randomised controlled trials, and integration of standardised stress-assessment instruments with homoeopathic clinical evaluation. Longitudinal studies examining the role of constitutional prescribing in chronic stress adaptation may further strengthen the evidence base.

Interdisciplinary research combining psychoneuroimmunology, stress physiology, and Organon-based homoeopathic

Philosophy may provide deeper insight into individualised stress responses and holistic management strategies.

11. CONCLUSION

Stress-related disorders represent a growing multidimensional health challenge affecting emotional, psychological, and physical well-being. Organon of Medicine and Homoeopathic Philosophy provide a holistic and individualised framework for understanding stress susceptibility, emotional disturbances, and psychosomatic manifestations. The present observational study suggests that individualised homoeopathic management may contribute to symptomatic improvement, emotional stabilisation, and enhanced overall well-being in stress-related disorders. Although the findings are preliminary, they support the continuing relevance of constitutional homoeopathic prescribing and underscore the need for further scientifically rigorous research in this area.

12. Funding

No external funding was received for this study.

13. Conflict of Interest

The authors declare no conflict of interest.

14. Ethical Considerations

Written informed consent was obtained from all participants before inclusion in the study. Patient confidentiality and anonymity were maintained throughout the study.

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