

Psychosomatic Disorders (or derangement of mind / disturbed mind)

We do carry numerous mental and abstract problems that torture us and they gradually take form of ailments. Such disorders are treated well with permanent removal of negative emotions and attitudes, by positive emotions and attitudes. The ailments can be classified as bodily ailments and mental ailments.

Mental general symptoms are

1. **Will:** Love and emotions.(Suicidal tendency, loathing of life) fear, greed, jealousy, depression, desire or aversion to company family, friends, weeping laughing, impatience, homicidal tendencies etc
2. **Understanding:** Delirium, hallucination, mental confusion , loss of time sense
3. **Intellect:** memory and concentration etc

Physical general symptoms: referring to the body as whole

1. Symptoms indicative of physical desires or aversion for particular food, appetite and thrust
2. Patent reaction as a whole to external stimuli like hot and cold, weather, bathing, pressure, touch, rubbing, jarring
3. General sensation of patient like burning, throbbing ,pain etc
4. Symptoms relating special senses having no pathological condition are general, example: various odour make sick, sight or smell of food sickens, over sensitive to sound, noise, light etc

The ailments which occur due to negative emotions or attitudes and reach the organ system from cell level, the state is known as psychosomatic state, in which a specific system of the body gets infected. It is tedious job to free the body from disorders created by negative emotions and attitudes .

Affect on body parts by negative emotions

1. **Greed:** expression of anger on petty matters, frequent temperamental outbursts, peptic ulcer, pimples or red patches, bleeding piles

The person may suppress anger and become frustrated, skin may get infected with /without secretions, problems such as chalazion (in eyes), fibroids(in uterus), warts(on face and neck)

2. **Ego:** may cause following ailments- spinal problems, knee pains, arthritis, muscular spasm, cervical spondylitis
3. **Irritability:** sometimes repeated loss in one's life leads to irritability, leads to allergy from various external factors like sunlight, smoke, dust, specific food items, intense smell, certain clothes, dandruff, skin related disorders
4. **Jealousy:** following problems may happen- heart problem, rapid heart beat, inflammation, edema, spasm, stitching pain, dry throat
5. **Greed:** may cause constipation, loss of appetite, laziness, drowsiness
6. **Insult:** may develop problems of Thyroid (hyper or hypo), low blood pressure, headache, migraine, shyness, weeping alone, preferring solitude
7. **Fear:** frequent urination, miscarriage in pregnant women, premature delivery, excess hunger, loss of appetite, abnormality in prostate, travel sickness
8. **Anxiety:** may cause baldness, premature graying of hairs, depression, early menopause
9. **Affection or over attachment:** may cause heart problem, lung problem, nervousness, hypertension
10. **Dissatisfaction** arising from social fear, loss factor, loneliness, bad company and may cause over excitement , madness, incapable of making decisions, weakness

Source: Book on alternative therapies by Dr. Latashree Shrivastava, Founder, Alternative Medicine Institute for Body-Mind-Soul-Space.Indore (M.P.)