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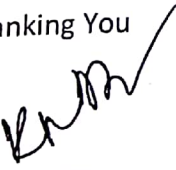
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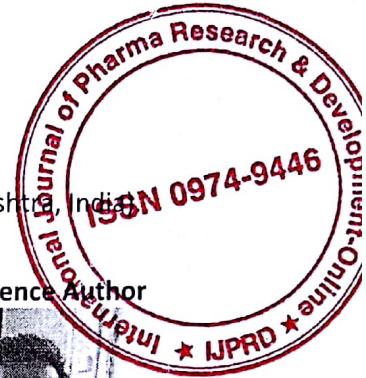
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## STRESS MANAGEMENT AT WORK PLACE WITH HOMOEOPATHY

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### ABSTRACT

Homeopathy is a complete scientific system. It is an art and science. Managing stress is the case is the backbone of skill of any Homeopathic physician. Yet there is a lacuna in that. It should be effective. The study was undertaken to explore the need and usefulness of the managing stress at work place and family life. The study was conducted from Nov 2010 to Nov 2011. 40 cases were identified and taken for the study. Patients undertaken were of both sexes and of all age groups of various religions & different occupations, randomly selected. The study was observational clinical study. The study shows that physician should have good skills. The one who is effective in managing stress is successful in practice.

**Keywords:-** Stress, Work Place, Family Life, Homeopathy etc.

### INTRODUCTION

A lot of research has been conducted into stress over the last hundred years. Some of theories behind it are now settled and accepted; others are still being researched and debated. During this time, there seems to have been something approaching open warfare between competing theories and definitions; Views have been passionately held and aggressively defended. What complicates this is that intuitively we all feel that we know what stress is, as it is something we have all experienced. Hans Selye was one of the founding fathers of stress research. His view is that, "Stress is not necessarily something bad- it all

depends on how you take it. The stress of exhilarating, creative successful work is beneficial, while that of failure, humiliation or infection is detrimental." Selye believed that the biochemical effects of stress would be experienced irrespective of whether the situation was positive or negative. Since then, a great deal of further research has been conducted, and ideas have moved on. Stress is now viewed as a 'bad thing', with a range of harmful biochemical and long-term effects. These effects have rarely been observed in positive situations. The most commonly accepted definition of stress (by Richard S Lazarus) is that stress is a condition or feeling experienced when a person

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perceives that “ demands exceed the personal and social resources the individual is able to mobilize.”

In short, it's what we feel when we think we have lost control of events. The stress response inside us is therefore part instinct and part to do with the way we think.

#### **Purpose of the Research (Aims and Objectives)**

- 1) To study the different skills and techniques of stress management with different individuals
- 2) To help the patient to realize his problem so that he would co-operate in programming the treatment. & To attempt problem resolution and effective counseling, if required
- 3) To collect all important symptoms for Repertorisation.
- 4) Guidelines for appropriate management.

#### **Review of Literature- Concept of Stress-Management-Homeopathy**

**Stress** - is a biological term which refers to the consequences of the failure of a human or animal body to respond appropriately to emotional or physical threats to the organism, whether actual or imagined. It includes a state of alarm and adrenaline production, short term resistance as a coping mechanism, and exhaustion. It refers to the inability, muscular tension, inability to concentrate and a variety of physical reactions. Such as headaches and accelerated heart rate. The term stress was first used by endocrinologist Hans Selye in the 1930s to identify physiological responses in laboratory animals. He later broadened the concept to include the perceptions and responses of humans trying to adapt to challenges of everyday life. It refers to the reaction of the organism, and “stressor” to the perceived threat. Stress in certain circumstances may be experienced positively. Eustress, for example, can be adaptive response prompting the activation of internal resources to meet challenges and achieve goals. The term is commonly is used by lay persons in metaphorical rather than literal or biological sense, as a catch-all for any perceived difficulties in life. It also became a euphemism, a way of referring to

problems and eliciting sympathy without being explicitly confessional, just “stressed out”. It covers a huge range of phenomena from mild irritation to the kind of severe problems that might result in a real breakdown of health. In popular usage almost any event or situation between these extremes could be described stressful.

**Good Stress v/s Bad Stress-** stress has been misunderstood to be negative, with the few people acknowledging the importance and usefulness of positive stress. In every lives, stress is everywhere and definitely unavoidable, hence our emphasis should be on differentiating between what is good stress, and what is bad.

#### **Types of Stress :**

- a) **Eustress-** a positive stress which, which prepares your mind and body for the imminent challenges that it has perceived. It is a natural physical reaction by your body which increases blood flow to your muscles resulting in higher heart rate. It gives the inspiration and strength that is needed.
- b) **Distress-** A negative form of stress. This occurs when the mind and body is unable to cope with changes and usually occurs when there are deviations from the norm. It may be acute(intense) or chronic(persists over longer period). Trigger events for distress can be a change in job, scope or routine that the person is unable to handle or cope with.
- c) **Hyper Stress-** A negative stress occurs when an individual is unable to cope with the workload. It can cause sudden emotional breakdowns over insignificant issues, the proverbial straw that broke the camel's back.
- d) **Hypo stress-** it occurs when a person has nothing to do with his time and feels constantly bored and unmotivated.

## MANAGEMENT

### RUBRICS USED FOR MANAGEMENT-from Kent Repertory.

1. ANXIETY page no 4-9
2. FEAR- page no- 42- 48.
3. DESPAIR- Page No 36
4. IRRITABILITY- Page No 57-60
5. MOOD Page No 67-68
6. RESTLESSNESS- Page 72-75.
7. SADNESS- Page no 75-78

### PREVENTIVE

1. Raising awareness
2. Identifying the cause
3. Coping with the stress
4. Recognizing the stressor
5. Laughter
6. Yoga
7. Good Communication.
8. Rational and Positive thinking.

### Methodology(Materials and methods)

#### A] Sources of Data - Clinical case studies

#### B] Study :

##### 1. Theoretical study :

- a. Review of literature
- b. Illustrative study of research notes
- c. Homoeopathic literature

##### 2. Clinical study :

###### a. Place of the Study :

The study is/would be conducted at - Aditya Homeopathic clinic, Ahmednagar

###### b. Period – Sept 2012-Sept 2013

#### C. Inclusion Criteria:

1. Cases 30
2. The cases of different age groups and both sexes are considered.
3. The patients are taken from OPD .
4. Cases from urban as well as rural areas (Peripheral camp OPDs)

5. Patients are selected irrespective of socio-economic status
6. Only positive findings have been recorded.
7. Follow up of cases as per need i.e. till the complaints relieved.
8. Only cases responding to drugs have been taken.
9. Applicable repertories are used for Repertorisation

#### D. Exclusion criteria

1. Negative findings are not recorded.
2. Cases with discontinued treatment are not considered

#### 3. Clinical Protocol :

The data has been collected by purposive sampling method and possessed in a standardized format with following steps.

- a. Processing of case has been done as per homoeopathic principles.
- b. References from repertory & materia medica have been taken
- c. All cases have been followed for a minimum period as per guidelines from

#### IV Administration of the medicine:-

The drugs are prescribed as an acute or constitutional remedy depending on the case in hand. Potency selected on the basis of sensitivity, susceptibility, etiological factor, miasm, suppression, similarity, vitality. Diet, ancillary measures, is advised. While managing the case a) problem definition b) problem resolution, these points are taken into consideration. Medicines are given after Repertorisation & referring materia medica.

#### V RESULT VERIFICATION:

- a. Effectiveness of treatment was assessed on the basis of clinical Improvement -- relief of complaints
- b. Final assessment was done after a follow up of minimum 6 months period
- c. Herring's Law & Kent's 12 observations are taken into consideration

### RECOMMENDATIONS

This study help us to know where the mistakes have been committed, why some patients did not turn up after 2-3 visits, what is the successes rate and how it can be achieved etc., so all these will help us in future for better management of the forthcoming cases.

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