

## **IMPACT OF PSYCHONEUROBICS CHARGING ON HOMEOPATHY MEDICINES FOR CARDIOLOGY PATIENTS**

**Munish Sabharwal**

Phd Scholar, Yoga Samskrutham University, Florida, USA.

Munish Sabharwal, is a Gold Medalist PG Diploma studies in Psyc Neurobics from the Tamil Nadu Physical Education & Sports University, as well as student of Homeopathy who is Life member of South Delhi Homeopathy Association awarded by National Homeopathic Conference for valuable contribution to cause of Homeopathy. He has also been awarded as, “SIGFA Ambassador” for his contribution to Psyc Neurobics. He is a Phd Scholar and undergoing his research from Yoga Samskrutham University, Florida, USA. He has been an investment banker for 27 years with stints at JM Morgan Stanley, IDBI Capital & The Times of India Group.

### **ABSTRACT**

**By Munish Sabharwal (PG Diploma in Psychoneurobics and Scholar of PhD in Alternative medicine (Homeopathy, Psychoneurobics & Naturopathy)**

Psychoneurobics uses visualisation of colours and prayers to the divine source of light, the creator of the entire universe for help and healing. It believes that prayer to the almighty can help to direct the light energy into mediums which in turn can help in charging them to result in beneficial results.

The same principals of charging water and food has been applied on charging(in the form of praying and seeking the almighty’s blessings and empowerment) Homeopathy medicines while being dispensed for cases of Cardiology cases being handled at Earth Saviour Foundation, with affect which have been found to be having statistical significance.

### **Key Words**

Psychoneurobic, Homeopathy, Cardiology, Naturopathy

## INTRODUCTION

The science of Psychoneurobics draws healing for beings and environments with the belief that there is a Spiritual Incorporeal Almighty who lovingly steps in to help and heal both on an automatic basis when we sleep and also which when approached upon specifically. Psychoneurobics believes that there is better communication through visualisation and images in the spiritual healing space as the same is beyond words.

## PURPOSE

To study the impact of treatment of Cardiology patients using homeopathy and Psychoneurobics in an integrated manner with guidance of Naturopathy where possible.

## MAIN HOMEOPATHY MEDICINE USED & DESCRIPTION:

**Cactus-** Feeling of cardio constriction, contraction and congestion of the heart. Also fluttering, prostration are the other symptoms. An organic disease of the heart which results in Angina Pectoris. Also sometimes there is a feeling that the heart is twisted with an iron band tighter and tighter. Contraction and congestion of the heart with rush of the blood to the head and coldness of the extremities. Unequal circulation of the blood in the body, chest or heart.

**Crataegus-** This is the mother remedy for most heart ailments. Sudden and terrible pain radiating on the left side of the chest. The patient is despondent and fearing death. There is threat of heart failure. Extreme shortness of breath is felt with rapid and feeble irregular pulse. Blueness of fingers of toes are the other symptoms.

This is a cardiac tonic. It has no influence on the endocardium . Chronic heart disease with extreme weakness. Has been said to have a solvent power on the calcareous deposits in the arteries. Extreme dyspnea at least exertion, without marked increase in pulse. 5 drops of tincture in water after meal has good impact.

**Allium Sativa-** This is extracted out of garlican helps in case of **High blood pressure** which has in impact on the heart. This is found to be **suitable for those patients who eat non vegetarian diets**. It has **vasco dilatatory properties** and helps to reduce blood pressure 30 to 45 minutes after 20 to 40 drops of dose of the mother tincture is given.

**Lachesis**-This helps in majority of the cases which have high blood pressure. It is to be given 1M in terms of dosage. It is the **head remedy for high blood pressure**. The patient is worse on walking, Sleeps into an aggravation.

**Digitalis**- This is an amazing medicine and is used where the pulse is irregular and very slow and weak , intermitting every **third , fifth and seventh beat**. There is a sensation as if the heart would stop from beating if she moved. Heavy breathing which becomes worse by lying. There is anaemia and the heart is flabby. Horrible dreams and sinking in the stomach feeling. Fearing of going to sleep as it would cause suffocation. Extreme prostration and exhaustion.

**Veratrum Vir**- Pulse **drops to 30 to 40 beats but again rises** at once and then falls. Pulse absent with cold and sweat.

**Aconite**- This is for **rapid, bounding and fast** pulse rate which is an indication of a heart.

#### **Psychoneurobic application:**

The fourth chakra from top (Heart), or the Green chakra is where the selfless pure love and emotion is conducted through. By this chakra we become a loving soul. The process gets closed down when negative emotions, hatred and jealousy is felt viz not sharing the loving consciousness with the self and the universe results in the heart chakra getting blocked. Not only the heart is located, the blood is pumped, the lung is also located, the blood is oxidised and the entire prana Shakti is recharged. It helps to control the blood pressure, increase the efficiency of the lungs and the heart and also overcome tiredness. Furthermore the nerves are calmed, better sleep is possible and life flow is regenerated.

The chakra gets activated when we have emotions of loving thoughts in our mind. Hence the patients are told to have loving and pure thoughts apart from absorbing green light. While the deactivation happens when the patient gets into possessive thoughts and has negative thoughts and attachments. The problems out of such negative thoughts /blockages results in heart ailments, pulmonary problems occur. The normal process is that we see the blessings of almighty God flowing to us in the form of green colour light from top of the head, flowing down the spine to the Heart chakra. The air element of the body is purified at the locus of this point as the respiration plant of the body rests here. A clean green chakra which is activated is the essence.

In the case where we have worked on patients, the thought of love itself works to activate the chakra. The patient is reinforced with these thoughts and is told to visualize the green colour on the medicine before taking it. Also the homeopathic medicine dose when given in the clinic is charged through green light vibrations by the dispenser. So even if the patient does not do it, the dispenser does it. The endocrine gland with this chakra is thymus. This chakra is also linked with the immune system other body organs and systems associated are blood, circulatory system. Autoimmune diseases are where the body is attacking itself. So non alignment of the Green chakra can also be the cause of the autoimmune disorder. Imbalances can also cause cancer and problem in involuntary muscles. Connecting the self to the universal power and universal consciousness in every one and everything heals this chakra.

#### **Naturopathy Application:**

All diet which has Psychoneurosis has discouragement towards non vegetarian diet, onion and garlic. However Garlic and Onion where required are taken in medicine form. All products made of sugar, cakes, jam, marmalade and sweets are to be avoided in cardio problems, furthermore the common salt is also to be restricted.

#### **Data for Cardiology Cases treated**

Patient	BP –S		BP –D		Pulse		Emotional		Physical		Sleep	
	Pre Treat	Post Treat	Pre Treat	Post Treat	Pre Treat	Post Treat			Pre Treat	Post Treat	Pre Treat	Post Treat
SP Gupta	150	130	60	70	55	65	3	5	3	5	6	6
Mohini Gupta	135	130	90	85	85	80	3	4	3	4	5	6
Sharda Rani	170	160	110	105	80	85	7	7	7	7	3	4
Ram Singh	150	120	105	90	80	75	3	6	4	6	3	6
Neelam	130	120	90	80	70	75	5	5	5	5	5	5
Parvati	150	130	100	90	95	85	3	3	2	2	3	3
Umed Singh	140	120	90	80	85	75	4	6	3	7	6	6

Pawan	145	130	100	90	100	60	3	3	4	4	3	4
Rahul	85	70	60	60	65	60	7	7	6	6	7	7
Srivastava	138	130	100	95	100	92	4	4	4	4	3	4
Average	139	124	91	85	82	75	4.2	5	4.1	5	4.4	5.1
% Change		12%		7%		8%		19%		22%		16%
	<b>Legend</b>			<b>Bad</b>	<b>Average</b>	<b>Good</b>						
			<b>Emotional</b>	1 to 3	4 to 6	7 to 9						
			<b>Physical</b>	1 to 3	4 to 6	7 to 9						
			<b>Sleep</b>	1 to 3	4 to 6	7 to 9						

**Numeric Parameters** -The Blood pressure Parameters, Pulse rate were taken over a period of time from the time when the treatment was started till the last recording.

**Blood Pressure (BP)** – The Blood pressure/Systolic (BP-S) and Diastolic (BP-D)for the sample under study showed an improvement of 12% for Systolic and 7% for Diastolic. This is after not taking any allopathic drugs. There was a sizeable improvement for the sample and would help the longevity of the patient.

**Pulse Rate**-The pulse reading was affected positively for the overall sample by 8%.This was a reasonable improvement.

**Subjective parameters**-While Blood pressure and pulse rate are accurate indicators, the other parameters like Emotional well being, Physical disposition (visual) and sleep assessment are subjective. There is a direct correlation which has been found of these subjective parameters and the numeric parameters. The Emotional, Physical and Sleep parameters were also noted to see the overall well being and the comfort of the patient.

#### **Emotional Parameters:**

Emotion is often intertwined with mood, temperament, personality, disposition, and motivation. The overall disposition of a patient is judged by the state of his /her emotions also. A positive disposition, or a negative disposition or emotion is directly linked to a bad or good health. The chakra of the bodies are blocked if the emotions are negative while they are open if the same are

positive. The treatment sometimes makes the emotional disposition move up to better while sometime the natural positive disposition is something which helps the treatment. Sometimes because of the positive emotions the healing also becomes faster.

In this sample study there was a quantum jump of 19% in the emotional well being of the patients which is a great improvement and has a direct impact on the motivation and happiness quotient of the patient.

### **Physical Parameters:**

For a cardio patient, physical assessment includes feeling the pulse and if there is any pain in the region of the chest and left arm. Also it involves seeing if there is any breathlessness.

The assessment of the sample size showed a marked positive improvement of 22% from 4.1 to 5. This indicates, that there is an overall improvement in the physical symptoms viz stabilisation of the pulse and better cardiac area comfort, less loss of energy and low breathlessness.

Physical examination is best done by reading of the Pulse. The pulse mirrors the heart. It is the first mirror to check the condition of the heart and the cardio parameters.

These medicines not only provide treatment but are also reflective on the condition which the patient is and gives a direct correlation to understand the status of the cardio malady and its treatment, Tried along with Psychoneurosis/ prayer to the almighty with a universal prescription of Naturopathy through Diet.

- **Olender-** The **pulse is fast and there is tendency to vomit** /nausea. The symptom is brought down by using Olender. Though it has not been indicated in the study, but has been used at times.
- **Aconite N** –This is for **rapid, bounding and fast** pulse rate which is an indication of a heart.
- **Belladonna-**If the patient has a **throbbing pulse**, indicates a throbbing heart. It also has physical symptoms of the face being **full bloodied** or red face.

- Carbo Veg-Though this is a head disease for gastro problems in many cases it has symptoms of **intermittent pulse** with bleeding nose.
- Muriatic Acid- This is when the pulse intermits at **every third beat**.
- Veratrum Alb-Pulse **drops to 30 to 40 beats but again rises** at once and then falls. Pulse absent with cold and sweat.
- Digitalis-This is an amazing medicine and is used where the pulse is irregular and very slow and weak, intermitting every **third, fifth and seventh beat**.
- Casctus – This is an important remedy when the **pulse goes missing** or is absent with suffocation.
- Iberis- **Double pulse**, pulse seem to be running into each other.
- Arsenic Sul Flavum- Here the pulse is **weak, intermittent, fast and irregular**.

### **Sleep :**

The sleep which the patient observed, is a self-assessment. The quality of the sleep is a very important attribute to the seed of healing of the patient and good health also contributes to the same. Checking the patient for the length of sleep as well as the quality was something which was found to be very important. Of the above sample the more points are given for good sleep and less points are given for poor sleep. Prior to the treatment while the average points scored was 4.4 while during the course of the treatment, when last recorded the point score of sleep had increased to 5.1. This is a significant improvement of 16%. By the principal of Psyconeurobics, a good sleep helps to get more divine healing energy and hence helps to get better health for the patient.

Furthermore the use of Homeopathy medicines duly charged through Psyconeurobics with help of Green light made the patient feel better.

**Summary of Cardio cases where Integration of Homeopathy & Psychoneurobics was used**

Name	No.	Age	Sex	Diagnosis	Treatment	Learnings
SP Gupta	1	80	M	Gap in BP	Digitalis 30 Regular	
				Pulse very low	Cratagus	Stabalised
				Pulse slow	Spigelia 30 -later	
				p 69/72/59		
Mohini Gupta	2	20	F	Fingers cold	cal flour 30	
				Back pain	Ruta 30	better
				Fingers very cold	SIL 6	
				pulse missing	ACO 30	problem persisted
				gap in lower vertebra	Ruta 30	better
					Bry 200	better
				cramps in calf	Mag phos	better
				pulse	Heart 4	helped
Sharda Rani	29	43	F	Menopause	Alliam Sativa	BP not in control
				High BP	Ignitia, Kaliphos, Simifuga	
				Itch	Hydrocotile	
Ram Singh	518	70	M	High BP	Digitalis 30	helped
				High Pulse	Vetrum Ver 30	
						BP and pulse had again gone up in between
					Later HT 4	
					Cratagus 30	Pulse variation

					Kali Phos	
				cough	Spongia 200	
Neelam	13	40	f	Pain in lower chest	Crtagus 6	Better
					Carbo Veg 30	
Parvati	68	52	f	Phelgem from chest	spongia 200	
Umed Singh	171	39	M	Low BP	Natrum Mur	much better
				COUGH PHELGEM	Antm tart 30	
					Spongia 200	
				Pain chest	Bryionia 200	
				Constrion of chest	Vanadium	
Pawan	311	30	m	Pulse very slow	Digitalis 30	Eratic pulse
				pulse 100	aconite 30	
				BP V high		
Anju gupta	1157	52	f	no sleep	kali phos	
Rahul	530	28	m	fst pulse	aconite 30	
				low BP	NATRUM MUR	
						Contradicting response
				Pulse weak, fast	vetrum alb IM	
Mr. Srivastava		62	m	High BP 138/100	Aconite	
				High Pulse 100		
				colestrol		No progress

				paramters not ok		
				water intake 4 glass	Apic 30	
					bhada(part of triphla)	
					Alian sativa 30	
					(lassan)	

### METHODOLOGY

After due systematic diagnosis of the ailment and coming to the cause of the problem, Incorporeal God Father is invoked and comfort is given to the patient that Almighty will shower his blessings and all rests in his hands, if the patient takes the medicine remembering HIM, then the medicine is given by the Pysco Neurobics principles of charging with Green light mentally. If the patient is cooperative enough than the patient is also advised to visualize green light into the medicine before taking it in the morning. Further more naturopathy principles of taking veg diet and no sugar is advised.

### DISCUSSION

Homeopathy has excellent remedies for cardio disorders. This is because homeopathic treatment is cantered on a person and his or her pathological condition. Moreover, homeopathic medicines are prescribed after taking into account the patient's constitutional type like the physical, emotional, and psychological makeup and his or her medical history. An experienced homeopath determines all the factors, including miasma tic tendency of the patient before deciding any treatment.

Human body has a cardio respiratory system, which is composed of a circulatory network which takes the blood from the heart to the cell level and also the oxygen through the blood to the cells and the carbon dioxide which is exhaled. So any problem connected to the human system demands a thorough examination to ascertain the diseases and prescribe the medicine to the patient.

The challenges and success of the treatment have been found on the following grounds:

**Visualisation of Green Light:** This is the blessing of God almighty for energising the cardio respiratory organs. Medicine is energised with Green light mentally, if done on a daily basis by the patient it has better results.

**Time Gap after taking medicine:** The challenge of many patients not following the norm of taking the medicine empty stomach with discipline increases the recovery time and the efficiency of the entire process. So despite of the possibility of having better results, the opportunity is lost or reduced in many cases.

**Status of patient at the time of starting the medicine:** Some patients have multiple ailments, apart from the cardio disorders, administering treatment to them with the same effectivity is lost considerably.

**Emotional build-up of the patient:** Patients who have positivity vis with inherent negativity show a substantial difference in treatment response. Since this chakra gets blocked with absence of love, and opens with love, the best of treatment does not help if the patient has jealousy and no love as an outlook and visa versa.

**Regularity:** Regularly taking the medicine and visiting the clinic also has direct correlation with the recovery.

**Other ailments:** Allopathic medicines being taken for other and same ailments is sometime found to hinder the recover/dilute the findings.

The results have been good and the improvement has been in almost all cases. Limitation has been where the patients have not taken medicine or some of them have been taking allopathic medicines or for other reasons like other ailments or unknown reasons.

The pulse on being felt through physical examination gives a very good assessment if there is a problem. Many a time pulse rythms, breaks and other patterns of pulse is observed even without the patient having any other symptoms viz no problems in ultrasounds or no problem in Blood tests on the cardio parameters viz Cholesterol etc.

The common symptoms have been found are high or low blood pressure, stress, varied pulse rates has been found to be correlated with cardio problems. Further more the pain from the chest or arms is normally in serious cases. All these symptoms point towards the problems of the patient. If these symptoms come down it is to the better and if the symptoms aggravates it means something is not working out for the better, which becomes the ground to ask the patient if the patient is following necessary discipline as advised.

### **SIGNIFICANCE OF THE STUDY**

The goal of treatment should not only be relief but also to prevent recurrences. Homeopathy combined with Psychoneurobics and Naturopathy can provide miraculous relief from Cardio problems. Homeopathy can ensure cure / better relief from nervous disorders without any side-effects.

### **CONCLUSION**

In 4 cases the impact was almost negligible and despite of treatment the impact was not found positive at the same time there was no deterioration. The reason for no positive impact cannot be generalised and is specific, but to a great extent can be linked to stress. Hence absence of love and predominance of stress leads to a blockage of this chakra and the impact of the medicine is accordingly negated. However, immediate relief was provided by the medicines and further deterioration was vividly seen. Blood pressure dropped between 7 to 12% over several readings, while the pulse stabilised and dropped by 8%. The other readings which were not numerical were more prominent and reassuring. The Emotional and Physical profile of the patient improved by around 19% & 22% while the sleep improved by around 16%. All these parameters are clearly indicating towards better health and that a combination of Homeopathy, Psychohneurobics and Naturopathy has helped in the overall better cardio health of the patient.

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