

BEYOND BOUNDARIES

The Future of World Research

Editor in Chief

Edition 4

Prof. Dr. Rhituraj Saikia



Co-Editor's

Dr. Manglien Gangte

Dr. Prosper Kofi Agboga

Dr. Meenakshi Kaushik

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6. Decoding the Mind-Body Connection: How Emotional Suppression Modulates the PNEI Axis and Mental Health.

Dr. Pankaj Lathia¹ M.D. (Hom.) Ph.D. (Hom.)
and Dr. Kajal K. Ghevariya² M.Sc. Ph.D.
(Micro)

¹Professor, Department of Community medicine, CNKHMC, Vyara, Gujarat, **India.**

²Assistant Professor, Department of Microbiology, C. B. Patel Computer College & J. N. M. Patel Science College, Surat, Gujarat, **India.**

Abstract: **Context:** The relationship between emotional regulation and physiological health is gaining increasing attention within the global scientific community. Emotional suppression, the consistent avoidance or inhibition of emotional expression can significantly disrupt the psycho-neuro-endocrine-immune (PNEI) axis, the central interface linking psychological states with immune, endocrine, and neural systems. Such disruption contributes to psychosomatic disorders and a decline in overall mental health. Although modern medicine has made great strides in preventing and treating physical illnesses, it has not kept pace with the growing global burden of mental health challenges. This presentation highlights the essential role of emotional regulation in maintaining both mental and physical health and advocates for a more integrative approach to holistic well-being. **Aim:** To explore how emotional suppression impacts

the Psycho-neuro-endocrine-immune (PNEI) axis and contributes to mental and physical health outcomes, with the goal of promoting integrative approaches to emotional regulation and holistic well-being. **Research Design:** This was an observational analytical retrospective clinical study which was done in my private clinic. **Materials and Methods:** The study was carried out for 4 years and it includes 300 patients. Pregnant women and patients on concurrent suppressive treatment throughout the duration of Homeopathic treatment were excluded from the study. **Statistical Analysis:** Statistical analysis of the descriptive data was done by numbers and percentages according to different categories. **Result:** A total of 300 cases were studied, all of which were chronic in nature. The majority of patients (115) were aged between 31 and 40 years. Among the patients, 97 were male and 203 were female. Regarding treatment outcomes, significant improvement was observed in 177 cases, moderate improvement in 80 cases, no change in 18 cases, and 25 patients discontinued treatment. **Conclusion:** Drawing from multiple disciplines, this study reveals how holding back emotions can disturb the body's key regulatory systems, impacting mental and physical health. It stresses the need for holistic strategies that prioritize emotional well-being as essential to overall health.

Keywords: Mind-Body Connection, Emotional Suppression, PNEI Axis, Mental Health, Homeopathy, Individualization

Introduction

Recent studies increasingly confirm that our emotions play a crucial role in the relationship between our environment and immune system. The body and mind are not isolated entities

they are deeply interconnected through complex pathways, including the psycho-neuro-endocrine-immune (PNEI) axis. As such, holistic care demands an integrated approach, where the roles of both the medical practitioner and the psychologist are equally valued. Despite this, medicine still struggles to fully integrate psychological care due to the legacy of Cartesian dualism, which historically separated the physical and mental realms. Psychosomatic pioneers like Dunbar and Alexander helped challenge this divide by linking emotional conflict to physical illnesses. While psycho neuro-immunology and the bio-psychosocial model have advanced this integration, psychology is still often undervalued in medicine. Still, psychology is often seen as secondary in medical settings, despite its essential role in understanding and treating patients holistically. This integrated view is central to homeopathic medicine, where focus is placed on the whole person, the “sick” individual, not just the disease. Emotional and psychological factors like fears, anxieties, and depression are key to tailoring effective treatments, highlighting the importance of individual responses to life circumstances.

What Is Health??

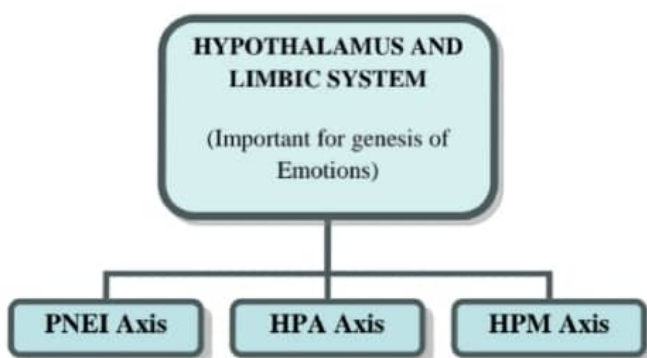
HEALTH is commonly understood as :

“A state of complete physical, mental & social well-being & not merely the absence of disease or infirmity” (WHO)

Where MENTAL HEALTH means, “Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well, work well, and contribute to their community”. The human mind has long been one of the most puzzling challenges in medicine of all time. It's now understood that both physical and psychosomatic illnesses are

influenced by disturbances in personality. In everyday practice, physicians observe that symptoms are shaped by a patient's emotions and personality, showing that no illness is purely physical. The term psychosomatic – combining both “psyche” (mind) and “soma” (body) which reflects how emotional or psychological stress can cause real physical changes. Psychosomatic disorders, therefore, are conditions where emotional factors contribute significantly to physical symptoms. Emotion is a Complex Reaction Pattern, involving Experiential Behavioural and Physiological Elements. It is an aroused state means it is an “Conscious Mental Reaction” which is experienced as a strong feeling towards a specific object result in Physiological and Behavioral changes in the body. It involves intense feeling, autonomic activation and related behavior.

Connection Between Emotions And Hormones:



PNEI (Psycho– Neuro– Endocrine– Immunity)

As we all know that, Disease is a deviation from the state of health, which is expressed by sign and symptoms. Dr. Hahnemann says that removal of the cause and total restoration of health from the state of sickness is cure. It means that removal of one or few symptoms never amounts to cure. Whereas any

unnatural removal of cause or expression leads to suppression. Disappearance of the existing disease manifestation at the cost of a new suffering is called as suppression and expresses itself in some other form, and usually on a deeper and more vital organ. Commonly suppression in Homeopathic field is a Phenomenon, a process that causes disease expressions to disappear without changing the underlying disease force, The Miasm. And thus, this current disease state may not be true or complete state, but it is because of the suppression of the earlier disease phenomenon and there for suppression is not the actual primary cause of this disease state but it is the philosophical explanation of the current disease state. Every person will experience emotions they are part of being a human. Anger, sadness, joy, and shame are all common feelings that can play important role in daily life. When people have a hard time expressing or accepting these feelings, people may be struggling with Suppressed Emotion. Sometimes suppressed emotions are root cause of bigger picture of the disease.

“Unexpressed Emotions Will Never Die,

They are Buried Alive and They Will Come Forth Later in Uglier Form”

- *Sigmund Freud*

Suppressed emotions often arise from self-protection, societal expectations, and early childhood conditioning, where individuals learn to hide feelings like sadness or anger to avoid pain or disapproval. This emotional suppression, whether conscious or unconscious, can negatively impact health on both mental and physical levels. Mental unexpressed emotions held inside can lead to illness over time, with deeper and more lasting

effects than physical suppression. From a homeopathic perspective, no symptom is meaningless. No matter how small, reflects an imbalance in the vital life force and signals distress across physical, emotional, mental, or spiritual levels. Symptoms are meaningful messages from the body that need careful attention to restore overall health.

Homeopathic Management

Homoeopathy is a science which has firm, rooted, an unaltered principles and concrete philosophy as its base. It is based on the concept of holism. In homeopathy, we emphasize individualization - treating each person as unique in body, mind, and spirit. Therefore, when treating any illness, we look for the psychological connections between the physical, mental, and even metaphysical aspects of a person. Around 60-70% of physical ailments are linked to emotional, spiritual, or subconscious factors, forming the basis of Psychological Homeopathy, which help us to find out "What actually is wrong with that Person?" The approach seeks to uncover the root causes of suffering, often hidden in the subconscious mind, and restore a person's true connection with themselves, their spirit, and the universe.

Healing on the psychological level naturally leads to physical recovery, reflecting homeopathy's holistic nature.

Review of Literature

1. COLON : Ugly "undigestible conflict"
2. LARYNX : Fear or Fright
3. LUNG : Fear of Death or Suffocation

4. SKIN : Impaired Emotion
5. GUTS : Unable to swallow Anger
6. THYROID : Feeling of Helplessness
7. LIVER : Fear of Starvation

Materials and Methods

Type of Study :	Observational Analytical Retrospective Clinical study
Source of Data :	Cases of my private clinic 'Om Homeopathic Clinic (Surat)'
Material :	Case record proforma of the clinic
Sample size :	300
Sampling Method :	Randomized Method
Material :	Case record Performa according to Dr. Hahnemann guidelines. Homeopathic software's like – Homeopath, Radar 10 etc.
Selection Criteria : Inclusion Criteria Exclusion Criteria	Cases which had history of Emotional Suppression. Cases had been taken from school going children to old age (70 years) and both sexes. Pregnant women. Patients on concurrent

	<p>suppressive treatment throughout the duration of Homeopathic treatment.</p>
Response Analysed	Feeling of mental and physical well-being with disappearance of all the Signs & Symptoms.
Significant Improvement	Feeling of mental and physical well-being with relief in his suffering.
Moderate Improvement	There is no change in the patient's any complaints. Patient remains as it is condition even after administration Homeopathic medicine.
Status Que	Patient didn't come for the further treatment.
Left the treatment	

Data Collection

Sex group :	
Female	203 Patient
Male	97 Patient
Nature of disease :	Chronic in nature
Age group :	
1 to 10 Years	07 cases
11 to 20 Years	27 cases
21 to 30 Years	74 cases
31 to 40 Years	115 cases
41 to 50 Years	53 cases
51 to 60 Years	14 cases

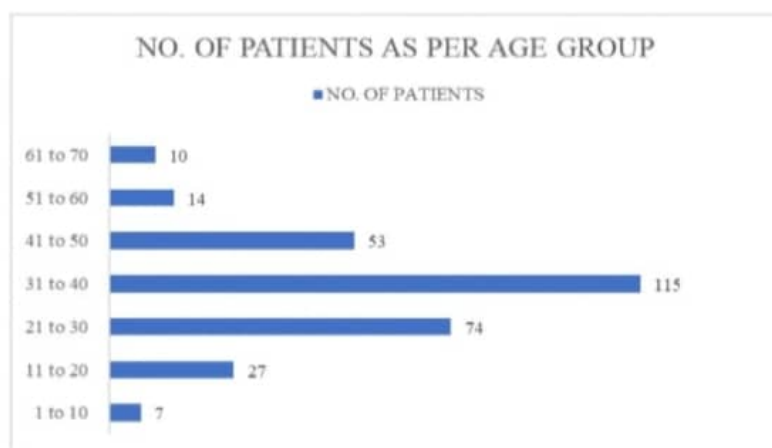
Diagnosis	No. of Cases
Migraine	62
Hypothyroidism	37
Depression	29
Eczema	29
Psoriasis	24
Allergic Bronchial Asthma	14
GERD	14
DUB	14
PCOD	13
Hypertension	11
Erectile Dysfunction	10
Lichen Planus	08
Alopecia Areata	07
Urticaria	07
Vitiligo	07
Verruca Vulgaris	04
Epilepsy	04
Keratoderma	02
Acne Vulgaris	02
Diabetes Mellitus	02

Table 2 List of Constitutional Remedy

61 to 70 Years	10 cases
Treatment used :	Constitutional medicine with Intercurrent remedy (where it was required)
Result of treatment :	
Significant Improvement	177 cases
Moderate Improvement	80 cases
Status Quo	18 cases
Left the Treatment	25 cases

Analysis of Data

Graph 1 Age Group



Graph 2 Sex Ratio

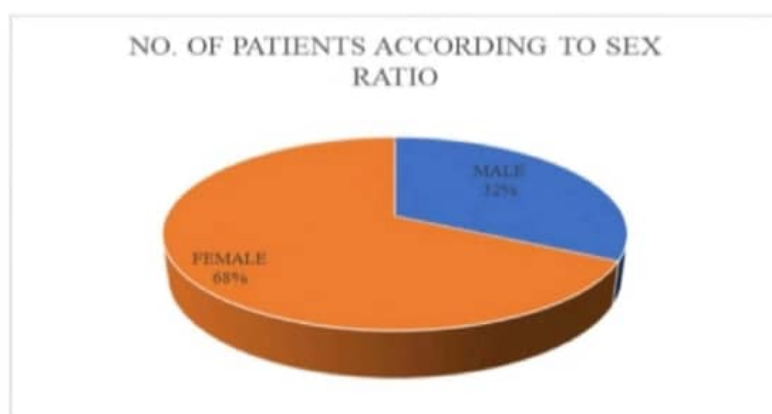


Table 1 List of Diagnosis

Medicine	No. of Cases
NAT.MUR	66
NAT.CARB	33
PHOSPHORUS	21
NAT.PHOS	21
STAPHYSAGRIA	17
NAT.SULPH	17
LYCOPODIUM	16
MAG.CARB	14
CALC.CARB	14
NAT.ARS	11
IGNATIA	08
NAT.SILICATA	08
AUR.MET	08
SEPIA	07
PHOSPHORIC ACID	06
CALC.SIL	05
CALC.PHOS	05
CALC.ARS	05
PULSATILLA	04
SULPHUR	03
AUR.SULPH	03
MAG.SULPH	03
ARG.NIT	03
GRAPHITES	02

Table 3 List of Intercurrent Remedy

Medicine	No. of Cases
THYROIDINUM	37
TUBERCULINUM	22

THUJA	19
HISTAMINUM	12
PSORINUM	07
SYPHILLINUM	03

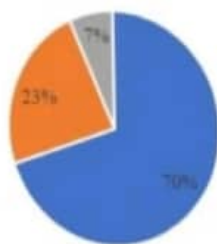
Table 4 List of Various Causative Factors for Emotional Suppression

Causative Factors (A/F)	No. of Cases
Anger Suppressed – Intolerance Of Contradiction	118
Love Disappointment – Grief, Brooding, Weeping	60
Death of Loved One, Parents, Friends – Sadness, Melancholic, Weeping	31
Loss of His Job, Position, Reputation, Money, Business	28
Abuse After Being Sexually	10
Rudness of Others	08
Domination	08
Injustice Can Not Support	07
Children Punishment, Scolded Being “Reproaches”	07
Offended Being “Insults”	06
Honor Wounded	05
Bad News	05
Rejected From Being	04
Humiliation – Mortification	03

Graph 3 Types of Emotions Which Are Affected In Most of Cases

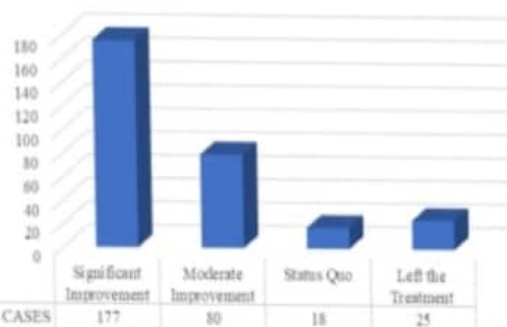
PREVALENT EMOTIONAL CHANGES OBSERVED IN MAJORITY OF CASES

• PRIMARY EMOTION • SECONDARY EMOTION • TERTIARY EMOTION



Graph 4 Result Analysis

NO. OF CASES ACCORDING TO RESULT OF TREATMENT



CASE 1

Diagnosis – Psoriasis

A/F – Loss of Job - Divorced

Remedy - Nat.ars



CASE 2

Diagnosis – Pompholyx

A/F – Suppressed anger -
Strain relation with relatives
and friends causes emotional
disturbance

Remedy – Phosphorus

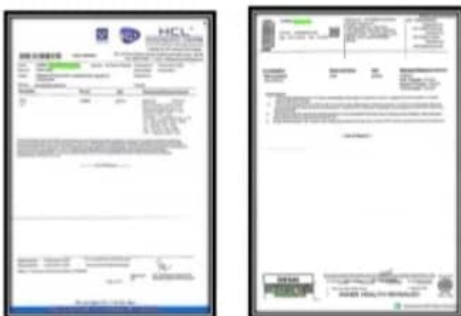


CASE 3

DIAGNOSIS – Warts

A/F – Conflict with the Family,
Suppressed Anger

REMEDY – Natrum Sulph



CASE 4

Diagnosis – Hypothyroidism

A/F – Family Dispute - Suppressed
anger - Mental Insecurity

Remedy - Cal.ars



CASE 5

DIAGNOSIS – Palmer
Keratoderma

A/F – Conflict with MIL,
Suppressed Anger

REMEDY – Natrum
Muriaticum



CASE 6

DIAGNOSIS – Acne Vulgaris

A/F – Sensitive to Reprimand

REMEDY – Natrum Silicium

CASE 4

Diagnosis – Hypothyroidism

A/F – Family Dispute - Suppressed
anger - Mental Insecurity

Remedy - Cal.ars

Discussion

The study underscores the deep connection between emotional health and physical illness, a concept originally emphasized by Dr. Hahnemann and now supported by the modern PNEI axis framework, which scientifically explains how emotional stress influences the nervous, endocrine, and immune systems. The outcomes of the study indicate that individualized homeopathic treatment can be effective in managing chronic diseases

associated with emotional suppression. Notably, a higher proportion of cases involved female patients and individuals aged 21–40, suggesting a potential link between psychosocial stress and chronic illness in these groups. Of the 300 cases, 177 showed significant improvement, 80 moderate improvement, 18 no change, and 25 discontinued treatment. Remedies were selected based on individual case analysis, using constitutional and, when needed, intercurrent prescriptions. The findings highlight how individualized homeopathic care can play a significant role in restoring balance within the mind-body system, particularly in chronic cases where emotional suppression disrupts the PNEI axis and contributes to mental health disturbances.

Summary and Conclusion

This study analyzed 300 chronic cases to evaluate the role of emotional suppression in disease and the efficacy of homeopathic treatment. Emotional triggers such as grief, anger, humiliation, and trauma were found to disrupt the Psycho-Neuro-Endocrine-Immunology (PNEI) axis, contributing to various psychosomatic conditions like migraine, hypothyroidism, eczema, depression, and more. Individualized homeopathic remedies, combined with psychotherapy and counselling, led to significant improvement in 59% of cases and moderate improvement in 26%. These findings highlight homeopathy's potential as a holistic and effective approach for treating psychosomatic illnesses by addressing the emotional root causes, not just physical symptoms. In modern psychosomatic disorders, where emotional suppression is a key cause, homeopathy provides a holistic, personalized, and non-invasive treatment approach. By addressing the root emotional

imbalances, homeopathy helps restore balance within the mind-body system. Today, it holds significant potential for managing psychosomatic conditions stemming from unresolved emotional conflicts. Thus, it is apt to say : **“Homeopathy serves as a powerful regulator of the stress response system and a natural path to healing unresolved emotional conflicts.”**

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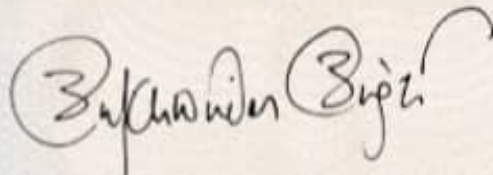
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Dr. Sukhwinder Singh

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