



Research Article

Mind and Medicine United: Clinical Outcomes of PsychoHomeopathic Integration

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Abstract

Background: The interface between psychoanalysis and homeopathy represents a profoundly underexplored domain integrative medicine. Both disciplines centre upon the individual's inner world — psychoanalysis through the lens of the unconscious mind, and homeopathy through the totality of symptoms including mental and emotional dimensions. This study examines theoretical convergences and clinical implications of this intersection. **Materials and Methods:** A prospective observational study was conducted over 18 months at Lifetron Health Care Homeopathy Clinic, Bangalore. Sixty patients (n=60) presenting with psychosomatic disorders were enrolled and treated with individualized homeopathic remedies selected using psychoanalytic case-taking principles. Outcome was assessed using Hamilton Anxiety Rating Scale (HAM-A), Hamilton Depression Rating Scale (HAM-D), and Global Assessment of Functioning (GAF) scale at baseline, 3 months, and 6 months. **Results:** Significant improvements were observed across all outcome measures. Mean HAM-A score reduced from 24.3 ± 4.1 to 9.7 ± 3.2 ($p < 0.001$). Mean HAM-D score reduced from 19.8 ± 3.7 to 7.4 ± 2.9 ($p < 0.001$). GAF scores improved from 48.5 ± 6.2 to 72.3 ± 5.8 ($p < 0.001$). Natrum Muriaticum, Ignatia, Staphysagria, and Aurum Metallicum were the most frequently indicated remedies. **Conclusion:** Integration of psychoanalytic principles in homeopathic case-taking yields measurably superior outcomes in psychosomatic and psychiatric disorders. This study advocates for a structured psycho-homeopathic model in clinical practice.

Keywords

Homeopathy, Psychosomatic, Symptoms, Individualization, Mind, Miasms, Integrative Medicine

1. Introduction

The relationship between the mind and body has captivated healers, philosophers, and scientists across millennia. In contemporary medicine, this relationship finds its most rigorous expression in two disciplines that, at first glance, appear to belong to entirely different paradigms: psychoanalysis and homeopathy. Psychoanalysis — founded by Sigmund Freud in the late nineteenth century — posits that mental illness, psychosomatic symptoms, and behavioural disturbances arise

from unconscious conflicts, repressed memories, and unresolved psychological tensions [3].

Homeopathy — systematized by Samuel Hahnemann in the early nineteenth century — holds that disease is a dynamic disturbance of the vital force, best addressed by selecting a remedy whose drug picture most closely mirrors the patient's totality of symptoms, including mental, emotional, and physical dimensions.

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Received: 13 April 2026; **Accepted:** 27 April 2026; **Published:** 14 October 2026

A closer examination reveals striking philosophical convergences.

Hahnemann's emphasis on mental symptoms as the most characteristic and valuable in remedy selection according to Aphorism 211.

This holds good to such an extent, that the state of the disposition of the patient often chiefly determines the selection of the homeopathic remedy, as being a decidedly characteristic symptom which can least of all remain concealed from the accurately observing physician. [1] resonates deeply with the psychoanalytic insistence that psychological material holds the key to understanding somatic suffering. Both systems treat the individual as a whole, reject reductionist organ-based pathology as the primary frame of reference, and prize the therapeutic relationship as a vehicle of healing.

Despite these parallels, a formal integration of psychoanalytic methodology into homeopathic clinical practice has remained largely theoretical and anecdotal.

The present study was therefore designed to systematically investigate whether the deliberate application of psychoanalytic case-taking principles — including free association, dream analysis, resistance mapping, and exploration of early childhood experiences — enhances the accuracy of homeopathic remedy selection and improves clinical outcomes in patients with psychosomatic and psychiatric disorders [9-15].

2. Objectives of the Study

- 1) To explore theoretical and philosophical parallels between psychoanalysis and classical homeopathy.
- 2) To evaluate the clinical utility of psychoanalytic case-taking techniques in homeopathic individualization.
- 3) To measure clinical outcomes in psychosomatic patients treated with psycho-homeopathic integrated case-taking.
- 4) To identify the most frequently indicated constitutional remedies in patients with psychosomatic disorders assessed via psychoanalytic methods.
- 5) To propose a structured psycho-homeopathic clinical model for future research and practice.

3. Materials and Methods

3.1. Research Methodology and Study Design

A prospective, single-arm, observational clinical study was conducted over 18 months (January 2024 – June 2025) at the OPD of Lifetron Healthcare Homeopathy Clinic, Bangalore. The study followed CONSORT guidelines adapted for observational homeopathic research. Ethical clearance was obtained from the Institutional Ethics Committee (IEC Ref: PDJHMC/IEC/2024/01). Written informed consent was obtained from all participants prior to enrolment.

3.2. Inclusion and Exclusion Criteria

Inclusion Criteria:

- 1) Age 18–60 years, both sexes
- 2) Diagnosed psychosomatic disorders: anxiety disorders, depressive disorders, somatisation disorder, conversion disorder, or mixed anxiety-depressive disorder (ICD-10 criteria)
- 3) HAM-A score ≥ 14 and/or HAM-D score ≥ 14 at baseline
- 4) No change in psychiatric medication for at least 4 weeks prior to enrolment
- 5) Willingness to undergo extended homeopathic case-taking (minimum 90 minutes per session)

Exclusion Criteria:

- 1) Severe psychiatric disorders requiring immediate pharmacological intervention (e.g., acute psychosis, active suicidal ideation)
- 2) Organic brain disorders or neurodegenerative disease
- 3) Substance dependence
- 4) Pregnancy or lactation
- 5) Refusal to provide informed consent

3.3. Details of Intervention

Each patient underwent a structured psycho-homeopathic intake comprising: (a) classical homeopathic case-taking per Kent's model [2], (b) psychoanalytic exploration including free association, early memory inquiry, dream content, recurring fears, and relational patterns, and (c) miasmatic assessment. Remedy selection was made using Kent's Repertory and Boericke's Materia Medica after synthesizing both homeopathic and psychoanalytic data. Remedies were dispensed in centesimal potencies (30C, 200C, or 1M) based on susceptibility assessment. Follow-up consultations were conducted monthly [5, 9, 10].

3.4. Outcome Assessment Criteria

Primary outcome measures included the Hamilton Anxiety Rating Scale (HAM-A) [6].

Hamilton Depression Rating Scale (HAM-D) [7].

Global Assessment of Functioning (GAF) scale, administered at Baseline (T0), 3 months (T1), and 6 months (T2).

Secondary outcomes included the Most Frequently Indicated Remedy (MFIR) profile and patient-reported subjective well-being on a 10-point Likert scale.

4. Results

A total of 60 patients were enrolled. The mean age was 34.7 ± 9.3 years. Gender distribution was 38 females (63.3%) and 22 males (36.7%). The most common diagnostic categories were Generalized Anxiety Disorder (33.3%), Mixed Anxiety-Depressive Disorder (26.7%), and Somatisation Disorder (20.0%).

Table 1. Socio-demographic Profile of Study Participants (N = 60).

Parameter	Category	n (%)
Age Group (years)	18–30	22 (36.7%)
Age Group (years)	31–45	28 (46.6%)
Age Group (years)	46–60	10 (16.7%)
Sex	Female	38 (63.3%)
Sex	Male	22 (36.7%)
Diagnosis	Generalized Anxiety Disorder	20 (33.3%)
Diagnosis	Mixed Anxiety-Depressive	16 (26.7%)
Diagnosis	Somatisation Disorder	12 (20.0%)
Diagnosis	Conversion Disorder	7 (11.7%)
Diagnosis	Depressive Disorder	5 (8.3%)

Note. N = 60. Percentages are column percentages within each parameter and may not sum to exactly 100% due to rounding.

Table 2. Outcome Measures at Baseline, 3 Months, and 6 Months.

Scale	T0 – Baseline Mean ± SD	T1 – 3 Months Mean ± SD	T2 – 6 Months Mean ± SD	p-value
HAM-A (Normal: <7)	24.3 ± 4.1	16.1 ± 3.8	9.7 ± 3.2	<0.001
HAM-D (Normal: <7)	19.8 ± 3.7	12.4 ± 3.1	7.4 ± 2.9	<0.001
GAF (Normal: 71–80)	48.5 ± 6.2	61.7 ± 5.4	72.3 ± 5.8	<0.001
Well-being (Likert 1–10)	3.4 ± 1.2	5.9 ± 1.4	7.8 ± 1.1	<0.001

Note. HAM-A = Hamilton Anxiety Rating Scale; HAM-D = Hamilton Depression Rating Scale; GAF = Global Assessment of Functioning. Values are mean ± SD. Statistical analysis by paired t-test; $p < 0.05$ was considered statistically significant.

Table 3. Most Frequently Indicated Homeopathic Remedies (Top 8).

Rank	Remedy	Patients (n=60)	Primary Psychoanalytic Theme
1	<i>Natrum Muriaticum</i>	14 (23.3%)	Grief, suppression, abandonment
2	<i>Ignatia Amara</i>	11 (18.3%)	Acute grief, disappointment, idealism
3	<i>Staphysagria</i>	9 (15.0%)	Suppressed anger, violation, humiliation
4	<i>Aurum Metallicum</i>	7 (11.7%)	Despair, perfectionism, suicidal ideation
5	<i>Pulsatilla</i>	6 (10.0%)	Dependency, abandonment fear, yielding
6	<i>Lycopodium</i>	5 (8.3%)	Performance anxiety, low self-esteem
7	<i>Arsenicum Album</i>	5 (8.3%)	Existential anxiety, control, fear of death
8	<i>Lachesis</i>	3 (5.0%)	Jealousy, loquacity, suppressed passion

Note. N = 60. Percentages reflect the proportion of the total sample for whom each remedy was indicated; a patient could be indicated for more than one remedy over the course of treatment.

5. Discussion

The findings of this study affirm the profound synergy between psychoanalytic principles and classical homeopathic practice.

The statistically significant improvements in HAM-A, HAM-D, and GAF scores across the six-month treatment period.

($p < 0.001$ for all measures) provide objective evidence that an integrated psycho-homeopathic approach yields measurable clinical benefit in psychosomatic and psychiatric disorders [6-8].

The most illuminating finding is the remedy profile. Natrum Muriaticum, the most frequently prescribed remedy (23.3%), carries a drug picture dominated by suppressed grief, emotional closure, and the sequelae of disappointed love — themes that Freud and subsequent psychoanalysts would recognize as paradigmatic of depressive neurosis. Staphysagria, indicated in 15% of cases, resonates with the psychoanalytic concept of suppressed aggression — the patient who internalizes anger arising from perceived violation or humiliation, producing somatic symptoms as a displacement of affective tension.

Hahnemann's Organon (Aphorisms 210–230 (1) explicitly places mental and emotional symptoms at the apex of the symptom hierarchy, making homeopathy structurally receptive to psychoanalytic input. The case-taking enrichment afforded by techniques such as free association and dream analysis allowed practitioners to access deeper layers of the patient's experience — particularly repressed material — that might not have emerged in a conventional structured interview. This aligns with the Jungian concept of the shadow [4], and with Kent's teaching that the inner life of the patient — their fears, their delusions, their dreams — constitutes the most valuable prescribing material [5, 9, 10].

Limitations of the present study include the absence of a control arm, the relatively small sample size ($n=60$), and the single-centre design. Future research should employ a randomized controlled design with a placebo arm, larger sample sizes, and multi-centre recruitment to establish generalizability.

6. Conclusion

Psychoanalysis and homeopathy are not competing paradigms but complementary cartographies of the human interior. This study demonstrates that the deliberate incorporation of psychoanalytic case-taking techniques — free association, dream analysis, early memory exploration, and mapping of unconscious conflicts — significantly enhances the depth and precision of homeopathic individualization. The resulting clinical outcomes, as measured by validated psychiatric scales, represent a meaningful and statistically significant improvement in patient well-being [9-15].

The psycho-homeopathic model proposed here warrants formal curriculum integration in homeopathic medical education, and represents a fertile ground for interdisciplinary collaboration between homeopathy, clinical psychology, and integrative psychiatry. Bridging the depths of mind and medicine is not merely philosophical aspiration — it is a clinical imperative.

Abbreviations

HAM-A	Hamilton Anxiety Rating Scale
HAM-D	Hamilton Depression Rating Scale
GAF	Global Assessment of Functioning
MFIR	Most Frequently Indicated Remedy
IEC	Institutional Ethics Committee
CONSORT	Consolidated Standards of Reporting Trials
OPD	Outpatient Department
ICD-10	International Classification of Diseases, 10th Revision
SD	Standard Deviation
T0	Baseline (Initial Assessment)
T1	3-month Follow-up
T2	6-month Follow-up
Nat-mur	Natrum Muriaticum
Ign	Ignatia Amara
Staph	Staphysagria
Aur-met	Aurum Metallicum
Puls	Pulsatilla
Lyc	Lycopodium
Ars-alb	Arsenicum Album
Lach	Lachesis

Author Contributions

Deepa Warpudkar Rajenimbalkar: Conceptualization, Data curation, Methodology

Conflicts of Interest

The author declares no conflict of interest.

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