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## Importance of mental symptoms in homoeopathy prescribing

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Mental illness refers to a wide range of mental health conditions, disorders that affect your mood, thinking and behaviour. Many people have mental health concerns from time to time. But a mental health concern becomes a mental illness when ongoing signs and symptoms cause frequent stress and affect your ability to function. A mental illness can make you miserable and can cause problems in your daily life, such as at school or work or in relationships. In most cases, symptoms can be managed with a combination of medications and talk therapy (psychotherapy). But the most efficacious and effective medicine is homoeopathic Medicines. In homoeopathic medicine physician read the mind of the patient and find the medicine that suites best for the patient. The mental symptoms are of special importance in homoeopathic prescribing. Peculiar mental symptoms and special sensations are given primary importance in homoeopathic treatment. As we know that diseases originate in the vital molecular processes, obviously, mental and physical symptoms, whether subjective or objective, are the expressions of these molecular errors. Mind, consciousness, feeling, emotions, understandings, thought, sensations, mental symptoms etc., are the functions of a complex material system, known as brain and nervous system. Homeopathy treats the patient as a whole (in mental and physical plane together) on symptoms' similarity. Homeopathy always gives more importance to patient's subjective feelings and sensations and for their betterment. The unique characteristic symptoms of mind will always be considered as peculiar and characteristic symptom of the patient or individual (individualization). This striking symptom helps in finding out the right remedy for easy cure. Homeopathy makes an attempt to judge the situation quite differently, homeopathy try to use his intellectual image and select the remedy accordingly. The homoeopathic prescription has the ability to liberate vital energies locked up in the body, so that a healthier self is experienced with a greater sense of vitality, energy and well-being. In all the cases, the homoeopath avoids suppression because this does not cure but simply pushes problems deeper.

## Biography

Vivek Puri has completed his education in Chitkara University in India.

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