

# Exploring Homoeopathy's Role in Behavioural Disorders: Case of Attention-Seeking Behaviour Managed with Ignatia

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## ABSTRACT:

Attention-seeking behaviour is described in clinical literature as actions aimed at gaining excessive or inappropriate attention from others, often disrupting social or academic functioning. Medical texts highlight its roots in unmet psychological needs, developmental challenges, or behavioural disorders, making it a significant focus in psychiatry and behavioural sciences.

This case illustrates a patient with exaggerated expressions and persistent demands for recognition. Individualized case-taking and repertorization guided remedy selection. The report emphasizes the role of constitutional prescribing in addressing behavioural manifestations and restoring holistic balance.

## KEYWORDS:

Attention-seeking behaviour, Homoeopathic case study, Constitutional prescribing, Miasmatic analysis, Individualized remedy selection, Behavioural manifestations, Emotional disturbances, Repertorization, Holistic management, Psychiatric literature in homoeopath

## CASE PRESENTATION

### 1. Personal Data

- **Name:** Mrs. XYZ
- **Age/Sex:** 45 years / Female
- **Religion:** Hindu
- **Education:** 5th Standard
- **Occupation:** Housewife
- **Marital Status:** Married
- **Nationality:** Indian
- **Diet:** Vegetarian
- **Family Size:** 4 members
- **Address:** Ved Road, Katargam, Surat

### 2. Chief Complaints

Patient presents with multiple vague bodily complaints since 2 years, gradually progressive:

1. Generalized bodyache
2. Numbness from right knee to leg
3. Difficulty in breathing
4. Heaviness of legs, < climbing stairs
5. Occasional giddiness
6. Head heaviness with pain
7. Dryness of throat on waking
8. Left-sided chest pain
9. Eye heaviness

10. Heaviness of abdomen
11. Occasional deep breathing (sighing respiration)
12. Weird sensation in head; numbness at vertex
13. Multiple joint pains

**Onset:** Insidious

**Duration:** 2 years

**Progress:** Gradually increasing frequency and intensity

### 3. Associated Complaints

- Known case of hypothyroidism – improved with homoeopathic treatment.

### 4. Past History

- Recurrent gastroenteritis
- Redness and itching of skin on sun exposure

### 5. Family History

- Father – Diabetes mellitus, joint complaints, itching
- Brother – Diabetes mellitus
- Sister – Recurrent headaches

### 6. Mental Generals

#### In Patient's Own Words

- “Ghabharaman thay to undo swas levo pade” (During anxiety, needs to take deep sighing breath).
- Feels hurt if son does not listen to her.
- Diplomatic in answering.

#### Observations

- Introverted personality
- Talks only when questioned
- Appears emotionally suppressive

#### Characteristic Traits

- Sensitive
- Suppresses grief and anger
- Never expressive
- Conscientious and responsible housewife
- Dull in decision making and execution
- Hardworking; completes duties even without being told
- Timid; does not react outwardly

### 7. Physical Generals

- **Appetite:** Good (3–4 chapatis/meal)
- **Thirst:** 10–12 glasses/day
- **Desire:** Spicy food (causes acidity)
- **Stool:** Regular; occasional constipation
- **Urine:** 3–4 times/day; slightly yellow
- **Perspiration:** Offensive ++++
- **Sleep:** Sound
- **Dreams:** Non-specific
- **Thermal Reaction:** Hot patient
- **Weakness:** Present
- **Complexion:** Darkening of face, < sun exposure

### 8. Physical Examination

- No lymphadenopathy
- No clubbing
- No icterus

- No edema

**Vitals**

- Pulse: 76/min, regular
- Respiratory rate: 14/min
- BP: 140/80 mmHg

Systemic examination (CNS, CVS, RS, Abdomen) – No significant abnormality detected.

**9. Investigations**

- Hb – 12.3 gm%
- TSH – 4.5
- Vitamin B12 – 344
- Vitamin D3 – 32
- USG Abdomen – Normal
- X-ray Chest – Normal

No structural pathology detected.

**Clinical Diagnosis**

Functional psychosomatic disorder with suppressed emotional state.

**Analysis and Evaluation of Symptoms**

**Characteristic Mental Symptoms**

- Silent grief
- Suppressed anger
- Timid; never reacts
- Conscientious
- Sensitive
- Sighing respiration during anxiety

**Physical Generals**

- Offensive perspiration
- Hot patient
- Weakness
- Sun aggravation

**Particulars**

- Multiple vague somatic symptoms without pathological correlation
- Hysterical tendency

Mental generals were given highest value in totality formation.

**Miasmatic Evaluation**

Mixed miasmatic state with predominance of Syco-syphilitic background.

	Psora	Sycosis	Syphilis
Mentals	Sensitive to critics Conscientious	Silent grief	Deep sighing
Physical		Hypothyroidism	Perspiration offensive
Past history			
Family history			

**Disease Classification**

According to chronic disease concept described in Organon of Medicine (Aphorism 78–81):

- Dynamic chronic disease
- Fully developed symptom picture
- Mixed miasmatic origin

**Repertorisation**

Repertorisation was performed using Complete Repertory via CARA software.

	Ign	Ail	Bell	Cimic	Hyos	Iber	Acet-ac	Nat-m	Orni	Puls	Tarent	Verat
	2	1	1	3	2	2	1	1	1	2	1	1
	2	1	1	1	1	1	1	1	1	1	1	1
	2	1	1	3	2	2	1	1	1	2	1	1
DELIRIUM hysterical, almost	1		1		2						1	1
SIGHING grief, with	1	1		3		2	1	1	1	2		

**Remedies Appearing**

- Ignatia
- Belladonna
- Cimicifuga
- Hyoscyamus
- Natrum muriaticum
- Pulsatilla
- Tarentula
- Veratrum album

**Remedy Differentiation**

**Ignatia amara**

- Silent grief
- Suppressed emotions
- Over-sensitive
- Hysterical manifestations
- Deep sighing respiration

**Natrum muriaticum**

- Reserved
- < Consolation
- Sun headache
- Craving salt

**Pulsatilla**

- Mild, weeping
- Consolation
- Craves open air

**Cimicifuga**

- Rheumatic tendency
- Uterine focus
- Loquacious

Reference consulted:

- Pocket Manual of Homoeopathic Materia Medica
- The Soul of Remedies

**Final Prescription**

**Ignatia amara 10M – Single Dose**

Followed by Saccharum lactis for 1 month.

Rationale:

- Clear mental totality
- Strong vitality
- Chronic emotional suppression
- Functional pathology

**Follow-Up**

**First Follow-Up**

- Emotional release (tears appeared for first time)
- 50% improvement in physical symptoms
- Better sleep and stool
- Increased energy

Placebo continued.

**Second Follow-Up**

- More calm and focused
- One emotional episode due to daughter's academic result, but better controlled
- Overall improvement maintained

Ignatia 10M single dose repeated.

Placebo continued.

**Third Follow-Up**

- 70% overall improvement
- Marked mental calmness
- Improved energy and generals

Placebo continued.

**Conclusion**

This case illustrates:

- Importance of mental generals in chronic functional disorders
- Suppressed grief manifesting as multiple somatic complaints
- Role of high potency constitutional remedy
- Classical homoeopathic management with minimum repetition