

Review Article

Interpretation of Body Language in Homoeopathy

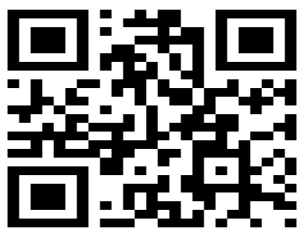
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ABSTRACT

“Language is also often used to conceal all thoughts” is a paradox we can encounter frequently in our daily life practice. However, body language would never be lie. The importance of mental state and the disposition in homoeopathic prescribing is all well known to all homoeopaths. But the mental symptoms can also be misleading if we depend only on what the patient says whilst ignoring on his body language.

Keywords: Body language, facial Expressions, Objective symptoms, Homoeopathic Medicines, Organon of medicine & Homoeopathy



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INTRODUCTION

Prevalence is about, only 7% of communication is verbal communication. 38% of it depends on our intonation, or the sound of our voice. The largest chunk of communication is body language, which takes up the remaining 55%.

approaches that are to make homoeopathy ever expanding.

“Body language is a way to say who you are without speaking.”

Body language is a type of non-verbal communication in which physical behavior; body posture and looks are used to express to convey information like facial expression gesture eye movement, touch, which is present in both human and animals. Body language is very much helpful to collect majority of information regarding that person while case taking or information personally. This is also helpful to understand the person or established the good relation between two persons. They can be two friends or two relatives or doctor and patient.

Elements of body language

- A. Personal Appearance
- B. Gesture

- C. Posture and stance
- D. Facial expression
- E. Eyes the Vision within
- F. Voice and Intonation
- G. Space and distancing
- H. Tactile communication
- I. Vocabulary of body language

Benefits of Body Language in Homoeopathy

1. In one sided disease
2. In psychiatric illness
3. In semantic difficulties.
4. In pediatric cases
5. In deaf dumb and imbecile cases
6. For clinical diagnoses of the cases
7. For understanding inner personality in a better way
8. Evaluating mental expression, dispositions and mental state
9. For explaining all the rubrics with the help of body language

The role of a homoeopathic physician

As a homoeopathic physician, it is our responsibility to acknowledge and therapeutically address the clinically significant non-verbal as well as verbal

messages which the body transmits. These messages originating either from the id, super-ego, unconscious, innate or good old-fashioned instinct and dreams act like a guidepost or pathfinder for us. The important thing is to develop an ability to distinguish between the messages which are to be considered or ignored. Trial and error make the differentiation possible. This is the process of analysis and evaluation which is the same as followed in homoeopathic processing. Even if a plethora of non-verbal messages or signals have been manifested, a homoeopath must be able to perceive the cues not in isolation but as a cluster. Furthermore, he must accentuate on uncommon, contradictory and consistent non-verbal messages. Perceiving a patient as a person is important for a homoeopathic physician. A patient narrates his symptoms in various ways: He exaggerates, understates or distorts what he thinks or feels. We, as homoeopaths, can neither confirm nor deny subjective symptoms. Unlike body temperature or blood pressure, they cannot be measured with a thermometer or sphygmomanometer. We are obliged to accept what is being said, on faith. Fortunately, experience teaches us to discriminate -- to discern whether what a patient tells us makes sense and is consistent with what we know about the reality.

Utility of body language for a homoeopath

The utility of body language is inevitable for a homoeopath. We already know that 35 per cent of communication occurs verbally and 65 per cent of it occurs non-verbally through body language. If the physician fails to consider the non-verbal cues of communication, he suffers a huge loss. Body language is a confluent point of mind and body and when a person becomes sick, he represents the sickness through his unique body signals. The essence of the sick individual can be understood through the cluster of gestures and postures which are represented consistently. Body language has a definitive place in homoeopathy and has a tremendous potential in redefining the concept of totality.

SOME HOMOEOPATHIC REMEDIES –

Body language and materia medica

1. ARGENTUM NITRICUM

‘Time sets me in motion’

Arg-n. represents the central theme of kineticism. The words like Agility, Momentum, Roaming, Vagrant etc. define the energy pattern of *Arg-n.* He is always on the move, restless and agitated. He, however, can't coordinate the energy and he become crazy. His whimsical and bizarre nature should be understood from the pattern of in-coordination. The most pronounced emotion in *Arg-n.* is anxiety and confusion resulting from it. The state of anxiety assumes the character of panic, phobic reaction and a trapped state of the mind. The feeling is that all exits are blocked and there is no way out.

2. CARCINOCINUM

Carcinocinum revolves around the core of ‘high sense of responsibility, sincerity and honesty.’ He chiefly represents responsive and reflective modes in the interview. He is analytical and frank in speech and doesn't want to hide information. Evaluation gestures are frequent and body language synchronizes well with the verbal language.

Carc. enters in the clinic with a serious look. His dress is clean, manners are appropriate and he is well groomed. The face is like that of an angel, voice is soft and eye expressions are innocent. He can be tense too, given his anticipatory anxiety. There are some *Carc.* patients who are depressed and have developed suicidal disposition and they may represent fugitive mode and there are some *Carcinocinums* who are rebellious and can represent combative mode.

Impression of being polite, smiling, mild, gentle and soft

Frank (open, simple, transparent), yet unable to cry.

Reading books of mysticism, spiritualism, medicine, etc.

Nervousness: biting of fingertips and nails, tears the skin around the nails.

Tidy, neat, proper.

3. AMBRA GRISEA

Ambra grisea suffers from atrophy of ego. *Ambr.* is a combination of delicacy, timidity

and bashfulness. A neurotic individual who has lost the 'go' (energy) of life and has become apathetic and passive

Ambra is a combination of delicacy, timidity and bashfulness.

Inhibition is the word to describe ambra: he is close with his trunk, arms and legs crossed and he has poor eye contact.

Embarrassment

Seriousness, averse to laughing.

There is also another side of ambra: jumps from one subject to another, never waiting for the answer.

The body language of ambra fall more in the fugitive+++ and reflective

++ modes.

4.CUPRUM METALLICUM

Rage, competitiveness and maliciousness form the essence of *Cuprum met.* He always wants to be the first. He is a man of tremendous energy that explodes into spasms, tremors and convulsions. The mind of *Cuprum* also speaks the same language of energy through emotional turbulences. There is a proving symptom, 'uses words not intended'. This sentence indicates that he can't control his emotions. One more symptom, 'sense of losing consciousness' further validates the same theme. The proving has yielded a delusion that he is a general; thinks himself a person of rank. Bellowing; attacks of rage; wants to bite bystanders. This is hypertrophy of ego response. *Cuprum* likes to imitate others and also do mimicry. There is malicious motive in doing mimicry of others and he enjoys doing so. There are grimaces and foolish gestures.

5.CARBO-VEG

Stasis and indolence coupled with sensitivity of mind typify *Carb-v.* Slow thinking, dejected feeling and indifference are marked and on this essence it is easy to categorize the modes of reflective and fugitive.

Carb-v. is a person with slow ideas. He has also confusion of ideas. There is aversion to thinking and mental weakness. There is loss of memory; for what he said just, or for words that he heard. In the interrogation, *Carb-v.* often goes in reflective mode to

recall the past from the memory box. He may be a liar and his body language cues will reveal his lying attitude. He becomes restless in the company. There is timidity, irresolution and embarrassment in society. He becomes timid while appearing in public. In the interview, *Carb-v.* represents more reflective and fugitive modes. The devitalized state of economy is also responsible for fugitive mode.

Weakness of attitude becomes the weakness of character

6.TARENTULA HISPANICA

Tarent. is all commotion; always on the go and restless, even without any purpose. A tall talker, he earns by befooling and amusing people. He wears the attire, which is attractive and gaudy. He is charmed by colors like blue, green and red. Drives restless insanity. Cheerful; buoyant. He likes to show off. Erratic, unreliable and undependable. Subtle cruelty of a smiling wizard. Foxy, Sly, Elusive, Tricky Highly ambitious, which never thrives without selfishness, of which there is here a full fare. Music lovers or masters of elegant diction (like *Lachesis*). Most-dishonest, sweet – tongued – saccharine – cunning and selfish. Their laugh is peculiar: sardonic, mocking, forced... Lavish...

7. Platinum metallicum

More a female type (some *Plat.* may be masculine), beautiful but lacks the innocence of *Phos.* She likes to wear gaudy, elegant and expensive dresses

and prefers heavy and caked make-up. She may even wear ungracious and indecent dresses. She attracts others but her facial expressions may be blank. She likes to wear many ornaments and always gives an impression of being a special individual. The Hair-style is long, straight, blonde and out of proportion to the height. *Plat.* is also found in brunettes.

High self-image/ superiority/ egotism / pride: head high with jutting chin. Look is contemptuous. Legs are crossed and arms folded with an erect posture.

Disdain/ arrogance: contemptuous, upward movement of neck with head high and

eyebrows raised.

Foppish: appearance: excessive use of ornaments, heavy make-up, modern hairstyle and dressing of expensive type. Showy type. Constantly taking care of makeup and hairstyle.

Lustfulness/ lewdness/ nymphomania: sexual eyes. Making flirting gestures. A sideways glance. Too much leaning forward and blinking of eyes.

8. *Lycopodium clavatum*

Whimpish, stoop-shouldered and skinny in appearance, with dark, straight and thin hair and horizontal furrows on the forehead characterizes *Lyc*. Many *Lycs*. have sparse hair, early baldness and an angular face. *Lyc*. likes to wear a beard especially goatee (a small chin beard trimmed to a point, and resembling that of a goat) type and keep a long moustache. This appearance helps him to hide his weakness. *Lycopodium clavatum* Confidence, want of: less eye-to-eye contact. Fingers on mouth frequently. Handshake of finger-tip grab.

Confidence, overconfidence: firm handshake, leaning back with hands behind the head, ankle crossed over the other knee.

Haughty

Contradiction intolerant of: frowning, wrinkling of eyebrows. Direct eye contact with flushing of the face. Clenched fists. Pointing index finger frequently. Asking counter questions to the physician,

Dictatorial

9. *Lachesis*:

Suspicion: failing to make eye to eye contact. Glancing sideways, rubbing or touching the nose.

Dictatorial: proud erect body stance with chin forward. Leaning back with hand behind the head. Resting feet on the desk. Continued threatening eye contact with less blinking. Stands with erect body and legs apart. While sitting, one ankle is resting on the other knee. While answering frequently pointing index finger.

Excited: excessive forward leaning. Dilated pupils. Voice loud and bouncing.

Anger-violent

Sarcastic: while answering smiling form

corner of mouth with raising of eyebrows. Arguing with the physician, aiming to discourage him by certain words.

Inquisitive.

Aggressive: leaning forward, finger pointing, fists clenched. Talks in a loud voice as if not interested in others view.

Loquacity: jumping from one point to another without head or tail.

Exaggerated/ over-enthusiastic constantly moving hand while expressing.

Make up is heavy, with use of bright colours in dressing and showy. (Unsuitable to age)

CONCLUSION

Spoken language alone may not be able to render the full meaning of what a person is saying, nor for that matter, will body language alone. If we listen only to words when someone is talking, we may get as much of a distortion as we would if we paid attention only to body language. Therefore, it is important to blend both spoken words and body language together for understanding the right meaning of the message.

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