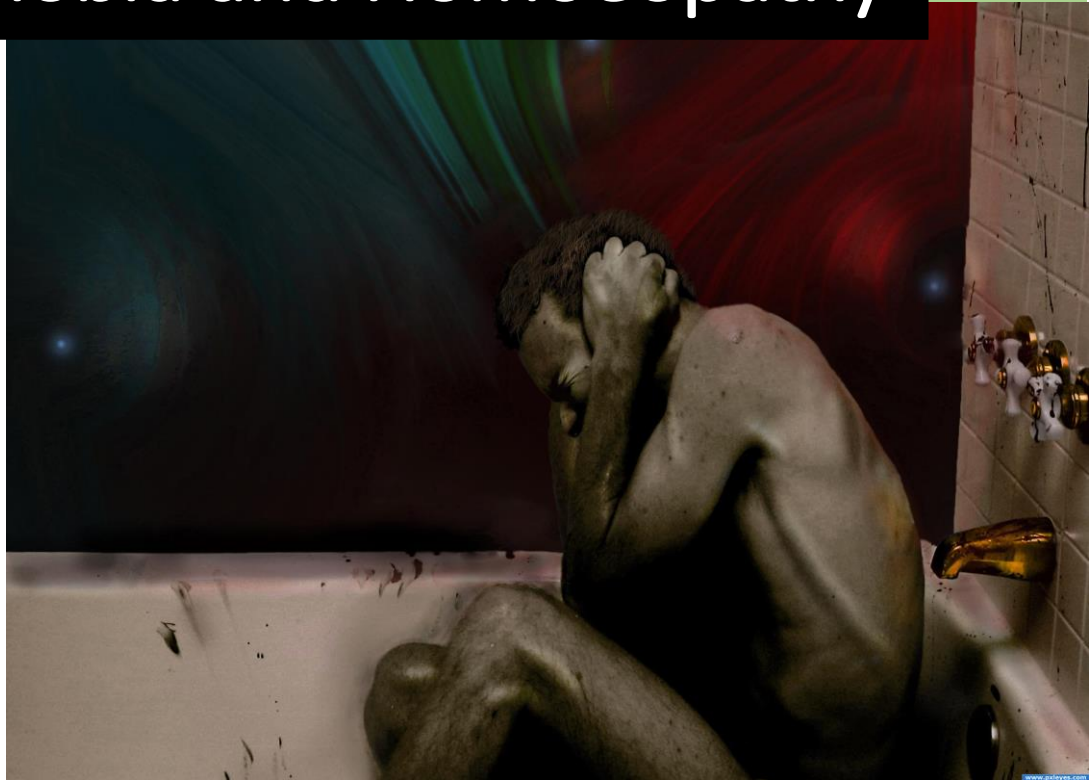


Ablutophobia and Homoeopathy



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Ablutophobia (fear of bathing) and Homoeopathy

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Definition

Ablutophobia is a relatively uncommon but serious situational specific phobia, characterized by extreme and irrational, persistent, abnormal and unwarranted fear of bathing, washing, or cleaning, that appears to be more prevalent in women and children. (Psora)



Etymology

Latin- ablutere' to wash off and phobos' means fear.

Etiology

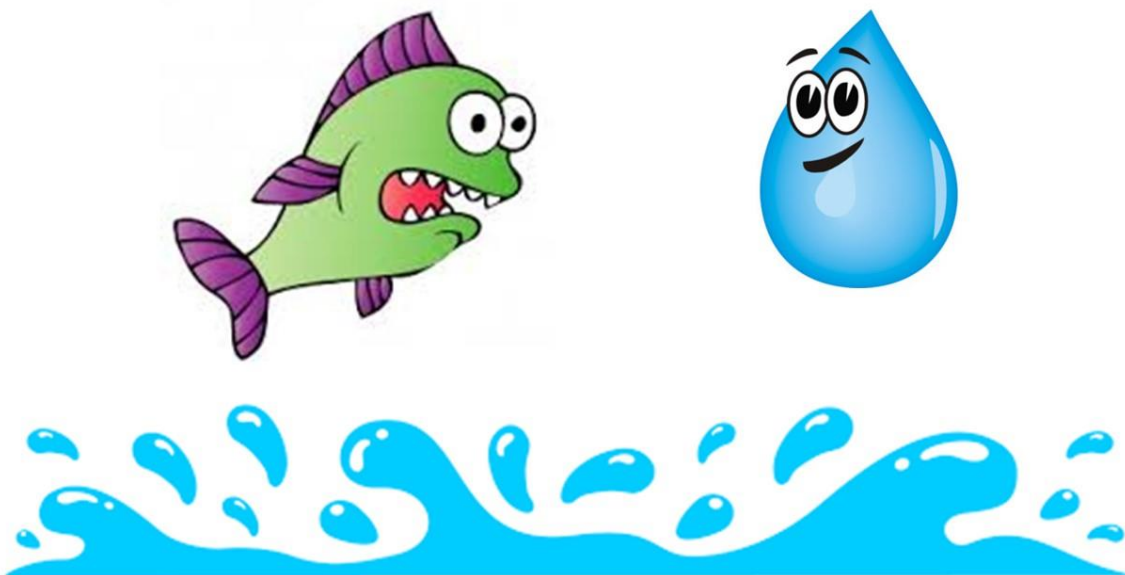
There is evidence for a familial pattern of phobias. Hypervigilant individuals are more at risk. Phobias develop as a result of-

- A negative experience with the object or situation (Psora/ Syphilis)
- Combination of heredity, genetics, and brain chemistry with life-experiences (Psora/ Syphilis)
- Exhibiting as from watching parents (Psora)
- External events like traumatic events (Causa occasionalis)
- Internal predispositions like heredity or genetics (Syphilis)
- Specific triggering event, usually a traumatic experience at an early age (Causa occasionalis)

Symptoms

The symptoms vary by person depending on their level of fear. The symptoms typically include-

- Chill/hot flushes
- Choking sensation
- Difficulty and shortness of breath
- Dry mouth
- Inability to articulate words or sentences
- Irregular heartbeat
- Nausea
- Rapid breathing
- Shaking
- Sweating
- Trembling



Clinical observations may reveal in a phobic person-

- Ability to identify the reason for the anxiety
- Anxious affect upon abrupt confrontation with the object of the phobia
- Anxious mood
- If comorbid conditions are present, possible suicidal or homicidal ideation
- Neurovegetative signs, such as decreased sleep, appetite, and sex drive, as well as a decrease in motivation
- Preserved insight which is usually impaired, especially during exposure
- Thought content that is significant for phobic ideation, may be unrealistic and out-of-proportion fears

Diagnosis

The mental status examination must include-

- Appearance
- Behavior
- Ability to cooperate with the examination
- Level of activity
- Speech
- Mood and affect
- Thought processes and content
- Insight
- Judgment

The following tests may be needed-

- 24-hour urine for 5-hydroxyindoleacetic acid (5-HIAA)
- Computed tomography (CT) of the head
- Echocardiography
- Electrocardiography (ECG) and cardiac enzyme tests
- Electroencephalography (EEG) - Seizure disorders as these conditions may mimic anxiety
- Fasting serum glucose
- Magnetic resonance imaging (MRI)
- Positron emission tomography (PET)
- Serum Calcium
- Serum drug screening
- Thyroid function tests

Treatment

Systematic desensitization by relaxation therapy paired with graded exposure is very important tool. Counselling and psychotherapy are also beneficial. Homoeopathic treatment is most effective as it is based on the theory that mental symptoms are of prime importance in treating an individual.

Homoeopathic treatment

Remedies for Ablutophobia adam. aesc. aloe AM-C. am-m. ANT-C. Ant-t. Apis aq-mar. arg-n. arizon-l. ars. asar. aster. bamb-a. bar-c. bar-m. bell-p. bell. borx. bov. Bry. calc-s. calc-sil. Calc. canth. Carb-v. carc. caust. Cham. chel. CLEM. Con. cupr. cycl. dulc. euphr. fl-ac. gast. GELS. glon. ham. Hep. Hyper.

IOD. kali-bi. kali-c. kali-chl. KALI-I. kali-m. kali-n. kali-p. kali-s. kali-sil. kola lac-c. lac-cp. lac-e. LACH. Laur. Led. lyc. lyss. mag-c. Mag-m. marb-w. meph. merc. Mez. mur-ac. nat-c. nat-m. nat-p. nat-sil. nit-ac. nux-m. nux-v. op. petr-ra. phos. phys. phyt. plut-n. podo. positr. psil. PSOR. puls. rad-br. RHUS-T. sanguis-s. Sars. Sec. sep. sil. SPIG. spong. stann. Staph. Stront-c. sul-ac. SULPH. sumb. syph. ther. tritic-vg. tung-met. vanil. Zinc.

Short repertory of Ablutophobia

GENERALS - BATHING - Affected part; bathing the plut-n.

GENERALS - BATHING - aversion to bathing aloe AM-C. am-m. ANT-C. aq-mar. bar-c. bar-m. bell-p. Bell. Borx. bov. Bry. calc-s. calc-sil. Calc. Canth. Carb-v. carc. Cham. CLEM. Con. dulc. glon. Hep. kali-c. kali-chl. kali-m. Kali-n. kali-s. kali-sil. Laur. lyc. lyss. mag-c. marb-w. merc. Mez. mur-ac. nat-c. nat-p. nit-ac. nux-m. nux-v. phos. phys. podo. psil. PSOR. Puls. rad-br. RHUS-T. sanguis-s. Sars. SEP. sil. SPIG. stann. Staph. Stront-c. sul-ac. SULPH. syph. tritic-vg. Zinc.

GENERALS - COLD - bathing - desire for cold bathing - warm bathing; with intolerance for lac-cp.

GENERALS - COLD - bathing - desire for cold bathing aloe Apis arg-n. asar. aster. bell. caust. chel. dulc. euphr. fl-ac. Hyper. iod. lac-cp. Led. meph. nat-m. petr-ra. phyt. puls. sep. vanil.

GENERALS - FAINTNESS - steam bath; entering a Apis kali-bi.

GENERALS - INJURIES - Nerves - cold bathing agg. bell-p.

GENERALS - TREMBLING - Externally - Feet, on washing merc.

GENERALS - WARM - bathing - agg. - hot bath APIS Arg-n. bamb-a. bell-p. Bell. Bry. Carb-v. GELS. ham. IOD. KALI-I. LACH. NAT-M. op. podo. Puls. Sec. spong. Sulph. tung-met.

GENERALS - WASHING clothes, laundry, ailments from am-c. ant-c. Calc. clem. nit-ac. phos. rhus-t. sep. spig. Sulph. ther.

GENERALS - WEAKNESS - feet, while washing the merc.

GENERALS - WEAKNESS - sea-bath, after Mag-m.

GENERALS - WEAKNESS - warm - bathing; after aesc. lac-e. puls.

HEAD - BATHING - cold bathing agg. Ant-c. ars. bry. cycl. glon. lac-c. podo. zinc.

HEAD - CONGESTION - Brain - bathing in hot water apis

HEAD - CONSTRICTION - washing agg.; after Ant-t.

HEAD - EMPTY, hollow sensation – bathing kola

HEAD - PAIN – bathing ant-c.

HEAD - PAIN - warm - washing the hands agg. phos.

MIND - ANXIETY - bathing the feet; after nat-c. sep.

MIND - ANXIETY - foot-bath; after a nat-c.

MIND - BATHING - aversion to bathe am-c. ant-c. clem. marb-w. nat-sil. positr. rhus-t. sulph. tritic-vg.

MIND - BATHING - foot-bath; after lyc. nat-c. nat-m. phos. sep. zinc.

MIND - DISCOMFORT - bathing, after **phys.**

MIND - EXCITEMENT - bath, during **gast.**

MIND - FEAR - bath; of taking a **adam. ant-c. rhus-t. sep. spig. sulph.**

MIND - FEAR - washed; of being **ant-c. sulph.**

MIND - FEAR - water, of - washing hair **cupr.**

MIND - WASHING - aversion to wash **Am-c. Ant-c. arizon-l. borx. calc. canth. Clem. kali-n. kali-p. marb-w. mez. nat-sil. nit-ac. podo. positr. psor. Rhus-t. sep. spig. stront-c. Sulph. tritic-vg.**

MIND - WASHING - feet; after washing **nat-c.**

MIND - WEEPING - washed in cold water, when **ant-c.**

VERTIGO - WARM - washing agg. **sumb.**

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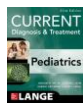
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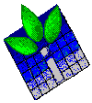
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Radar 10



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