

वैद्यकक्षेत्रातल्या तज्ज्ञांची संमोहन उपचार  
व मानसिक मनोकायिक आजारांविषयीची मतं -

डॉ. विवेक शास्त्री आपल्या 'मानसिक ताण इलाज रामबाण' या पुस्तकात लिहितात - मानसिक ताणामुळे मनोशारिरीक (सायकोसोमॅटिक) आजार निर्माण होतात.

संमोहन उपचार पद्धत (Hypnosis as a Therapy) संमोहन उपचार पद्धतीस जागतिक आरोग्य संघटनेनं (World Health Organization) मान्यता दिली आहे.

(अ) मनोशारिरीक विकार (Psychosomatic Ailments) : संमोहन उपचारपद्धतीमुळे १) हृदयविकार, २) दमा, ३) डोकेदुखी, ४) अर्धशिशी, ५) रक्तदाबवृद्धी, ६) मधुमेह, ७) जठरव्रण, ८) स्त्रियांच्या अंतःस्रावाच्या समस्या, ९) असात्म्य, १०) लठ्ठपणा, ११) स्नायूंचं दुखणं, १२) पक्षाघात, १३) आम्लपित्त, १४) मलबद्धता इत्यादी मनोकायिक आजार बरे होऊ शकतात. वेदनारहित प्रसूतीही संमोहनाद्वारे शक्य होते.

आ) मानसिक समस्या व अनिष्ट सवयी : १) तोतरं बोलणं, २) निद्रानाश, ३) निद्रिष्ट चेतन, ४) हस्तकंप, ५) व्यसनाधीनता (दारू, धूम्रपान, अमली पदार्थ), ६) दुःस्वप्न, ७) सवयीनं होणारा गर्भपात यांसारख्या मानसिक समस्या व अनिष्ट सवयी संमोहनामुळे सुटतात,

इ) मनोविकार - मनोरज्जाविकृती (Psychoneurosis) : या अंतर्गत येणाऱ्या १) दुश्चिंता, २) उन्माद, ३) रोगभ्रम, ४) मनोग्रस्तता बाह्यता, ५) दुर्भाती इत्यादी, तर मनोविकृतीत (Psychosis) समाविष्ट होणाऱ्या १) उन्माद अवसाद मनोविकृती, २) भ्रम-विभ्रम, (३) खिन्नमनस्कता, ४) फेफरे येणे इत्यादी विकृतींवर उपचार शक्य होतात...

ई) लहान मुलांतील विकृती : संमोहनामुळे लहान मुलांत आढळून येणाऱ्या खालील विकृती नाहीशा होऊ शकतात. १) नखं कुरतडणं, २) लैंगिक चाळा, ३) अंथरुणात लघवी करणं, ४) अंगठा चोखणं, ५) व्यंगात्मक न्यूनगंड, ६) लक्ष वेधून घेण्याची सवय, ७) शामळपणा, ८) खाण्यापिण्याच्या लहरी व सवयी, ९) हड्डी स्वभाव, १०) भावंडांचा (लहान) द्वेष करणं. ११) घरातून पळून जाण्याची सवय, १२) दिवास्वप्नं बघणं, १३) बोंबडं किंवा घाईनं बोलणं, १४) खोटं बोलणं, १५) चोरी करणं.

(अ) शैक्षणिक क्षेत्र : संमोहनाद्वारे १) मनाची एकाग्रता, २) स्मरणशी ३) : बुद्धिमत्ताविकास, ४) परीक्षेची भीती घालविणं शक्य होतं.

आ) व्यक्तिमत्व विकास : संमोहनामुळे न्यूनगंड नाहीसा होतो. सभाघोटपणा येतो, क्रीडाकौशल्य प्राप्त होतं. भिडस्त व लाजरा स्वभाव घालविता येतो. लठ्ठपणा नाहीसा होऊ शकतो.

# A TEXTBOOK OF PSYCHIATRY

SIXTEN EDITION

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## \* मनोशारीरिक आजारांची यादी \*

### \* हृदय व रक्तवाहीन्यासंबंधी आजार

- अतिउच्च रक्तदाब
- हृदय रक्तवाहीन्यांचा विकार
- हृदयाच्या सर्जरीनंतरचा उन्माद
- तीव्र डोकेदुखी
- मेंदुच्या रक्तवाहीन्यासंबंधी आजार
- रक्तवाहीन्याचे आजार

### \* पोटाच्या आताड्यासंबंधी आजार

- अन्ननलिकेचे आजार
- पचनक्रियेचे आजार
- आताड्याची सुज व त्याचा अल्सर
- 

### \* हाडे व स्नायू संबंधी आजार

- सांधीवात
- त्वचेचे इतर आजार

### \* त्वचेचे आजार

- सोरायसिस - कंड - अंगावर गांधी उठणे - टक्कल पडणे - पिंपल्स
- जांभळ्या रंगाचे बिंदु व चट्टे- ट्रिकोटिमोर्मोनिया- दाह, उष्णता- त्वचेवरील लाल पुरळ-चामखीळ

### \* अंतःस्रावचे आजार

- मधुमेहामुळे रक्तात व लघवीत आढळणारी साखर
- हायपर थायरॉईड
- कंशिंग विकृती
- बध्दकोष्टता
- मासीक पाळीच्या तक्रारी, - प्रदर

### \* रोगप्रतिकारासंबंधी समस्या

- त्वचारोग
- श्वासनलिकेचे आजार
- जंतु संसर्ग अर्थात सततची सर्दी-खोकला

### \* श्वासासंबंधी आजार

- श्वासनलिका आस्थमा - उच्च ताप
- अशुध्द रक्तवाहीन्या

वरील तक्ता व्यवस्थित पडताळल्यानंतर आपल्या लक्षात येईल की, आपल्या शरीरातील ८०-९० टक्के शारीरिक आजार हे सायकोसोमॅटीक (मनोशारीरिक) आजार आहेत. त्यामुळेच ते फक्त औषधोपचाराने बरे होत नाहीत. अशा सर्व आजारांवर मात करण्यासाठी, आज औषधोपचारासोबत संमोहन उपचाराची गरज निर्माण झाली आहे. त्याशिवाय या विविध आजारांवर मात करणं, शक्य नाही. आता हे आजार कसे व कशामुळे निर्माण होतात? याचं वैद्यकीय व वैज्ञानिक कारण पुढे पाहणारच आहोत

## तज्ञांचे अनुभव

Dr Ben Johnson (M.D.N.M.D)

- शरीर से मानसिक तणाव को निकाल दे, तो शरीर वही करेगा जो उसका बुनयादी काम है, अपने आपको ठीक करना
- हमारे शरीर मे वो बुनयादी गुण है, जिससे शरीर अपना इलाज खुद कर सकता है
- आपको घाव हुआ है, वो अपने आप ठीक हो जायेगा
- आपको बॅक्टेरिया से इन्फेक्शन हुआ है, तो इम्युन सिस्टम उस बॅक्टेरिया को खत्म कर देगी

Dr Jonh Hagelin (PH.D., A.B., M.A.

- खुशनुमा अहसास शरीर मे खुशनुमा बदलाव लाते हैं, एक खुशनुमा तंदुरुस्त शरीर बनाते हैं
- बुरे अहसास एवं तणाव हमारे शरीर को खोकला करते है, दिमाग पर बुरा असर डालते हैं
- क्योकी हमारे विचार और अहसास लगातार हमारे शरीर पर काम करते है, उसे संघटित करते है, और उसके अंगो को बनाते रहते हैं

Dr Michael Beckwith D. D.

- मैंने गुर्दो को सुधरते देखा है
- यहा तक की कॅन्सर भी ठीक हुये हैं
- आँखो की रोशनी तक वापस आती देखी है मैंने
- अपनी जिंदगी आप बदल सकते है, खुद को ठीक कर सकते हैं

Bob Boctor

- हमारा शरीर हर पल करोडो कोशिकाओं को बना रहा है और नष्ट भी कर रहा है, अगर आपको बिमारी है, आप उसी पर सोच रहे है और लोगो से उसी के बारे मे बात कर रहे है, तो आप जादा बिमार को कोशिकाओं को पैदा करेंगे

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- आपल्या शरीरातील पेशींच्या वैद्यकीय निष्कर्षानुसार आपलं शरीर १९० वर्ष जीवंत राहू शकतं. फक्त त्यासाठी पौष्टिक आहार, व्यायाम, मेडीटेशन, तणावमुक्त जीवन, सकारात्मक दृष्टिकोन इ. या बाबींची गरज आहे.

प्रकरण १  
संमोहनाला शास्त्रीय  
व कायद्याचा आधार

अ) आजच्या या धावपळीच्या व स्पर्धात्मक युगात संमोहन उपचार पद्धतीची वाढती गरज बघता, भारत सरकारनं खालील आदेशानुसार सर्व राज्यांना एक पारंपरिक उपचार पद्धती म्हणून संमोहन उपचार पद्धतीबाबत विशेष शिफारस केली व संमोहन उपचार पद्धतीचा प्रसार मोठ्या प्रमाणावर करण्यास सुचविल, सदर आदेशातील काही महत्त्वाचे मुद्दे जसेच्या तसे खाली देत आहोत.

No.R.14015/5/25/96 U&H(R)(Pt.)  
Government. of India  
Ministry of Health & Family Welfare  
(Research Desk)

Nirman Bhavan, New Delhi  
Dated the 25<sup>th</sup> November, 2003

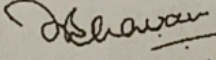
**ORDER**

Government constituted a 'Standing Committee of Experts' under the Chairmanship of Director General, Indian Council of Medical Research and members were drawn from various fields of medicine to consider & give its recommendations to the Government on the efficacy/merits of various streams of alternative medicine and also examine feasibility of making legislation as suggested by the Hon'ble Court.

The Committee has, however, recommended that certain practices as Acupuncture and Hypnotherapy which qualified as modes of therapy, could be allowed to be practised by registered practitioners or appropriately trained personnel.

After carefully examining the various recommendations of the Committee, the Government accepted these recommendations of the committee, Accordingly, it is requested that the State UT/Govt. may give wide publicity to the decision of the Govt.

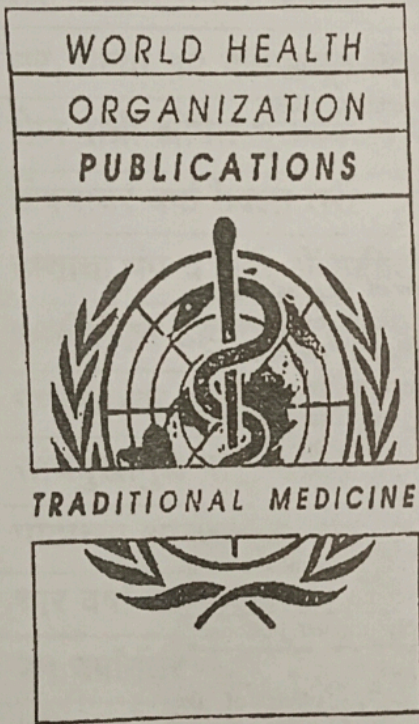
This issues with the approval of Secretary (Health,) Ministry of Health & FW.

  
(Bhavani Thyagarajan)  
Joint Secretary

- To
- 1) All Health Secretaries of States / UTs
  - 2) Secretary, UGC
  - 3) Dental Council of India, Indian Nursing Council, Medical Council of India, Pharmacy Council of India, Indian Council of Medical Research
  - 4) Secretary Deptt. of ISM &H
  - 5) CCIM, CCH, OCRAS, CCRYN, CCRH, CCRUM.

ब) जागतिक आरोग्य संघटनेची (W.H.O) संमोहन उपचारांना जगभर मान्यता :

जागतिक आरोग्य संघटनेनं संमोहनास एक शास्त्र म्हणून व संमोहन उपचारांना जगभर कायदेशीर मान्यता दिलेली आहे. ज्या प्रकारच्या समस्या/ आजार संमोहनानं बरे करण्याचा / केल्याचा मी माझ्या या पुस्तकात उल्लेख केला आहे, त्याबाबत बहुतेक मुद्द्यांचे संदर्भ व स्पष्टीकरण W.H.O च्या या पुस्तकाच्या Hypnosis या प्रकरणात केलं आहे. जागेअभावी संबंधित ग्रंथाच्या फक्त मुखपृष्ठाची व संबंधित प्रकरणातल्या काही याची सत्यप्रत देत आहोत



# Hypnosis

Timothy Harding<sup>1</sup>

Medical Officer, Division of Mental Health,  
World Health Organization, Geneva 1971-1980;  
now Faculty Member, Geneva University

hypnosis provides a link between modern and traditional medical practices since there are close resemblances between the techniques and effects of hypnosis and several traditional practices such as morita therapy, yoga, meditation of various kinds,

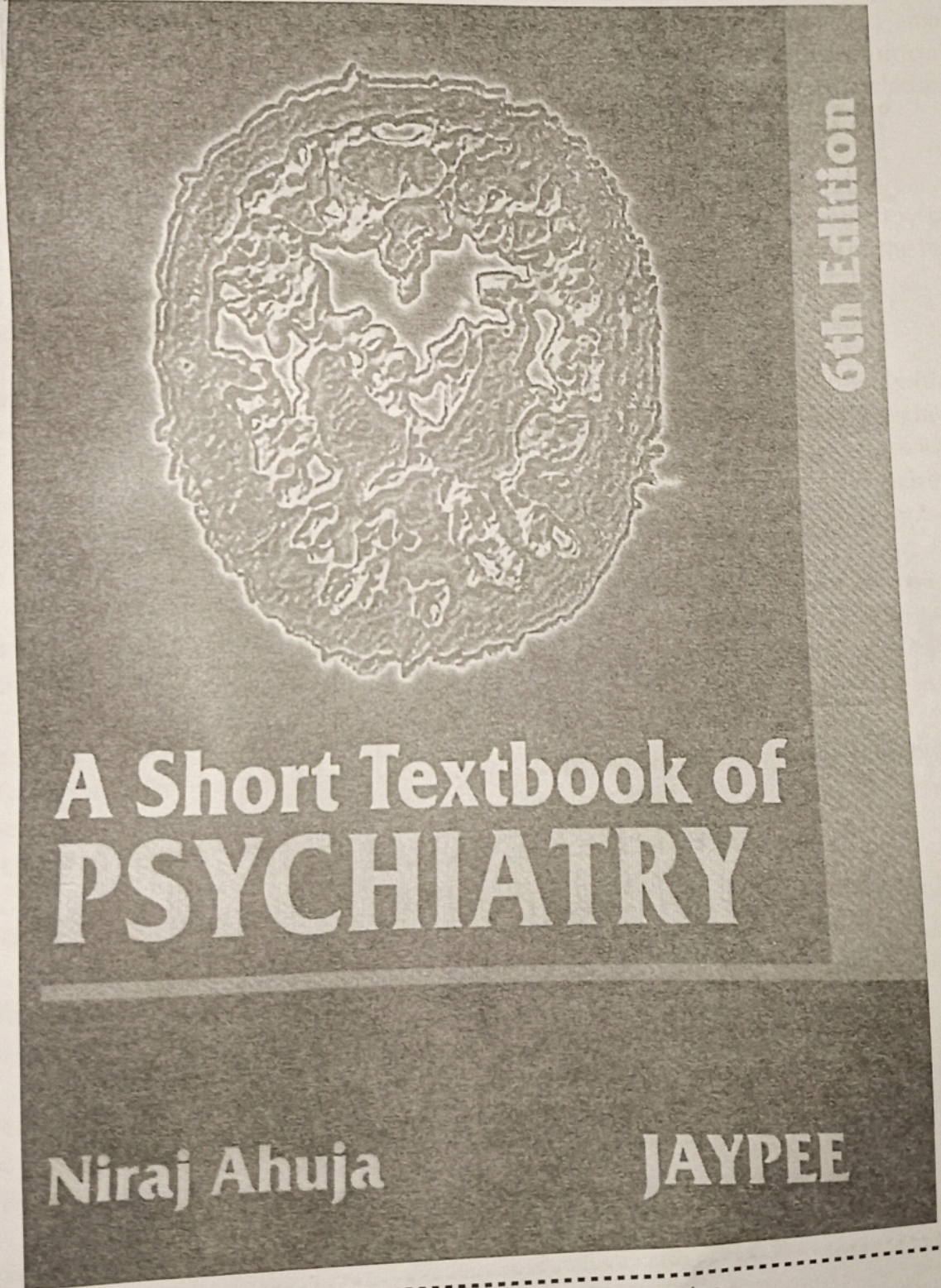
## Uses

Hypnosis has been used in a wide variety of conditions and is sometimes used in combination with other forms of treatment, c.g.. to induce relaxation in the behavioural treatment of irrational fears or obsessions. Hypnosis, particularly in the form of autogenic training, is advocated as a way of promoting positive health, a "means to a new, relaxed enjoyment of one's physical existence" (8). It has been used to prepare healthy individuals who face a stressful experience, e.g. athletes, university students, mountaineers. This use of hypnosis as a positive source of health has obvious parallels with several oriental techniques, e.g., yoga. At this point the role of hypnosis in helping individuals to overcome addictive tendencies should be mentioned in view of its possible application to two major public health hazards, cigarette smoking and alcoholism. The conscious control of certain autonomic functions is facilitated by hypnosis and this has led to its use in various autonomic disturbances such as pathological blushing, irregular or rapid heart beats (technically sinus tachycardia, ventricular ectopics, sinus arrhythmias), appetite loss, excessive appetite, excessive sweating and frequent defaecation or urination (without underlying pathology).

One of the most important uses of hypnosis is in the management of various "psychosomatic" illnesses, i.c., conditions in which pathological bodily changes result from the patient's emotional state (9). These conditions include asthma, migraine, tension headache and various dermatological complaints including warts and erythroderma.

क) भारतातील मानसोपचारात (Psychiatry) संमोहन उपचार पद्धतीचा समावेश :

ज्या प्रकारच्या समस्या / आजार संमोहनाने बरे करण्याचा / केल्याचा मी माझ्या या पुस्तकात उल्लेख केला आहे, त्याबाबतच्या बहुतेक मुद्द्यांचे संदर्भ व स्पष्टीकरण **A Short Text Book Of Psychiatry** च्या या पुस्तकाच्या Hypnosis या प्रकरणात केलं आहे. जागेअभावी संबंधित ग्रंथाच्या फक्त मुखपृष्ठाची व संबंधित प्रकरणातल्या काही मुद्द्यांची सत्यप्रत देत आहोत. भारतात / महाराष्ट्रात आजच्या घडीला बरेच मानसोपचार तज्ज्ञ (Psychiatrist) सुद्धा त्यांच्या उपचार पद्धतीत संमोहनाचा वापर करीत आहेत



A SHORT TEXTBOOK  
OF  
**PSYCHIATRY**  
SIXTH EDITION

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MEDICAL PUBLISHERS (P) LTD.  
NEW DELHI



## 8. Hypnosis

Hypnosis is a state artificially induced (by self or others) increased suggestibility

Following changes occur commonly during the hypnotic trance:

- i. The person under hypnosis becomes highly suggestible to the commands of hypnotist without understanding their nature.
- ii. Dissociation of a part of body or emotions from the remainder may occur.
- iii. There is a partial or complete amnesia for the events occurring during the hypnotic trance.
- iv. There is an ability to produce or remove symptoms, perceptions and/or movements.
- v. Post-hypnotic suggestions can be given just after the trance and it is followed by the hypnotized person.

## Psychoactive Substances

The major dependence producing drugs are

1. Alcohol
2. Opioids, e.g. opium, heroin
3. Cannabinoids e.g. cannabis
4. Cocaine
5. Amphetamine and other sympathomimetics]
6. Hallucinogens, eg LSD, phencyclidine (PCP)
7. Sedatives and hypnotics, e.g. barbiturates.
8. Inhalants eg volatile solvents
9. Nicotine and
10. Other stimulates (e.g. caffeine)

## SEXUAL DYSFUNCTIONS

Sexual dysfunction is a significant disturbance in the sexual response cycle, which is not due to an underlying organic cause. The conditions in which hypnosis can help in treatment are many. The most important ones are listed below:

- i. Psychosomatic disorders.
- ii. Conversion disorder (hysteria)
- iii. Dissociative disorder (hysteria)

iv. Eating disorders (anorexia nervosa, bulimia nervosa and obesity)

v. Habit disorders (smoking)

vi. Pain

vii. Anxiety disorder

## SLEEP DISORDERS

Insomnia is also known as the Disorder of initiation and/or maintenance of sleep (DIMS).

## ANXIETY DISORDERS

Anxiety is the commonest psychiatric symptom in clinical practice and anxiety disorders are one of the commonest psychiatric disorders in general population.

## PHOBIC DISORDERS

Phobia is defined as a irrational fear of a specific object, situation or activity, often leading to persistent avoidance of the feared object situation or activity.

## Treatment

2. Relaxation Techniques In patients with mild to moderate anxiety. relaxation techniques are very useful. These techniques are used by the patient himself as a routine exercise every day and also whenever anxiety-provoking situation is at hand.

The techniques include Jacobson's progressive relaxation technique, yoga, pranayama, self-hypnosis and meditation (including TM or transcendental meditation)

*(Dear reader, I, pro krantideep Londhe want to clear that, Hypnosis is the next step of relaxation)*

*There is nothing intrinsically dangerous about hypnosis. Hypnosis is a benign procedure that is tolerated well by patients,*

PSYCHOSOMATIC DISORDERS (PSYCHOLOGICAL OR BEHAVIORAL FACTORS ASSOCIATED WITH DISORDERS OR DISEASES CLASSIFIED Psychosomatic disorders (a term coined by Heinroth in 1918) are those disorders in which psychological

**TABLE 12.2 COMMON EXAMPLES OF PSYCHOSOMATIC DISORDERS**

<b>I. Cardiovascular disorders</b> <ol style="list-style-type: none"><li>1. Essential hypertension</li><li>2. Coronary, artery disease</li><li>3. CCU delirium or post-cardiac surgery delirium</li><li>4. Migraine</li><li>5. Cerebrovascular disease</li><li>6. Mitral valve prolapse syndrome (MVPS).</li></ol>	<ol style="list-style-type: none"><li>1. Auto-immune disorders, like Ulcerative colitis, Systemic lupus erythematosus (SLE)</li><li>2. Allergic disorders, like Bronchial asthma and Hay fever.</li><li>3. Viral infections</li></ol>
<b>II. Endocrine Disorders</b> <ol style="list-style-type: none"><li>1. Diabetes mellitus</li><li>2. Hyperthyroidism</li><li>3. Cushing's syndrome</li><li>4. Peri-menopausal syndrome</li><li>5. Amenorrhea</li><li>6. Menorrhagia</li></ol>	<b>V. Musculo-skeletal disorders</b> <ol style="list-style-type: none"><li>1. Rheumatoid arthritis</li><li>2. Systemic lupus erythematosus (SLE)</li></ol>
<b>III. Gastro-intestinal disorders</b> <ol style="list-style-type: none"><li>1. Esophageal reflux</li><li>2. Peptic ulcer</li><li>3. Ulcerative colitis</li><li>4. Crohn's disease</li></ol>	<b>VI. Respiratory Disorders</b> <ol style="list-style-type: none"><li>1. Bronchial asthma</li><li>2. Hay Fever</li><li>3. Vasomotor (allergic) rhinitis</li></ol>
<b>IV. Immune disorders</b> (These overlap with other disorders mentioned in this table)	<b>VII. Skin Disorders</b> <ol style="list-style-type: none"><li>1. Psoriasis</li><li>2. Pruritus</li><li>3. Urticaria</li><li>4. Alopecia areata</li><li>5. Acne vulgaris</li><li>6. Psychogenic purpura</li><li>7. Trichotillomania</li><li>8. Dermatitis artefacta</li><li>9. Lichen planus</li><li>10. Warts</li></ol>

# Hypnosis

Jose R. Maldonado, M.D.

David Spiegel, M.D.

Hypnosis was identified as a formal phenomenon of psychotherapeutic interest in the eighteenth century. Franz Anton Mesmer employed it as an alternative treatment for many ills that we would now label as stress related or psychosomatic

In the nineteenth century, interest in hypnosis persisted in this country, as evidenced by the writings of William James (1902), Boris Sidis (1905), and Morton Prince (1906; founder of the Journal of Abnormal Psychology), all of whom were fascinated by the extreme symptoms observed in patients with dissociative syndromes such as multiple personality disorder (renamed dissociative identity disorder in DSM-IV [American Psychiatric Association 1994]). On the Continent, serious practitioners such as Braid (1843) and Esdaile (Ernst 1995; Esdaile 1846/1957) used hypnosis to treat symptoms, including pain and anxiety.

5. **There is nothing intrinsically dangerous about hypnosis.** Hypnosis is a benign procedure that is tolerated well by patients.

## Hypnosis in Treatment

### Brief Treatment Symptom Restructuring With Hypnosis

Hypnosis has been used as an adjunctive tool in the treatment of a variety of common psychiatric and medical problems, including habit disorders, anxiety and phobic states, psychosomatic problems, and pain. Because the hypnotic state involves an enhanced and altered state of concentration with an ability to produce changes in perception and certain body functions, it makes sense that it would be an effective tool in managing these psychosomatic problems.

Hypnosis has been shown to be an effective adjunct to the treatment of a variety of

symptoms and problems (Table 30-3). As noted earlier, hypnosis has an important place in the treatment of dissociative disorders—for example, in identifying and controlling dissociative fugue, amnesia, and identity disorder—and in treating PTSD and conversion disorder. Hypnosis also has been widely used in the treatment of anxiety disorders and phobias. A number of studies have demonstrated the efficacy of hypnosis in the treatment of pain. Recent research indicates its utility during medical procedures to help control pain and anxiety (Lang et al. 1996, 2000). Hypnosis has been useful in the control of such psychosomatic problems as asthma and psoriasis. It has been extensively used in habit control, especially for smoking, and to a lesser extent for weight control.

## Insomnia

most case reports suggest that hypnosis is useful in the treatment of not only primary insomnia but other sleep disturbances as well (Bauer and McCanne 1980; Becker 1993; Schenck and Mahowald 1995). Hypnosis has been successfully used to help patients with phobic states tolerate a number of both invasive and noninvasive procedures such as needle injections (Bell et al. 1983), phlebotomy (Dash 1981; Morse and Cohen 1983; Nugent et al. 1984), needle biopsy (Adams and Stenn 1992), lumbar punctures (Kellerman et al. 1983), and bone marrow aspiration (Lioffi and Hatira 1999); tolerate the rigors of hemodialysis (Dy and Fabbri 1972); moderate the symptoms of trichotillomania (Fabbri and Dy 1974); manage sexual disorders (Fabbri 1976); and minimize the claustrophobia in cancer patients undergoing external beam radiation therapy (Steggles 1999). Similarly, hypnotic techniques have been successfully used to assist phobic patients undergoing a number of medical/surgical and diagnostic procedures, thus diminishing the need for excessive anesthesia or antianxiety medication, improving compliance, and eliminating trauma to patients

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ड) दिल्ली विद्यापीठान 2007-08 या शैक्षणिक वर्षापासून आपल्या अभ्यासक्रमात विद्यार्थ्यांसाठी काही शॉर्ट टर्म अॅड-ऑन कोर्सेस सुरू केले. त्यात कोर्स नं. 26 मध्ये संमोहन विषयाचा समावेश करण्यात आला

**Ramjas College**

UNIVERSITY OF DELHI, INDIA  
Academic Session

2007-08

## Short-term Add-on Courses

Our Short-Term add on courses have been designed with **two clear objectives:**

- To provide an opportunity for students of the College to sharpen their knowledge base in areas of enquiry that are the buzz today. By gaining access to these specialized, and often not easily available discourse, we believe our students will be positioned at the cutting edge of the emergent knowledge society.
- We also wish to provide avenues for those who wish to continue their education or sharpen their knowledge data base after having moved on from the university system.

Each of our short term courses has been designed after hours of research and collaboration, and put together by the best minds of the Institution. Our courses are unlike the regular vocational type courses offered elsewhere. We believe knowledge ought to intervene in social processes and stretch the possibilities of inquiry into fresh areas. Our courses, therefore, are both innovative and academically path breaking. By taking them, we believe students will add to their over all understanding of the changing contours of society, and thus be able to better participate in its dynamic processes.

### 26 Emotional Management - Techniques of Mind Control

Coordinator: Dr. Ajay Shankar

The course focuses on teaching techniques to train the mind to overcome negative emotional pressure and stress and conflict in personal life so as to stay goal-centred and attain success in one's life.

The course teaches techniques from self - hypnosis, neuro-linguistic programming and applied behaviour analysis. It is spread over 4 modules as under:

1. The theory of the mind, inducing self - hypnosis easily on self and others
2. Improving communication skills and understanding different perspectives, practised with fellow students
3. Removing self-doubts and negative thinking pattern, controlling undesirable and/or impulsive behaviour - practised on self and others
4. Understanding one's strength, setting goals, priorities and specific action plans by using self- hypnosis