

Importance of Position of Sleep in Homeopathic Repertory

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Abstract: Sleep gives your body a rest and allows it to prepare for the next day. It's like giving your body a mini-vaccination. Sleep also gives your brain a chance to sort things out. Sleep may be the time when the brain sorts and stores information, replaces chemicals and solves problems. But your sleep improves when you sleep in different position and your body very relaxes in you sleep comfortable position.

Key Words: personality in different sleep position, importance of position of sleep in homeopathic filed, use of repertory etc.

Introduction:

- Intensive and thorough cases taking of the patient, with chronic and recurrent complaints, are very important not only for homoeopathic treatment but also for treatment of any system of medicines. There are very good reasons for this. A thorough case taking of the patient includes:
 - Psychological make up of the person·
 - Physical complaints in detail as to location, description of disease, factors that can increase or decrease the suffering (including time, season applications, postural positions)·
 - Discharges -urine, stool, perspiration etc.
 - Sleep pattern, dreams.
 - Appetite, foods that they like dislike or disagree with them.
 - Reactions of their body to environmental changes.
- Sleep gives your body a rest and allows it to prepare for the next day.
- It's like giving your body a mini-vaccination. Sleep also gives your brain a chance to sort things out.
- Sleep may be the time when the brain sorts and stores information, replaces chemicals and solves problems.

"WHAT'S INTERESTING IS THAT THE PROFILE BEHIND THE POSTURE IS OFTEN VERY DIFFERENT FROM WHAT WE WOULD EXPECT."

THE FOETUS:-

	Ambr	Lyc	Stram	Acon
Weighted	5	7	6	4
Rubrics covered	3	3	3	2
Rubric grades	5	7	6	4
SLEEP, POSITION DURING SLEEP: KNEES ELBOWS	2	1	1	
SENSITIVE,	2	3	3	2
TIMIDITY	1	3	2	2

- Those who curl up in the foetus position are described as tough on the outside but sensitive at heart. They may be shy when they first meet somebody, but soon relax.
- This is the most common sleeping position, adopted by 41% of the 1,000 people who took part in the survey. More than twice as many women as men tend to adopt this position.

Yearner (13%)

MISTRUST SUSPICION, DOUBT:
 SUSPICIOUS, (MISTRUSTFUL)
 CYNICAL
 PESSIMIST
 OBSTINATE, headstrong

	Nit-ac	Ars	Aur	Bar-c	Calc	Caust	Hyos	Lyc	Naf-c
Weighted	9	9	8	10	6	8	7	9	9
Rubrics covered	5	4	4	4	4	4	4	4	4
Rubric grades	9	9	8	10	6	8	7	9	9
Br Mind	3	3	2	3	1	3	3	3	3
Cs Mentals	2	3	2	3	1	3	2	3	2
Ph Phatak	1							1	
G Mentals	1	1	1	1	1	1	1	1	1
G Mentals	2	2	1	3	3	1	1	2	

- People who sleep on their side with both arms out in front are said to have an open nature, but can be suspicious, pessimistic.
- They are slow to make up their minds, but once they have taken a decision, they are unlikely ever to change it.

Soldier (8%)

OBSTINATE, headstrong
 QUIET disposition
 AGGRAVATION, CONSOLATION
 SLEEP, POSITION DURING SLEEP: LYING BACK:

	Ign	Calc	Nux-v	Heil	Lyc	Alum	Bell	Bry
Weighted	8	7	7	6	6	5	5	5
Rubrics covered	4	3	3	3	2	2	2	2
Rubric grades	8	7	7	6	6	5	5	5
G Mentals	2	3	3	1	2	3	3	1
G Mentals	2	1	1	2	1	2	2	1
General Modali	2			3				
Br Mind	3	3	3	3				3

- Lying on your back with both arms pinned to your sides.
- People who sleep in this position are generally quiet and reserved.
- They don't like a fuss, but set themselves and others high standards.

Freerfall (7%)

EXTROVERTED
 WOOD, ANXIOUS
 SENSITIVE, reprimands, criticism, reproaches, to
 REMORSE CONDEMNED FEELING, ETC.:
 HURRY,
 SLEEP, POSITION DURING SLEEP: LYING ON ABDOMEN:

	Med	Bell	Ign	Stram	Sulph	Ars	Nux-v	Aur	Lach
Weighted	12	10	10	10	10	9	8	7	7
Rubrics covered	6	5	6	4	4	4	5	3	3
Rubric grades	12	10	10	10	10	9	8	7	7
G Mentals	1	1	1	2			1	2	
Br Mind	2	2	3	2	2	3	3	3	3
G Mentals	2		1		1	1	1		
Br Mind	1	2	2	3	3	3	2	1	3
G Mentals	3	2	2	3	2	2	2	1	2
Br Mind	3	3	1	3		1			

- Lying on your front with your hands around the pillow, and your head turned to one side.
- Often extroverted and hasty people, but can be anxious and thin-skinned underneath, and don't like condemnation, or extreme situations.

Starfish (5%):

- Lying on your back with both arms up around the pillow.
- These sleepers make good friends because they are always ready to listen to others, and offer help when needed. They generally don't like to be the centre of attention.

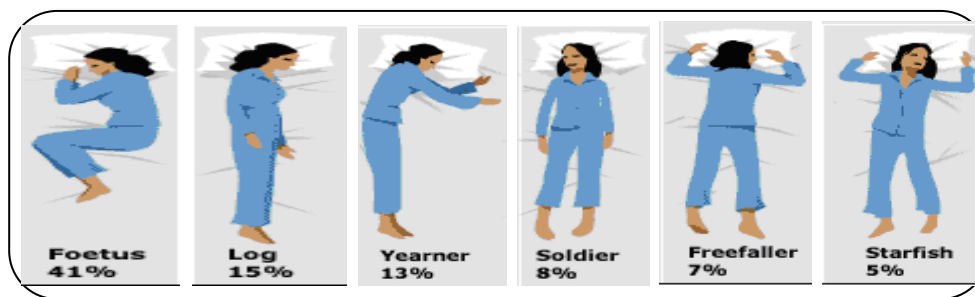
EXTROVERTED
 SYMPATHETIC,
 SLEEP, POSITION DURING SLEEP: LYING BACK:

	Ign	Nux-v	Phos	Puls	Cic	Lyc	Sulph	Calc	Carb	Bry
Weighted	6	6	6	6	5	5	5	4	4	3
Rubrics covered	3	3	3	2	2	3	2	2	2	1
Rubric grades	6	6	6	6	5	5	5	4	4	3
G Mentals	1	1	1			1	2		1	
Br Mind	2	2	3	3	2	1		1	3	
Br Mind	3	3	2	3	3	3	3	3	3	3

- The remainder of those in the poll said the position they fell asleep varied or did not know.

Effect of various sleeping positions on health.

- He concluded that the freefall position was good for digestion, while the starfish and soldier positions were more likely to lead to snoring and a bad night's sleep.
- Lying down flat means that stomach contents can more readily be worked back up into the mouth, while those who lie on their back may end up snoring and breathing less well during the night.
- "Both these postures may not necessarily awaken the sleeper but could cause a less refreshing night's sleep."
- The research also found that most people are unlikely to change their sleeping position. Just 5% said they sleep in a different position every night.



Some Repertory Rubric :-

- Abdomen :-
 - Abdomen On
 - Arm Over The ;With One
 - Arm Under The Head; With One
 - Falling Asleep On
 - Hands Above Head
 - Pelvis; Spasmodically Throwing Up The
 - Pregnancy; During
- Arms:-
 - Abdomen On
 - Head
 - Above Stretched Over
 - One Or Both Arms
 - Under The
 - One Or Both Arms
- Back
 - Back On
 - Arms:
 - Head Lying Over

- Left Arm Lying Over
- Right Arm Clamped Between Leg, On Falling Asleep
- Feet Drawn Up
- Foot Rests On Opposite Knee With One Leg Drawn Upward
- Hands
 - Crossed Over Abdomen :- Puls.
- Back
 - Hands:-
 - Flats Under Occiput:- Ambr, Ars, Coloc, Ing., Nux. Vom, Phos.
 - Left Hand Only:- Acon.
 - Other Arm Over The Hand :- Coloc
 - Head:-
 - Above(Over The):- Carc., Lac-C, Med. , Nux.Vomic, Plat, Puls.
 - Behind :- Aids
 - On The :- Carc.
 - Under The Head:- Carc
 - Low :- Cench, Dig, Nux.V
 - Upright :- M – Aust
 - Impossible:- Acct-Ac, Acon, Lact, Mag-M, Positer, Sulp
 - Knees Bent :- Merc-C
 - Only On Back:- Dig, Ferr, Rhus-T, Sulp.
 - Changed Frequently :- Ars, Aur, Bad, Cact, Calen, Cast, Cuast, Eup-Er, Form, Hep, Ign, Kali-C, Lach, Lyco, Nat-Sulp, Phos, Plac-S, Plat, Pyrogen, Rhus-T, Sabin, Sel.
 - Curled Up Dog Like:- Aids, Ars, Bapt, Bry, Psor.
 - Diagonally :- Con
- Hands
 - And Knees On Hand:- Aids, Cina,
 - Head
 - On :- Cham
 - Over :- Ars, Nit-Acid, Nux-Vom, Plat, Puls, Sulp, Verat
 - Left Hand :- Dig,
 - Both Hands :- Ars, Castor, Nit-Acid, Nux.Vom, Plat, Puls, Rheum, Sulph, Verat
 - One Hand :- Rheum
 - One Hand Under The Head:- Coloc, Ign
 - Under :- Acon, Ars, Bell, Cadm, Chin, Colo, Ign, Iris, Phos, Plat
 - Morning:- Cocc, Phos. Acid
 - Nape Of Neck:- Nux-Vomi
 - Pit Of Stomach:-
 - One Hand On :- Plat
 - Right Hand :- Acon, Plat
 - Left Hand :- Ant.Tart, Phos
- Head

- Bored Into Pillow:- Apis, Arn, Bell, Chin, Cic, Cina, Cupr, Dig, Hep, Hyper, Lach, Spong, Stra, Ver, Zinc,
 - Occiput:- Zinc
- Covered With Sheet:- Cor-Rub
- Forwards Bent:- Acon, Cic, Crot-H, Cupr, Phos, Puls, Stann, Stap
- Occiput Impossible; Lying On:- Dulca
- Up-Right :- Ant.Tart, Led.
- Knees
 - Bent :- Ambr, Plat
 - Elbow Bent ;Knee And :- Ambr, Carc, Lyco, Stram, Viol
 - Face Forced Into Pillow:- Cal.P, Carc, Cina, Eup-Per, Lyco, MED, Phos, Sep, Tub, Zinc
 - Spread Apart :- Cham, Plat, Puls, Violo-O
- Limbs Lower
 - Crossed :- Kali.Phos, Rhod, Sep
 - Ankles:- Sep, Rhod
 - Drawn Up:- Abies, Anac, Carb-Veg, Cham, Chin, Hell, Lac- C, Mang, Meny, MERC-C, Nat-M, Op, Plat, Puls, Rhod, Stram, Symph
 - Left :- Stann
 - Spread Apart:- Bell, Cham, Mag -C, Nux.V, Plat, Puls, Rhod, Rhus-Tox
- Limbs Lower
 - Stretched Out:- Agar, Bell, Cham, Chin, Dulc, Plat, Puls, Rhus-T, Stann
 - One Stretched Out :-
 - Other Drawn Up The :- Aids, Lac-C, Stann
 - Right One :- Aids, Stann
- Uncovered ;Inclined To Have Lower Limbs :-Con, Ign.