

# Allergies as a multifactor disease

Research on psychological traits in allergic patients

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Setting: Full-time Homeopathic Private Practice

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# What is already known on this topic:

- *In Conventional Medicine:* ^ Genetic, environmental co-factors have been extensively studied.
    - ^ Psychological co-factors involved are generically defined as psychosocial stress, neuroticity.
    - ^ Psychological traits are explored through standard personality tests.
  - *In Homeopathic Medicine:* - Therapeutic strategies include the prescription of remedies based on:
    - § The totality of symptoms (Simillimum).
    - § The isopathic principle (Allergens in homeopathic potency).
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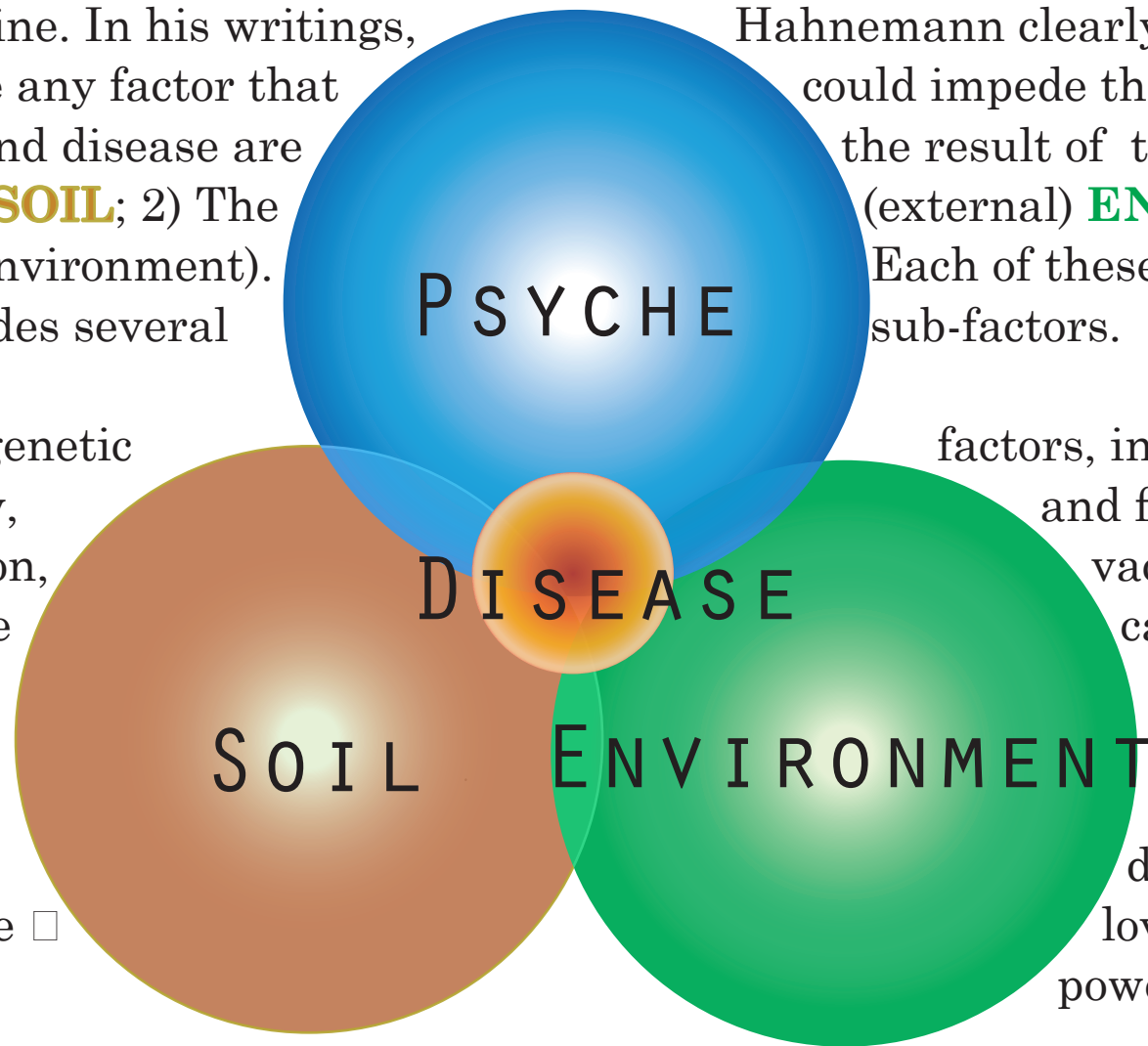
# What this study adds:

- *In Conventional Medicine:* ^ Psychological traits related to allergies are clearly and precisely defined.
  - ^ Occurrence of allergies is not by chance; they happen when genetic predisposition combines with environmental factors and this is triggered by the occurrence of "allergen specific psychological traits".
  - ^ Thus, the psychological environment of the allergic patient can be *predicted* from the reading of a common Prick test or RAST.
- *In Homeopathic Medicine:* § Knowledge of the "allergen specific psychological trait" can give important clues in the search of the *simillimum*. The right homeopathic remedy is the one that matches more precisely the *Mind* of the patient; in depth knowledge of the patient is made easier and quicker using the "allergen specific psychological traits" analysis

# Background


The discipline of homeopathy is strictly related with the bio-psycho-social model existing in psychosomatic medicine. In his writings, Hahnemann clearly stated the importance to ascertain and remove any factor that could impede the restoration of health in the patient. Health and disease are the result of the interaction between three factors: 1) The **SOIL**; 2) The (external) **ENVIRONMENT**; 3) The **PSYCHE** (internal environment). Each of these three factors can be subdivided and includes several sub-factors.


The **SOIL** includes: genetic infections, familiarity, environment (pollution, also includes what we call miasms. The **ENVIRONMENT** includes: food and drinks, air, climatic pollution, drugs. The **PSYCHE** includes: emotions, sensations, desires, polarities like mildness, power-introversion.





Every **DISEASE** is the result of the interaction between these three factors; disease expresses itself only when all these three factors are simultaneously present in an individual. If there are one or two out of three factors we say that there's a predisposition to disease or that disease is in a latent phase.


# Preliminary questions


□  According to the evidence explained above, I investigated pollen and food allergies, and food intolerances.

□  We are used to explain allergies with theories that include the SOIL and the ENVIRONMENT, but little is known about the PSYCHE of these patients.

□  I wanted to test the **hypothesis of allergies as the result of the interaction between SOIL-ENVIRONMENT-PSYCHE**. Through careful observation and case-taking of individual patients in case series.


□  I could confirm the psychosomathic hypothesis that **all the allergic patients showed an imbalance in the aggressive-submissive polarity** - in the way that they are unable to express their aggressiveness entirely and adequately (adaptive behaviour) to circumstances. The term aggressiveness here means the ability and possibility to express one's personality and protect it against attacks from outer world.

□  My second question was: **"Is there any meaning and reason why these patients express their allergies and intolerances against different substances?"**

□  Careful observations of case series of patients that hadn't received massive suppressive therapies, or the evaluation of their disease picture at the outbreak, draw me to the evidence that **allergy/intolerance to a substance doesn't appear by chance but is strictly related with a specific psychological trait**.

# Method

The allergy/intolerance against the following substances has been studied:

 pollens of Graminaceae, Parietaria (wallwart), Cupressus (cypress), Betula (white birch), Olea europea (olive tree); Dermatophagoides (dust mite); eggs, milk.

**1<sup>st</sup> Step:** Clinical observations of psychological traits in allergic patients.

**2<sup>nd</sup> Step:** Hypothesis of an "allergen specific psychological trait".

**3<sup>rd</sup> Step:** Diagnostic testing and verification of the hypothesis in case series of allergic ☐ ☐  
☐ patients (at least 10 cases per each allergen).

**4<sup>th</sup> Step:** Therapeutic testing of the hypothesis. Symptoms and signs of allergy had to be ☐ ☐  
☐ reduced or cured as well as psychological related traits (at least ten cases per each ☐ ☐  
☐ allergen).

The treatment was performed accordingly to the principles of classical homeopathy; when needed, flower therapy accordingly to dr. Bach indications has been used instead of the homeopathic remedies.

# Results

✧ **Allergy to Graminaceae:** The subject is annoyed by the excessive closeness and attachment of one or more persons affectively nearest to him/her. The subject would like to free himself from the oppression he perceives (consciously or unconsciously). The person/s (or the situation) nearest to him have a strong affective meaning to him - therefore many times, in children case, the person involved in the dynamic is the mother.

✧ **Allergy to Parietaria:** The subject is suffering from nostalgia, homesickness of any kind; nostalgia for past times that have gone, for persons or places he was strongly related with. Tendency to dwell on past events, with nostalgia, homesickness.

✧ **Allergy to Cupressus:** The subject has an intimate tendency toward spiritual world, or fantastic world (in children mainly) that is frustrated. The subject is constricted and confined into material world.

✧ **Allergy to Betula:** The subject tries to express him/herself but lacks of the strength needed to perform the task. There can be a sensation of inferiority, not being able to, etc.

✧ **Allergy to Olea europaea:** The subtle art to preserve peace at any cost. The subject likes living in peace and is involved in relations where keeping peace is a difficult and frustrating task.

✧ **Allergy to Dermatophagoides:** The subject has an inner desire to move free from limitations and constrictions, but this desire is frustrated. The person likes being free to do what he wants but suffers limitations.

✧ **Allergy to Eggs:** The subject suffers because his/her potential is not understood (by the persons important around him) and thus cannot be expressed.

✧ **Allergy to Milk:** This is a difficult topic to tackle and requires skills and carefulness by the physician in order to understand the clinical and relational background of the patient. The mother represents nourishment but also impediment; she is the person that nourishes, guides and directs her child's first contact with reality. She rules expansion and contraction, the space and time of our early expression in life. With our mother, first of all we make experience of controlling space and time, expanding and contracting ourselves. Mother stands also as an archetype of a wider world than later in life accepts us, guides us, supports us. Any problem in this relationship, directly with the mother or with what stands in place of her, will give problems with milk. Understanding the dynamics that are working in the mother-child relationship requires patience, delicacy, a thorough examination and expertise; these dynamics usually do not appear at a superficial examination nor they are easily acknowledged by the parent or the patient.

# Comments

● No **statistical evaluation** has been performed because the totality (100%) of the patients evaluated in the diagnostic and therapeutic phases confirmed the hypothesis.

The coincidence of specific physical allergies and "**allergen specific psychological traits**" in the patients was evident; during therapy the symptoms intensity was proportional to the severity of the psychological related trait and confirmed during the healing process. These facts were so striking that I was drawn to search through psychological theories in order to find a reasonable explanation of my findings. Psychological doctrine of C.G. Jung appeared to be the most suitable to the topic.

● In **my practice** I see hundreds of patients every year, I have the chance to follow them up for months or years dedicating them from thirty to sixty minutes per visit (accordingly to the clarity and the needs of the case); it's a privileged situation having the chance to know my patients from a physical and psychological perspective.

**Every significant symptom** is deeply scanned through modalities, sensations and related emotional states; dreams are explored escaping from any personal interpretation, but following patient's individual emotions and associations; the awakened guided dream technique is used moderately and only when need to progress in the case-taking/analysis. **Every case that improves** or heals is deeply investigated in order to understand all the changes that occurred in body and mind patterns during the healing process.

After years of such an intensive practice, I have come to the understanding of disease in the following terms:

● **All is symbol and we use our body as a metaphor of our inner world**; our body is no more than a representation or manifestation of our inner (psychological) world. Environmental and genetic factors contribute to the expression of disease, but only in our psyche we can find the meaning (etiology) of our disease. Anything that is unbalanced in our inner world (Psyche), and hasn't the possibility to find a solution, will search for an expression somewhere else, and our body is the nearest place.

● Current conventional therapies in the treatment of allergies and intolerances tend to suppress the symptoms or to prevent interactions with the triggering agents; in this way, therefore, disease can only reduce its intensity or goes into a latent phase. The understanding and knowledge of the specific psychological problems expressed in allergy/intolerance diseases helps the practitioner in finding the right homeopathic remedy that matches the disease issues in its totality and thus guiding the patient toward permanent recovery and health.