



The body and the spirit. Psychic diseases or diseases with psychic expression?

Since a certain time, in my teaching, I put an emphasis on the importance of the choice of terms used to express the thought construction. Words allow us to develop ideas and to express them. De Gaulle said that words precede thoughts. With no doubt there is something true in this.

Language is the basis for the science. For this reason is it very important to use precise vocabulary in order to permit science a further development. Unfortunately, certain words or expressions can lead to inaccurate thought constructions, as they generate faulty thought associations. In medicine, as well as in other fields, we sometimes are confronted with expressions, which create wrong associations and therefore can lead to faulty diagnosis and consequently to wrong therapy strategies.

Here an example :

The disease means alteration of the health state.

The term „psyche“ is a vague expression used in order to describe the totality of thought structures of a being supported by its experience. Everyone understands the meaning of the term „disease“ and the term „psyche“. In case, when these two terms are connected, we get as a result the commonly used term of: « psychic disease». We are used to this term to a such extent that we do not get chocked by this expression. However, the use of these two terms in this combination creates the association that the psyche is an organ, which means a precisely defined entity. And at this moment we shall put forward the question: can we say that a psyche can be ill?

One often speaks of hepatic, rheumatologic or dermatologic diseases because in this case the liver, the articulations or the skin are affected. Can we speak of an illness of the psyche without connection to the rest of the body?

In leukaemia, shall we speak of a bone marrow dysfunction or is it the erythrocyte, which does not anymore fill out its function correctly?

In hepatitis, is it the liver or is it the bile that represents the cause of the pathology?

And in case of a neurosis, is the cause in the brain or in the psyche?

I think that in order to preserve a clear language, we shall speak of **diseases with psychic expression**. By doing so, we would avoid the thought that psyche can be treated in the same way as a liver or the articulations. This will define better the thought structure of the therapist, when confronted with a patient, and will lead to a different way of considering the situation. Charcot explained in a very clear way, that in case of a behaviour disorder, one shall always look for an organ dysfunction. Our thoughts are the result of our brain activity, which on itself is dependant on the hormone milieu or our immune system. This concept of Charcot, is very well applied in auriculotherapy. In auriculotherapy the patients presenting symptoms of depression, burn-out or anxiety are treated on ear points of lower electrical cutaneous resistance (points which are the reflection of the function disorder of the central nervous system). As soon as these points are treated, we can see an impressive action on the diseases with psychic expression.

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