



ORIGINAL RESEARCH PAPER

Nursing

HYPNOTISM-ELUCIDATED REVIEW

KEY WORDS: Hypnosis, EEG, Etymology, Mesmerism, Self-hypnosis, Coping skills, Exploration

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ABSTRACT

Hypnotism, once classified as an occult science, has grown, though only within recent years, a definite scientific status, and no mean place in genuine medicine. It typically involves an overview to the procedure during which the subject is told that propositions for imaginative involvements will be presented. Mesmer was a Scottish ophthalmologist, James Braid, who make up the word 'hypnosis'. The term neuro-hypnotism (nervous sleep), all of which were first coined by Étienne Félix d'Henin de Cuvillers in the 1820s. Hypnotism having a broad area of application including alleviation of symptoms associated with irritable bowel syndrome (IBS), control of pain during dental procedures, management of certain symptoms of ADHD etc. A number of myths are related with hypnotism like hypnosis is similar to sleep, it is possible to be hypnotized against the client's will, hypnotherapy doesn't cause to lose control etc. During a hypnotherapy sitting, people are guided through a process to induce a trance-like state that helps them focus their minds, respond more readily to suggestions, and become deeply relaxed. Hypnotherapy utilizes the heightened awareness of the hypnotic state to help us to focus on a problem more deeply.

Introduction

Hypnosis is a special psychological state with certain physiological attributes, similar to sleep only superficially and marked by a operative of the individual at a level of awareness other than the ordinary conscious state. This state is characterized by a degree of increased receptiveness and responsiveness in which inner experiential perceptions are given as much significance as is generally given only to external reality.¹

Hypnosis, also denoted to as hypnotherapy or hypnotic proposition, is a trance-like state in which the client has heightened focus and concentration. Hypnosis is generally done with the help of a therapist using verbal repetition and mental images.²

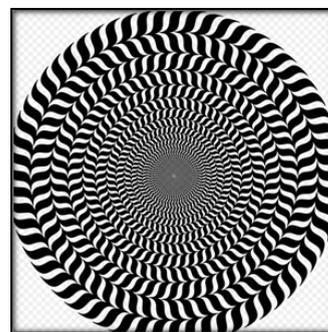
A peculiar transformed state of perception distinguished by certain marked indicators, the most projecting and inflexible of which are the presence of incessant alpha waves on the EEG, hyper suggestibility in the subject, an attentiveness of attention on a single stimulus, and a feeling of "at oneness" with the stimulus. Hypnotic situations may be induced by various techniques applied to oneself or by another.

The hypnotic state may be persuaded in a large percentage of normal individuals, or may occur instinctively. It is recognized as having an affinity with normal sleep, and likewise with a assortment of trance-like conditions, among which may be revealed somnambulism, ecstasy, and the trances of Hindu yogis and fakirs, and various tribal shamans. In fact, in one form or another, hypnosis has been identified in practically all countries and periods of history.

Hypnotism, once classified as an occult science, has grown, though only within recent years, a definite scientific status, and no mean place in genuine medicine. However, its history is inextricably interwoven with occult practice, and even today much hypnotic phenomena is allied with the psychic and occult, so that a consideration of hypnotism remains a necessary component in any mature sympathetic of the occult world science of both our own time and the past.³

Hypnosis typically involves an overview to the procedure during which the subject is told that propositions for

imaginative involvements will be presented. The hypnotic induction is an extended initial suggestion for using one's thoughts and may contain further elaborations of the overview. A hypnotic process is used to hearten and evaluate responses to suggestions. When using hypnosis, one person (the subject) is directed by another (the hypnotist) to respond to suggestions for changes in subjective experience, alterations in perception,⁴ sensation, emotion, thought or behaviour. Persons can also learn self-hypnosis, which is the act of running hypnotic procedures on one's own. If the subject responds to hypnotic suggestions, it is generally contingent that hypnosis has been induced. Many believe that hypnotic retorts and experiences are characteristic of a hypnotic state. While some think that it is not essential to use the word "hypnosis" as portion of the hypnotic initiation, others view it as essential.⁵



Methodology

This detailed review includes revealed data about Hypnosis overviewed information with possible areas of application in this present article. This information collected through electronic search from plentiful review & research articles along with a number of well-known websites.

Etymology

The words hypnosis and hypnotism equally derive from the term neuro-hypnotism (nervous sleep), all of which were first coined by Étienne Félix d'Henin de Cuvillers in the 1820s. The term hypnosis is derivative from the ancient Greek *πνός* hypnos, "sleep", and the suffix *-ωσις* -osis, or from *πνύω* hypnoō, "put to sleep" (stem of aorist hypnōs-) and the suffix -

is. These words were popularised in English by the Scottish surgeon James Braid (to whom they are occasionally wrongly attributed) around 1841. Braid based his practice on that established by Franz Mesmer and his cohorts (which was called "Mesmerism" or "animal magnetism"), but differed in his theory as to how the procedure worked.⁸

A history of hypnosis: from ancient times to modern psychology

The history of hypnosis dates back to the late 18th century when Franz Mesmer, a German physician, developed hypnotism, his beliefs about the balance of magnetic power in our body, using animal charisma. The concept of animal magnetism was rejected a span later as it had no scientific basis. Though, many clinicians were fascinated by the fact that Mesmer did cure many symptoms of patients. One of the most notable clinicians that followed Mesmer was a Scottish ophthalmologist, James Braid, who make up the word 'hypnosis'. It sourced from the Greek word for 'sleep'. Modern science later evidenced hypnosis was not related to sleep but one thing hypnosis and sleep have in common is the augmentation of our external focus.⁶



Hypnosis is surrounded by many myths and misconceptions. Tactlessly, despite detailed scientific research and extensive clinical use, some people are scared off needlessly by the stigma that hypnosis is a mystical or esoteric technique. One of the hypnotherapists have found that some people assume hypnosis is a recent innovation of the New Age movement, which spread through metaphysical communities in the 1970s and 1980s. Actually, hypnosis has been used in the USA since the mid-1800s, and was forward-thinking by pioneers of modern psychology like Sigmund Freud, Pierre Janet, and Alfred Binet among others. This overview deliberates the history of hypnosis from ancient times to its subsequent investigation by modern psychologists, physicians, and researchers.

Hypnosis in Primeval Times

The ancestries of hypnosis are inseparable from those of western medicine and psychology. Practically all ancient cultures, including the Indian, Egyptian, Greek, Sumerian, Persian, Chinese and Roman castoff hypnosis in some form. In Egypt and Greece, the sick often went to remedial places known as sleep temples or dream shrines to be cured by hypnosis. In ancient India, the Sanskrit book known as The Law of Manu defined different levels of hypnosis: "Sleep-Waking," "Dream-Sleep," and "Ecstasy-Sleep."

Some of the most primitive possible evidence of hypnosis for healing comes from the Egyptian Ebers Papyrus, dating to 1550 B.C. Additionally Egyptian papyrus from around the 3rd century C.E. describes the placing of hands on the patient, hand passes, and eye-fixation.

Magnetism, Fluidism, and Mesmerism

For many centuries, especially during the Middle Ages, kings and princes were supposed to have the power of healing through the "Royal Touch." Their miraculous healings were

accredited to divine powers. Before hypnosis was well tacit, the terms "magnetism" and "mesmerism" were used to describe these healing phenomena. The Swiss physician Paracelsus (1493-1541) was the foremost to use magnets for healing, as an alternative of the divine touch or a holy relic. This technique of healing was still around into the 18th century, when Maximillian Hell, a Jesuit priest and the Royal Astronomer in Vienna, became well-known for healing by using magnetized steel plates on the body. One of Hell's students was Franz Mesmer, the Austrian physician from whom we originate the word "mesmerize." Mesmer exposed that he could induce trance without magnets, and clinched (incorrectly) that the healing force must come from himself or from an invisible fluid that engaged space.

The Supremacy of Suggestion – Faria, Liebeault, Bernheim, and the Nancy School

In 1813, an Indo-Portuguese priest recognized as Abbe Faria steered research on hypnosis in India, and returned to Paris to study hypnosis with Puységur. Faria wished-for it was not magnetism or the power of the hypnotist that was accountable for trance and healing, but a power engendered from within the mind of the subject. Faria's approach was the basis for the clinical and theoretical work of the French school of hypnosis-centred psychotherapy known as the Nancy School, or the School of Suggestion. The Nancy school detained that hypnosis was a normal phenomenon induced by suggestion, not the result of magnetism. The Nancy school was founded by Ambroise-Auguste Liebeault, a French country clinician who is considered to be the father of modern hypnotherapy. Liebeault believed that the phenomena of hypnosis were psychological and unheeded theories of magnetism. He premeditated the similarities between sleep and trance, and saw hypnosis as a state that could be produced by proposition.

Forerunners of Psychology

Some of the innovators of psychology studied hypnosis in both the Nancy and Paris Schools. Pierre Janet (1859-1947), who advanced theories of unconscious processes, severance, and hurtful memory, studied hypnosis with both Bernheim in Nancy and the rival school of Charcot in Paris. Sigmund Freud also deliberated hypnosis with Charcot and later observed Bernheim, and Liebeault. Freud began enthusiastic hypnosis in 1887, and hypnosis was crucial to his invention of psychoanalysis.

Mesmerizing Anaesthesia

During the period of intense psychological investigation of hypnosis, a number of physicians advanced the use of hypnosis for anaesthesia. In the year 1821, Récamier accomplished a major operation using hypnosis for anaesthesia. In 1834, the British surgeon John Elliotson, who acquaint with the stethoscope to England, reported abundant painless surgical operations using hypnosis. James Esdaile, Scottish surgeon, has did over 2,000 minor and 345 major operations using hypnosis in the 1840s and 1850s.

Contemporary Hypnotism

The Scottish ophthalmologist named James Braid recognized as the father of modern mesmerism. It was Braid who first coined the term neuro-hypnotism (nervous sleep), which later turn out to be "hypnotism" and "hypnosis" (1841). Braid had remained a demonstration of a French magnetist, La Fontaine in 1841. He sneered at the ideas of the Mesmerists, and was the first to recommend that hypnosis was psychological. Braid is conceivably the first practitioner of psychological medicine. In th year 1847 he tried to explain hypnosis by "monoideism" (focus on one idea), but the term "hypnosis" had progressive turning in the work of the Nancy School, and is still the term used today.

Hypnosis in America

Just as hypnosis was investigated intensely by psychologists,

hypnosis was used in medicine as anaesthesia, with thousands of surgical operations performed using hypnosis. Hypnosis was ordinary in the mid-1800s when chemical anaesthetics were discovered. Street-corner “tent-shows” were popular entertainments where hypnosis was established, along with new gulp drugs and other wonders of chemistry. It was at one of these shows that Horace Wells first grew the idea of use nitrous oxide for dental extractions. As chemical anaesthetics became popular, the widespread use of hypnosis for anaesthesia declined.

In 1800s in America there was also a deep curiosity in metaphysical, psychic, and spirit phenomena, and this deposited different types of spiritual healing and mental healing movements. Since hypnosis was already widely known, it was ordinary for some spiritual healers to induce daze as part of their method. Their schedules usually presented their cures as coming from a spiritual source, but the cures perhaps resulted more often from the amalgamation of trance with the suggestions of the healer and the belief of the subject.⁷

APPLICATIONS

People might seek out hypnosis to aid deal with chronic pain or to ease pain and anxiety caused by medical procedures such as surgery or childbirth.

The following are just a few of the applications for hypnosis that have been demonstrated through research:⁹

- Alleviation of symptoms associated with irritable bowel syndrome (IBS)
- Control of pain during dental procedures
- Management of certain symptoms of ADHD
- Treatment of chronic pain situations such as rheumatoid arthritis
- Elimination or reduction of skin conditions including warts and psoriasis
- Treatment and reduction of pain during childbirth¹⁰
- Reduction of dementia symptoms
- Reduction of nausea and vomiting in cancer patients undergoing chemotherapy

Hypnosis has also used to help people with behaviour variations such as quitting smoking, losing weight, or preventing bed-wetting.

TYPES



- **Guided hypnosis:** This form of hypnosis involves the use of tools such as recorded instructions and music to induce a hypnotic state. Online sites and mobile apps often utilize this form of hypnosis.
- **Hypnotherapy:** Hypnotherapy is the use of hypnosis in psychotherapy and is practiced by licensed physicians and psychologists to treat conditions including depression, anxiety, post-traumatic stress disorder (PTSD), and eating disorders.¹¹
- **Self-hypnosis:** Self-hypnosis is a process that occurs when a person self-induces a hypnotic state. It is often used as a self-help tool for controlling pain or managing stress.¹²

SURPRISING BENEFITS

1. Trouble Sleeping, Insomnia, and Sleepwalking

Helps to solve the problem of somnambulism, insomnia. Learning self-hypnosis techniques can increase the amount of sleep and the amount of time spent in deep sleep — a sound sleep makes refreshment of the mind.

Mechanism: Verbal cues put us in a trance-like state, alike how it feels when we're so involved in a book or movie that we don't notice what's going on around us. During or after Hypnosis makes us to sleep mostly.

2. Anxiety

Hypnosis helps to resolve the problem of phobia — a type of anxiety disorder where we are intensely fearful of something that does not pose a significant threat

Mechanism: Hypnosis works to help anxiety by encouraging our body to activate its natural relaxation response through the use of a phrase or nonverbal cue, slowing breathing, lowering blood pressure, and instilling an overall sense of well-being.

3. Irritable Bowel Syndrome (IBS) Symptoms

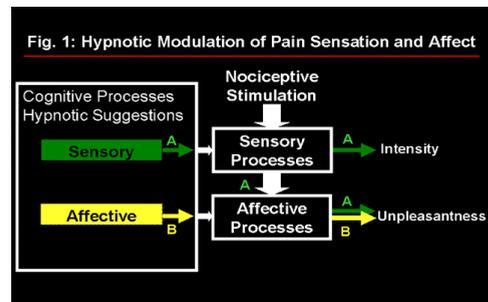
The effectiveness of hypnosis on IBS has been consistently supported by a number of clinical studies. IBS is abdominal pain created due to bowels, and hypnosis can help to improve symptoms such as constipation, diarrhoea, and bloating.

Mechanism: Hypnosis leads us through progressive relaxation, providing soothing imagery and sensations to combat your symptoms.

4. Chronic Pain

Hypnosis can help with pain — like what's experienced after surgery or from migraines or tension headaches as well chronic pain too. People with pain related to conditions like arthritis, cancer, sickle cell disease, and fibromyalgia, lower-back pain — may experience relief from hypnosis.

Mechanism: Hypnosis can help us to cope with pain and gain more self-control over our pain. Furthermore, studies indicate that hypnosis can do this efficiently for long periods of time.



5. Quitting Smoking

Hypnosis for smoking cessation works best if we work one-on-one with a hypnotherapist who can customize the hypnosis sessions to match our lifestyle.

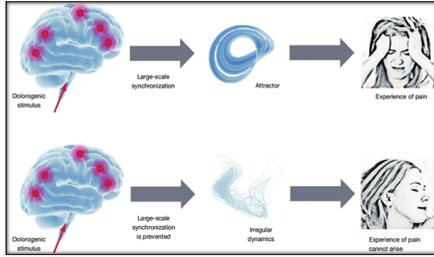
Mechanism: Hypnosis can work in two ways in case of quitting smoking. The first is to help you find a healthy, effective replacement action, and then guide our subconscious toward that habit, rather than smoking. This possibly will be something like chewing a piece of gum or taking a walk. The second is to train our mind to associate smoking with undesirable feelings like a bad taste in our mouth or a foul odour from smoke.

6. Weight Loss

It is habitually most helpful when hypnotherapy is used in combination with diet and exercise changes.

Mechanism: Once we are hypnotized, your attention is highly focused. This makes us more likely to listen and respond to suggestions for behaviour changes, such as eating a healthy diet or getting more exercise, which could help us to lose weight.

TECHNIQUES



During a hypnotherapy sitting, people are guided through a process to induce a trance-like state that helps them focus their minds, respond more readily to suggestions, and become deeply relaxed. Hypnotherapy utilizes the heightened awareness of the hypnotic state to help us to focus on a problem more deeply. Hypnotherapy utilizes techniques including:

Relaxation: The client will be guided by the hypnotherapist to visualize oneself in a state of peacefulness and relaxation, even when confronting a problematic behaviour or the object of your fears.

Suggestion: The hypnotherapist may make gentle suggestions for behaviour changes that can help the client conquer your issue. For example, he or she may be taught to see him or her as a supportive advisor during a phobic reaction, thus learning to trust and ability to get through the situation.

Coping skills: The client may be taught certain cognitive-behavioural coping skills, such as guided imagery and the STOP! technique, that can be used when confronting fears or anxieties.

Exploration of past experiences: The client may even be encouraged to talk about the first time we experienced the behaviour or problem that you are trying to overcome and how the client can feel at that moment.

MYTHS AND FACTS ABOUT HYPNOSIS

MYTH: Hypnosis is similar to sleep.

Fact: The mesmerized person is an active participant who relieves response and aware of his or her environments.

MYTH: It is possible to be hypnotized against the client's will.

Fact: Any client who enthusiastically resists attempts to induce hypnosis cannot be fascinated.

MYTH: One of the perils of hypnosis is getting stuck in a daze.

Fact: If the hypnotist left the room, the client would instinctively come out of the trance.

MYTH: Hypnosis is a form of therapy.

Fact: Hypnosis is not a form of therapy. It is an different state of consciousness in which therapy can be steered.

MYTH: The hypnotist can make the client do things against his or her will.

Fact: The hypnotist gives recommendations that will not be followed if they are intolerable to the subject.

MYTH: The hypnotist is a powerful rigid figure who has total control over the passive subject.

Fact: Hypnotic subjects are active problem solvers who maintain their values, beliefs, and opinions while in a trance state.¹⁴

THINGS TO BE CONSIDERED

While hypnotherapy is generally safe and well-tolerated, that does not mean that it doesn't pose some likely risks, such as:

- Hypnotherapy can yield false or distorted memories in some cases.
- People those who are very suggestible may experience a diminished sense of individual control while under hypnosis.
- Some people may experience side effects such as anxiety, headaches even dizziness also.
- Hypnotherapy may not be suitable for people who are facing symptoms of psychosis such as hallucinations and delusions.

COMMON MISCONCEPTIONS

- Hypnotherapy is frequently confused with stage hypnosis
- Hypnotherapy doesn't cause the individual to forget what happened
- Hypnotherapy doesn't cause to lose control
- Being hypnotizable doesn't mean you are less intelligent¹⁶

CONCLUSION

Hypnotism is a very unique word and area in the field of psychiatry. So, we, the authors have tried to cover the related information regarding Hypnotism in an elaborated way. We hope that the readers have conventional all the information about Hypnotism after reading this article.

List Of Abbreviations

- IBS- Irritable Bowel Syndrome
- ADHD- Attention Deficit Hyperactivity Disorder
- PTSD- Post-traumatic Stress Disorder
- EEG- Electroencephalogram

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