

# Psychiatry the Base of Homoeopathic Treatment

**ABSTRACT:** Homeopathy a branch of medical science always gives importance to the mind and mental symptoms. Psychiatry a branch of medical science deals the cases of mental disease and its modern outlook, indirectly supports the ideology of homeopathy hence the branch should also take support of homeopathic mode of treatment. After general classification of mental diseases, author give full detail of tackling cases under homeopathic treatment with giving brief list of homeopathic medicines. Lastly he has given records of few cases treated by homeopathy. Through this author tries to influence not only other homoeopaths but all psychiatric physicians of the world to try and use homoeopathic medicine either separately or as a joint hand project to regain psychiatric disease-free world.

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## MODERN OUTLOOK OF PSYCHIATRY

Psychiatry is the branch of medical science which deals all the case of mental disease of human being. According to modern research over this subject has shown us some important classification and features which usually come under ICD 10 or DSM IV headlines have classified all the psychiatric diseases mainly in following nutshell:

### PSYCHIATRIC OR MENTAL DISORDER

- A Major Disorder
- B Minor Disorder
- C Mental Retardation.

**A. MAJOR DISORDER** of mental illness is based on the distinction between the following:

I. Organic including symptomatic mental disorder

- (a) Dementia. (b) Delirium. (c) Other mental disorder. (d) Amnesic syndrome.

All factor developes due to disease of the brain.

II. Functional mental disorder

These are the diseases which are found due to functional behaviors of mind. According to ICD10 these are as follows-

- (a) Mental and behavioral due to psychoactive substances viz narcotism, alcoholism, sedation, hypnotic and hallucinogens etc.
- (b) Schizophrenia, Scizotypal and Delusional disorders (c) Melancholia (d) Mania-depressive-disorder MDP etc

**B. MINOR DISORDER**

In which the following things are important.

1. Mood (affective) disorders eg (a) mania (b) anxiety (c) depression (d) different phobias (e) delusion and illusion.
2. Hysteria. 3. Obsessive Psychoneurosis. 4. Personality disorder, under which some abnormality of the adult personality behavior may occur. 5. Sexual disorders 6. Sleeping disorders under which insomnia or abnormal dreams may disturb the affected person which shows anxiety or abnormal activity in its normal behavior of daily routine life. 7. Differentiation found in the normal liking and disliking of the person toward food, environment, or nature of daily work.

**C. MENTAL RETARDATION**

This is a great problem in the society. The retarded mental along with retarded growth of normal health of the personality may bound every person of the society. The Question is how this person regains his normalcy? Usually we think it's a congenital defect but being a physician we must be worried for them. This headline is logically divided into three common factors ie (a) *mild* (b) *moderate* (c) *severe disorder*.

Beyond this there are several other common features found in the society. These are A. READING DISORDER. B. SPEECH DISORDER. C. WRITING DISORDER. D. CHILDHOOD AUTISM.

Usually normal IQ of any person is between 100 to 140. If this statistic comes below or above these we term it as abnormal.

The treatment of the patient depends on the collection of abnormal psychological features or symptoms may guide a physician to select any better remedy for cure, but in few cases no medicine may show any successful prognosis. Then only normal psychological symptoms are applied towards the selection of better remedy, ie only sympathy is the main tool to be used by the physician though he may require related medicine to give relief in mental trouble. In modern therapy after proper diagnosis of the patient the antipathic methods are generally used to control the abnormal symptoms of the ill to give short term relief to the

patient and repetition of the dose in long term are used for better prognosis. This process may be beneficial in many cases otherwise the natural and mechanical modes of treatments are more necessary for curing psychiatric cases. So some natural environment must be necessary for the patient of psychiatry. There must be need of some medicine whose individual action may show some miraculous effect over the disease.

**HOMOEOPATHIC OUTLOOK FOR THE TREATMENT OF PSYCHIATRY**

In the first introduction I've already explained the ideology of Dr Hahnemann for mental disease, Thus each and every great follower tried to collect the abnormal mental symptoms of any given case for the selection of proper remedy. Basically Homoeopathic treatment follows the rule of Miasm (at present modern scientist terms it as causative factor of any disease).

In which we divide all cases under trio headline ie [A] Psora, the sensational abnormality of the patient that may be physical or mental symptoms of the patient. [B] Syphilis, the destructive or infectious factor of the bodies which truly destroy the effected part of the body partially or totally, due to infections. The result of the action of the disease may not only show structural abnormality but also functional abnormality which may effect the mind or mental symptoms severally. [C] Sycosis, the abnormal destruction or construction are found in the body system and mind.

In short we can say that the psychiatric patient comes under these categories. They may also have some abnormal symptoms which may be structural or functional. Hence for the diagnosis, the Homoeopath generally prefers along with miasmatic symptoms, the common symptoms too for diagnosis. Not only clinical explanation and physical observation is sufficient but the modern laboratory technology are also required, which may help any physician for proper diagnosis. In this reference I wish to say that when the discovery of microscope was not found and the modern pathology or psychiatry were developed, at that time the great master of Homoeopathy had already

given so many evidences and explaining it by his own broad spectrum eye observation which indirectly supports the modern ideology and development of modern medical science which has been reestablished by the modern experiment methods, eg DSMIV and ICD10 ideology towards psychiatry have shown maximum similarity with Homoeopathic evidences either indirectly or directly. The time has come that with other therapies the Homoeopathy should develop a joint hand project for psychiatry to developed healthy world.

After collecting a lot number of symptoms of the patient, the selection of proper remedies on the basis of similarity should follow the principle of rapid, gentle, and permanent relief to the patient and if the physician may able then no doubt the success will gain easily.

#### **HOMOEOPATHIC CLASSIFICATION OF SYMPTOMS**

Hahnemann defines symptoms broadly as "any manifestation of a deviation from a former state of health, perceptible by the patient, the individuals around him, or the physician." We have here the basis of the common division of symptoms into two general classes - Subjective and Objective. (Close, 1999)

#### **HAHNEMANN STATES IN APHORISM 11:**

When a person falls ill, it is only this spiritual, self-acting (automatic) vital force, everywhere present in his organism, that is primarily deranged by the dynamic influence upon it of a morbid agent inimical to life; it is only the vital force, deranged to such an abnormal state, that can furnish the organism with its disagreeable sensations and incline it to the irregular processes which we call disease; for, as a power invisible in itself, and only cognizable by the effects on the organism, its morbid derangement only makes itself known by the manifestation of disease in the sensations and functions of those parts of the organism exposed to the senses of the observer and physician; that is, by morbid symptoms, and in no other way can it make itself known.

'It is clear that Hahnemann wishes to teach that it is a disorder of the activities of the internal man, a

lack of harmony or lack of balance, which gives forth the signs and symptoms by which we recognize disease. These sensations constitute the language of disorder; i.e. the means by which we recognize disorder and disease. This immaterial vital principle, this simple substance, everywhere pervades the organism, and in disease this disorder everywhere pervades the organism, it pervades every cell and every portion of the human economy. We will see in course of time that the change in form of cell is the result first off disorder, that the derangement of the immaterial vital principle is the very beginning of the disorders, and that with this beginning there are changes in sensation by which man may know this beginning, which occurs long before there is any visible change in the material substance of the body'. (Close, 1999).

'The patient himself can feel by his sensations the changes, and this is inimical to life, and death immediately follows, for life in its fullest sense is freedom. As soon as the internal economy is deprived in any manner of its freedom, death is threatening; where freedom is lost, death is sure to follow'. (Close, 1999)

'So it is when there is the inflowing of a simple substance that has the form or essence of a disease. It is in its essence an evil that is flowing into the economy, but it is a simple substance. Everything is substantial or real, and has in itself operating and perpetuating power. The fact that it can operate and perpetuate is the evidence of power, and if it has power it results in something'. (Kent, 1997).

Hahnemann further defines symptoms as "evidences of the operation of the influences which disturb the harmonious play of the functions, the vital principle as a spiritual - dynamis." (Substantial, initiative source of vital power and activity)

#### **THREE PLANES: MENTAL (EMOTIONAL), SPIRITUAL (INTELLECTUAL), AND PHYSICAL**

The abnormal sensation experienced by the patient may depict the emotional state, the intellectual state, or the physical state and can be classified under:

Mental: depicting the mental state (feeling);  
 Spiritual: depicting the affection of the Intellect as indicated by:

- a) Aberrations of Perception
- b) Aberrations of Thoughts
- c) Affection of Memory
- d) Affection of the Will

We shall try to understand the specific features of each of these categories:

**SYMPTOMS OF MIND (EMOTIONAL)**

Emotion provides the greatest driving force to an individual. A distracted mind resulting from some bodily discomfort, is a common experience. When such bodily discomfort tends to threaten our sense of security, an exaggerated emotional response results, which we term as an anxiety state. We thus find that the emotional and physical spheres in an individual are closely interrelated and a disturbance in the one cannot but be reflected in the other.

We get readily disturbed when we experience a sufficient gap between our expectations and the actuality. This awareness we often suppress at the conscious level and thereby facilitate devious expressions.

It is important to realize that the emotional state manifests itself in various ways:

Direct expression through appropriate feelings, thoughts, perception-changes, memory-changes, and inability to exercise will, ie indecisiveness / inappropriate activities, defective engagement patterns and loss of competence in general.

Indirect expression through: The voice is one channel of emotional expression: eg screams denote fear or excitement, groans denote pain of unhappiness, sobs denote sorrow, and laughter denotes enjoyment. A tremor or break in the voice may mean great sorrow; a loud, high-pitched, sharp voice usually means anger. (Morgan, 2003)

I] Opposite feelings: the original emotions evoke strong feelings of guilt and this prevents direct expression; the subject thus takes on an opposite attitude in order to escape from these disintegrating influences.

II] Disturbed functioning of the body through:

- A] Voluntary nervous system
- B] Autonomic nervous system and
- C] Endocrine system

III] Dreams: reflect the unconscious drives and aspirations.

Directly expressed emotions could belong either to the diagnostic group of symptoms or to the characteristic group of symptoms that help to individualize a case. It is these latter which are all-important and determine the prescription. Common or unqualified mental symptoms, therefore, are of little use to the homoeopathic physician as they help him little in selecting the similar remedy.

Some of the common emotions like anger, sadness, indifference, etc. are of little value in remedy-selection as they indicate a large number of remedies. But if such an emotion is experienced in an intense manner or if additional information about its occurrence or about any peculiarities associated with its expression is available, then its value in remedy selection is considerably enhanced.

While considering the mental symptoms, the following order of importance should be observed:  
 Emotional modalities: causative, aggravating and ameliorating factors  
 Emotional state

**SYMPTOMS OF THE INTELLECT**

The intellect determines the capacities of an individual; the emotions determine their free expression.

The function of intellect could be considered under the following categories

1. Perception of the environment: in addition to pure sensory perception, this includes the function of discrimination and interpretation.
2. Formulation of ideas: thoughts, concepts and systems.
3. Memory: storage of past experiences and their recall when required.
4. Discrimination: the freedom of choice indicates the ability to distinguish between right and wrong.

5. Action: volition in the direction of choice: the ability to persist in the right path.

The beginnings of illness could be traced to the weakening of the intellect, which permits emotions to have full sway. However, the disturbance is essentially manifested in the emotional sphere and hence the physician is vitally interested in the correct appraisal of the emotional field of the individual and his reaction to the surroundings.

The symptoms of the intellect could be considered under the following categories

*Aberrations of perception and Disturbances of formulation:* Hallucinations, illusions, delusions, ideas, thoughts, confusion etc.

*Disturbances of memory:* memory, loss of

*Disturbances of discrimination and volition:* confusion; indecision; impulses; destructive; suicidal; homicidal, guilt complexes etc.

#### LIST OF HOMOEOPATHIC REMEDIES FOR TREATMENT OF PSYCHIATRIC DISEASES

As we know from the reference of Homoeopathic materia medica that there are maximum number medicinal explanation referring to the mental symptoms. So it is not possible to explain fully in a short article but the common medicines which are mostly used are as follows:

1. *Aconite-nap* – Acute phobia for death or accident, anxiety, future etc. Acute restlessness with depression of mind are common symptoms. The medicine is very active in case of dementia, anxiety, depression etc.

2. *Anacardium* – It is a good remedy for neurological and psychic cases. The usual development of loss of nervous debility and mental success in life. It is very much useful now a days when anxiety, loss and fear not fulfilling of achievements or unsatisfaction for fulfillment of daily grievances of living aim and object. The acute situation bring the loss of memory in the effected personality is found by which tendency to live alone, using some irritable words on asking any question politely to everybody. Brain fag with absent mind, melancholic, suspicious, hopeless mind, hear some sounds far away from him are the common symp-

toms.

3. *Aurum-metalicum* – Great medicine for stock exchange players having phobia of getting loss with no self confidence and eager for getting property. Poor personality with rich dream makes a person want to commit suicide. Oversensitive with having tendency of confirmation. Anthrophobia. etc.

4. *Baryta-carb* – Useful for mental retardation case with loss of memory (idiotic nature). Senile dementia. Used in infant and old person having loss of memory.

5. *Cannabis-indica* – Especially useful to narcotics and drug addicted person. The patient is much loquacious, hallucination, of some superstitious thinking with having some unnatural power or energy is present in the body and environment Maniac disorder with constantly moving nature. Very forgetful, cannot finish his complete topics on the spot. Uncontrolable laughing on any spot or time. In migraine patient having bad habit to move his head constantly for pain amelioration.

6. *Conium-maculatum*: Sources of drug from poisonous hemlock and if we study the story of father Crito (Greek) about the death of great philosopher Socrates after poisoning him then we can easily understand the character of the medicine. Common weakness of body and mind unable to do or think properly, mental excitement causes high depression, aversion to meet others and search of loneliness in life. Anxiety of acute insomnia and show some fearful dreams in night. Murmuring slowly words related to his past life. Unable to develop any mental strengths. Vertigo on lying down or turning in bed.

7. *Gelsemium* – Drowsiness, dullness and dizziness: Along with desire to be quite alone. but having nature of claustrophobia, languor, less explanation for his long term illness and failure in his progressive life. Philosophical mood, thinking about past history of his life also aware of getting success.

8. *Hyoscyamus* – Disturbance in nervous system may cause maniac syndrome with quarrelsome

and obscene characters. Gelious, suspicious, and fearful nature. Talkative nature, using lascivious word. Incline to laugh on every things. Delirium with run away nature, low muttering speech, constantly carphologia. deep stupor. The inflammation of any part of brain may cause of the problem.

9. *Ignatia* – Patient is very emotional, irritable, and co-ordination of function is interfered with most selected remedy for schizophrenia, melancholia, and irritable diathesis. Changeable mood with irritation and using ugly words, sighing and sobbing. The drug is very responsive to the patient who had got any mental shock, grief, and disappointment and loose its normal behavior.

10. *Lac-caninum* – Patient is very much forgetful in writing and speaking with ability to do mistake. Despondent with thinking of incurability of the disease. Vision of snake either in normal atmosphere or dreams, this makes the patient very frightful and shows some abnormality. Sensation of floating in air, during walking or with acute headache.

11. *Lycopodium* – The patient has mixing behavior, always afraid to be alone with loosing his functional strength or fast going life. Looking too much older than is, the melancholia, apprehensive with temporary loss of memory which is in real having some illusion of mind. A patient of chronic colitis with unsatisfactory of passing of flatus or stool and enjoy fair environment with crazy for taking good diet.

12. *Nux-vom* – In Hindi it is said “pundit puree puls khao, non veg chaley to *Nux-vom* yaad dilao” the logic is cent percent correct. It has capacity to role great polycrest so many times. The patient is fearful in nature having jealousy with others, having a great habit of taking various narcotics and alcoholic. Excitable, offended, irritable on short events, having craze for rich diet, environment and honors etc. The old patient of digestive disorder makes him busy to toilet after taking any food. Hypersensitive to voice, sound and external impression. A good remedy for a person who was once a

popular actor, politician, and artists at present passing depressive life who always try to explain his experience to all. Aversion to pets, always thinks time is passing slowly.

13. *Opium* – Due to great Prasad of lord Siva the disciple also plays same role ie drowsiness having great sedative action, offended, bound to forget every routine of life habit. Having no interest for taking food or passing stool ie acute constipation. Delerious talking with wide open eyes. Sense of lightness of head found in delirium in old man.

14. *Pulsatilla* – The disposition of mental state are the guiding symptoms of the patient. changeable nature, oversensitive for getting sympathy, weeping nature and always explains her trouble with weeping mood. Female has kindness, forgetting all previous evil of her attainment, helpful, tedious, natured, person. Easily discouraged of doing any work. Religious melancholia with emotional mood.

15. *Stramonium* – Imbalance in mind occurs in dementia, melancholia, schizophrenia etc. Patient having delirium tremens, with highly irritable nature who want to do some destructive work and will feel happy after harassing others or his attendant. Devout, earnest, beseeching and ceaseless talking. Loquacious nature, religious mania with producing ugly words in favor of harm. Desire to escape from bed, house and society. Mania with producing ugly word in favor of harm by spiritual power. Desire to escape from bed, house and society. Also has mania for raising head from pillow during sleep.

16. *Thuja* – Fixed idea having some hereditary characters. Related to his character, personality and age. Very emotional and cannot bear trouble of his friend, relatives and always try to improve the situation. Music causes weeping and trembling. Having mania for developing some disease or tumors in the body. Mind is always busy to search out not only obstacle creating in his body but also sad for doing improper environment. Post effect of disease, accident or shock syndrome, which may produce some trouble that cannot be detected by

any functional disturbances but also show some disturbances in mental health.

17. *Veretrum-alb* – Highly melancholic with stupor and mania. Aimless idea, wandering from house. Delusion of impending misfortunes. Mania with desire to cut and tear clothes, paper or other important things of the house.

The author wants to give some information for the refreshment of mind with few jokes and hope you will enjoy it.

The court of Medicine asks a Homoeopath what type of medicines are used by Homoeopaths in their own mental depression?

Ans-For Homoeopathic medical student best remedy is *Aconite-nap* for trouble face in study.

For newly practitioner suffering harassment in practice need *Pulsatila* which makes life easy.

For senior doctors worried in his profession might be solved by *Nux-vom*.

An old personality of Homoeopathic world is either refreshed by *Sulphur* or *Thuja* as per the symptoms because they are too much intelligent, never crazy for getting any awards due to satisfaction of mind.

#### SOME CASES:

**CASE NO 1:** Smt M Chakraverty, 45yrs in 1972 was a patient of depression, hysteric convulsion with claustrophobia for one year. It was found that the patient for five years lived in a joint family. She had a smiling nature and used to always enjoy life. But due to some circumstances she had to now live in a lonely place (building) which made her sad especially after living with all other members of the house. This loneliness bound her to grief and bad thoughts made her sad and later on developed claustrophobia, sadness with hysterical convulsion occasionally in dull and dark environment. All modern check ups gave negative result. After failure by other specialists she came for homoeopathic treatment. After keen observation the physician selected *Gelsemium* 200 twice daily along with few drops of *Gels Q* at the time of convulsion. This single remedy after a month long treatment gave maximum relief. Then *Gels* 1M once

weekly and then fortnightly was repeated, few doses of placebo were repeated daily for mental satisfaction. After six months the patient regained her normalcy.

**CASE NO 2:** Mr NK, 28yrs had depression, acute dementia and insomnia for last one year. His past history was of acute anxiety for inferiority complex; delusion that some super power was preventing him from doing hard work. The patient was suspicious and always thought of evil things in his dream which made him partial insomnophilic. After diagnosis the doctors prescribed him *Cannabis-indica* 1M fortnightly, *Anacardium* 200 once in morning and *Conium-mac* 200 daily in night. The prescription was followed for three months with gradual recovery. The result was very satisfactory and the patient after treatment never complained of any mental trouble.

**CASE NO 3:** Mr Mishra 40 yrs, was a bank employee. In March 2000 he suffered from acute pseudo depressive dementia. Now for last six months- the symptoms are Partial unconsciousness with fear of snake which he used to see in dreams, absent minded, delusion that lord Shiva was coming towards him with his snake to punish him.

Other symptoms: General nervous debility and inability to recollect. The past history of the patient was very interesting. Once when he had been to his village, in the fields, he saw a dead snake attached to his body, at once he was down with fear but his colleagues' jokes only satisfied him. This fearful incident latter on developed into a false mania which gradually made him ill. The medicines used were *Cannabis-indica* 1M for phobia and illusion, one or twon doses. Then *Lac-caninum* 30 QDS daily. After six months treatment the patient was much better but the treatment was continued for a year to give permanent relief. Now at present the patient is enjoying his normal life.

**CASE NO 4:** A young lady, Mrs A Biswas, 35yrs was a victim of acute depression with suicidal mood, amenorrhoea for last three years and partial difficulty in hearing. With no relief elsewhere, she was advised to consult a Homoeopath. The physi-

cian on examination pointed out that she had a false mania for in laws, weeping mood with no satisfaction in any sphere of life. First, *Pulsatilla* 1M was given once a week and then *Ignatia* 30 thrice a day. Two weeks later the reports came that menses are regular for the first time and the mentals are better fifty percent, while partial deafness has gone off. The treatment was continued for a year, the patient was better and back to her normal life.

**CASE No 5:** Mr RK, 24 yrs, was a patient of schizophrenia. He was violent, had destructive mood, used ugly words and irritable by nature. He was

well educated, a scholar, always trying to prepare for several competitions, but luck did not side him and he almost always lost all the contest. This grief made him unhealthy, unsocial and an irritable-mad person. When modern treatment was not able to give satisfactory result he was referred to homoeopathy. The Physician after recording all the symptoms prescribed *Aurum-met* 1M – one dose based on the story and failure in life, followed by *Ignatia* 200 for irritable mind. After three days, the remedies showed good results; thus the same treatment was continued. Six months long treatment returned the patient to normalcy

## Emotional Problems and Homoeopathic Treatment

**ABSTRACT:** Emotional problems are often over-whelming. They are most easily recognized and accepted when precipitated by an obvious event, such as bereavement, job loss or marital breakdown. For many women, asking for help is often far from easy but it is important not to suppress your feelings, as this can store up trouble for later. If you are unfortunate enough to suffer from a psychiatric illness, you may still suffer from emotional problems and you may find that homoeopathy will help you through it.

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The term "Emotional Problem" is frequently used to describe a wide range of psychological difficulties. The most common symptoms are depression and anxiety, but emotional problems also include many feelings such as anger, frustration, loss of self confidence and guilt. You may be more vulnerable, if you had an unsatisfactory upbringing. There may be few women who do not experience emotional stress at some time in their adult life. Some women have the extra difficulty of living through a range of emotional pressures that de-

pend to some extent on their hormone levels. They may experience considerable emotional distress as a result of premenstrual syndrome, painful periods, pregnancy, child birth or menopause. Homoeopathy is particularly well suited to relieve emotional problems. Acute medicines will often be helpful for the minor ups and downs. Constitutional treatment has of course, a much wider range of action. The more serious emotional problems should only be treated with homoeopathy if there is medical supervision. Homoeopathic medicines