



International Journal of Traditional and Complementary Medicine  
(ISSN: 2474-1361)



## Homeopathy and Mental health

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### ABSTRACT

In this review article the author argues that complete presentation of Stress full life is neither Possible to overcome safe Mudra therapy on different simple steps. This therapy are increasing in Physical and mental health, stress is an important stimulus of human growth and creativity as well an inevitable part of life.

**Key words:**

Mental illness like stress, anxiety, depression et..and homeopathy remedies



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**How to cite this article:**

Balaji Deekshitulu P V. Homeopathy and Mental health. International Journal of Traditional and Complementary Medicine 2016; 1(2): 0018-0023.

Published September 29 2016.

**eSciencePublisher**  
eSciPub LLC, Houston, TX USA.  
Website: <http://escipub.com/>

## Introduction

Mental health includes our emotional, psychological, and social well-being. It is important at every stage of life, from childhood and adolescence through adulthood. Over the course of your life, if you experience mental health problems, your thinking, mood, and behaviour could be affected. Many factors contribute to mental health problems, including:

- Biological factors, such as genes or brain chemistry
- Life experiences, such as trauma or abuse
- Family history of mental health problems
- Mental Health and Wellness
- Positive mental health allows people to:
- Realize their full potential
- Cope with the stresses of life
- Work productively
- Make meaningful contributions to their communities

Ways to maintain positive mental health include:

- Getting professional help if you need it
- Connecting with others
- Staying positive
- Getting physically active
- Helping others
- Getting enough sleep
- Developing coping skills

What is mental illness?

A mental illness is a health problem that significantly affects a person's thoughts, behaviours and interactions with other people. It is diagnosed according to standardised criteria. A mental health problem also affects how a person thinks, feels, and behaves, but to a lesser extent than a mental illness. Mental illnesses are of different types and degrees of severity. Some of the major types are:

- anxiety
- schizophrenia
- bipolar mood disorder
- personality disorders
- eating disorders
- depression
- stress

These illnesses may also be referred to as a mental disorder, mental impairment or psychiatric disability.

## Homeopathic treatment for mental illness

Homeopathy is one of the most popular holistic systems of medicine. The selection of remedy is based upon the theory of individualization and symptoms similarity by using a holistic approach. Homeopathy is not only to treat mental problems but to address its underlying cause and individual susceptibility. As far as therapeutic medication is concerned, several remedies are available to treat mental problems that can be selected on the basis of cause, sensations and modalities of the complaints. For individualized remedy selection and treatment, the patient should consult a qualified homeopathic doctor in person. There are following remedies which are helpful in the treatment of mental problems:

**Anacardium** this remedy has weakness of memory, general feebleness of brain power, mental incapacity; suits cases lying between neurasthenia and insanity; despair of recovery; fear of paralysis and death; imagines he is surrounded by enemies; fearful of walking in open air, and if any one approaches him.

**Argentum Nitricum** neurasthenia with nervous dyspepsia and eructations; esp. characteristic of this remedy is the fear of dying, when left alone, afraid to walk in streets, feels he should fall down in a pit, or that high buildings would fall upon him.

**Avena Sativa** Weakness of nerves, tired brain, irritability, gets excited on trifles; urine has excess of phosphates; history of sexual excesses and occipital headache.

**Phosphorus** This remedy suits cases standing

on the border line of neurasthenia and organic spinal disease. irritability and weakness; over sensitiveness to all impressions; head too weak to think; burning in small spots, better from rubbing, sensation that the back would break on the motion; noises in ears.

**Phosphoric Acid** Debility arising from continued grief, over-exertion of mind, sexual excesses, or any nervous strain of the mind or body; indifference or apathy, and torpidity of body and mind; burning in loins and limbs, patient is inclined to be drowsy and listless; study causes heaviness in the head and limbs, cases of young rapidly going lads and nervous depression from spermatorrhoea.

**Agaricus Mus** Destroys things which are otherwise required; the patient sings and whistles when it is not required; seems foolish. He is fearless and threatens others.

**Baryta Mur** When there is maddening, excessive sexual desire. he will catch hold of the opposite sex even in a bazaar or in a street.

**Cannabis Indica** dual nature state; hallucinations and imaginations; extremely happy and contended ; talkative; time seem years; has a great soothing influence in many nervous disorders, like mania, dementia and delirium; anxiety and depression; must move constantly; forgetful; uncontrollable laughter; insomnia; constant fear of becoming insane; sensation as if top of head is shutting and opening; clairvoyance; rapid change of moods.

**Hyoscyamus** face red and gaze wild; tears everything that he can lay hands upon; talkative, restless and quarrelsome; sometimes sad and at other times laughs; dangerous and can stab and murder; some end their life by drowning; she is hurried in manners and is intensely jealous; makes motions as if brushing the hair or face; stupid; wants to be naked.

**Stramonium** sees and hears imaginary things and persons; talkative, sad and water saying that these are poisoned, will ask the person serving these to taste them in his presence; violent with tendency to commit murder; religious mania; claps hands; wants to pray all the time; mania from childhood; talkativeness; may have involuntary stools and urine; insanity during pregnancy.

**Tarantula His** Sudden alteration of mood; destructive impulses; breaks and throws away costly things without any reason; mania with increased sexual desire; sensitive to music; must keep legs in constant motion, through walking aggravates; wants the scalp rubbed.

**Veratrum Alb** sadness with stupor an mania; mania after giving birth to a child; unsociable; unwilling to talk; insanity after a major operation; cold sweat on forehead and a pale face; aimless wandering away from home; cursing an howling at night; mania during heart diseases; cut and tear things, religious mania and mania of a destructive nature; always busy praying; covers many types of insanity.

**Camphora** It acts like magic in paroxysms of hysteria.

**Castoreum** A valuable remedy for hysteria when there is great weakness, dysmenorrhoea and irritability

**Ignatia** Hysteria due to grief; crying and laughing alternately. Does foolish things during the attack; it is greet remedy when patient has great sensitiveness for external impressions, face flushes on slightest emotion, the globus hystericus and clonus hystericus are present. in the head there is sharp pain, as if a nail were driven into the top of the head.

**Platinum Met** Hysteria in over sexy women. Hysteria due to over excitement of sexual desire. calls for hysterical spasms.

**Moschus** Fainting during attack is the keynote of Moschus; muscular twitching, violent spasms and constriction of the chest are also present; she may also be blue in the face, foam at the mouth and may be chilly; there may be alternate mood of joy and sadness; the patient has a tendency of scolding and using strong language.

**Asafoetida** sensation of a ball in the throat; the habitual discharges stop; accumulation of wind in the abdomen; it passes upwards and causes oppressed breathing; there is a bursting feeling as if everything would come out of the mouth.

**Nux Mos** It is adapted to nervous hysterical people with sleepiness, bloating and dryness of the mouth, it has attacks of fainting and the patient is exhausted from the least efforts; there is con-

stant nervous tension.

**Belladonna** Boisterous excitement, red, flushed face, dilated pupils, rush of blood to the head and a wild look.

**Aconite** very useful for the numerous phobias of neurasthenia; fear of death, darkness, noisy people, music, crowds, fear of entering a trolley car or railway train; anxiety as to some impending disaster has often been removed by this remedy.

**Cimicifuga** Useful for fear of death or becoming insane, cervical vertebrae sensitive, neuralgic and uterine cases; muscular exhaustion is a prominent symptoms.

**Belladonna** Fear of dogs and animals; fear of fantastic illusions; wants to escape.

**Calcarea Carb** Fear of night and solitude; fear of remaining alone any time; fears loss of reason and misfortune; apprehensive; forgetful.

**Gelsemium** Fear of examination and stage appearance; fear of falling, child grabs the nurse and crib.

**Hyoscyamus** Fear of being pursued; fears all the people around have turned against him; fear on account of suspicion of other; fear of being poisoned.

**Kali Carb** Fear of being alone and that she will die; she starts with a loud cry at any imaginary object, as if a bird flew towards the window.

**Lycopodium** Fear of imaginary phantoms, of terrifying images; dread of men, wants to be alone; dread of solitude with irritability and melancholy; fear about one's salvation; forgetfulness, anguish and excitement when alone, with restless moving about.

**Lilium Tig** Fear and apprehension of having some incurable disease, of becoming insane; low spirited, can hardly keep from crying.

**Platina** Fear of the near approach of death, very sad, <evenings; in difference or contempt of others; fear of losing his mind; very much dejected and lachrymose; aversion to food, face red; pride and contempt for others. cannabis, sulphur, cocculus, arsenic.

**Aurum Triph** Biting of finger nails till they bleed

**Bovista** Due to the sensation of mind, stammering and awkwardness results and occasionally he cannot hold things and they fall from hands.

**Bufo** Stuttering and stammering; gets angry when incoherent speech is not understood; rapidly increasing twitching of all muscles of the body, till all of them are violently agitated.

**Stramonium** stammering due to imperfect control of tongue.

**Causticum** Stammering from weakened nerve power and dysfunction of tongue.

**Cina** The child is stubborn, dis-obedient, irritable, doesn't want to be touched or looked at, child is very crossed and ill humored.

**Chamomilla** child is cross, peevish and obstinate, satisfied with nothing, wants many things but strikes it angrily to the floor if it is given, shrieks and cries when touched or looked at, always wants to be carried; child is exceedingly irritable and fretful, quiet when carried.

Trevor Smith(1984)shows that homeopathy can be used effectively to treat a wide range of emotional and mental problems, including anxiety; depression and withdrawal; insecurity, shyness, and immaturity; fears and phobias; schizophrenia; an obsessional disorder.

Carol B. Perez, Patricia L, and Tomsco(1994) study that the homeopathy sought to cure symptoms of disease by use of drugs that induced similar symptoms and restored the patient's "vital force." This paper describes the general principles of homeopathy and recounts specific treatments of mental illness from the homeopathic literature.

K. Pilkington et al.,(2005)study that the effectiveness of homeopathy in depression is limited due to lack of clinical trials of high quality.

Ronald D. Whitmont,(2006)asked that homeopathic medicine, is best toward individual inner psychological and ecological balance, can be a powerful tool to help establish total organism health not only the physical and emotional symptoms of illness, but also the psychosomatic archetypal issues intrinsic to the illness.

Louise Mclean(2008)asked that homoeopathic medicines to treat symptoms relating to psychological problems. These include emotional states such as grief, fright, anguish, anger, indignation, guilt, remorse, disappointed love, homesickness, jealousy etc...

Katy L. Cooper and Clare Relton (2010) significant that the treatment by a homeopath are required to examine the clinical and cost effectiveness of homeopathy for insomnia.

Alan V. Schmukler (2010)asked that the homeopathy's success in mental health problems. For any homeopath, this is a modern anthology of some of the best ideas in homeopathy.

Christopher K. Johannes (2011) clear that homeopathy is an emerging medical sciences that holds tremendous potential for widespread application in the field of mental health.

Davidson et al. (2011) study that the database on studies of homeopathy and placebo in psychiatry is very limited, but results do not preclude the possibility of some benefit.

Mgr. Nikoleta-Maria Ispanopoulou (2012)significant that the homeopathy is an alternative healing method that can help and offer an immediate or long term results in different cases, different kinds of illnesses, in all ages, in all countries. Considering the way in which the person as a body, feelings and mind is working it can achieve high positive results in many illnesses. But derived from my specific study in the mental and emotional disorders, more often we can talk about relief and improvement of the symptoms than of a total cure of them.

Carolina D'Souza(2012)asked that the psychiatry there aren't any medicines designed to be curative, rather these relieve symptoms. Homeopathy can treat all kinds of disorders from anxiety and phobias to depression and schizophrenia. In mental hospitals, homoeopathy can treat patients with severe mental disorders,

Seyedaghanoor S (2013) suggested that assess the efficacy of homeopathic remedies in a large number of similar cases to help patients with such a common and crippling disorder.

Lise Alschuler(2014) asked that the scientifically supported nutrients and herbs the ones that are

most appropriate for each patient to modulate these pathways and change the course of this disorder.

Girija Shankar Shukla et al.(2015)suggested that the depression is far different from normal sadness in that it engulfs our day-to-day life interfering with ability to work, study, eat, sleep, and having fun,15% of depressed persons end their lives in the form of suicide at younger age. emotional and psychological disorders and has severe consequences if not managed at proper time comparison between the homeopathic, cognitive behavior therapy and placebo on depression.

Dana Ullman (2015) asked that the homeopath will provide basic information on nutrition, exercise, stress management, and social and environmental determinants to health and disease. A homeopath may also counsel the person to help him or her deal with the emotional and mental state.

Jon Yaneff (2015)Show that the It is best to stop taking homeopathic remedies for depression after symptoms improve. omega-3 fatty acids, selenium, zinc, chromium, vitamin C, vitamin D, and B vitamins such as B1, B2, B3, B5, B6, biotin, folic acid, and B12. S-adenosyl-methionine (SAMe), 5-hydroxytryptophan (5-HTP), ginkgo biloba, St. John's wort, and lavender oil If there is no improvement from the remedy.

### Conclusion:

This review article stated that homoeopathy can reduce the mental illness and related physical illness, homeopathy medical care system has effectively suppressed various mental and physical illnesses. Homeopaths assert that by treating symptoms as "causes" rather than as "effects," conventional medicine masks the symptoms without curing the underlying disease process. Homeopaths theorize that, worse still, the treatment and suppression of symptoms forces the disease process deeper into the organism so that it then manifests in more severe physical and more serious psychological disorders.

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