

BY DR. NARINDER S. THETHY

The stresses imposed by our modern society are the root causes of mental problems. Many hospital beds are occupied by mental patients. Tranquilizers are given, which gives slight relief. Most mental diseases are in reality bodily diseases. Certain mental and emotion symptoms are peculiar to every bodily disease; these symptoms develop more or less rapidly and become predominant over all other symptoms, and are finally transferred, like a local disease, into the invisibly fine organ of the mind, where by their presence, they seem to obscure the bodily symptoms.

A homeopathic physician will ask "all physical symptoms which prevailed before the disease assumed the mental form and which are very essential" to treat the patient.

Our medical researchers have found millions of things in human blood and many more to find. So using instruments, machines like x-rays, scan or testing somebody's blood, sputum; urine, stool etc. is not enough to know the real cause of the disturbance in the patient.

To know the patient in whole, a physician has to know a patient's feelings about fears, anxiety, confusion, hatred, love, desire for weeping, sleeplessness, sudden sinking in abdomen, hysteria, delirium, suspicious, epilepsy, irritability, anger, feeling offended easily or taking everything in bad part, lack of confidence, avoids company, want to stay alone, impatient etc.

Depression (Melancholia)

The patient has less interest and pleasure in life and dreads effort and responsibility. The mood is of anxiety, grief and misery. The future is foreseen as hopeless. He thinks that he is a chief sinner or nobody cares about him. So he goes into a corner to hide himself. Suicide is the greatest danger in depression. Thoughtlessly gets into fight. This is a recurring disease accompanied with severe insomnia (sleeplessness), lack of interest in sex,

How to treat mental illness with Homeopathic medicines

sadness, lack of concentration, memory weakness, easy weeping, loss of appetite.

Absence of warmth in social contacts. Sexual desire is much diminished. Menstruation may lessen or cease. Narrow interests, marked by religious-affectations.

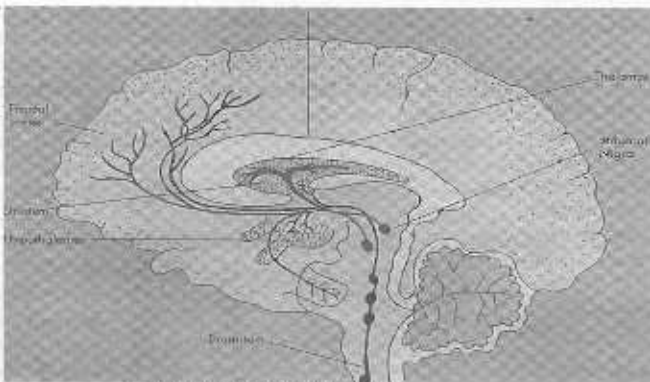
Manic depression

It represents a persistent profound elevation in moods that may last from days to months. This is accompanied by chronic fatigue, sleeplessness, increase in energy than usual aggressive, decisiveness, hallucinations, thinking distortion, pessimistic attitude, less talkative than usual or more talkative than usual, easily excitable, hyper-sexuality without recognition of possibility of painful consequences, reckless driving, inappropriate laughing or joking etc.

Homeopathic remedies include: Anacardium, Arsenicum, Belladonna, Hyoscyamus, Lycopodium, Nuxvomical, Stramonium etc

Anxiety

Is the state of anticipation of something unpleasant about to happen. The mood ranges from uneasiness to panic-stricken terror or nervousness. Thinking is troubled; it shows itself in the speech which is full of embarrassment or disquiet. Stammering is noticed among timid and over anxious people. Fears a lot that the enemies are waiting to tear him. There may be sudden attacks of panic in which the patient aimlessly wanders about with endless agitation, ringing of hands, rubbing the face are common symptoms. Sleep is bad with full of nightmares and terror into



which he suddenly awakes.

Patient feels his heart beats are very fast, he sweats, his limbs tremble, dryness of mouth, chest pains, lightness in the head, nausea, tremor, sudden urge to pass urine or stool etc. may be present. During anxiety attacks fear (phobia) is present e.g. - fear of crowd, speaking in the public meetings, fear of death, anxiety about disease, dark places, during examination. Physical diseases may cause anxiety, for example: hyperthyroidism, insulin reactions in diabetic patients, adrenal tumors etc.

Remedies include: Aconitum, Argentum nitricum, Bryonia, Nitricum acidum, Sulphur etc.

Hysteria

Its more common in women. These people often have a history of failed relationships. They have a great need to draw attention to themselves. They manifest extremes of emotions within minutes, such as exaggerated cheerfulness and friendliness quickly replaced with hostility or aloofness. They laugh easily and cry easily at the same time.

Others have lack of self-confidence, feeling of inadequacy, tendency to trust too quick, sets them up for disappointment. They behave

immature, childish and dramatic. Self-centered, usually dependent on others, always attention seeking, a stylish appearance is common often seductive.

Remedies include: Aurum, Causticum, Lachesis, NUX-m, Tarentula-his, Veratrum etc.

Paranoid delusions

Paranoid state is especially likely to occur in people who have been of a suspicious turn of mind in which patient believes that he is surrounded by hostile forces which watch him and secretly intervene to do him harm. They hide things, because they feel they are surrounded by thieves, some patients call in the police to protect themselves.

Hallucinations and delusions are mingled e.g. their food is poisoned, greedy heirs are driving them out of their possessions, hypersensitive, rigidity, excessively defensive, hostility in general. Lack of humor, kindness and warmth in behavior. Persecution complex, resentful, jealous, brooding, fixed ideas.

Hallucinations

In this state of mind a patient sees frightful visions, ghost, evil spirits, seeing visions of people, somebody behind him, ugly horrible faces, devil is after him, nightmares, evil powers have got control of his whole body, he has committed unpardonable crime or a sin. Talking to unseen people, broods over small and imaginary things, speaking filthy or abusive language, hearing voices of people, ringing bells-religious hallucinations as if he is GOD or he communicates with God. Thinks everything he do will fail,

delusions of murder, death, dead people, he is flying in air or swimming in water, his body has enlarged or has become smaller.

Remedies include: Arsenicum, Anacardium, Belladonna, Hyoscyamus, Phosphoric acidum, Sabadilla, Stramonium, Sulphur etc.

Masturbation (spermatorrhoea)

Masturbation is the habit of sexual excitation by friction of the genitals (self-abuse), under the influence of a morbid imaginations, or from excitement occasioned by the use of impure books or conversations. Spermatorrhoea is the involuntary seminal emission during sleep or other times. Its causes may be irritability of the bladder or urethra, indigestion with constipated bowels, irritation in the rectum (worms), prolapsus of anus, sexual excesses, disease of the brain or spinal cord. Spermatorrhoea can cause depression of spirits, breathlessness, irritability, weakness of memory, enfeebled intellect, back pain, indigestion, palpitation, sunken eyes, stunted growth, impotence etc.

Remedies include: Anacardium, Apis mellifica, Carbo veg, China off, Oelsimmm, Lachesis, Origanum aajorana, Phosphorus, Staphisagria, Thuja etc.

Children

They may suffer from bed wetting, nail-biting, thumb-sucking, sleep-talking or walking, stammering, mental retarded, feeble-minded etc. The medical treatment of the above mentioned mental symptoms involves the administration of homeopathic medicines on the basis of local and general symptoms of individual cases. So carefully chosen homeopathic remedies will make you well.

Dr. Narinder (Homeopath) can be reached at the Homoeo Cure Clinic along Ngara road near Fig Tree Hotel on Tel: 020 3755111, 0722 722105, 0733 541708.