

EDITORIAL FOR THE MONTH OF NOVEMBER 2007

PSYCHO-SOMATIC ILLNESSES AND HOMOEOPATHY

HOMOEOPATHY AND PSYCHIATRY

Psychiatry is an important field in Homoeopathy but to some degree it has been neglected. Partly it was neglected because we don't have the facilities to receive and care for these mentally sick patients any more. Often we need a good psychiatrist who is good Homoeopathic minded, we need a good environment to admit such psychiatric patients which has natural scenic value but such kind of facilities we hardly see in India. I have not seen so far Homoeopathic mental hospital that exist by large 27 years of practice. I have seen Homoeopathic hospitals, I have seen the buildings which has homoeopathic hospital but most of the places I see vacant beds, I see Allopathic treatment and the percentage of pure classical treatment is less than 10 percent.

Now Homoeopathic physician has got a lot of problem in treating the psychiatric cases. The first is of course the knowledge and the experience, at least in Indian sub continent I know for sure. It is very difficult for homoeopathic practitioner to practice psychiatric homoeopathic medicine because of way the lack of knowledge. In homoeopathic college yet there is hardly any lecture taken on psychiatry and homoeopathy, if lectures are taken they are just theoretical and do not have much practical significance. Most of the Indian practitioners are busy in treating cough, cold, viral fever, tonsillitis, bronchial asthma, allergic disorders and rheumatism. So most of the time in the practice they are so preoccupied in treating all this common infectious epidemic diseases then they hardly have any experience to treat a psychiatric disease.

If you genuinely want to treat such patients with homoeopathy then you should have a solid background and an experience that can provide sufficient care of these patients. Legally speaking also treating a psychiatric patient with homoeopathy can sometimes become complicated problem. Once a patient is diagnosed schizophrenia or psychosis they are quickly put on Allopathic drugs and are often put into institution and then we don't

have direct asses to them. Once they are on drugs they are so sedated that everyone is pleased the doctor, the family, the medical staff, they are pleased that the patient is quiet, that nobody is thinking that what further should be done for this patient. Another complication of the drug is not so much that the drugs they are on will interfere with the homoeopathic treatment but once they have been on drugs for many-many years the suppressive effect of this drug starts and then it is very difficult for homoeopathy to cure the patient. I will also blame Homoeopathic Materia Medica because the MIND section of many-many remedies is not completely built up today. If you look into the Materia Medica both from the proving and cure point of view you will see that many of the remedies are not fully developed on the mental sphere. Most of our information comes from the homoeopaths of the 19th Century. Only a small percentage of information that we use today comes from the 20th Century and we are going now towards 21st Century, we almost keep the century of gathering the information. Also the Homoeopathic Materia Medica is developed from provings, when you do a proving you only develop the beginning symptoms of the pathology, you don't develop the ultimate symptoms of pathology, sometimes in intoxication you will develop some extremes especially like an infection and ulceration but unlikely you will develop advance degeneration like tumor even with intoxication. It is only with small doses of intoxication you will do this. For example when people who are working in match factories with matches they were exposed to small dose of phosphorus for years and they would develop tumors of the jaw from this we have discovered in homoeopathy clinically from slow intoxication that phosphorus is one of the remedies that is indicated in tumor of the jaw. But generally speaking the proving and even the intoxication do not provide us with the extremes.

Another aspect that make homoeopathy and psychiatry a difficult field is the fact that lot of people suffering with mental diseases present with what we call in homoeopathy 'defective cases'. It is because as the pathology develops it seems as the symptomatology, the pathology localizes on the mental sphere and the other sphere that would have been helpful to discover the remedy start to disappear. Then you have patient with full

blown mentals but no other symptoms to discover the remedy they need, this is called as a defective case. Mental disease is probably one of the conditions with cancer that will present the high number of defective cases. But even so with all this difficulties about the great majority of the patients suffering from mental emotional diseases will receive enormous benefit from homoeopathy even the once that are mental retarded or the once that are on heavy medication.

The first case which I want to discuss is a Parsi lady who was having paranoid schizophrenia; she was a middle aged lady who comes to me with very-very bad case of anger. She had a very-very violent anger and she had a feeling that people are there to trouble her or people are there to arrest her and take her to an asylum, people in the home are her enemies and that is why she wanted to run away. There were many occasion on which she left the house because she feels that everybody is her enemy in the house or in the society or in the building where she was living. She had a strong fear of not to take any medicine from anybody or not to even touch the food because she had a feeling that somebody will poison her. And often she would refuse the food also for days together, she extremely restless and sleepless, and if anybody goes near her she can sometimes pounce on you. She does not like anybody even touching her body. There are phases when she does not recognize anybody around her and in the violence she can even beat somebody.

This was the history given by relatives. She was also a known case of hypertension. She was extremely constipated, she never used to pass stool for days together, and she always wanted the fan on very high speed in the room where she slept. These were the symptoms available to me at that time.

At that time I selected a remedy Melilotus, now Melilotus is one remedy which comes from the leguminaceae family, Meli means honey Lotos means clover. This is extremely favorite plant with the bees because the sweet clovers keep on attracting the bees around them. In symptomatology it is very close to Sulphur, Belladonna, Lachesis and Glonoine because of lot of congestion in the head. But at the level of the mind you will see lot of

violence they always feel that they are great danger or they are being watched or they are being pursued or they are being persecuted. They usually are in the state of a panic and fear and they usually cannot tolerate a hot weather, in this way they come very close to Apis, Belladonna and Glonoine. The most important concomitant I have witnessed repeatedly in my practice is a severe constipation due to dryness of the rectum.

Another case that I remember is again a case of schizophrenia which improved very nicely with the homoeopathic medicine was of a young man in his early twenties. This particular person had just entered the college, was a very brilliant student academically coming from a very rich family, and never had any major illnesses. He had a great plan to study Business Management School and then settle in America and he was preparing for his entrance exams for Business Management. He develops certain mental problems and the most important mental problem was that he was a follower of Shri Ravi Shankar and he thought that Shri Ravi Shankar is next to him always and giving him lot of advices and giving him lot of commands. He constantly felt that his spiritual Guru is responsible for all his problems. He started even conversing with his spiritual Guru in his imagination; in fact he thought that his Guru has given him lot of strength, lot of wisdom and lot of power to deliver it to the world. He may imagine of very beautiful and powerful vision where he is taking seminar for millions of people collected under the mountain and this makes him very happy.

On the other hand he was neglecting his own studies; he was neglecting his family, his friends. He had a lot of memory lapses; he couldn't remember many things which he was very fond of. And whenever you start talking with him he will always say that there is nothing wrong with me and he does not need any medication because he does not have any disease to begin with. So this was the feeling he lived with.

Now we have a remedy in homoeopathy known as *Psilocybe caerulescens*, this prepared from fungi. It grows on the grass on the road side especially if the soil has got little extra clay in it. This remedy was proved by David Flores in 1968. It has got many good symptoms close to *Cannabis indica* and *Anhalonium*.

I prescribed Psilocybe to this young boy because the most important mental symptom that I took for this case was he was in communication with the God or he was under powerful influence, and he possesses an infinite knowledge and he had a wonderful vision. After Psilocybe 30C he felt much better, I used to give him repeated doses in the beginning, two times a day, three times a day then gradually I tapered to once a week. And I was able to bring him out from this complete situation of schizophrenia in a span of six months. But such cases are rare it is not easy to get such type of cases.

One thing I want most of my readers to remember that most mental and emotional diseases are usually extension of physical diseases. If you read aphorism no. 215, Hahnemann specifies that most mental and emotional disorders are extension of physical disease and it is very difficult point to understand. Disease always goes to mental sphere as it leaves the physical sphere; it is not a local disease there. There is a difference between a local disease and localization. To localize means the affinity towards the aspect which is the whole person that is sick, the disease includes the whole person or the disease can localize in certain organ, in the mental disease it starts from the physical level and then slowly progresses unto the mental level until you have almost no more symptoms of the physical level.

Thank you.