

Homeopathy and Mental Health

Examples of Homeopathy in Mental Health Treatment

Dr Jack Cooper was chief psychiatrist for seventeen years at New York's Westchester county prison. After some years in post he began to use Homeopathic medicines in most of his work at the prison. He noted two major facts- 1. With homeopathy prisoners were better able to cope with the withdrawal of drugs and alcohol. 2. There were no suicides whilst he was practicing with homeopathy. Before he introduced it and after he left there were a number of suicides every year.

Dr Cooper found that the homeopathic medicines were having a dramatic effect on the prisoners physical and mental health.

His work outside the prison included the treatment of many alcoholics. To measure the effect of the Homeopathic medicines rather than that of his influence he gathered information from family/friends rather than direct interview. He defined a "cure" as "a significantly decreased desire for alcohol and the ability to drink socially without excessive physical or psychological symptoms". On this basis, of thirty patients treated intensively with Homeopathy there was a remarkable 50% cure rate.

In the 19th Century a French Homeopath Gallavardin , set up a free dispensary for alcoholics , offering Homeopathic treatment. He claimed many remarkable cures and to have helped several thousand patients to give up alcohol, although there is less documented evidence to support these.

In 1874 the first public institution for Homeopathic treatment of the insane was opened in New York State. Comparing the rate of discharge from conventional versus Homeopathic mental hospitals in New York state between 1883 and 1890 we find that an average of 30 % of patient's were discharged from conventional hospitals every year whereas 50% of patients in Homeopathic hospitals were discharged. There may be arguments around what these figures illustrate but what is more conclusive is the fact that the death rate in conventional mental hospitals was 33 % higher.

In Britain a study by two homeopaths of 120 cases of various 'neurotic' disorders in patients labeled as mentally ill showed an overall improvement of 79% after six months: the majority had been ill for many years.

A case follows which illustrates that the correct remedy is the one which meets the emotional cause or strongest emotions of the patient whether expressed or not.

A formerly healthy woman of 75 turned senile and developed related symptoms, apparently overnight. She was treated with *Arsenicum* for her anorexia and suspicion of doctors, *Causticum* for incontinence, and *Helleborus* for the tendency to pick at her clothes and bedcovers. These all helped the particular symptoms but left her mental state untouched. After much probing it became clear that the problem was rooted in an incident occurring a year earlier: the synagogue where she used to arrange flowers had been badly vandalized and such was her anger at this outrage and shock at being deprived of one emotional outlet in an otherwise lonely life, that senility set in a few weeks later. With *Natrum Muriaticum* in high potency her mental condition improved substantially.

There are five homeopathic hospitals within the NHS. Since the late nineteenth century many physicians and psychiatrists in the UK have used homeopathy. There are many cases in the literature and case records of patients successfully treated for a range of psychiatric problems with homeopathy.

Eg Stramonium. Known in homeopathy as one of a handful of remedies very clearly indicated in mental illness. People who may benefit from Stramonium have many fears and phobias, particularly of the dark eg tunnels, and evil, and water. They are prone to hallucinations and delusions, obsessive compulsive disorders, hyperactivity as children, outbursts of rage and violence and intense sexual desire. Eg case. As a child S remembers thinking that whilst in the bath her thoughts would go down the plughole and then someone would be able to get hold of them and analyse them. She saw worms in her head after being touched by a child she thought was dirty. She grew up wanting to marry her father, gaining comfort from the thought whilst knowing it to be impossible.

As she grew up she abandoned the thought and replaced it with the delusion that she was married to her brother. She was prone to intense rages during which she would attack her partner even with scissors and objects. Afterwards she would be completely detached and rational about this and the rage was often unfocussed and not necessarily about the partner/relationship.

Stramonium significantly reduced the number of episodes of rage and the hallucinations and bizarre thoughts. Regular doses keep the anger very manageable and short lived.

Homeopathy is one of the few therapies that truly bridges the body and mind and offers a perspective which encompasses body, mind, emotions and spirituality in both assessment and treatment.

Homeopathy has much to offer for psychological problems from infancy to old age. Night terrors in infants: behavioural problems in children: anxiety, depression, manic depression, and addictions in adults; problems of senility, depression and alzheimers in the elderly: all have shown excellent responses to Homeopathic treatment.

Two further cases illustrate what can occur in older people, who may have been written off by other health care providers.

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Primary complaint: A Patient with stroke

This elderly gentleman (who has given permission to report his case) came into my office about 18 months ago. He sat down heavily on the chair and said in a slurry voice "My head is full of cement". He had been referred to me by a GP who had nothing else to offer him but wanted to help. He was obviously having what is called a stroke in progress: not a sudden event, not TIAs that dissappear without leaving a trace, but progressively worsening paresis (partial paralysis), slurring of the voice, slow ideation, need to think and search for his words, slow motions,..... To me, he belonged in a neurological ward in hospital, with anticoagulants, monitoring, CT and MRI and angiograms, as he could have completed his stroke any time. But having heard that explanation, he and his wife decided to give homeopathy a go. So I gave him Plumbum 5C, 1 globule dissolved in 10 mls of water, take one drop 3 times/day for 3 days and call me. Needless to say I was very nervous about him, and as he did not call on the third day, I did so on the fourth. He profoundly apologised for not ringing me as had been busy mowing his lawn! All the symptoms dissappeared on the second day, never to reappear again.

(Note: Plumbum is the Homeopathic remedy made from Lead.)

(This case is published on the impossible cure website – www.impossiblecure.com - the site of Amy Lansky author of the best selling book on Homeopathy – Impossible Cure)

A further and even more dramatic case is detailed in Amy Lansky's book

She states “ At one of my homeopathic training seminars I witnessed videos of a woman cured of Alzheimers disease. The changes in her over the course of several months of treatment were nothing short of miraculous. I have heard of other cases of successful alzheimers disease treatment as well. One story... is one of the most impressive tales of Homeopathic healing I have ever read.” She goes on to give an account by a daughter of the treatment of her father who had had alzheimers for over a year .

“ the dad that I knew was no longer there.He slept most of the day and night. When awake he was either hostile or combative, or curled into a defensive posture. His paranoia was constant.”

After Homeopathic treatment , starting on a Tuesday the daughter noted “ by Saturday ALL OF HIS SYMPTOMS HAD REVERSED. Memory problems , GONE. Paranoia GONE Inability to solve problems GONE the feeling that he had been betrayed by everyone GONE. My mother says that he is better than he has been in twenty years”

She goes on “ the changes in my father have been so significant that everyone in town has noticed and cannot believe the difference”

Not all cases are so dramatic but the information gives a flavour of what Homeopathy can achieve when the treatment is truly Homeopathic to the mental/emotional aspects of the person.

If you are interested in the mental/ emotional aspects of Homeopathy the following books are recommended

1. Catherine R Coulter *Portraits of Homeopathic Medicines* (North Atlantic Books 1988)
2. Philip M Bailey *Homeopathic Psychology Personality Profiles of the Major Constitutional Remedies* North Atlantic Books (1995)
3. Edward Whitmont *Psyche and Substance* North Atlantic Books (1991)
4. Judyth and Robert Reichenberg Ullman *Prozac Free Homeopathic Alternatives to Conventional Drug Therapies* North Atlantic Books (2002)

If you wish to know how Homeopathy can help your individual emotional/psychological problems please contact me via www.thehomeopath.co.uk

