

Individualized homoeopathic management in neurological and psychiatric maladies: A report of eleven cases

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Abstract

Today, it is assumed that all psychological issues (and vice-versa) have psychological solutions only. But that isn't true. Many conventional medicine practitioners also prefer homoeopathic therapeutics for such cases. Due to the stressful lifestyle and other causes, a large population was affected by neurological and psychiatric maladies in developed countries and, it has risen as prominent cause of morbidity. These case studies were conducted with aimed to explore the therapeutic efficacy of homoeopathy in management of neurological and psychiatric maladies. The author concluded the beneficial effect of Homeopathy in the management of neurological and psychiatric maladies. This findings maybe support other homoeopaths to treat other future referrals who will not willing to take allopathic medicine, due to its side effect.

Keywords: Argentum nitricum, Arsenic, Calcarea carbonicum, Carcinocsinum, Datura stramonium, Gelsemium sempervirens, Homoeopathy, Ignatia, Lycopodium clavatum, Natrum muriaticum, Sulphur.

Introduction

Neurological maladies are diseases of the brain, spine and the nerves that connect them. On the other hand, the hallmarks of psychiatric disorders are disturbed behaviour and emotional state. Undoubtedly, the frequent co-occurrence of the psychiatric with neurologic indications should not come as surprise.¹ According to WHO reports Geneva 2001, neurological disorders pose a high burden on worldwide health and, today, about 450 million people suffer from such conditions.² Numerous etiological factors are associated in pathogenesis of neurological and psychiatric maladies (NPM) including lifestyle-related causes, infections, genetics, nutrition-related causes, environmental influences and physical injuries, yet it is still challenging to interpret critical sole cause. Some NPM including headache syndromes, seizures and epilepsy, cerebrovascular accident, dementia, Alzheimer's disease, Parkinson's disease, myasthenia gravis, ataxia, head injury, brain tumours, multiple sclerosis, meningitis, encephalitis, anxiety and panic disorder, obsessive-compulsive disorder and schizophrenia are the most commonly encountered challenges faced by physician in routine practice.³

Due to lack of awareness regarding other alternatives, medications are a vital part of treatment for most people with NPM even if, they often have serious side effects, especially when given over long periods, and the additional fact that they do not cure mental illness. Nowadays, complementary and alternative medicines (CAMs) are extensively used in developed countries⁴ and, their use has grown since the 1990s.⁴ From which, homoeopathy is the longest established CAMs to have arisen in Europe and founded by Samuel Hahnemann.

Homoeopathy can be a beneficial treatment alternative in NPM as it treats the patient holistically taking mind and body into account.⁵ Furthermore, it is being known for having no side effect.⁶ Of a homoeopathic perspective, the

prevalence of NPM in our society isn't just the consequence of living in a fast-paced, stressful society, but also because our medical care system has effectively suppressed various physical illnesses. Homoeopaths affirm that by treating symptoms as "causes" rather than as "effects", whereas, conventional medicine masks the symptoms without curing the underlying disease process. It hypothesises that worse still, the treatment and suppression of symptoms force the disease process more profound into the organism so that it then manifests in more severe physical pathology and more serious psychological disorders.⁵

The management of NPM has become a growing challenge globally in recent years, and it has emerged as one of the leading causes of morbidity.³ Herein, eleven cases of neurological and psychiatric maladies managed with homoeopathically are presented.

Case Analysis

A series of 11 cases of NPM presented that were treated with individualized homoeopathic treatments that depended on plant, animal, or mineral compounds (Table 1). In total, five women and six men were included in the present case studies, with a mean age of 27.6 years. In all patients, past medical history and family history was non-contributory and, physical examination and systemic examination were unremarkable. Each patient was managed according to the laws of traditional homoeopathy.⁷ According to these laws; an in-depth interview with the patients and their guardians was conducted after enrolment and, was reported in a case record proforma. After getting complete details regarding the case, repertorization was done based on the totality of symptoms (Fig. 1-11). The final prescription was based on the individualization of the patient, after consulting *Materia Medica*. In most 4 out of the 11 cases, more than one homoeopathic remedy was prescribed and was utilized sequentially (Table 1). General comfortless from the

complaint and reduction in suffering in neurological and psychiatry indispositions were used as measures to assess improvement after treatment. Based on the mental and physical state of the patient, treatment response was

classified as recovered, improved and not improved. Patients were followed-up during treatment for a mean time of 91.3 days.

Table 1: Summary of homeopathic treatments and outcome in 11 patients with NPM

Case No.	Age/ sex	Presenting complaints	Associated complaints/Disease diagnosis	Causative factor	Miasm	Homeopathic Remedies	Follow up
1.	27/M	One-sided severe headache followed by vomiting later ending with gastric troubles and nervous during the conversation	Burning in the stomach with eructation, motion sickness, repeated cold and coryza and flatulence Disease diagnosis: Migraine	Mental stress	Fundamental: Psora-sycosis Dominant: Psora-sycosis	<i>Argentum nitricum</i> /200 /1dose/30 days, Rescue remedy/ 4TDS/30 days	180 days The patient showed an initial increase in headache and reduced mental symptoms. Similar treatment was repeated at 2 nd follow-up visit for the status quo. The patient was improved.
2.	16/M	Headache form 4 months especially start during the afternoon, heaviness felt in vertex, pulsating pain in occipital and vomiting absent	Recurrent cold and coryza since four months start with sneezing, watery coryza, red eyes, and dry cough, recurrent diarrhea diarrhea for 2 months and greenish, watery, and very offensive stools. Disease diagnosis: Cluster headache	Stress	Fundamental: Psora Dominant: Psora	<i>Sulphur</i> /200/ 1 dose/30 days	150 days Again 2 episodes of severe headache came and similar treatment was repeated at the 3 rd follow-up visit.
3.	53/F	Trembling of hands since last 3 years and unable to hold things/write/sign any documents.	Occasional bleeding and burning in rectum, occasional stomatitis, teeth caries and mild hearing problem Disease diagnosis: Parkinson's disease	Mental stress	Fundamental: Psora-syphilis Dominant: Psora-syphilis	<i>Ignatia</i> /200/1dose/ 30 days 2 nd follow-up visit: <i>Natrum muriaticum</i> / 200/1 dose/30 days	180 days Ignatia was best indicated based on the totality. <i>Natrum muriaticum</i> was used as intercurrent at 2 nd follow up visit. The patient improved with the elimination of symptoms.
4.	40/M	Two episodes of the sudden loss of consciousness for 10-15 seconds on arising from bed in the morning today and day before yesterday.	Burning at the mid-chest, frequent eructations and addicted to tobacco chewing Disease diagnosis: Transient ischemic attack	Bad habits and mental stress	Fundamental: Psora Dominant: Psora	<i>Lycopodium clavatum</i> /200/1dose/15 days	45 days The case didn't require another dose in between due to improvement. The patient was improved.
5.	16/M	Frequent episodes of epileptic fit since last 3-4 yrs taking regular allopathic medicines, stammering and cries loudly after convulsions <Night, during sleep >Warmth and clinging to mother.	Nil Disease diagnosis: Convulsions/ seizures	Not found	Fundamental: Psora-syphilis Dominant: Psora-syphilis	<i>Datura stramonium</i> /200/ 1dose/15 days	75 days After the first dose, there was a marked improvement. However, the status quo was observed after 15 days of 1 st follow-up. Similar treatment was repeated at 2 nd follow up visit and the patient was improving but somehow then he did not appear for follow-ups.
6.	42/F	Difficulty in walking/speech/ writing since last 3 yrs < in winters and cold >In hot weathers and warmth, to and fro movement of the neck while walking, get exhausted very easily and often incontinence of urine as if no control over it.	Unsatisfactory bowels. Premature greying of hairs Disease diagnosis: Cerebellar Atrophy	Mental Stress	Fundamental: Psora-syphilis Dominant Tubercular	<i>Gelsemium sempervirens</i> /200/ 1dose/15 days Rescue remedy/15 days	105 days The patient has relapse of his symptoms on the basis of which dose was repeated again at the 3 rd follow-up visit. The patient was improving within outwards with the elimination of symptoms but dropped out without informing.
7.	24/F	Frequent attacks of one-sided pulsating headache in vertex with nausea especially during exams	Nothing specific Disease diagnosis: Migraine	Mental Stress	Fundamental: Psora-sycosis Dominant: Psora-sycosis	<i>Lycopodium clavatum</i> /200/ 1dose/15days	45 days The patient recovered fully with satisfaction.
8.	27/M	The constant fear that he	Sometimes headache	Fears	Fundamental:	<i>Sulphur</i>	90 days

		will get HIV/AIDS due to which he continuously keeps on washing his hands frequently.	occurs Disease diagnosis: Obsessive compulsive disorder		Psora-sycosis Dominant: Psora-sycosis	1M/1dose/ 15 days	The patient improved gradually and finally recovered.
9.	25/F	Irrelevant talking and fearful appearance since last 6-7 months and took allopathic medicine but again recurring.	Have gained weight in last few months and having delayed menstruation Disease diagnosis: Schizophrenia	Mental Stress	Fundamental: Psora-sycosis Dominant Psora	<i>Arsenic</i> /200/1dose / 15 days	45 days The patient's symptoms began to cure. No fresh complaints. Then after no need for any treatment further.
10.	18/F	Headache on / off since last 5-6 yrs	Reduced appetite, mouth ulcers and whitish nails. Disease diagnosis: Metastatic brain tumor	Deranged chronic disease	Fundamental: Psora-syphilis Dominant Psora-syphilis	<i>Carcinosinum</i> / 200/1dose/30 days <i>Multivitamins</i> (Healwell 1 Tab morning/30 days) 1 st follow-up visit: <i>Arsenicum album</i> / 200/1 dose/30 days Rescue remedy/ TDS/30 days	60 days The patient required another dose of <i>arsenicum album</i> and rescue remedy at 1 st follow-up visit for the diarrhea started. But she left the treatment without informing.
11.	16/M	Continuously headache since last 5-6 months and it starts from occipital and then spread overall. Temporal region vein becomes prominent It started before 3 yrs but took allopathic medicine whenever headache occurs. At present don't find any effect of that medicine too. Feel uneasiness persistently (even without headache) and prefers to be alone and calm without headache also.	Recurrent cold and cough since 2 years. Its starts with sneezing and coryza. Then there is a dry cough. Disease diagnosis: Migraine and recurrent upper-respiratory tract infection	Mental Stress and pollution	Fundamental: Psora Dominant Psora	<i>Calcearia carbonicum</i> /200/ 1dose/15 days	30 days Headache was improved.

Reportorial Result:- Alum 4/4, Ant-c 7/4, Arg-n 8/4, Ars 8/4 and Caps 6/4.

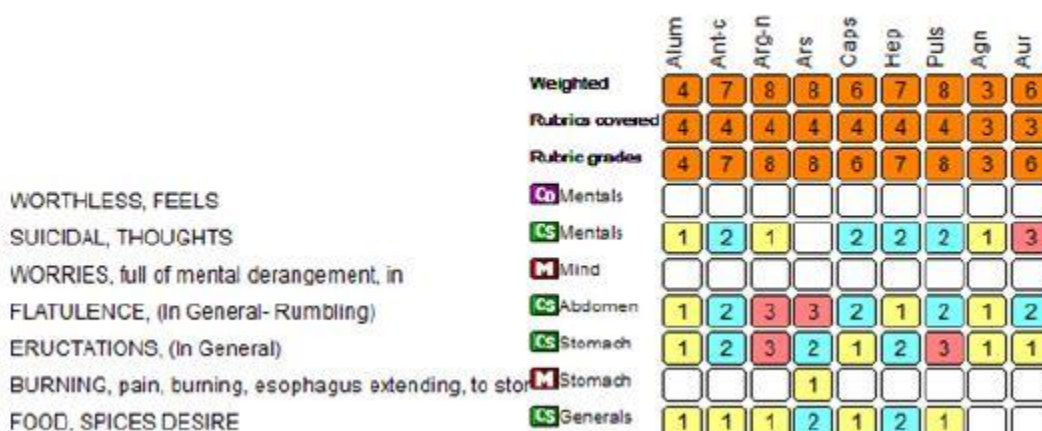


Fig. 1: Repertorization chart for migraine

Reportorial Result:- Ars 14/7, Sulph 15/7, Arg-n 15/6, Chin 13/6, and Hep 9/6.

	Ars	Sulph	Arg-n	Chin	Hep	Ip	Nat-m		
Weighted	14	15	15	13	9	10	10		
Rubrics covered	7	7	6	6	6	6	6		
Rubric grades	14	15	15	13	9	10	10		
COMPANY, AVERSION TO, PRESENCE OF OTHERS <	CS	Mentals	1	2	2	2	2	3	
FOOD, SWEETS DESIRE	CS	Generals	3	3	3	3	2	1	
THIRSTLESS	CS	Stomach	2	1	2	3	1	2	1
DIARRHEA, DENTITION, DURING	CS	Rectum	2	2	2	1	2	2	
WATERY, stool	M	Stool	2	3	3	3	2	1	3
OFFENSIVE, stool	M	Stool	3	3	3	1	1	2	1
WATERY, stool green	M	Stool	1	1	1	1	1	1	
RED, eyes, about	M	Face							

Fig. 2: Repertorization chart for cluster headache

Reportorial Result:- Ign 6/4, Stram 5/4, Aur 5/3, Bry 5/3, and Chin 4/3.

Advised to have green tea daily which helps to reduce tremors in Parkinson's disease.

	Ign	Stram	Aur	Bry	Chin	Hyos	Nif-ac	
Weighted	6	5	5	5	4	3	4	
Rubrics covered	4	4	3	3	3	3	3	
Rubric grades	6	5	5	5	4	3	4	
WEeping, CONTRADICTION, FROM	CS	Mentals	1	1				
ANGER, CONTRADICTION, FROM	CS	Mentals	3	1	3	2		1
NAIVE but very intelligent	M	Mind	1	2		2	1	
FEAR, crossing, streets	M	Mind						
HAEMORRHAGE.	Clinical							
ITCHING, (In General)	CS	Skin	1	1	1	1	1	
ANGER, MENTAL EXERTION, AFTER	CS	Mentals	1	1	1	2	1	2

Fig. 3: Repertorization chart for Parkinson's disease

Reportorial Result:- Ars 12/6, Lyco 14/6, Caust 5/5, Kali-c 9/5 and Merc 7/5.



Fig. 4: Repertorization chart for transient ischemic attack

Reportorial Result:- Stram 8/5, Ars 5/4, Lyco 4/4, Cham 5/3 and Gels 3/3

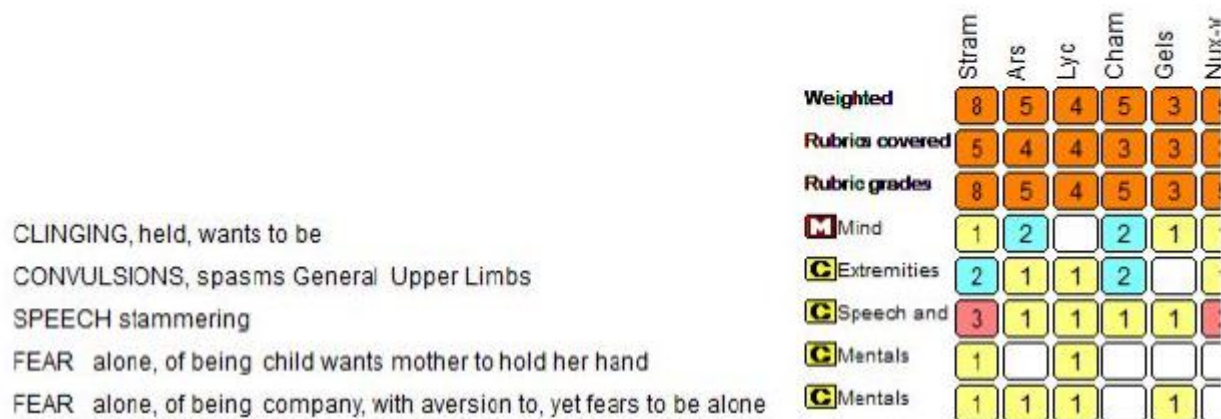


Fig. 5: Repertorization chart for convulsions/ seizures

Reportorial Result:- Alum 8/6, Gels 13/6, Nux-V 8/6, Arg-N 11/5, Caust 8/5, Con 9/5

FEAR alone, of being
 THIGHS, LEGS, PAINS, WEAKNESS, EASILY FATIGUED
 CONFIDENCE want of self
 URINATION involuntary night, incontinence in bed
 THIRSTLESSNESS
 EYE LIDS, HEAVY FALLING DROOPING

	Alum	Gels	Nux-v	Arg-n	Caust	Con	Kali-c
Weighted	8	13	8	11	8	9	11
Rubrics covered	6	6	6	5	5	5	5
Rubric grades	8	13	8	11	8	9	11
M Mentals	1	2	1	3	1	2	3
L Locomotor	3	3	3	2		3	2
M Mentals	1	1	1	1	1		2
B Bladder	1	1	1	3	3	1	2
S Stomach	1	3	1	2	1	2	2
P Phatak	1	3	1		2	1	

Fig. 6: Repertorization chart for cerebellar atrophy

Reportorial Result:- Lyc 8/5, Ars 7/4, Merc 5/4, Nux-V 8/4, Aur 5/3

GENERAL migraine
 ANGER, contradiction, from
 FOOD and drinks spices, condiments, piquant, highly seasoned food des
 FOOD and drinks sweets aversion
 LAUGHING silly

	Lyc	Ars	Merc	Nux-v	Aur	Bell
Weighted	8	7	5	8	5	3
Rubrics covered	5	4	4	4	3	3
Rubric grades	8	7	5	8	5	3
H Head Pain	1	2	1	3	1	1
M Mentals	3	1	1	2	3	
G Generals	1	2		2	1	
G Generals	2	2	2	1		1
M Mentals	1		1			1

Fig. 7: Repertorization chart for migraine

Reportorial Result:- Sulphur 5/4, Rhus-tox 3/3, Ars 4/2, Calc-carb 2/2.

COMPULSIVE disorders
 FEAR ghosts, of
 DELUSIONS, injury injured, is being
 SELF-ESTEEM, lacking, feels inferior to everybody

	Sulph	Rhus-t	Ars	Calc
Weighted	5	3	4	2
Rubrics covered	4	3	2	2
Rubric grades	5	3	4	2
M Mentals	1	1	2	1
M Mentals	2	1	2	1
M Mentals	1	1		
M Mind	1			

Fig. 8: Repertorization chart for obsessive-compulsive disorder

Reportorial Result:- Ars 9/5, Anac 7/4, Bry 8/4, Ign 7/4, Lyco 10/4, Nux-Vom 6/4.

SUSPICIOUS,
 SUSPICIOUS, plotting against his life, people are around the house
 ANGER, contradiction, from
 QUIET disposition
 FOOD and drinks sweets desires

	Ars	Ana;	Bry	Ign	Lyco	Nux-v
Weighted	9	7	8	7	10	6
Rubrics covered	5	4	4	4	4	4
Rubric grades	9	7	8	7	10	6
M Mind	3	3	3	1	3	2
M Mind	1	1				
G Mentals	1	2	2	3	3	2
G Mentals	1	1	1	2	1	1
G Generals	3		2	1	3	1

Fig. 9: Repertorization chart for schizophrenia

Reportorial Result:- Ars 11/5, Carc 13/5, Nat-Mur 9/5, Nux-Vom 8/5, Aur 5/4.

FASTIDIOUS
 OFFENDED easily
 CONSOLATION agg.
 AILMENTS from anticipation, foreboding, presentiment
 SENSITIVE, reprimands, criticism, reproaches, to

	Ars	Carc	Nat-m	Nux-v	Aur	Calc	Cupr
Weighted	11	13	9	8	5	9	5
Rubrics covered	5	5	5	5	4	4	4
Rubric grades	11	13	9	8	5	8	5
G Mentals	2	3	2	2	1		1
G Mentals	3	3	2	3	2	3	1
G Mentals	2	2	3	1	1	1	1
G Mentals	3	3	1	1	1	3	2
G Mentals	1	2	1	1		1	

Fig. 10: Repertorization chart for metastatic brain tumor

Reportorial Result:- Calc-C 13/6, Carc 6/6, Nat-M 7/6, Puls 12/6, Ars 9/5, Bell 7/5

GENERAL migraine
 TIMIDITY
 OBSTINATE, headstrong
 FEAR dark
 FEAR ghosts, of
 FOOD and drinks ice-cream desires

	Calc	Carc	Nat-m	Puls	Ars	Bell	Carb-v
Weighted	13	6	7	12	9	7	8
Rubrics covered	6	6	6	6	5	5	5
Rubric grades	13	6	7	12	9	7	8
G Head Pain	2	1	1	3	2	1	1
G Mentals	3	1	2	3	2	1	2
G Mentals	3	1	1	1	2	3	1
G Mentals	2	1	1	2	1	1	2
G Mentals	1	1	1	2	2	1	2
G Generals	2	1	1	1			

Fig. 11: Repertorization chart for migraine and recurrent upper-respiratory- tract infection

Discussion

Though Homeopathy has been found useful for the patients of NPM over the years, however, scientific evidence is still lacking. Previously reported studies have centred on the particular ailment from this class that mentioned earlier.^{8,9} To the date, no research has been performed to include the broad condition from this class. Thus, we opened the entryway for researchers to conduct a related study with a large population as these case studies were restricted by a small sample size.

Stress (either physical or mental) is the most common ailments in most of the cases. It was observed to be a causative factor in all age groups and especially affecting males than females. Patients affected by both psychologically and neurological disturbances vice-versa. Homeopathy is an art and science. It is science because it is based on the therapeutic law of nature i.e. “similia similibus curantur” and it is an art because to arrive at totality and to get similimum drug, it needs skill.¹⁰ The homeopathic medicines such as *Aconite*, *Agaricus*, *Argentum nitricum*, *Belladonna*, *Calcarea carb*, *Carcinosinum*, *Gelsemium sempervirens*, *Ignatia*, *Kali Arsenicum*, *Kali phosphoricum*, *Lachesis*, *Lycopodium clavatum*, *Nux vomica*, *Opium*, *Phosphorus*, *Pulsatilla*, *Silicea*, *Spigelia*, *Stramonium* and *Sulfur* were found to be most useful for NPM yet choices of drug is depend upon ailments from this category and totality of symptoms.¹¹

Case record proforma is the most important aspect of homeopathy practice. To get the complete picture of the patient, the search was made for knowing the life space of the patient which gives the idea of the true picture of his/her disposition and mental state. This understanding helps for defining the patient and mental state of the patient, i.e. individual constitution of the patients. It also helps to know if any emotions are playing any role in the development of the disease. The past and family history were carefully recorded to know the miasmatic influence and for selection of the similimum. The cases were repertorised from complete repertory with the help of cara software. The doses were selected according to the susceptibility and miasm at the mental and physical levels. In this study miasm assessed mainly on the basis of the signs & symptoms of the individual. In the present study, both single miasm and mixed miasmatic cases are found. In most of the cases, psora [4(36.4%)] is found to be dominant miasm followed by psora-sycosis [3(27.3%)] and psoro-syphilis [3(27.3%)]. Tubercular [1(9.1%)] was found to be rare miasm.

The entire patient showed improvement in their complaint after mean 91.3 days, which was encouraging. Improvement was seen in 6(54.5%) and recovery was seen in 2(18.2%) of cases and, 3(27.3%) of cases were dropped out.

During the study, none of the patients showed any side effect. This further justifies that in NPM, homeopathy remedies can be a good substitute of the allopathic drugs as it does not cause any side effect,⁶ or drug resistance, which is usually observed in allopathic remedies.¹²

Most of the patients of NPM often report relapse¹² (WHO), and it occurs soon after the withdrawal of drugs. However, in the present study, where patients were treated with homeopathic remedies, relapse was found in five cases which were managed with another dose of similar remedies.

Conclusion

This case studies highlights the decisive role of homeopathic medicines in the management of patients suffering from NPD.

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Conflicts of interest

Authors report no conflict of interest.

Abbreviations

CAMs: Complementary and alternative medicines

NPM: Neurological and psychiatric maladies

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