

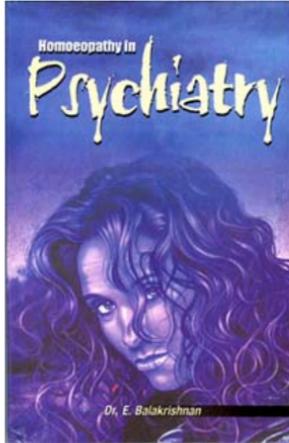
E. Balakrishnan, Homoeopathy in Psychiatry

Reading excerpt

[Homoeopathy in Psychiatry](#)

of [E. Balakrishnan](#),

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Narayana Verlag GmbH, Blumenplatz 2, D-79400 Kandern, Germany

Tel. +49 7626 9749 700

Email info@narayana-verlag.com

<http://www.narayana-verlag.com>



Chapter - 1

The Mind and its Functions

We are to consider the diseases of the mind and hence we should have a clear idea of what mind is and its functions.

Milton in his blindness discovered the truth 300 years ago: -

1. The mind is its own place, and in itself. Can make a heaven of hell, a hell of heaven. (Milton)
2. "Mana eva manushyanam Karanam - bandha mokshayo"; goes the old saying.
3. The great philosopher, who ruled the Roman Empire, Marcus Aurelius, summed up in eight words - that can determine your destiny: -

"Our life is what our thoughts make it"

4. "Chita dahati nirjeevam, 'chinta' dahati jeevitam".

The more we ponder over the depth, magnitude and magnificence of the above 'sayings' we realize the significance there-of which when acted upon would enable us to enjoy the 'wonder and beauty and humor' of life and we can rest assured that the paradise would be regained.

We create our reality. We are the architects of our destiny. Perceived reality eventually becomes manifested reality. Hence we become what we think - we find what we perceive.

"It is amazing to verify that even after several centuries of philosophical pondering, hard research and remarkable advances in the field of neuroscience later, the concept of what mind is, how it works and why it works the way it does, still remains obscure, controversial and impossible to define."

Homoeopathy in Psychiatry

"But from what philosophers spiritualists have all tried to tell us, we would agree that it is an interplay of thoughts, emotions and the intellect which, although may be present in all animals, is most developed in humans.

"It is our mind that has let us evolve as humans; its that which has let us experience our delights and despair; given us a desire to kill as well as give life.

"Mind is that which is the essence of a person. The essence arises from his mental functions which permit him or her to think, to perceive, to learn, remember, solve problems, to communicate through speech and writing, to love and hate, to create and to destroy. These expressions are closely related with the way the brain functions. Without the brain, the mind cannot exist and its also true that without the manifestation of the behaviour, the mind cannot be expressed".

(Dr. Devendra Save, an eminent psychiatrist).

Human mind is predominantly, if not exclusively, subjective and lacking in boundaries of any sort - spatial, temporal or otherwise. The landscape of the mind is seemingly limitless, comprising of the totality of all conscious and unconscious mental processes. Subjectivity, lack of precision and limitless vastness make any attempt at scientific description of the human mind extraordinarily difficult. The mind takes cognizance of any impression produced upon the brain by any of the five senses. The product of the senses are called sensations.

The mental agitations bring into play the feelings and passions of an individual and these are the emotions.

Emotional intelligence is the ability of an individual to manage one's emotions in a positive manner. Negative emotions such as anger, hate and frustration, can retard or harm the growth and well being of an individual.

Cases on Mental Diseases

Depression

(*NJH. VOL VI, No.1; Jan - Feb 1997*)

Cases of Dr. E. Balakrishnan

Cases of Depression:

1. Aur-Met

'Lack of gold has driven many to suicide; Potentised gold has brought many back to life and hope.'

'Characteristically, *Aurum* is suicidal.

Feels that he is not fit for this world; that he can never succeed; that he is irretrievably lost; thought of death gives him intense joy.'

'Mind - Constantly dwelling on suicide. Profound Melancholy.'

Ailments from fright, anger, contradiction, mortification, vexation, dread or reserved displeasure.'

Case 1:

Lady aged 44, was brought to me in Jan '97. She stays at Poona with her husband and two daughters - one is married and settled in life and other of marriageable age, highly qualified, is working in a firm.

The patient is worried on two scores -

- (1) her strained relations with her husband.
- (2) Second daughter is not married.

She is always gloomy, depressed and spends sleepless nights; not caring for her health.

Thinking a change of environment and treatment would help her, her father took her to her home town in Kerala, where other family relations were residing. She was placed under a psychiatrist's care, who prescribed

Homoeopathy in Psychiatry

various tranquilisers, mood-elevators etc., without any benefit.

During my recent visit to Kerala, the case was presented to me.

I found the patient very gloomy, sad and miserable. She was continuously sobbing, weeping and repeating 'I would like to commit suicide - I don't want to live - there is nobody in the world who cares for me.'

I prescribed two does of *Aur-met*, 10M, directing her father to stop all allopathic medication and to be vigilant to see that she should not, on a fit of impulse, commit suicide.

Within a fortnight her father reported - she has come out of the 'gloom' and remains cheerful, with no thought of suicide and she sleeps well.

(Dr. E. Balakrishnan)

2. Calc-Carb

Depressed melancholic or doubting mood; fears disease, misery and disaster, of being observed, and of insanity, etc.

'*Calcarea* has every kind of fear

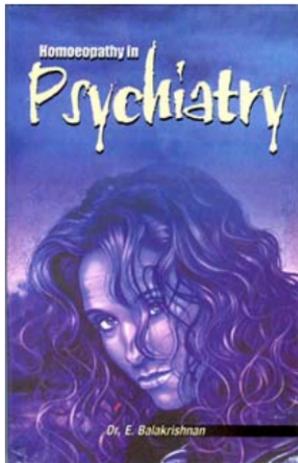
Uneasiness of mind, as if some accident or misfortune may happen to himself, or someone else. Anxiety for the future. Despair of life, despair of salvation.

Fears that she will lose here reason.'

'Fear of insanity.' (Kent)

Case 2:

A working lady, aged about 42, approached me for treatment for inveterate Vertigo' - which was unresponsive to all Allopathic treatment for years. All investigations including C.T. Scan were normal.



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