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## Scope of homoeopathy for psychological problems in adolescents

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### Abstract

The young generation has changed significantly to face the challenges in today's world of competition. But as they are in between the phase of childhood and adulthood, they lack the maturity to judge what is right and wrong. Such conflict leads them to take wrong decisions, stress, depression and anxiety disorders in adulthood. Homoeopathy with its 'Holistic' approach considers the 'Man as a whole' and gives more importance to mental symptoms of the patient. In this article, we are going to study the Homoeopathic remedies through the rubrics which are important during adolescent period.

**Keywords:** homoeopathy, holistic, rubrics, adolescent

### Introduction

Adolescence is a time of rapid physiological and psychological change of intensive readjustment to the family, to school, work and social life<sup>[1]</sup>. It starts with puberty and ends with adulthood. Where the child will experience the number of emotional and psychological changes. Now a days, because of micro-family pattern, working parents, no elders in family, children are not able to express their feelings, not getting proper love from parents, so they are becoming rude, careless, depressed, indecisive, suicidal, homicidal, anxious, stressful. Such mental conditions can affect the physical state and mental behavior. That means both mind and body may have significant influences on one another if such emotions not expressed properly may lead to psychosomatic diseases<sup>[2]</sup>. Homeopathy considers the mind and body are inter-linked with each other. So the man becomes 'sick' when he gets affected mentally. Hence requires medicine which covers the symptoms of mental and emotional plane. Every person is "unique" and its way of expression is different. Some persons take it positively and deal with it easily. But some people can't tackle these conditions and land into psychological and physical changes. So for such type of individuals Homeopathy is the best alternative. Homoeopathy is based on three legged stool, Organon and philosophy, Materia Medica and Repertory<sup>[3]</sup>. Where repertory contains rubrics (Repertorial language of symptoms) helps to get the group of remedies and further get differentiated by Materia Medica, leading towards exact similimum.

Here are some rubrics suited to adolescent age group<sup>[4]</sup>.

Abandoned- Having been given up and deserted.

Absorbed – Engrossed.

Abusive/ Domineering/insolent/Insulting- Attacking in words, using or treating improperly.

Affronted- Being insulted. The state in which patient feels that he has been offended and abused intentionally.

Afraid –Filled with fear and apprehension.

Alcoholism- continued excessive or compulsive use of alcoholic drinks.

Aloof- Distant, in one's social relations.

Ambition- An ardent desire for rank, fame or power.

Anarchist- one who rebels against any authority, established order or ruling power.

Antagonism- actively expressed opposition, hostility or antipathy.

Antisocial- Hostile to the well being of society.

Apathetic – No feelings or emotion.

Argumentative- Given to argument.

Arrogance/ Haughty/ Impertinence/Pompous- A feeling of superiority manifested in an overbearing manner.

Ashamed – Feeling shame, guilt or disgrace.

Attack others, desire to- to set upon forcefully.

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Audacity/Defiant/Imprudence/pertinacity/Presumptuous/Stubborn– Recklessly bold.

Authority refusal to accept, of another. - to accept command or laws.

Blaming- finding fault with, holding responsible for something deserving censure.

Break things, desire to/ Destructiveness.

Capriciousness/Inconstancy/Indecision/Irresolution-

Disposition to change one's mind impulsively.

Childish- Lacking maturity.

Cruelty- Disposed to cause suffering.

Debauchery/Lascivious/Lewdness/Libertinism/Satyriasis/Shameless- excessive indulgence in sensual pleasures.

Deceitful/ Dishonest/Liar / Manipulative– inclined to cheat.

Discipline want of- systemic method to obtain obedience.

Guilt sense of- Remorseful awareness of having done something wrong.

Heedless/Impulsive/Rashness- Thoughtless.

Hide desire to- Escape, attempts to

Homosexuality – sexual desire for others of one's own sex.

Idleness/ – Lazy. Avoiding work.

Impatience- eager or restively desirous.

Indignation/offended easily/Resentment- anger aroused by one that is unjust, mean or unworthy.

Inferiority/Pusillanimous –A sense of inadequacy or a tendency to self – diminishment.

Insecurity – Want of confidence in self.

Irascibility/Irritability – Quality of being influenced by anger.

Love, A/F disappointed-

Mean/Selfishness -

Morphinism- Drug addiction.

Revengeful/Vindictive- Malicious

Squanders- To spend extravagantly, wasteful expenditure.

### Homoeopathic management

**Agnus castus:** Ailments due to sexual excess and secrete vice. Loss of memory. Suicidal thoughts. Premature old age from abuse of sexual powers. Loss of nerve energy.

**Apis:** Ailments from fright, rage, vexation, jealousy, hearing bad news. Very busy, Awkwardness, Changing kind of work. Extreme irritability, Suspicious. The complaints are attended with violence and rapidity.

Argentum Nitricum- Extremely anxious. “anticipatory anxiety” Impulsive. Anger with headache. Obstinate.

**Alumina:** Acts on the intelligence. Confusion of mind, ideas and thoughts. Inability to follow up a train of thought. Impulsive. When sees the sharp instruments or blood, impulses arise to kill herself. Confusion about self identity.

**Anacardium:** Ailments from fright and mortification. Irresolution. Feeble mind. Slow to comprehend. Weak memory. Dullness and Sluggishness. Irresistible desire to curse and swear. Feels as having two wills. Fixed ideas. Malicious. wicked.

**Aurum Metallicum:** ‘Loathing of life’. Blames himself when things go wrong in life. Feels as if a dark cloud is overhead, eliminating all joy and light. Suicidal thoughts and even attempts are characteristic of this deep type of depression. Physical symptoms often involve heart problems such as high blood pressure or palpitations. Fear of

rejection. They were abandoned by their parents, so feels forsaken.

**Baryta carb:** ‘Immaturity’ Difficult concentration. Decreased comprehension. Dullness of mind. Lack of response, enthusiasm, interest. Timid. Shy. Slow development.

**Belladonna:** “Mania”. Violence with remorselessness is big mental feature in Belladonna. Bossy, domineering with those they are close to. Tendency of day- dreaming. Bufo Rana-Bad effects of onanism. Seeks solitude to masturbate. Involuntary emissions. Feeble minded children. Imbecility.

**Cantharis:** The inflammatory condition of bladder and genitals arouse the sexual instinct. Violent amorous frenzy. Blasphemy. Restlessness ending in rage. Violent delirious state intermingled with sexual ideas and talk. Fear, confusion of ideas.

**Chamomilla:** Obstinate children. Capricious, Impatient. Extremely sensitive. Always complaining. Very irritable, peevish, snappish and restless.

**Calcarea Carb:** “Inertia” is the keynote of calcarea carb. Oversensitive, when her feelings are hurt or insulted she restore to pettiness.

**Conium:** Averse to society. Dullness of mind, indifference. Indulgence in sexual instinct with depression. Likes to wear his best clothes, makes useless purchases, cares very little for things, wastes or ruins them. Does not want to work, prefers to play.

**Hycymus:** Suspicious of everybody. Shameless, Obscenity, with violent excitement and nymphomania and exposure of the person. Lascivious mania. He is violent, beats the people.

**Ignatia:** is used for recent bereavement. The person feels nervous and can't stop shaking. The bereaved has usually identified completely with the lost one and feels that she can't possibly exist alone.

**Ignatia:** Ailments from disappointed love. When rejected by loved one or perceived becomes bitter, vindictive. Anger with silent grief. Marked emotional intensity. rage leading to violent deeds.

**Lachesis:** is one remedy which can help people come to terms with the issues at hand. It also helps to dissipate any anger, irritability or frustration that goes along with the thoughts. Women who suffer from premenstrual syndrome often find that this behavioral pattern becomes more prominent during certain times of the month.

**Lycopodium:** Anticipatory anxiety due to fear of failure. Cowardice. Intolerance of contradiction. Tendency to forget proper names.

**Medorrhinum:** Profound nervousness leading to exhaustion. Impatience, hurry and hustling ends soon with loss of ambition. Abrupt, selfish, quarelling, cruel. Rude but

sensitive to rudeness of others. Absent minded, forgetful. Alternating moods. Full of ideas but loath to exert.

**Natrum muriaticum:** Is commonly used for depression and is especially helpful when the death of a loved one has occurred in the past. The person has never been the same since and has developed a melancholy nature, withdrawing and not living life to its fullest. For the person who suffers from depression most of his life, is highly responsible and tends to be a workaholic,

**Platina:** Low self-esteem is usually behind the haughtiness and arrogance of an individual. The person overcompensates for feeling so unworthy. Platina metallicum is a prominent remedy used for this state of mind. Hyperactive children who argue constantly, insist they are always right, are impatient and have contempt for others, soften and lose their edge with Platina.

**Pulsatilla:** Mild, yielding, disposition, timid and weeping tendency. Suspicious, Changeability. Staphysagria- is for the person whose poor self-image derives from a past hurt that is followed by suppressed anger. The person feels a need to please everyone and has a fear of how they appear to others. There can also be a deep fear of abandonment and rejection. *It* is a well-indicated remedy for those who have been sexually abused in the past or have been abandoned emotionally by their parents.

**Stramonium:** Great loquacity, desire for light and society. Hysterical, praying, singing devotedly, beseeching. Maniacal delirium.

**Sepia:** Irritable, Indifferent towards everything. Uneasiness in the presence of strangers.

**Thuja:** Reserved, secretive person whose low self-esteem is rooted in feelings of shame and guilt. These people try not to let anyone get to really know them because they fear they will not be accepted. Given the extent of their secrecy, they can have different degrees of paranoia.

**Veratrum album:** Dogmatism. Violence, destructiveness. Exalted state of religious frenzy. Preaches, sings obscene songs. Mania with desire to cut and tear the clothes. Full of despair, hopelessness. Attempts suicide.

**Thuja:** Secretiveness. Sneaky, manipulative, reserved. Suspicious, dissatisfied. Fixed ideas.

### Conclusion

All the adult mental health issues are having their root in adolescence. Each person inherits certain personality traits and the way he reacts to life situations develops emotional patterns of behavior. So not all the adolescents are difficult to handle but they just need the love, attention, support, trust and care from parents. The role of parents is very important; they have to show confidence in their child and have to build a rapport with the child. But those who cannot handle the difficult situations in life, they have a best "Friend" like Homoeopathy who assist such persons in a most gentle way. Homoeopathic remedies increases the confidence of person, makes him internally strong to deal with difficult life situations.

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