



International Journal of Homoeopathic Sciences

E-ISSN: 2616-4493
P-ISSN: 2616-4485
Impact Factor (RJIF): 5.96
www.homoeopathicjournal.com
IJHS 2025; 9(3): 1555-1560
Received: 14-06-2025
Accepted: 16-07-2025

Dr. Neeraj Gandhi
Reader, State National
Homoeopathic Medical College
and Hospital, Lucknow, Uttar
Pradesh, India

Dr. Khushboo Chaurasia
M.D. Scholar, State National
Homoeopathic Medical College
and Hospital, Lucknow, Uttar
Pradesh, India

Dr. Kaushiki Krishna
M.D. Scholar, National
Institute of homoeopathy
Kolkata, West Bengal, India

Dr. Rupali Yadav
M.D. Scholar, State National
Homoeopathic Medical College
and Hospital, Lucknow, Uttar
Pradesh, India

Dr. Priyanka
M.D. Scholar, State National
Homoeopathic Medical College
and Hospital, Lucknow, Uttar
Pradesh, India

Corresponding Author:
Dr. Neeraj Gandhi
Reader, State National
Homoeopathic Medical College
and Hospital, Lucknow, Uttar
Pradesh, India

Effectiveness of homeopathy in the psychiatric spectrum: A structured case report on bipolar disorder with psychotic symptoms

Neeraj Gandhi, Khushboo Chaurasia, Kaushiki Krishna, Rupali Yadav and Priyanka

DOI: <https://www.doi.org/10.33545/26164485.2025.v9.i3.X.1864>

Abstract

Bipolar disorder, especially when accompanied by psychotic symptoms, presents a significant and multifaceted challenge in psychiatric management. Characterized by recurrent episodes of mania and depression, it can severely impact an individual's personal life, social relationships, and professional responsibilities. The addition of psychotic features-such as hallucinations, delusional thinking, or cognitive disorganization-further complicates the clinical presentation and often requires prompt and intensive care. This report presents the effective treatment of bipolar disorder with psychotic symptoms in a 30-year-old woman through individualized classical homeopathy, without the use of conventional psychiatric medication.

Keywords: Bipolar disorder, mania and depression, psychotic symptom, homoeopathy, hallucination, delusion

Introduction

Bipolar disorders comprise a group of complex, severe, and persistent mental illnesses. Bipolar I disorder is characterized by at least one full manic episode, while bipolar II disorder is defined by the presence of both a hypomanic episode and a major depressive episode. Bipolar disorders substantially reduce psychosocial functioning and are associated with a loss of approximately 10-20 potential years of life. Bipolar disorders are chronic and relapsing mental health conditions that impact over 1% of people worldwide. They are a major cause of disability, especially among young individuals, due to their effects on cognitive function and daily living abilities. Additionally, these disorders are linked to a higher risk of premature death, most commonly from suicide and cardiovascular issues. Bipolar disorder has a high heritability (approximately 70%). Bipolar disorders share genetic risk alleles with other mental and medical disorders. Bipolar I has a closer genetic association with schizophrenia relative to bipolar II, which has a closer genetic association with major depressive disorder. Although the pathogenesis of bipolar disorders is unknown, implicated processes include disturbances in neuronal-glial plasticity, monoaminergic signalling, inflammatory homoeostasis, cellular metabolic pathways, and mitochondrial function^[1].

Psychosis in bipolar disorder (BD) involves the occurrence of delusions, hallucinations, or both. It is widely recognized that more than half of individuals with BD experience psychotic symptoms at some point in their lives. Psychotic symptoms are much more frequent during manic than depressive episodes.

Patients with bipolar disorder (BD) can experience a wide range of psychotic symptoms, especially during manic or mixed episodes. Among these, the most frequently observed are:

- **Grandiose delusions:** Beliefs of having exceptional abilities or importance.
- **Persecutory delusions:** Beliefs that others are plotting against or trying to harm the individual.
- **Referential delusions:** Beliefs that common elements of the environment are directly related to oneself.
- **Auditory hallucinations:** Hearing voices or sounds that aren't present.
- **Visual hallucinations:** Seeing things that aren't there.

These symptoms can significantly impact daily functioning and quality of life. Conventional treatment often involves a combination of mood stabilizers, antipsychotic medications, and psychotherapy to manage both mood and psychotic symptoms [2].

Treatment

Bipolar disorder impacts around 8 million adults in the United States. Conventional treatment typically involves mood stabilizers like lithium, anticonvulsants such as valproate and lamotrigine, and atypical antipsychotics including quetiapine, aripiprazole, asenapine, lurasidone, and cariprazine [3].

Case report

A 30-year-old lady visited at OPD of State National Homoeopathic Medical College & Hospital in Lucknow on the date of 02/07/2024 with complaints of insomnia, auditory and visual hallucinations, delusion of persecution and fear for last 3 months.

Her medical history indicates history of attack psychotic symptoms in 2021, recurrent mood changes, and spontaneous abortion 3.5 months back.

Patient is lawyer by profession but she left her job temporarily due to her illness.

There is no reported family history of mental illness and autoimmune disorder.

On physical examination, she appears anxious, pale, sunken eyes due to sleep deprivation.

Treatment taken- allopathic for last two and half months.

Patient had delusion of someone is controlling her and a black spirit is guiding her; a spirit is sitting on her shoulder.

Increased religiosity, weeping increased.

Patient had ravenous hunger, refused to take bath.

Forgetfulness- increased

Fear- of being alone

Diagnosis and diagnostic assessment

It is an already diagnosed case of Bipolar disorder with Psychotic symptoms.

The Brief Psychiatric Rating Scale (BPRS) has been used for quantifying psychiatric symptoms and monitor changes over the treatment period.

The Brief Psychiatric Rating Scale (BPRS), developed in 1962 by Drs. John Overall and Donald Gorham, originally included 16 items and was later expanded to 18 with the addition of *Excitement* and *Disorientation*. It is one of the oldest and most widely used clinician-rated tools for assessing psychiatric symptoms such as depression, anxiety, hallucinations, psychosis, and abnormal behavior. The scale is particularly valuable for evaluating treatment response in moderate to severe psychoses, with each item rated from 1 (not present) to 7 (extremely severe) [4].

आशा न्यूरो सायकायट्री क्लिनिक +
डा. प्रशान्त शुक्ला
मानसिक एवं मस्तिष्क रोग विशेषज्ञ
कन्सल्टेंट न्यूरो सायकोट्रिस्ट
एम.बी.बी.एस., डी.एन.पी. सायकायट्री, एम.आई.पी.एस.
Ref. No.: 27589..... Date: 02/07/2024

Name - Urshab
Age/G - 30y/1F

B.P - 140/80 mmHg
Pulse - 126 BPM
SpO2 - 96%
Aet - 22.8g

ACN
BPD A

Ref - visual hallucinations
HSE - auditory hallucinations
mood and cognition - sadness
Insomnia - sleeplessness
P.T.D - anger ?
Duration - 15 days

T/H - No Treatment
No history of substance abuse

FF4
CBC, WtD
urinal, EFT,
RBC, EFT

History of acute psychosis
- delusional ideas
- suicidal thoughts

2024
Hallucinations
Present as Black
spirit is guiding her
Increase religiosity
Sleeplessness

R/o 20 days
Ref

1- आशा हॉस्पिटल, तियाशिंगंज, निकट सरस्वती डेन्टल कॉलेज, कंजाबाद रोड, बिनहट, लखनऊ।
समय : प्रातः 10 बजे से 12 बजे तक
2- एम-8, गोल मार्केट, महानगर, लखनऊ। समय : साय 6 बजे से 9 बजे तक।
रिसेप्ट - बन्द

Repertorial Totality:
MIND-DELUSION-imagination-people – behind him, someone is
MIND-DELUSION- imagination-Will, possessed of two
MIND-DELUSION-imagination-whispering- him anything, someone
STOMACH-APPETITE- ravenous, canine, excessive

वाह्य रोगी विभाग
राजकीय नेशनल होम्योपैथिक मेडिकल कॉलेज एवं चिकित्सालय
1. विराज खण्ड, गोमती नगर, लखनऊ

विकसितक का नाम: प्रोफेसर डी.के. सोनकर
समय: 08:00:00-14:00:00
विभाग: रुम संख्या: 3

यह पत्रा 17-07-2024 तक मान्य है।

रोग का तक्षण एवं लक्षण

दिनांक: 17/07/2024
रोग का तक्षण एवं लक्षण: *Handwritten notes in Hindi and English describing symptoms like fear, delusion, and appetite.*

उपचार

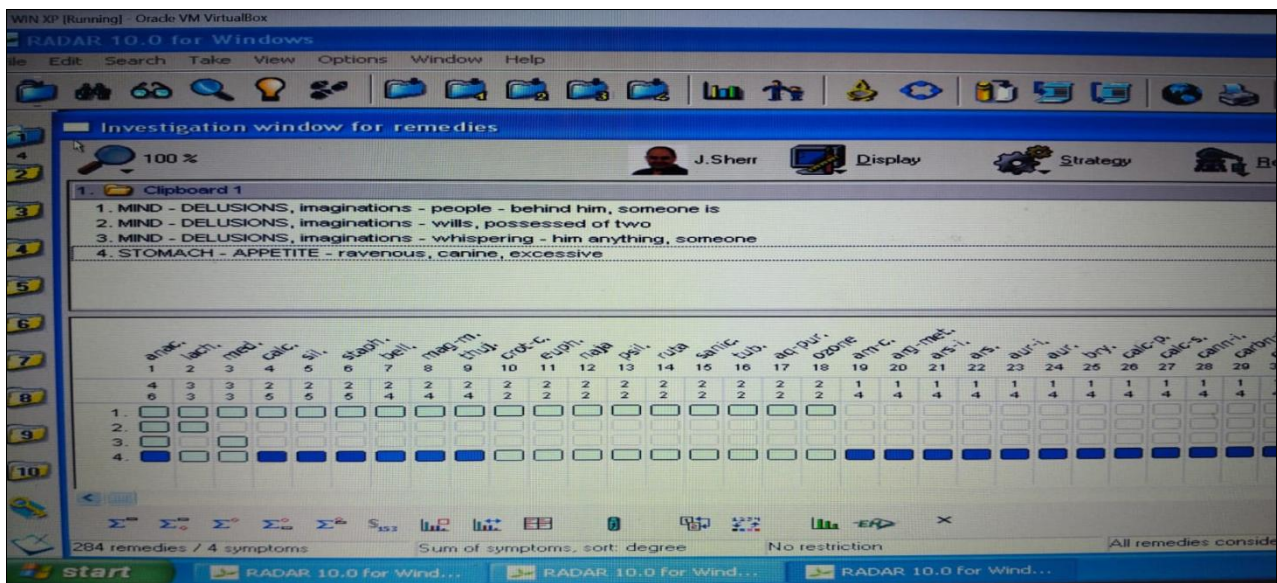
उपचार: *Handwritten notes in Hindi and English describing the treatment plan.*

हस्ताक्षर

Handwritten signature and date.

After the repertorial results by using complete repertory Anacardium Orientale, Lachesis Mutus, Medorrhinum emerged as prominent remedies. Anacardium is selected on the basis of similimum.

Patient was prescribed Anacardium Orientale 1M / 1 Dose, Placebo 30/ tds for 15 days.
BPR Scale total on 1st visit was – 80



First follow up 17/07/2024

Fear- decreased
Delusion of- someone is controlling her and sitting on her shoulder- decreased
Weeping- decreased
Religious nature- decreased

Forgetfulness- decreased
Sleep – slightly improved
BPR Scale total- 52
Rx- placebo 30/ TDS/ 15 days

Second follow up: 26/07/2024

Follow Up
Thirst- thirstless
Weeping – increased
Fear – of being alone
Delusion- husband will leave her
Sleeplessness for last 2 days
Wants attention – from husband
Suspiciousness- towards her in-laws
weakness
BPR Scale - 67

Repertorial Totality
MIND- FEAR- alone of being
MIND- FEAR- separation of -husband from
MIND- SUSPICIOUS- enemy, considering everybody his
STOMACH- Thirstless
Rx- Pulsatilla 1M/2 dose
Placebo 30/TDSx 15 days

MIND			
1 MIND - FEAR - alone, of being			✕
2 MIND - FEAR - separation; of - husband; from			✕
3 MIND - SUSPICIOUS - enemy; considering everybody his			✕

STOMACH			
4 STOMACH - THIRSTLESS			✕

Remedies	ΣSym	ΣDeg	Symptoms
puls.	4	8	1, 2, 3, 4
sep.	3	5	1, 2, 4
merc.	3	4	1, 3, 4
apis	2	5	1, 4

Third follow up: 13/08/2024

FOLLOW UP-
Thirst- increased
Fear- decreased, now able to work alone
Fear- separation of husband- decreased
Sleep- slightly improved
Anger- easily gets angry
Suspiciousness- decreased
BPR Scale- 36

Rx- Pulsatilla 10 M/ 1 DOSE
Placebo 30/TDS/ 15 days

Fourth follow up

FOLLOW UP
Thirst – increased
Fear- decreased
Fear- of separation- decreased
Grief- related to her problems
History of miscarriage- in march 2024- grief of not having child
Stress- for family’s financial problem
BPR Scale-31

Repertorial totality
MIND- AILMENT- Death of child
MIND- AILMENTS FROM- Money from loosing
MIND- GRIEF
Rx- IGNATIA 1M/1 dose
Placebo 30/tds/ 15 days

MIND			
1 MIND - AILMENTS FROM - death of loved ones child; of a			
2 MIND - AILMENTS FROM - money; from losing			
3 MIND - GRIEF			
Remedies ΣSym ΣDeg Symptoms			
ign.	3	9	1, 2, 3
nat-m.	3	7	1, 2, 3
calc.	3	4	1, 2, 3
nux-v.	3	4	1, 2, 3
aur.	2	5	2, 3
rhus-t.	2	5	2, 3
arn.	2	4	2, 3
caust.	2	4	1, 3

Fifth follow up

Date- 26/09/2024	Fear- reduced Weeping- reduced Sleep-7 hours/day Grief- reduced Cognition – improved Emotional expression- improved Social relation- improved BPR Scale- 23	Rx Placebo 30 /tds x 15 days
19/10/2024	Patient is calm Sleep- 8 hours per day Delusion- absent Hallucinations- absent Social interaction – improved Anxiety- reduced Started going to her work (court) BPRS TOTAL- 22	Rx Placebo 30 /15 days x tds

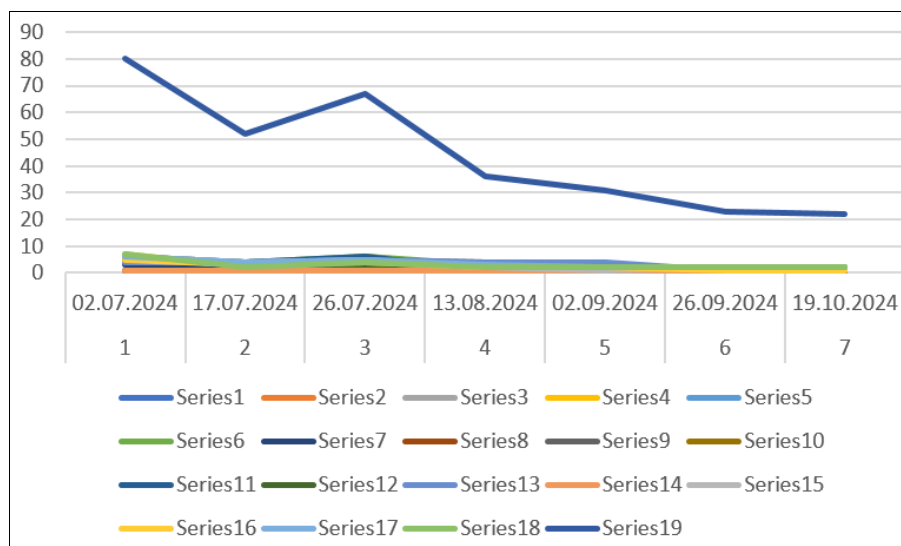


Fig 1: BPRS scale per visit

Discussion

This case demonstrates the potential effectiveness of individualized homeopathic treatment in managing bipolar disorder with psychotic symptoms, highlighting the relevance of tailored therapeutic approaches in complex psychiatric conditions. As per Hahnemann's *Organon of Medicine*, Aphorism 221, acute manifestations of mania or insanity-especially when triggered by emotional or toxic influences-are considered to arise from latent psoric miasm. In such instances, immediate intervention with non antipsoric, highly potentized remedies (e.g., Aconitum, Belladonna, Stramonium, Hyoscyamus, Mercurius) is advised to stabilize the acute phase before addressing the underlying chronic miasm. These helps in bringing the person back to a stable state, where the deeper problem (psora) becomes quiet and hidden again, making the person seem healthy for now ^[5].

The individualized selection of remedies such as Anacardium, Pulsatilla, and Ignatia underscores the importance of totality of symptoms in homeopathic prescribing. Each of these remedies was aligned with the patient's evolving mental, emotional, and physical state during various stages of illness, reflecting the dynamic application of the simillimum. Furthermore, the observed clinical improvement, achieved without adverse effects, illustrates the potential of classical homeopathy as a cost-effective and safe modality in the management of psychiatric disorders.

Conclusion

Homeopathy offers a distinctive approach to healthcare by treating the patient holistically, addressing underlying imbalances rather than solely focusing on symptomatic relief. Through detailed case taking, methodical analysis, and repertorization, individualized selection of the remedy, potency, and dosage contributed to observable clinical improvement. The resolution of psychotic symptoms-including delusions and hallucinations-within the observation period highlights the therapeutic potential of individualized homeopathic intervention in psychiatric conditions. Though it is a single case report, this contributes to the growing body of evidence suggesting that classical homeopathy may offer meaningful benefits in the management of complex psychiatric disorders such as

bipolar disorder with psychotic features.

Conflict of Interest: Nil.

Financial Support: None.

Acknowledgement

We sincerely thank Dr. Neeraj Gandhi, Reader Department of surgery, State National Homoeopathic Medical Collage & Hospital, Lucknow for their constant support and encouragement.

References

- McIntyre RS, Berk M, Brietzke E, Goldstein BI, López-Jaramillo C, Kessing LV, *et al.* Bipolar disorders. *Lancet*. 2020 Dec 5;396(10265):1841-56. DOI: 10.1016/S0140-6736(20)31544-0. PMID: 33278937.
- Chakrabarti S, Singh N. Psychotic symptoms in bipolar disorder and their impact on the illness: a systematic review. *World J Psychiatry*. 2022 Sep 19;12(9):1204-32. doi:10.5498/wjp.v12.i9.1204. PMID: 36186500; PMCID: PMC9521535.
- Nierenberg AA, Agustini B, Köhler-Forsberg O, *et al.* Diagnosis and treatment of bipolar disorder: a review. *JAMA*. 2023;330(14):1370-80. DOI: 10.1001/jama.2023.18588.
- Medscape.com. [cited 2025 Sep 15]. Available from: <https://reference.medscape.com/calculator/551/brief-psychiatric-rating-scale-bprs>
- Hahnemann S. *Organon of medicine*. 6th ed. Boericke W, translator. Philadelphia: Boericke & Tafel; 1921. §221.

How to Cite This Article

Gandhi N, Chaurasia K, Krishna K, Yadav R, Priyanka. Effectiveness of homeopathy in the psychiatric spectrum: A structured case report on bipolar disorder with psychotic symptoms. *International Journal of Homoeopathic Sciences*. 2025; 9(3): 1555-1560.

Creative Commons (CC) License

This is an open access journal, and articles are distributed under the terms of the Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International (CC BY-NC-SA 4.0) License, which allows others to remix, tweak, and build upon the work non-commercially, as long as appropriate credit is given and the new creations are licensed under the identical terms.