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Therapeutic application of alumina in various mental disorders

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Abstract

Alumina (pure oxide of aluminium, Al_2O_3) is a deep-acting homoeopathic remedy introduced by Dr. Samuel Hahnemann, known for its profound influence on both the mental and physical spheres. Though inert in its crude form, when potentized through trituration, Alumina exhibits remarkable therapeutic potential, especially in disorders characterized by confusion, dependency, mental sluggishness, and identity disturbance. The present study explores the therapeutic role of Alumina in various mental disorders such as anxiety, depression, insomnia, impulse control disorders, and neurasthenia. The mental picture of Alumina reveals profound loss of self-identity, indecisiveness, and fear of losing control, often accompanied by dryness of mucous membranes and constipation. Its personality profile aligns with psychological states of dependency and suppression of individuality. Clinical repertories, including Kent's and Boger-Boenninghausen's, support its indications for confusion, delusions, fear of insanity, and suicidal impulses. A representative case of a 15-year-old girl suffering from mathematical inability, emotional suppression, and menstrual irregularities demonstrated significant improvement with Alumina 10M, highlighting its efficacy in restoring emotional balance and cognitive clarity. Thus, Alumina serves as a valuable homoeopathic remedy in addressing identity confusion, emotional instability, and psychosomatic manifestations in mental health disorders, reaffirming the holistic principle of mind-body healing in homoeopathy.

Keywords: Alumina, homoeopathy, mental disorders, anxiety, depression, insomnia, impulse control, neurasthenia, identity confusion, homoeopathic materia medica, psychological healing, case study

Introduction

Alumina, also known as pure oxide of aluminium is known to be one of the greatest remedies of Materia medica. Humans use aluminium and its salts in their home life due to their widespread applications: particularly cookware, because of it being heat resistant and light weight. There is always a controversy that whether it is safe to use or not, with some people considering aluminium as a harmless substance, while others considering it as a risk of chronic poisoning resulting from repeated exposures.

Alumina is prepared from Oxide of Aluminium (Al_2O_3), a fine white powder; which is soft to touch, odorless, tasteless and insoluble in water and alcohol. It was introduced into our Materia medica by Dr Hahnemann in second edition of The Chronic Diseases (1835-39).

Preparation^[1]

Alumina is prepared for homoeopathic use according to process of trituration. Pure oxide of alumina is taken as the base substance. It is triturated (ground) with lactose in a ratio of 1 part of substance to 99 parts of vehicle. The process is carried out by repetitive trituration up to the third centesimal (3C) which renders it soluble and make it fit for further potentization. From this stage, it can be prepared into higher potencies either by dilution and succussions in liquid form or continued trituration. Thus, Alumina is available in different potencies (6C, 30C, 200C etc.) and it is widely used in practice particular in chronic condition.

Clinical observations and provings have shown that Alumina, when given in minute doses, produce a wide range of both physical and mental symptoms, especially its effects on constipation, paralysis, dryness of mucous membranes, and nervous weakness. During clinical provings, it is found that Alumina weakens both mental and physical spheres, leading to heaviness, sluggishness, and cause a general slowing down of function.

Aluminium, when given in its crude form is dangerous, but when given in potentized form, becomes a powerful curative agent in homoeopathy. Thus, when it is said that crude state is poisonous and potentized state is beneficial, it suits the drug Alumina perfectly.

Chemistry and relation of homoeopathic symptoms in alumina ^[2]

Aluminium is a metal whose atomic number is 13 in the periodic table, its electronic configuration is 2,8,3; with three electrons in its valence shell. In order to obtain a stable configuration, it loses its electron to Oxygen whose atomic number is 16 with electronic configuration of 2,8,6. It gains the electrons lost by aluminium in order to form a stable compound which is Oxide of Aluminium (Al_2O_3).

1. Since both aluminium and oxygen are unstable when seen individually, they are co-dependent on each other to obtain stability. Hence, one of the traits shown by the medicine is dependency on others. The patient is seen to have a lack of autonomy, a lack of identity, a constant need of support and an inability to act independently. The patient is said to have a confused attitude.
2. Due to the resistance and inertness because of its strong ionic bonds, the symptoms that the remedy produces include sluggish and slow mind, slowness in movements and a persistent confusion.
3. The compound, oxide of aluminium is insoluble in water and alcohol, thus the remedy shows dryness of mucous membranes, dry skin and constipation.
4. The compound is amphoteric in nature, that is it reacts with acids and bases strongly, the medicine sometimes shows contradictory or dual traits; like flexible yet hesitant, shy but stubborn, forgetful yet meticulous. Alumina reacts differently in different situations.

Personality of alumina ^[3]

- The Alumina personality type is characterized by profound identity confusion and disintegration of individuality, usually resulting from suppression or outside dominance, for example, being imposed upon to do something unnatural.
- The individual feels disconnected from themselves, as if another person owns their head or mind, and struggles with indecision, dependency, and shyness.
- They can oscillate between extremes timidity and confidence, submissiveness and obstinacy and keep arguing endlessly to create a fragile sense of identity.
- Alumina types tend to be perfectionistic, wanting to do everything just right so that they will not be humiliated, yet at the same time have morbid urges and suicidal tendencies, though they detest it.
- A dominant theme is the dread of losing control of body, mind, or impulses which renders them rigid, rebellious, or despondent.
- Physically, they can report choking, dysphagia, or an odd furry feeling on the bottom of the feet, accompanied by skin outbursts worse from scratching and sun exposure.
- Generally, Alumina is a state of stifled selfhood, wherein confusion, dependence, and hopelessness rule the personality.

Mental symptoms of alumina ^[4]

Alumina is one of the most disoriented, indecisive, and identity-disordered personalities in homoeopathy. The theme is loss of identity and suppression of individuality. The individual believes that others have removed their own identity or molded it for them, and therefore, they are

confused, dependent, and constantly trying to figure out who they actually are.

1. Loss of self & identity confusion

- The Alumina person experiences a sense of detachment from his or her own personality, as if he or she is watching from outside. Typical sayings: "I feel like I am not here", "I am looking at myself doing things", or "It is like the world is on a glass screen".
- They can even experience their head as someone else's or their thoughts being not their own.
- This disconnection is not subtle it is pathological, resulting in deep confusion with who they are.
- They avoid personal pronouns such as I or me, speaking in a detached manner.

2. Mental dullness & confusion

- Alumina is beset with an incapacity to think clearly, as though the mind is "scrambled."
- They forget where they were going, what they wanted to say, and have trouble finding words.
- This difficulty starts in childhood weak at reading, writing, spelling, and easily distracted. The child is vague, dreamy, and unfocused.
- As an adult, any responsibility overloads them. Even minor decisions bring agony.
- They agonize for hours over trivial things such as what to cook, how to go, or how to reply to a letter.
- This indecision is a keynote: they are always afraid of making the wrong choice, and so they hesitate, put it off, or stay stuck.

3. Emotional instability & mood swings

- Alumina's moods change quickly joyful in the morning, hopeless in the evening.
- They are subject to mood swings from timidity to daring, or calmness to irascibility.
- This internal instability makes them feel insecure and in need of other people to provide them with emotional reassurance.
- Their neediness is pathological they always require somebody else to decide for them, but resent being controlled.

4. Anxiety & fear

- Anxiety controls Alumina's life.
- They are afraid of insanity scared they will lose control and do something they don't want to do.
- Afraid of being alone, but also afraid of encountering people and being around others.
- Worrying about the future, and spending hours awake at night worrying about some minor or far-off event.
- Writing a thank-you card or making arrangements for an easy task can send them into a panic.
- They are upset by people and situations in easy-to-understand ways, becoming more confused and uncertain.

5. Suicidal impulse

- One of the scary things about Alumina is the occurrence of morbid impulses. Mothers will get post-natal depression with horrific impulses to hurt their baby.

- Even though these impulses scare the patient, they cannot stop them from happening, and this makes them more desperate and afraid of going mad.
- They also fantasize about violence toward others: breaking things, yelling, swearing, stabbing, or strangling, but typically hold these impulses back.
- This inner hostility is at odds with their outwardly shy and helpless personality.

Usage of alumina in various mental disorders ^[5, 6, 7]

1. Anxiety disorders

- Long, ill-defined apprehension regarding the future; concern about how one will manage with coming tasks or changes.
- Morning anxiety upon waking (such as in the early hours of 4 a.m.), usually accompanied by palpitations.
- Anxiety aggravated by dryness, by quietness, occasionally by change of routine or environment. The mind becomes scattered when anxious.
- Dread of going mad/losing one's mind/reason. Obsessional anxieties, particularly with change or "something bad about to happen."
- Physical concomitants: palpitations, internal discomfort, shaking, restlessness (although mental slowness is typically present concurrently), at times fear upon a glimpse of blood or knife.
- Classic "anxiety scene" for Alumina: A person who is usually slow, reserved, easily overwhelmed; anxiety is not necessarily dramatic or severe, but cooking; worry over small future responsibilities; can't relax; early morning worry; fear of failure; fear of not being able to keep up; dread of routine shifts. With physical dryness and sluggishness.

2. Depression

- Characteristics of "depression" as found in Alumina:
- Gloomy, dejected mood, but often without drama: The patient can describe her dejection, sadness, but is resigned rather than angry or weeping; heavy, fatigued, "going through the motions".
- Alternation of mood: Sometimes vivacity, sometimes low thoughts. But over time low mood tends to dominate.
- Loss of hope, wish to withdraw socially; no enjoyment in things. Dejection is more internalized.
- Suicidal urges in some provocative triggers: E.g. on seeing a knife, on seeing blood. But the patient can be

"averse" to hurting himself in some way (hates the thought) even while urges occur.

- Mental slowness, not able to think. Weakness of memory. Slowness of mind. Trouble concentrating. These thinking symptoms aggravates the depression.

3. Insomnia

- Difficulty sleeping: Owing to "crowding of ideas" or daydreams (multiplicity of thoughts/combinations) or mental agitation despite physical fatigue.
- Sleep is light, frequently unrefreshing; dreams are worried, terrifying; nightmares or upsetting dreams.
- Awakening with worry, particularly in the early morning hours (4-5 a.m.); awakening feeling weak and faint; inability to go back to sleep.
- Restlessness during sleep: tossing, mumbling, occasionally crying or scared in sleep.

4. Impulse control disorders

- **Fear of losing control:** Fear of mind failing, fear of losing reason; fear of doing something one shouldn't. This generates internal tension.
- **Impulsive behaviors to specific stimuli:** For instance, exposure to blood or a knife can trigger suicidal impulses; one might experience impulse to cut oneself despite feeling disgusted.
- **Irritability / anger / peevish mood:** Swelling moods, fits of sudden anger possibly triggered by events; but followed by regret or mood sinking.
- **Obstinacy and internal resistance:** A desire for control; rigidity; conflict between desire to act and inability/impatience to do so; feelings of being fully responsible yet powerless.

5. Neurasthenia

- Alumina is appropriate for those feeling mental exhaustion, particularly following extended periods of excessive work, stress, or sickness.
- Low energy, mental fatigue, "brain fog"
- Trouble concentrating, particularly on reading or thinking
- Avoidance of mental effort
- Weakness exacerbated by mental effort
- Depression superimposed upon exhaustion. This overlaps with what could be termed chronic fatigue syndrome nowadays.

Mental rubrics related to alumina in different repertories

Repertory of homoeopathic materia medica by Dr. J.T. Kent ^[8]	Boger Boenninghausen's characteristics and repertory ^[9]
Mind - concentration - difficult Mind - confusion of mind Mind - confusion - identity - as to his Mind - confusion - reading -while Mind - confusion - rising -after Mind - confusion - spirituous liquors - from Mind - contrary Mind - delusions - consciousness - belong to another Mind - delusions - crime - as if he had committed Mind - delusions - double -of being Mind - delusions - enlarged - body parts of	Mind - absent -minded Mind - activity, mental, alternation of with dullness Mind - anxiety, with apprehension Mind - anxiety, with fear Mind - apprehension, with anxiety Mind - aversion to work, mental Mind - brooding Mind - cautious, timorous Mind - confusion of mind Mind - confusion of identity (as to who he is) Mind - confusion, with vertigo

Mind - delusions - identity - errors of personal Mind - delusions - image - phantoms -sleep -preventing Mind - delusions - unreal -everything seems Mind - fear - insanity - of Mind - fear - suicide Mind - forgetful - name - his own Mind - insanity - madness Mind - kill - sight of knife or gun Mind - memory - weakness - of Mind - mistakes - speaking Mind - mistakes - wrong words - using Mind - mood - altering Mind - mood - changeable - variable - etc. Mind - anxiety - conscience - of Mind - anxiety - fear -with Mind - anxiety - fever - during Mind - anxiety - morning - waking -on Mind - anxiety - night - waking on	Mind - confusion, morning, on waking Mind - delusion, of losing reason Mind - delusion, time passes too slowly Mind - despair of recovery Mind - dullness of mind Mind - dullness, alternating with activity Mind - dullness, with heat of face Mind - dullness, with heaviness of head Mind - fear, of losing reason Mind - fear, of misfortune Mind - forgetful, weakness of memory Mind - ideas, deficiency of Mind - indifference Mind - inquietude, internal restlessness Mind - irritability Mind - memory, weakness of Mind - mistakes, in writing and speaking Mind - mood, changeable Mind - sadness, dejection Mind - slowness of comprehension Mind - speech, incoherent Mind - thoughts, vanishing of Mind - timidity Mind - weeping, involuntary Mind - weeping, alternating with laughter
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Case treated with alumina as the selected medicine

Alumina, although a very commonly used remedy, it has been very less in mental disorder. Here is an excerpt from the case which was published earlier titled “Inability of mathematics in a girl of 15”.

A 15 -year -old girl was brought for treatment due to her persistent difficulty in mathematics. Although she performed well in other subjects and understood mathematical concepts during class tests, she consistently failed during annual exams, often scoring extremely low marks. She reported that during exams she would “forget everything” despite knowing the material. Along with her academic problem, she also suffered from headaches, neck pain on bending, disturbed sleep, and irregular menstruation, having had only one period in the past two years.

Emotionally, she had been deeply affected by the death of her father two years earlier. The family environment was stressful, marked by frequent conflicts and emotional tension. The girl felt lonely, neglected, and burdened with suppressed anger, often expressing a desire to leave home. Her emotional distress seemed to play a major role in her inability to perform well in mathematics, especially under exam pressure.

During analysis, both her physical and psychological symptoms were considered. Remedies such as *Natrum muriaticum*, *Staphysagria*, *Ignatia*, *Nux vomica*, and *Sepia* were evaluated, but the remedy finally chosen was Alumina, under the rubric “Mind - Mathematics - inability for - geometry.” The selection aimed to address her confusion, weak recall, suppressed emotions, and inner identity conflict traits that matched her overall personality picture.

Treatment began with a single dose of Alumina 10M in water. Over the following months, she showed gradual improvement in her emotional balance, anger control, and menstrual regularity. Her sleep also became better. Though her mathematical ability did not improve immediately, her

overall mental state became more stable. After continued follow -ups and counseling, she eventually showed progress in exams, scoring 32 out of 80 - a significant improvement compared to her earlier marks.

In conclusion, the case demonstrated that the girl’s difficulty in mathematics was not merely an academic issue but a reflection of deeper emotional conflicts and suppressed grief. The carefully selected remedy and minimal repetition, combined with emotional healing, helped restore her mental and physical balance. Early treatment, it was suggested, might have led to a quicker and more complete recovery.^[10]

The final word

Alumina is a very important medicine in Homoeopathy that acts deeply on both the mind and body. It mainly suits people who are confused, slow in thinking, dependent on others, and often unsure of what to do. These mental traits reflect the nature of aluminium itself slow, inert, and needing support to act. In mental health problems, Alumina has shown good results in conditions like anxiety, depression, mood changes, confusion, indecision, and weakness of memory. It helps people who feel they have lost their own identity or control over their thoughts and emotions.

The case discussed in this article showed that Alumina not only helped in improving the girl’s studies but also brought emotional balance and better self -confidence. This shows that Homoeopathy can help heal the mind gently and naturally when the remedy is well chosen.

In short, Alumina helps people find themselves again it clears confusion, brings back stability, and restores mental strength and calmness.

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