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**Dr. Sreevidhya JS**

Associate Professor,  
Department of Obstetrics &  
Gynecology, MNR  
Homoeopathic Medical  
College, Sangareddy,  
Telangana, India

**Dr. Tummala Aarathi Reddy**

Assistant Professor,  
Department of Obstetrics &  
Gynecology, MNR  
Homoeopathic Medical  
College, Sanga Reddy,  
Telangana, India

**Dr. E Siva Rami Reddy**

Professor and Head,  
Department of Practice of  
Medicine, MNR Homoeopathic  
Medical College, Sanga Reddy,  
Telangana, India

**Corresponding Author:**

**Dr. E Siva Rami Reddy**

Professor and Head,  
Department of Practice of  
Medicine, MNR Homoeopathic  
Medical College, Sanga Reddy,  
Telangana, India

## Homoeopathic approach to schizophrenia

**Dr. Sreevidhya JS, Dr. Tummala Aarathi Reddy and Dr. E Siva Rami Reddy**

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### Abstract

Schizophrenia is a persistent, severe mental condition that affects around 1% of the world's population. It is distinguished by cognitive, perceptual, emotional, linguistic, self-esteem, and behavioral abnormalities. The prevalence of schizophrenia is roughly 3/1,000 individuals in India, which has a population of nearly 1.1 billion people. This article will give an overview of Schizophrenia as well as a detailed homoeopathic strategy to treat this difficult mental condition.

**Keywords:** Schizophrenia, mental condition, behavioral abnormalities

### Introduction

Schizophrenia is a severe and complex mental health illness in which a person is unable to grasp or distinguish reality from unreality. It is characterized primarily by delusions and hallucinations. Delusions are fixed, incorrect beliefs that cannot be disturbed, even when an argument is presented against them. Hallucinations are sensory impressions that occur when there are no external stimuli present, such as hearing a voice or seeing a picture that does not exist in reality. These characteristics are accompanied by disordered thinking and aberrant social behavior.

Schizophrenia often strikes men between the ages of 10 and 25 and women between the ages of 25 and 35. When the disorder manifests itself after the age of 45, it is referred to as late-onset schizophrenia. Schizophrenia is more common in men in India, and the age of start for men is around 5 years sooner than for women. Men with schizophrenia, on average, have more negative symptoms, whereas women have more emotional symptoms<sup>[1]</sup>.

### Clinical features

#### Positive Symptoms

- Abnormal conduct that is excessive or distorted
- Delusions
- Conceptual disorganization's
- Hallucinations (in the auditory, visual, or other sensory modes)
- Excitation or agitation
- Hostility or aggressive behavior
- Suspicion, notions of reference
- Pressurized speech
- Weird behavior or attire

Potential suicidal inclinations

#### Negative Symptoms

- A decrease in or lack of typical functions
- A dysfunctional interaction with others,
- Loss of interest or enjoyment,
- Lack of energy, emotional disengagement,
- Poor eye contact, blunted affect or flattering behavior,
- Difficulty with abstract thought,
- Lack of spontaneity and flow in speech
- Emotional withdrawal.

**Disorganized Symptom**

- Attention difficulties.
- Cognitive deficiencies
- Confusion
- Disordered speech
- Illogical speech
- Repetitive rhythmic movements.

Five subtypes of schizophrenia have been recognized, based mostly on clinical presentation.

**1. Paranoid Type**

Characterized by fixation with one or more delusions or frequent auditory hallucinations (classically; characterized mainly by the presence of delusions of persecution or grandeur). They are often tense, distrustful, guarded, reserved, and occasionally violent or aggressive, but they can occasionally behave appropriately in social contexts <sup>[2]</sup>.

**2. Disorganized type**

Characterized by a marked regression to basic symptoms that match the criteria for the catatonic type. Usually active, but in an aimless, nonconstructive way. Their thought problem is prominent, and their interaction with reality is poor.

**3. Catatonic type**

Stupor, Negativism, Excitement, Rigidity, or Posturing are examples of motor function disturbances. A fast switch between extremes of exhilaration and lethargy. Stereotypes, mannerisms, and waxy flexibility are all associated traits.

**4. Undifferentiated type**

Patients who plainly have schizophrenia are frequently unable to be classified. These patients are classed as having undifferentiated schizophrenia.

**5. Residual type**

Continuous indications of schizophrenic disturbance in the absence of a complete set of active symptoms or enough symptoms to meet the diagnosis of another type of schizophrenia; emotional blunting, social retreat, eccentric behavior, illogical reasoning, and modest loosening of associations <sup>[2]</sup>.

**Diagnostic criteria (DSM-5)**

Two or more of the following are indicative of schizophrenia.

- Delusion
- Hallucinations
- Disorderly or catatonic conduct
- Negative symptoms
- Over the course of one month, the aforementioned symptoms are present for the majority of the time.
- Serious limitations in one's ability to perform their job, interact with others, or care for oneself.
- Consistently displaying issues for at least six consecutive months <sup>[3]</sup>.
- Signs that are not caused by a substance use disorder, a medical illness, or symptoms of schizoaffective disorder or a mood disorder with psychotic symptoms.

**Homoeopathic Approach**

Homeopathic medications work deeply and seek to address the underlying cause of the ailment. Natural homoeopathic medications can treat various types of delusions, hallucinations, and the other symptoms of schizophrenia. The intensity of symptoms is gradually reduced as a result of the usage of these medications, and there is a general sense of well-being.

**1. Anacardium:** Fixed notions; hallucinations; believes he is possessed by two people or wills; nervousness when walking as if being pursued; intense melancholy and hypochondria, with a proclivity to use aggressive language. Brain flag. Memory impairment. Absence of thought. Extremely easily offended. Malicious; appears focused on evil. Lack of belief in oneself or others. Suspicious; clairaudient (hears voices from afar or from the dead); senile dementia; complete lack of moral constraint.

**2. Lachesis:** Very talkative; amorous; depressed in the morning; and lacking any desire to blend in. Uneasy and restless; unwilling to handle business; longs to be travelling constantly. Jealousy, euthanasia, suspicion, nighttime fire delusions, religious insanity, and time sense derangement are some traits best displayed at night when performing mental labor <sup>[4]</sup>.

**3. Hyoscyanus:** Paranoid State, they are convinced that others are trying to poison them. Fearing poison, he abstains from eating and drinking. Jealousy drives a person's actions, including violent outbursts; the person also becomes shameless and exposes or continuously plays with his or her genitalia. Increased sexual behavior and desire; individual imagines a peculiar piece of paper hanging on the wall and keeps thinking odd things about the characters. He discusses hypothetical matters. Illusion of rats, mice, and other pests in the space. Picks up the sheets; doesn't complain.

**4. Stramonium:** Pious, sincere, begging, and nonstop speech. Talkative, chatty, giggling, singing, swearing, praying, and rhyming. Speaks with spirits and sees ghosts and voices. Suddenly going from delight to melancholy vulgar and violent. He has delusions about who he is; he believes he is tall, double, and missing a component. Religious hysteria cannot stand being alone or in the dark; needs light and company. Spasms are triggered by the sight of water or anything sparkling. Delirium and a wish to get away <sup>[5]</sup>.

**5. Veratrum Album:** Delusions of conspiracies against him, moral failure, religious sadness, and profound melancholy. Imagines that he is the target of divine vengeance. Memory loss. Move around; must do something; becomes restless.

**6.** Apprehension of getting poisoned. Can pronounce any word given to them, but they are aphasic and unable to talk on their own. A nightmare. Vile illusions Current delirium.

**7. Belladonna:** The patient claims to see insects, animals, ghosts, and horrific faces in his imagination. He wants

to flee because he is afraid of these fictitious entities. The patient shouts or laughs uncontrollably, grinds his teeth with the desire to bite others, and hits those in the vicinity. The patient becomes irrational, loses all recall of his surroundings, and wants to flee from all of his carers. He also experiences hothead, cold hands and feet, hydrophobia, and aversions to noise, company, and light. Finally, as the stupor deepens, the victim turns pale <sup>[7]</sup>.

8. **Aurum Met:** A profound sense of worthlessness and self-condemnation; discussions of suicide; suicidal thoughts; a deep fear of dying; a peevish or at least vehement contradiction; androphobia; mental disorders Constantly asking questions quickly without waiting for a response; unable to complete tasks quickly enough; very sensitive to noise, excitement, and uncertainty.
9. **Cannabis Indica:** State of the subconscious or dual nature. Apparently controlled by the second self, but with one functioning as a check on the other. Excessive talkativeness; ecstasy of spirit. Time seems too lengthy; seconds seem like aeons; a few rods look like an enormous distance. Constantly speculating. Anxious depression, with a continual worry of going insane. Mania must be always on the go. Very forgetful; unable to complete a phrase. Is absorbed in a delightful notion. Uncontrollable giggling. Delirium tremens is a type of delirium. Clairvoyance. Emotional euphoria; quick mood shift <sup>[8]</sup>.

### Conclusion

Schizophrenia is a mental condition marked by out-of-touch ideas or experiences, disordered speech or behavior, and diminished participation in daily activities.

Concentration and memory problems may also be present. Schizophrenia is most common in youth and young adulthood. Genes play a significant impact in schizophrenia. Homeopathic medications have been discovered to be quite beneficial in the treatment of schizophrenia. Because they are natural, they have no hazardous side effects and are completely safe to use. The father of homoeopathy claimed that all mental illnesses are "one-sided diseases" that have a psoric origin <sup>[6]</sup>. As a result, he has described antiphonic medications in the Organon of Medicine, which should be used to treat them.

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