

emotional ups & downs

When considering how we handle the emotional ups and downs of life it helps if we realise the value of affording the same respect and care to our emotional selves as we do to looking after our physical body.

Homoeopathy has a long history of helping people manage emotional conditions such as anxiety, despair, loss of confidence, grief, indifference, melancholy, sadness and isolation, anger and irritability. On a physical level the expression can be through many symptoms including disturbed sleep patterns, low libido and sexual problems, eating disorders, headaches, frequent colds or digestive upset.

Mentioned below are just a few of the many remedies that can have a remarkable effect on our emotional health. When emotional issues are intense or of a chronic nature it is very important to also seek expert advice and assistance.

Grief as the result of a loss or disappointment is usually a stressful experience and can be supported using homoeopathy. The most commonly used acute remedy is **Ignatia** and it is typical of the confused and contradictory emotional state that touches most people in the early stages of grief. This may include difficulty falling asleep, with much yawning and sighing. There can be an empty hollow feeling and disturbances to the appetite, be it over eating or under eating.

As well as bereavement **Ignatia** helps us to cope with all sorts of losses in life. It is particularly good to help children strengthen their emotional lives. They suffer easily from disappointment and loss; situations such as dad being away from home a lot, mum going back to work, loss of friends, disappointed ideals. This grief can express as changeable and paradoxical symptoms that don't respond to well indicated remedies because the grief pattern has created an obstacle to good health.

Other remedies may be better indicated when we can't cope with emotional stress and strain or are unable to move on and get over a loss; be it the death of a loved one, a broken relationship, losing friends, or a disappointment in something that we have invested our energy.

Use the same homoeopathic principles when choosing a remedy to suit an emotional disturbance. Is the person emotionally out of balance in a **Belladonna** way or a **Pulsatilla** way?

Arsenicum can help a person who is anxious and busy and suffering from exhaustion or restlessness. It can also help the perfectionist who feels stressed over the need to keep his or her house and belongings perfectly clean and neatly organized. Prone to self-reproach, anxiety and guilty feelings



with a fear of losing control.

People suffering the effects of sleep loss and worry about loved ones do well with **Cocculus** if they are exhausted and dizzy, with an empty, hollow feeling.

Chamomilla can be good for both children and adults to help ease irritability and impatience and promote a sense of calm.

Pulsatilla tends to be very people dependent, enjoying company and becoming weepy, needy and clingy. **Pulsatilla** is a remarkable remedy for people who become despondent and cry at the least thing, craving sympathy and attention. It is very effective when these symptoms are the result of hormonal shifts in the body, such as puberty, pre-menses, menopause, or post-partum.

As well as the physical effects of disturbed hormone levels these fluctuations can also affect our emotional state. For example **Sepia** has feelings of despair accompanied by irritability that can be associated with hormonal shifts. **Sepia** can help when feeling dragged down and overwhelmed, especially when these feelings are due to excessive family worries and responsibilities. The result is apathy and indifference to friends and loved ones with low libido and aversion to company.

In the **Nat Mur** pattern this is often the result of long term emotional strain or loss that may result in despair with withdrawal from company and a tendency to brood and ruminate over the past. They rarely cry in public and don't like sympathy.

Sulphur can be bored, lazy and apathetic. Sitting around doing nothing – a sullen apathy commonly seen in teenagers.

Phosphorus is enthusiastic and spontaneous, they want to relate and be the life and soul of the party. However they can become burnt out and exhausted and then want to be left alone. These people are open and love friends and interaction; they can become sad and exhausted by loss of friends and friendship. It can be an important children's remedy.