

# grief

**H**omoeopathy has a long history of helping people manage the mental, emotional and physical effects of grief and can help us move through the difficult stages a little more easily. It can help calm the initial shock of bereavement, and provide support in the weeks and months afterwards.

Of course grief is not only restricted to the effects of bereavement in our lives. All sorts of losses and disappointments can result in grief symptoms.

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

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 bouts of crying, laughing, yawning, sighing and difficulty falling asleep. There can be a lump sensation in the throat, 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 very 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 the emotional strain or are unable to move on and get over a loss; be it the death of a loved one, a broken relationship, work issues, losing friends, or a disappointment in something that we have invested our energy.

**Aurum:** Responsible people who suffer silent grief, self-reproach, deep despair and a feeling of failure.

**Cocculus:** When exhausted by worry and lack of sleep, nursing loved ones and getting up to sick or sleepless children. There may be a dizzy, empty hollow feeling.

**Kali Phos:** A tissue salt valuable for its tonic effect on the nervous system. It can be used regularly when under stress.

**Calc phos:** Loss of motivation and involuntary sighing due to internalized grief or diminished energy that can follow bouts of rapid growth. They are sensitive to criticism and can feel



guilty and angry, especially when another child is shouted at or reproached.

**Ipecac:** Symptoms can be preceded by and based in an episode of grief. If there's ill health with persistent nausea and vomiting and a recent grief think Ipecac.

**Phos acid:** Indifferent, apathetic or completely 'wiped out' with grief. Silent suffering and very slow to answer, they just want to be alone due to a lack of energy. The state can come on after the initial shock has passed and the long-term reality of loss has set in.

**Pulsatilla:** Suits shy, clingy people who are better for sympathy and need constant support, company and comforting. Very weepy, often uncontrollably, and cry at all reminders such as photos and sad music.

**Phosphorus:** Enthusiastic, open and spontaneous; they love friends and interaction and to be the life and soul of the party. They need company and reassurance, are sensitive to others and can overtax themselves with sympathy or become sad and exhausted by loss of friends and friendship.

**Nat mur:** Grief with despair, resentment and a tendency to brood and dwell over the past. It can be the result of long term emotional strain or loss. They don't like sympathy, company or crying in public.

**Also consider:** *Aconite, Arnica, Causticum, Kali brom, Staphysagria* or your constitutional remedy.

**Further Factsheets of value include:** Emotional Ups & Downs, Sleep Disturbances, Stress & Worry.