



## Are you depressed? Feeling anxious?

According to the World Health Organization (WHO) depression is the third most common disease worldwide and is expected to become the leading disease by 2030.

Depression and anxiety are probably the two most common complaints homeopaths are called upon to treat. Sometimes anxiety and/or depression coexist with substance abuse, sleeping disorders, irritable bowel syndrome, panic attacks or headaches. Many resort to antidepressants and/or anti-anxiety medication. Sometimes they help but they often don't address the underlying cause.

In pursuit of a deeper healing, many look to homeopathy. Homeopathy is a holistic form of medicine providing a gentle, natural approach to treating any disease from acute illness (flu's, ear infections, bee stings, etc.) to chronic conditions, such as asthma, auto-immune disorders, arthritis and anxiety and depression to name a few. Homeopaths select a single substance (a homeopathic remedy) that best matches the way the body is expressing its illness and give this not for medicinal effect but to *stimulate a natural healing response*.

Because everybody is different, *no single remedy will work for everyone*. A remedy is selected based on a person's unique set of symptoms. Homeopaths look at all the sensations, pains and feelings of the person and select a remedy which matches the totality of their symptoms. The correct remedy corrects the underlying imbalance that caused the symptoms in the first place.

### A case of depression:

Marie (not her real name) is a 48-year-old high school Art teacher. She is outwardly a sweet, refined woman. She came to see me for lifelong depression and debilitating headaches. She had tried prescription drugs, but she experienced unwanted side-effects with minimal relief.

Marie experienced great distress in childhood trying to measure up to her father's condescending criticisms. He sometimes insulted her publicly making her feel small and inadequate. In high school she was overwhelmed by the fear of being judged or insulted. She is unable to have a meaningful relationship with her husband for fear of being looked down upon as "bitchy."

The diagnosis of depression can be very general. To help Marie we must find a homeopathic remedy which matches her unique form of depression. The most striking aspect of her case is her inability to stand up for herself. She responds to insults and criticism by swallowing her anger of the remedy *Staphysagria*.

Prepared from the seeds of the Delphinium or Larkspur in a homeopathic pharmacy, *Staphysagria* helps the patient find the inner strength to speak up or end bad relationships. It is an important remedy in patients whose complaints originated from anger or insults which have been suppressed and accompanied by physiological symptoms such as a long history of bladder infections (which she'd had since her teens) and debilitating headaches. Marie's headache felt like there was a block of wood in her forehead which is one of the hallmark symptoms of *Staphysagria*.

### Outcome:

Within a month after taking the remedy, Marie was able to speak out and get angry, to the surprise of her controlling husband. They began marriage counseling, each made changes, and 15 years later have a good relationship. The biggest change in her headaches and depression came after a confrontation with her 75-year-old father over the "condescending" way she felt he was treating her mother. It was after that, she felt her depression lift and her headaches diminish. And, she hasn't had a bladder infection since taking the remedy.

#### Homeopathy in the treatment of depression: a systematic review

<sup>1</sup> Two double-blind placebo-controlled trials of homeopathic medicinal products (HMP's) were assessed. Differences between homeopathy and fluoxetine (Prozac) were non-significant response rates (min. 50% HRSD (Hamilton Rating Scale for Depression) decrease) at 6 weeks were better for homeopathy (54.4%) and fluoxetine (41.3%), compared to placebo (11.6%) (p < 0.001). *European Journal of Integrative Medicine* Sept 18, 2018

<sup>2</sup> [https://en.wikipedia.org/wiki/Delphinium\\_staphysagria#Chemical\\_studies](https://en.wikipedia.org/wiki/Delphinium_staphysagria#Chemical_studies)