

## DEPRESSION & PANIC ATTACKS

In this hectic world we live in, now and then we all become somewhat overwhelmed by all the responsibilities, we doubt our own abilities to cope and in the worst states, we may feel like a black cloud has settled over us and that there is no hope. We all have ways of dealing with this state, but in many cases, the gloom doesn't lift no matter how hard we try. Some of us exercise more or even go on shopping sprees in a desperate attempt to find some momentary outlet. Clinical depression has been receiving a lot of press lately, especially with the advent of the well-publicized drugs on the market for relieving this biochemical state. Use of anti-depressants in general is up by 63% since 1996. Medicines for anxiety and panic attacks are routinely prescribed to students, adults and more recently to children which is a travesty to my mind. Mental depression and panic attacks can be treated using Homeopathy and can be used to avoid often harmful side-effects of conventional anti-depressants.

With panic attacks, the main symptoms are feeling suddenly panicky, short of breath, heart palpitations, dizziness, claustrophobia, feeling out of control, desire for escape, and in severe cases, the feeling that death will come if the state continues. These sporadic, scary feelings require homeopathics which are suited to the sudden attacks which can come out of the blue in some, or in specific situations in others. This condition can be treated and emphasis will be placed on possible causes, fears and other personal questions which arise in the case-taking process.

It is important to know that there are other safer, more holistic methods of treating depression and panic attacks which work beautifully. Homeopathy has by its nature, a natural affinity with mental and emotional concerns. **Every homeopathic medicine, no matter what the pathological condition, for example arthritis, takes into consideration the mental state of the patient.** The homeopath in choosing a medicine for arthritis, to carry the example, will match not only a medicine for arthritis specifically, but also one which matches the mental state of the patient. One arthritic patient will be extremely restless, unable to sleep and feels better, more limbered up with a hot shower. Another will be a more closed individual, the type who tends to brood over their condition in silence, never complaining to anyone and feeling better just curled up on the sofa with a heating pad. Both of these cases will receive different homeopathic medicines, because each will have a very different mental state which the homeopath carefully takes into consideration.

When the only presenting complaint is depression, the homeopath will need to know very specific details about the possible cause. When did the state change from health and vitality to clinical depression? Did the depression come after the death of a loved one, the loss of business position, after a physical accident or shock, as a result of chronic dissatisfaction with marriage relationships, etc, etc.? There are over 300 different medicines for treating depression in homeopathy. Each medicine is prescribed for situations with different manifestations of the depression ranging from slight recurrent gloom to suicidal states. Obviously, the homeopath has to go into a lot of detail to decide which one is the best one for the individual.

Taken into consideration also are the physical symptoms accompanying the depressive/panic state. We all have different areas of susceptibility in our bodies. Some of us feel all illness in the head with migraines or recurrent sinus conditions while others feel ill mostly in the stomach with chronic indigestion. The remedy chosen to treat depression will include investigation into common physical complaints as well.

**An example:** The medicine **Aurum Metallicum**, which is **one of the deepest acting medicines in the homeopathic repertoire (when the remedy symptom picture suits the patient)** is made from pure gold. The typical "Aurum" state is one in which the patient is feeling hopelessness, profound depression and with a tendency to suicide and longing for death. Every opportunity is sought for self-destruction. This state can follow loss of property, grief, fright, anger and disappointed love, or prolonged unusual responsibility. This is a

very responsible hard-working individual with high standards who may feel that they are not doing their duty. They may feel that morally they have “sinned away their day of grace”, a symptom which speaks of the religious nature of the remedy.

Obviously, when the depression is so deep that the thought of death is the only way out, we are looking at the deepest darkest state of depression known to mankind. I have seen this state lifted wonderfully with this medicine. I cannot completely explain the profound affect this remedy has, nor the state of wonderful relief, both in the patient and the homeopath, once this excellent medicine takes hold. But I have seen it act just so on numerous occasions, and also with few repetitions of dosage.

**\*\*\* One word of caution....please do not self-prescribe any homeopathic medicine.** There are specific considerations which only a qualified Homeopath will know to consider.

On a final note, a lot of people have enquired about the efficacy of **St. John's Wort capsules**. This is the herbal preparation of the plant Hypericum and **not a homeopathic medicine**. Therefore it is not as deep-acting. I have seen it help in some cases and not at all in others. It fits the law of the individual too. We all don't need the same things in life, nor the same medicines.

**For Mental Health treatment and assistance** please seek out a professional Homeopath in your area by calling in Toronto, Canada, the Ontario Homeopathic Association for a Directory of qualified homeopaths.