



**TITLE: OVERCOMING GRIEF WITH HOMOEOPATHY**

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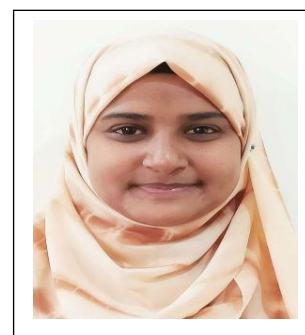
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**ABSTRACT:** Grief is a universal human experience. Though a natural response, it can be overwhelming. Homoeopathy offers a gentle and effective approach to cope up with grief. This article explores Grief-it types, its symptoms and stages and how homoeopathy can help. This article also explores the miasmatic understanding of grief and presentation of grief in various repertories, highlighting the relevant rubric for accurate case taking.



**KEY WORDS:** Grief, Loss, Bereavement, Homoeopathy, holistic approach, Emotional well-being, mental health.

**INTRODUCTION:** Grief is the anguish experienced after significant loss, usually the death of a beloved person. It often includes physiological distress, separation anxiety, confusion, yearning, obsessive dwelling on the past, and apprehension about the future. Bereavement is the loss (death) of someone to whom a person is emotionally attached; while Grief is defined as a universal reaction to bereavement. [1]

### **Types of Grief:**

1. **Normal Grief:** This is the typical response to loss, where individuals experience a range of emotions but gradually find ways to accept and cope with the loss over time.
2. **Complicated Grief:** Also known as prolonged grief disorder (PGD), this type of grief is characterized by an intense, prolonged period of mourning. Individuals may have trouble moving forward and experience persistent yearning for the deceased, difficulty accepting the loss, and ongoing emotional pain.
3. **Anticipatory Grief:** This occurs before an actual loss happens, often in situations where a loved one is terminally ill. Individuals may begin to grieve even when the person is still alive.
4. **Disenfranchised Grief:** This type of grief is not socially acknowledged or supported, such as grieving the loss of a pet, a miscarriage, or the end of a relationship. The person grieving may feel isolated or invalidated.
5. **Chronic Grief:** This is a form of complicated grief where the symptoms persist for years, with little to no improvement over time.
6. **Delayed Grief:** This occurs when the emotional response to loss is postponed, sometimes due to being overwhelmed or needing to focus on immediate responsibilities.



**Symptoms of Grief:** Grief manifests in various ways, affecting both emotional and physical well-being:

1. **Emotional Symptoms:** Sadness, anger, guilt, anxiety, hopelessness, numbness, loneliness, and a sense of disbelief.
  2. **Cognitive Symptoms:** Confusion, difficulty concentrating, preoccupation with the loss, and recurring thoughts of the deceased.
  3. **Physical Symptoms:** Fatigue, changes in sleep patterns, changes in appetite, headaches, and a weakened immune system.
  4. **Behavioral Symptoms:** Social withdrawal, avoiding reminders of the deceased, increased use of alcohol or drugs, and changes in daily routines.
- [2][3][4]

### **Stages of Grief:**

Elisabeth Kübler- Ross, a swiss born psychiatrist, with David Kessler has published stages of grief in the year 2005, "On grief and grieving: finding the meaning of grief through the five stages of loss".

- The first stage is "denial and isolation" (NO THIS CAN'T BE TRUE). It is the initial reaction to loss. The person has difficulty accepting the reality of what has happened. Denial is a form of body's natural defense mechanism which helps to alleviate the immediate shock, and allows the person to slowly absorb the news.
- The second stage is "ANGER"- (WHY ME? IT'S NOT FAIR!). People become frustrated, irritable and angry on their loss. This anger can be directed at themselves or others- a friend, a family member, and their fate or at God. It is a natural response that expresses the pain of the loss.
- The third stage is "BARGAINING" (PLEASE GOD..., "I'll do anything if it will bring them back."). In this stage, the person may try to negotiate or make deals, with friends, relatives or even God.



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- The fourth stage is “DEPRESSION” – (HOW CAN I LEAVE ALL THIS BEHIND). In this stage there is sadness, hopelessness, isolation and withdrawal from others. Patients show clinical signs of depression- withdrawal, psychomotor retardation, sleep disturbances, hopelessness and possibly suicidal ideation.
- The fifth stage is “ACCEPTANCE” – (I’m LEARNING TO LIVE WITHOUT THEM). The person comes to terms with the loss. It does not mean that the person is okay with the loss, but they have acknowledged the reality of the loss.
- Grief is highly individual, and people do not necessarily go through all these stages in a fixed order. Some may skip stages, revisit them, or experience multiple stages at once. The above stages will only help us to know the emotions that a person experiences with a loss.
- Elisabeth kübler stated in her book - “they (the stages) are never meant to tuck messy emotions into neat packages. They are the responses to loss that many people have, but there is not a typical response to loss, as there is no typical loss. Our grief is as individual as our lives. (P.7 On grief and Grieving, Elisabeth kubler ross). [2][3][4][6]

### **HOMOEOPATHIC PERSPECTIVE:**

From the above paragraph it is clear that since no two individuals grieve the same, so no two individual grieving will require the same remedy. Homoeopathy is based on the concept of individualization. Master Hahnemann had long before recognized the importance of individualization in treating the sick individual. In 153RD Aphorism of sixth edition of organon of medicine, he emphasized on the



importance of eliciting the characteristic sign and symptoms of the individual in search of a most similar remedy.

### **Miasmatic Understanding of Grief:**

**1. Psoric Grief:** Psora is often associated with deficiency, struggle, and lack. Individuals with a Psoric predisposition may experience grief as a prolonged state of sadness, helplessness, and despair. Symptoms might include anxiety, fears, and a sense of inadequacy. The individual may have a tendency to dwell on the past. They may find it difficult to express their emotions, leading to internalized grief.

**2. Sycotic Grief:** Sycosis is related to excess, overgrowth, and suppression. Grief in a Sycotic individual may manifest as a tendency to suppress emotions. They may feel ashamed of their grief and try to hide it from others. Symptoms may include feelings of guilt, hidden grief, and a tendency to develop physical ailments like warts, cysts, or fibroids as a result of suppressed emotions. The grief might not be openly expressed, but rather internalized, leading to a buildup of emotional tension.

**3. Syphilitic Grief:** Syphilis, the most destructive of the miasms, is associated with degeneration, destruction, and despair. Grief in a Syphilitic individual may manifest as intense, destructive emotions, such as deep-seated anger, bitterness, or even thoughts of self-harm or harm to others. The grief may lead to a sense of hopelessness and a belief that life has no meaning. Symptoms include severe depression, self-destructive behavior.

Our homoeopathic materia medica contains a vast number of remedies which are indicated in grief. The uniqueness of our science however lies in finding out the

most similar one that resonates with the suffering of the individual on both physical as well as emotional/mental plane. Let us explore some of the top remedies indicated for grief.



**1. IGNATIA:** Mental health symptoms can arise from the negative impacts of distressing news, fear, anger, sorrow, frustration, unrequited love, unexpressed emotions, and feelings of shame and humiliation. There is rapid mood swings, such as suddenly shifting from happiness to sadness or from laughter to tears. The individual may become withdrawn. There is desire for solitude, and moodiness. Other symptoms include sadness, melancholy, indifference, short temper, leading to outbursts of anger and tears due to criticism or contradictions. They have a highly sensitive nature, indecisiveness, and a tendency to quarrel. Prolonged and intense grief can lead to physical and mental exhaustion. Consolation can exacerbate their distress.

**2. NATRUM MURIATICUM:** The mental state is marked by extreme irritability, leading to emotional outbursts over minor issues. The individual is highly sensitive and prone to intense emotional reactions, easily upset by excitement. Consolation can worsen the mental state. Key features include a tendency to cry easily and a melancholic mood. The individual may be clumsy, hasty, and prone to dropping things, with vivid dreams of robbers and a lingering sense of fear upon waking. The mental symptoms arise from the adverse effects of anger, grief, vexation, excessive salt or quinine consumption, fright, loss of vital fluids, sexual excess, or profuse menstrual bleeding. Natrum muriaticum is considered the chronic counterpart to Ignatia, addressing deep-seated emotional pain.

**3. CAUSTICUM:** ailments from prolonged experiences of grief, sorrow, fear, and intense emotional shock. They possess a unique capacity for empathy, deeply feeling the pain of others. Their mental state is characterized by a pervasive melancholy, overwhelming sadness, hopelessness, and a tendency to weep. Anxiety and apprehension dominate their thoughts, leaving them feeling despondent and uncertain about the future. Intense emotional sensitivity, making them more susceptible to the suffering of those around them.



**4. AURUM METALLICUM:** For the deepest depression and suicidal states. They feel no connection to life, longing for death, existing in a dark and isolated void. It indicated for people who are idealistic and high achievers. Devastated by grief and disappointed love. They exhibit a tendency of self-condemnation. They may become hateful and quarrelsome. Life seems to be a burden to them hence they desire to put an end to it permanently by committing suicide.

**5. PHOSPHORIC ACID:** Used to treat individuals who are completely overwhelmed by their loss, leading to a state of emotional numbness and apathy. The patient may exhibit weakness, fatigue, and sluggishness. They become unresponsive and indifferent to life. This remedy is suitable for patients who show mental weakness and confusion following grief. There is also forgetfulness, and slow response to questions. They may also show signs of depression and apathy.

**6. PULSATILLA:** For people who are very emotional and sad when they're grieving. They need comfort and reassurance from others. They cry easily and feel better when someone is with them. Being outside and getting fresh air makes them feel better. This remedy is for people who are gentle, timid, yielding and emotional, and need support when they're sad.

**7. STAPHYSAGRIA:** For People who are extremely sensitive to what others say or do, and can feel indignant and upset about things others or themselves have done. They feel apathetic, indifferent, and low-spirited. Staphysagrias usually tend suppress their anger, leading to feelings of sickness, trembling, and anxiety.

**8. SEPIA:** This remedy is very effective for postpartum depression, which can occur after childbirth. It is particularly helpful for hormonal imbalances. They feel weepy, irritable, and detached (indifference to) from their loved ones. They may have sudden outbursts of anger, shouting at their children or partner, which leaves them feeling guilty and depressed. They feel trapped, exhausted, and have no interest in household tasks. The only thing that brings them relief is physical activity, like exercise or dancing.



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Here's a tabular representation for quick reference-

REMEDY	THEME	AILMENTS FROM	MODALITIES
IGNATIA	SUPPRESSED- SILENT GRIEF	DISTRESSING NEWS, UNREQUITED LOVE, UNEXPRESSED EMOTIONS, SHAME AND HUMILIATION.	WORSE- CONSOLATION, COFFEE, AFTER GRIEF, MENTAL EMOTIONS.
NATRUM MURIATICUM	LONG CONTINUED GRIEF – BROODING-DWELLING ON PAST	GRIEF, ANGER, VEXATION, EMOTIONAL SUPPRESSION, DISAPPOINTED LOVE	WORSE- CONSOLATION, SUN-EXPOSURE, AND EXERTION.  BETTER- BEING ALONE
CAUSTICUM	LONG LASTING GRIEF-INTENSE SENSITIVITY	PROLONGED GRIEF, SORROW, FEAR, AND INTENSE EMOTIONAL SHOCK	WORSE- DRY COLD WEATHER, NIGHT.  BETTER- WARMTH, WET WEATHER, GENTLE MOTION.
AURUM METALLICUM	FAILURE TO ACHIEVE GOALS. CONSTANTLY DWELLING ON SUICIDE	DISAPPOINTED LOVE, UNMET EXPECTATIONS, FEAR, ANGER, FRIGHT, CONTRADICTION, MORTIFICATION, VEXATION, RESERVED DISPLEASURE.	WORSE- COLD WEATHER, NIGHT, MENTAL EXERTION, SENSIT TO SUNRISE  BETTER-OPEN AIR, WARM, SUMMERS
PHOSPHORIC ACID	LISTLESS- APATHETIC- DEBILITATED WITH GRIEF	BAD NEWS, DISAPPOINTMENT IN LOVE AND AFFECTION, HOMESICKNESS, LOSS OF VITAL FLUID, OVERSTUDY, ONANISM	WORSE- MENTAL AFFECTIONS, LOSS OF VITAL FLUIDS, SEMINAL LOSSES, SELF ABUSE, SEXUAL EXCESS, DRAFT OF COLD WIND, MUSIC, WALKING.
PULSATILLA	WEEPING- CONSOLATION WANTING- SYMPATHY	SUPPRESSED EMOTIONS, GRIEF.	WORSE- WARM ROOM, FATTY FOOD, EATING AFTER.  BETTER-COOL OPEN AIR, CONSOLATION.
STAPHYSAGRIA	INDIGNATION - SENSITIVITY- HEIGHTENED- IMAGE CONSCIOUS	SUPPRESSED ANGER, INDIGNATION, HUMILIATION,	WORSE- EMOTIONS- CHAGRIN, VEXATION, QUARRELS, SEXUAL EXCESS, NEW MOON, BEFORE FULL MOON.  BETTER- WARMTH, REST.
SEPIA	INDIFFERENCE- STRAIN AT FAMILY LIFE	ANGER, VEXATION, ALCOHOL, HORMONAL IMBALANCES, CHILDBIRTH,	WORSE- COLD AIR, SEXUAL EXCESSES, PREGNANCY, ABORTION, BEFORE MENSES  BETTER- VIOLENT MOTION, WARMTH, COLD DRINKS.





The above are few remedies that are more routinely indicated and prescribed. However, there could be various other remedies which are indicated in grief such as Arsenicum album, phosphorus, and the list could be endless. It is always important for a physician to prescribe on the totality of the symptom of the individual that includes the characteristic symptoms. Only then the physician will encounter healing in true terms.

### **Rubrics Related to Grief in Various Homeopathic Repertories**

Grief is a significant emotional state that is well-represented in various homeopathic repertories. Here is an account of some key rubrics related to grief found in some of the most commonly used repertories:

#### **1. COMPLETE REPERTORY:**

##### **MIND-**

ANXIETY-HEART REGION; GRIEF, AFTER  
DESPAIR-RECOVERY OF- GRIEF-AFTER  
GRIEF; INSULTS, OFFENSES, AFTER; LONG PAST:  
GRIEF; JEALOUSY, WITH:

GRIEF; LOSING PERSONS OR OBJECTS, AFTER:

GRIEF; LOVE DISAPPOINTMENT, FROM:

GRIEF; PAIN IN BODY, WITH:

GRIEF; INCONSOLABLE:

GRIEF; LOVED ONES, FOR LONG LOST:

GRIEF; PROLONGED:

GRIEF; RECENT:

GRIEF; SILENT, PENT UP:



## **CLINICAL**

APOPLEXY; GRIEF FROM DISAPPOINTED LOVE, FROM:  
BLOOD PRESSURE; CHANGEABLE, FROM GRIEF:  
CANCEROUS AFFECTIONS; GRIEF, AFTER:  
CATALEPSY; GRIEF, AFTER:  
DIABETES; MELLITUS; GRIEF, FROM:

### **2. BOERICKE'S REPERTORY:**

MIND-EMOTIONS-GRIEF-SORROW  
MIND-MOOD-DISPOSITION-GRIEVING, INTROSPECTIVE, SIGHING  
MIND-MOOD-DISPOSITION-SAD, SENTIMENTAL, SIGHING

### **3. KENT'S REPERTORY**

MIND-GRIEF  
MIND-GRIEF-AILMENTS FROM  
MIND-GRIEF-HUNTING FOR SOMETHING TO GRIEVE ONE  
MIND-GRIEF-SILENT  
GENITALIA-FEMALE-MENSES-GRIEF BRINGS ON

SLEEP-SLEEPLESSNESS-GRIEF, FROM  
GENERALITIES-WEAKNESS-GRIEF FROM

### **4. BOGER-BOENNINGHAUSEN'S CHARACTERISTICS AND REPERTORY:**

MIND-GRIEF, SORROW AND CARE  
MIND-GRIEF- BUT UNABLE TO WEEP  
MIND-SADNESS, MELENCHOLY, ETC.

HEAD-INTERNAL-AGGRAVATION-GRIEF  
GENITALIA-CONDITIONS-GRIEF AGG  
RESPIRATION-AGGRAVATION-GRIEF  
COUGH-EXCITED OR AGGRAVATED BY- GRIEF AND CARE FROM.



## **CONCLUSION:**

Grief is a deeply personal and challenging. Homoeopathy provides a effective approach to address it. The Kubler- Ross model help us to understand the stages of grief but also we should remember that each person's journey is unique. Homeopathy offers a gentle and holistic approach to healing. As we have now seen that every individual is unique, and so is their grief. By focusing on the individual's specific emotional and physical symptoms, remedies such as Ignatia for sudden emotional shock, Natrum Muriaticum for deep-seated sadness, and Causticum for prolonged sorrow can offer significant relief. Various Repertories like those by Dr. Roger van Zandvoort, Dr. Kent, Dr. Boger and Dr. Boericke can help us to identify the most suitable remedies based on detailed symptoms. A holistic and individualized approach is important for managing grief, as it not only alleviates emotional pain but also supports overall healing, which will help individuals to find a path to recovery and emotional well-being.

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