

SOME REMEDY SUGGESTIONS FOR DEPRESSION

One of the best resources I can recommend is Miranda Castro's book, [Stress: Homeopathic Solutions for Emotional and Physical Stresses](#). In her book, she has a section on depression: what it is, what you can do, and what not to do. Miranda offers compassion, understanding, and practical helpful suggestions.

Aurum metallicum

“Those who need this remedy are sensitive and take life seriously. They have integrity and a strong sense of duty-especially with regard to their family-and can take on too much. They then can become irritable (typically reacting badly to contradiction), guilt-ridden, and ultimately, full of regret.

The depression is a deep, dark, quiet despair which is worse in the evening, when they re-evaluate their lives and where they are going, and may well seek solace in prayer or meditation-reconnecting with their neglected spiritual side. They find music soothing in a melancholy sort of way rather than uplifting. Once depressed they find it difficult to think and don't want to talk about how they feel. They may become so gloomy that the present and the future look black.” ~ *Stress* by Miranda Castro

People needing Aurum can be idealistic, setting high goals for themselves, expecting to achieve what they set out to do. If on the way to achieving these goals, they meet with any perceived criticism, or if they fail to reach these high goals, the descent to despair can feel as if they have fallen from a great height. There can even be a fear of high places.

There is a tremendous effort to be perfect in everything they do. They work hard, play hard and strive to be the best. They may have an idealized sense of romance; real heart people but in attempting to live the perfect idealized relationship, they are very sensitive to feeling humiliated if criticized and are easily susceptible to hurt. Divorce, separation, death of a loved one can propel a person needing Aurum into depression. It may be very difficult for them to admit that they are hurt or grieving, keeping everything inside until it explodes in rage.

A depressed person needing Aurum might be a business person who is highly successful and is “at the top” of the game. Then unexpectedly, the business fails due to a poor market or some other event beyond control. A person needing Aurum however, will feel personally responsible for the failure and may feel responsible for all the employees in the company; that it is their duty to take care of everyone but not to

show their own hurt and humiliation. The whole event may lead them into the depths of despair, considering suicide as way to stop the pain of failure.

Physically, patients needing Aurum can also have ailments related to the heart and circulation and there may be a fear of heart failure or a family history of heart conditions. Any pains that they have can be extremely painful and they may even desire death the pain is so intense. The pains, both physical and emotional can be much worse at night. In an overall general kind of way, those needing Aurum prefer fresh air but do not like being cold.

Some causative factors for an Aurum depression or state:

- Loss,
- business failure,
- grief,
- prolonged unusual responsibility,
- suppressed anger,
- anger with silent grief.

Pulsatilla

Simply reading about this plant will give you an excellent overall picture of this remedy and those who require it.

The pasque (Easter) flower (from the anemone family) grows in dry, sandy soil and has little need for water. You can see them growing on hillsides in Calgary in the early spring when it is cool but still sunny enough for the heat to warm up their furry little stalks and blooms. They provide a sweet, delicate presence in an otherwise very brown landscape! The flower itself bends to the slightest movement of air and is constantly changing its position in relation to the sun and the wind. As soon as the heat of late spring and early summer arrives, the anemone bows out as the heat causes it to wither and retreat returning the next year after the long days of summer and dark nights of winter. Another name for the pasque flower is “shame-face maiden.”

Those needing these remedy love company and sympathy. They tend to be thirstless preferring cooler outside temperatures and withering in the heat. Although they prefer cool, open air, they can get chilled and need to get warm without getting overheated. Like the gentle movement with the wind, they can be changeable in mood; anxious at one time, weepy the next and cheerful another time. There is a strong need to be liked and accepted with a deep-seated belief that perhaps they are alone or have been deserted. Dependency on others is very strong even to the point of clinging, needing support. Sympathy, care, concern, weeping will always make the person feel better. Their main interest in life is in relationship and family and friends. There is a need for encouragement, physical touch and caressing.

Because their feelings can be hurt so easily and because they are so unsure of themselves, they can be prone to depression. Pulsatilla has an affinity to the reproductive cycles so can be useful when depression is a part of the menstrual cycle,

during the post-partum period and during the menopause. Sadness, despair and depression can also be brought on by from a difficult relationship where the partner is abusive, insulting or dominating or in any situation where the person experiences an inability to stand up for themselves (think of the flower head being tossed to and fro by the wind). These kinds of situations will cause a great deal of anxiety, irritability that gets suppressed with feelings of being alone and forsaken.

Generally overall, those needing Pulsatilla have some definite desires and aversions. They feel worse for rich fatty food, for getting wet (especially the feet or head), heat, the pill or HRT (hormone replacement therapy) and sun on their feet or head. They feel better for bathing, fresh air, moving slowly, consolation, weeping and when talking about their complaints.

Sepia

I am including this remedy as it can be most helpful during one of the big transitions in life for women-menopause. It is good to know that there are alternatives to HRT that are effective on the physical and emotional levels.

The Sepia woman during menopause is just plain old worn out and feeling dragged down, from working hard in the home, from raising children and maybe taking care of grandchildren or maybe even from caring for elderly parents in addition to keeping a full time job. She may have even reached the point where she does not want to be around those she loves the most- her husband, children and other family members. There is a loss of interest in life yet at the same time, an increased sensitivity to the environment...smells and touch aggravate. Or in the menopause time, the struggle between duty to family and desire for a career weighs heavily. At a physical level, there is heaviness felt in the uterus, a dragging sensation which is medically diagnosed as a prolapsed uterus. It may even feel like the pelvic organs are going to fall out; when coughing or sneezing, urine may escape.

“They respond to sympathy with irritability, preferring to be quiet and alone to avoid any further stress. They may cry when talking about their problems and this makes them feel worse. They can be surprisingly sharp-tongued, especially in response to the concern of others-this helps to keep others away! In this state their irritability can erupt in angry outbursts with shouting, screaming or nagging and sarcasm-if contradicted, or if others make demands on them, especially the demands of children on parents.”

~ *Stress* by Miranda Castro

Sepia is much better in all ways for vigorous exercise and dancing and there is a desire for vinegar, pickles or other sour foods.

These are just three remedies to give you an idea of the scope of homeopathy and how it can help with depression.

Your homeopath has access to literally hundreds of remedies and will work with you to find the one most suited to your overall symptom picture.