

SOME HOMEOPATHIC REMEDIES FOR GRIEF / SADNESS/ SHORT-TERM DEPRESSION

REMEDY	SITUATION	THEMES	SYMPTOMS
AURUM	<ul style="list-style-type: none"> • Business Failure • Wounded Honour • Betrayal • Shame • Failure to achieve high goals • Disappointed love 	<ul style="list-style-type: none"> • Wants to be the best – gold medal • Duty • Responsibility • Leader • Children want to be top of the class • Blame themselves 	Deep dark mood Thoughts of suicide > Music Insomnia, restless sleep and vivid dreams Painful headaches and sinusitis Palpitations
IGNATIA	<ul style="list-style-type: none"> • Death of someone close – often recent • Love disappointment • After reproach or punishment • Shock - bad news 	<ul style="list-style-type: none"> • Silent grief (cry alone) • Hysteria, sobbing • Suppressed emotions • Idealistic • Blame themselves 	Sighing Headaches – after grief Contradictory symptoms Insomnia Lump in throat (often after suppression of tears) Periods stop after emotional stress
NATRUM MURIATICUM	<ul style="list-style-type: none"> • Death of someone close – may have happened long ago • Disappointed love • Betrayal • Shame 	<ul style="list-style-type: none"> • Cry on own only • Resentment • Hold on to things – difficult to forget and forgive • Reserved/private – build a wall around them. • Lots of fears and anxieties, e.g anticipation, parties, health, robbers etc. 	Dwell on past hurts. <consolation Insomnia from thoughts of day and the past. < Sun <> Sea Migraines <company Desire Salt Constipation
PHOSPHORIC ACID	<ul style="list-style-type: none"> • Grief- prolonged • Disappointed love • Homesickness • Mental strain • Bad news 	<ul style="list-style-type: none"> • Burned-out • Apathetic, flat, lifeless, indifference to everything • Overwhelmed by grief 	Wants to lie and watch tv. > After sleep + refreshing drinks and food e.g. fruit juice Hair loss and greyness after grief Slow to answer, forgetful
PULSATILLA	<ul style="list-style-type: none"> • Loss, General depression • Loneliness • Jealousy, birth of another child. • Separation e.g. going to nursery or weaning. 	<ul style="list-style-type: none"> • Want attention • Weeping easily • Changeable • Mild • Want to please, yielding 	Clingy > Consolation > Fresh air Thirstless Chilly but intolerant to heat
SEPIA	<ul style="list-style-type: none"> • General depression • Strain of family life 	<ul style="list-style-type: none"> • Worn out mum • Indifferent to own family; spouse; children; work • Guilt at indifference • Isolated and detached • Weeping for no obvious cause 	Irritability and anger leading to screaming, shouting, sarcasm. < Consolation < Company + vinegar, pickles, sour food. < around periods. > after vigorous exercise or being occupied, lack of libido

Key: < (worse for) > (better for) + (desires) - (aversion)