



Suicidal Disposition and Scope in Homoeopathy

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ABSTRACT:-

Suicidal ideation is thought of serving as the agent of one's own death; seriousness may vary depending on the specificity of suicidal plans and the degree of suicidal intent. According to World Health Organization (WHO) in 2021 suicidal rate 12.7 per 1,393,409,038 population⁴. India ranks 43rd in descending order of rates of suicide with a rate of 10.6/100,000 reported in 2009 (WHO suicide rates). According to International Journal of Mental Health System and different online/Print Medias in Pandemic year 2020, the suicide behavior rate increased up to 67.7% in compare to last years. In homeopathic literature there are multiple evidences that indicate to help an individual who suffers from disturbed mental state with suicidal ideation and ultimately risk of suicide can also be reduced.

PREVALANCE:-

As per a study published in IJP/NCRB (2009) the highest prevalence of suicide rate is present in the people of 15-44 years age group (34-38 per 100,000 population & 34.2 to 34.5%). The path to suicide begins when events fall grossly short of one's expectations. Self-blame for these events quickly follows, along with an almost painful sense of self-awareness and self-loathing. This creates a negative feeling so powerful that an individual does anything to avoid it. It may drive them to a state of cognitive deconstruction, generally characterized by concrete thinking, cognitive rigidity, and a rejection of meaning. The importance of this issue of Suicidal Ideation and behavior was also highlighted in the September 10, 2012 World Suicide Prevention Day theme "Suicide Prevention across the Globe: Strengthening Protective Factors and Instilling Hope". According to WHO & Indian perspective females are more prone to attempt suicide because of not attending school or college, independent decision making, premarital sex, physical abuse at home, lifetime experience of sexual abuse, violence and psychological distress and probable common mental disorders

SIGN & SYMPTOMS:

The symptoms and warning signs of suicidal ideation may not always be able to easily identify. Some people who are thinking about death by suicide may never show any symptoms of their intentions. Symptoms of suicidal ideation may include:

Behavioral Symptoms:

- Giving away prized possessions
- Talking about death, dying
- Getting affairs in order
- Obtaining items needed for suicide attempt
- Socially withdrawing
- Increasing drug and alcohol use
- No longer engaging in activities once enjoyed
- Increase in risky behaviors

Physical Symptoms:

- Scars or injuries from past suicide attempts
- Changes in eating or sleeping habits

- Chronic and/or terminal illness

Cognitive Symptoms:

- Preoccupation with death and dying
- Belief that dying by suicide is the only way to end emotional pain

Emotional Symptoms:

- Hopelessness
- Paranoia
- Intense emotional pain
- Feeling hopeless about a situation
- Mood swings
- Sudden changes in personality
- Severe anxiety and agitation
- Feeling helpless
- Psychosis
- Self-loathing

CAUSES AND RISK FACTORS:

Other causes and risk factors for suicidal ideation are believed to be a mixture of genetic, physical, and environmental factors working together. Common causes and risk factors for suicidal ideation include:

Causes:

Genetic: People who are born into families who have a history of mental illness or suicidal thoughts and behaviors are at a higher risk for developing suicidal thoughts and behaviors themselves. However, although there is a genetic component to suicidal thoughts, not everyone who has a family history of suicide will develop suicidal ideations.

Physical: Some research has linked low levels of certain neurotransmitters, such as dopamine and serotonin, as well as changes to the structure and function of the brain as increasing the risk for many mental illnesses, including disorders that have suicidal ideation as a symptom.

Risk Factor:

Suicide is the act of deliberately killing oneself. Risk factors for suicide include mental disorder, especially depression, and neurological disorders, cancer and HIV infection. Every year, almost one million people die from suicide, 86% of whom are in low/middle-income countries.

- Untreated mental disorders
- A substance abuse problem
- Prior history of suicide attempt(s)
- Family history of suicide, mental disorders, violence, or substance abuse
- A chronic pain or a terminal illness
- Being male
- Bisexual, homosexual, or transgendered.

MENTAL HEALTH & HOMOEOPATHY

Dr. Hahnemann frequently used the term of 'Mental State' & 'Disposition' in 'Organon of Medicine'.

According to oxford dictionary- A combination of circumstances or attributes belonging for the time being to a certain person or things. Or a particular manner or way of existing as defined by the presence of certain circumstances or attributes.

In order to apprehend correctly the mental state in a particular patient, we need to know at the most General Level the Phenomenon of the Mind in its Totality of Expression in the Phases of Normality, Diathesis, Prodromes and Disease Manifestations in all the miasms: Psora→ Sycosis→ Tubercle→ Syphilis. There is Physical, Chemical and Biological Evolutions permit a progressive expression for the Mind which goes on acquiring Experience of increasing complexities.

The mental state is defined as a combination of different categories of mental symptoms viz. symptoms of the intellect, emotions, and behavior. Example: -a person is depressed (mood, i.e., feeling) entertains ideas of suicide (intellect, i.e., thoughts) and looks around for the best means of doing so by collecting a rope, etc. to hang himself (behavior).

The mental state is the dynamic resultant of: -

1. The Emotional State
2. The Intellectual State
3. Responses to the environment situations that affect 1 and 2.

HOMOEOPATHIC TREATMENT:

Dr. Christian Friedrich Samuel (C.F.S.) Hahnemann was the first physician who discovered — Man, the unknown. His mind, his feelings of love and hate and depression, his mental impulses neurosis, like and dislikes, sensations, jealousy, rage, desire, sex, aversions, mania, fear and phobias cannot be ignored when treating diseases. They are the prime factors. He said pathology recognizes nothing but the man's body. Man consists of what he thinks and what he loves and there is nothing else in a man. If these two grand parts of man the Will and the Understanding, be separated, it means Insanity, disorder and death. A century later, Sigmund Freud's dramatic introduction of the psychoanalysis proved Dr. Hahnemann's point.

The cause of catastrophes for suicidal behavior with emphasis of patient management had been well explained in Lesser Writings by Master Hahnemann under the heading —The un-charitableness toward suicides. Suicidal thought, Suicide and depression can be classified according to the guidelines of Dr. Hahnemann, mentioned in Organon of Medicine, in aphorisms 210–230 and can fall under any of the four categories such as mental diseases arising from corporeal origin (aphorism 216), mental diseases appearing suddenly (aphorism. 221), mental diseases of doubtful origin (aphorism 224), and mental diseases arising from prolonged emotional causes (aphorism 225). Suicide and depression can be expressed under all four miasms, namely Psora, Syphilis, Sycosis, and Tubercular with unique presentations corresponding to each miasm.

This management part in such disorders belongs to positive motivation on the part of the physician and the attendants of the patient. There are the following remedies which are helpful in the treatment for the symptoms reflecting suicidal thoughts:

Anacardium: Fearfulness about the future with presentment of approaching misfortune and supposition that he is surrounded by enemies, helpless state of mind and extremely sluggish, tendency towards suicide by shooting, irresistible desire to curse and swear, fixed ideas and hallucination, cowardice and loss of will power, a slight offence makes him vehement, angry and malicious.

Antim crude: Loathing of life, suicidal thoughts with desire to commit suicide, great sadness and weeping, anxious reflection in relation to the present or future, sentimental and distrustful.

Antim tart: Suicidal thoughts, senseless frenzy, with inclination to suicide, mental lassitude and weakness of mind, timid, restlessness, constriction between mind and will.

Aurum met: Suicidal ideas and insanity from depressing emotional troubles, religious mania from hepatic disorders, hallucinations of sight, ailments from grief, disappointed love, from mortification, fear, religious anguish and longing for death, being unfit for this and the other world.

Psorinum: Suicidal thoughts, hopeless, despair of recovery, fear of failure.

Arsenic album: Great anguish and restlessness. Changes place continually. Fear of death; of being left alone. Suicidal thought with lack of courage, Suicidal dispositions after midnight; from delusions, after fright.

Staphysagria: Violent outbursts of passion. Hypochondriacal, sad, very sensitive as to what others would say about. Suicidal thought with fear of death, from sadness. Ill effects of anger and insults.

Evidence from Homoeopathic repertory:

KENT - Mind - Jumping, impulse to jump: **Aur.,**

KENT - Mind - Jumping, impulse to jump into the river: *Arg-n.,*

KENT - Mind - Killed, desire to be: *Ars.,*

KENT - Mind - Suicidal disposition- thoughts- **Aur., Nat-s., Psor.,**

KENT - Mind - Suicidal disposition: midnight after –*Ars.*

KENT - Mind - Suicidal disposition: drowning by: *bell., dros., hell., hyos., puls., rgus.t., sil.*

KENT - Mind - Suicidal disposition: hanging by: *Ars.*,

KENT - Mind - Suicidal disposition: knife, wth: *ars., calc., merc.*, KENT - Mind - Suicidal disposition: lack courage, but: **Chin., Nux-v.**, KENT - Mind - Suicidal disposition: pains, from: **Aur.**,

KENT - Mind - Suicidal disposition: perspiration, during: *ars., aur., Calc., merc., spong.*,

KENT - Mind - Suicidal disposition: shooting, by: *ant-c.*,

KENT - Mind - Suicidal disposition: throwing himself from a height: **Aur.**, KENT - Mind - Suicidal disposition: throwing himself window from: **Aur.**,
BBCR - Mind - Suicidal: *AUR., NAT-S.*,

BBCR - Mind - Suicidal: shooting, by: *nat-s.*,

BBCR - Mind - Suicidal: tired of life: *unworthy; nat-s.*

BOERICKE - Mind - propensity to: Commit suicide: *Ant.c., Ars., Aur., Ign., Naja, Nux.v.* ,

PHATAK - Suicidal disposition: Weary of life: *ARS., AUR.*

SYNTHETIC - Sadness, Suicidal disposition, with, **AUR., STAPH.**