

## V - HOMOEOPATHY AND BIPOLARITY<sup>1</sup>

Many subjects rightly or wrongly labelled as 'bipolar' understandably come to homoeopathy for help.

To try to avoid a treatment seen as inconvenient and alienating, to keep away from an image which is painful to accept, to reject all supervision seen as limiting, to try to transgress the rules of a reality which is difficult to accept... There are numerous reasons, either expressed or hidden.

They show how crucial the problem is and frequently difficult the response to a disorder whose effects are often all the more serious as cooperation in the treatment is slowed down by the symptoms presented and the mistrust often present.

### **Homoeopathy is an opportunity which is both facilitative and frightening :**

Facilitative insofar as the help brought to the diagnosis amply favours the choice of the therapeutic response and the patient sometimes accepts a chemical treatment which had been refused if not on principle but also<sup>2</sup> because of its side effects ;

Frightening because the confidence they have in homoeopathy in which 'they believe' makes it impossible for them to accept if not to acknowledge that that is not always enough.

Demands, tears, shouts and anger are therefore often present.

Often proportional to their malaise, they are all the more problematic as the subject 'does not hear' the arguments given and unfortunately does not always assess the risks to which they expose themselves : a heavier therapy imposed when decompensation occurs, social, family and professional lives disrupted, self-image damaged.

Consequently, can homoeopathy help find a 'solution' to this disorder and constitute an alternative in the treatment of bipolar disorder ?

What does clinical experience reveal in this field ?

This is a vast question, which is sure to be posed.

## **CONTRIBUTION OF HOMOEOPATHY TO THE APPROACH TO BIPOLARITY**

It is various and takes different forms and, as a point of reference if not conclusion as regards 'bipolarity' in its various facets, it seems necessary to give a summary of it in order to permit to define the limits but also the possibilities of it.

### **As regards the diagnosis :**

In a somewhat linear way, it is possible to say that, concerning bipolarity and the 'depressive' - in the broad sense of the term - disorders which are linked to it, homoeopathy helps detect in advance the subjects predisposed to...

Manic depressive psychosis : Aurum ;

Cyclothymia : Phosphorus ;

Mood swings :

---

<sup>1</sup> 5<sup>th</sup> section of a five-part article published under the title *Psychiatric classifications, 'Depression' and homoeopathy*, homeopsy.com, April 2015.

<sup>2</sup> Which is understandable...

More or less seasonal ones : Lachesis, China rubra, Aurum ;  
Seasonal and hormonal ones : Laches, Sepia, Actaea racemosa.

### **As regards the prescription :**

It permits to :

Contribute to the reduction of the treatments by helping use them in a better way through the draining of the emunctories...

Engender greater tolerance and better targeting of the medicines prescribed : everyone can have their own antidepressant or mood stabiliser<sup>3</sup>, which permits to foresee the subject's reactivity and anticipate intolerances, notably in 'responding types'<sup>4</sup>.

### **As regards the comprehension of the pathology**

It also permits to understand it better.

The somatic component of the disorder<sup>5</sup> it uses and the meaning of its appearance amidst a history and pathogeny which need to be clarified are most invaluable :

To be aware of this difficulty, if not impossibility, in the melancholic and bipolar patients, notably of the Aurum type, in accepting the original 'Emptiness' inherent in the Laws of life permits to understand better their stubborn 'deafness' to certain sensible and realistic arguments.

### **As regards the help given to the patient**

It makes it possible to :

Explain in a more precise way, when that is the case and the diagnosis has been established with certainty and without haste, the meaning of the pathology at the somatic, psychological and - on certain points - genetic levels, and therefore the need for the treatment - which may help avoid mis- or non-observance of it.

### **It shows the difficulty of making the subject fall within the 'scope' of something**

Whether it is that of the DSM or of unenlightened repertorisation...

### **It shows forms of analogies between the descriptions of certain symptomatic pictures from the DSM and those from 'pathogénésies' :**

Aurum and certain characteristics of bipolar I and II disorder ;

Phosphorus and those of cyclothymia ;

Lachesis, Liliun Tigrinum and dysthymic disorder ;

Actaea racemosa, Sepia and Premenstrual Dysphoric Disorder ;

Arsenicum album, Hyoscyamus, Sepia and 'cyclical' disorders in the broad sense of the term...

---

<sup>3</sup> Lithium salts in straightforward cases of bipolarity, Depamide® in dysthymic disorder, Tégrétol® in cyclical disorders with prevailing mood disorders. See, on the site, the book *De l'homéopathie à la psychiatrie*.

<sup>4</sup> Cf. theses done within the context of the Faculté de Pharmacie de Montpellier. See, on the site, the book *De l'homéopathie à la psychiatrie*.

<sup>5</sup> Notably the ++ circulatory one.

### **It also shows the limits of classification and its artificial aspect**

It brings to light still more the impossibility of making a medicine - even a homoeopathic one - coincide with a pathology or of trying to make a pathology tally with a medicine - even an allopathic one.

### **It underlines the impossibility - except in straightforward cases of bipolarity - of :**

Making the subject with mood disorders fall within the scope of an absolute and final diagnosis ;

Defining in a systematic way the manner of treating them ;

Treating them in a univocal way and given the types in question, their fragility, the capacity of their emunctories, of adjusting the doses and medicines...

### **It also reminds one of the impossibility of claiming that bipolar disorder can be 'cured' by one homoeopathic treatment, even if it is well targeted...**

Unless there is a precise study of the case which can prove that this is a matter of bipolarity and the hereditary, if not transgenerational, aspect can be mobilised, which requires a serious analysis done according to certain rigorous criteria impossible to define in the light of today's knowledge, this seems impossible.

One should forget neither the periods of remission - a trap of allopathic treatments - nor the difficulty in establishing a diagnosis in an absolute way, at least at first : one needs only to remember the variety of symptoms<sup>6</sup> and their paradoxical aspects to be convinced of it...

### **IN CONCLUSION...**

A few sentences, which express the possibilities given to the homoeopathic practitioner - whether a psychiatrist or not - can sum up the basic points.

They can be expressed in the following way :

To give support to the subject without any hesitations given their behaviour, difficulties, 'bipolar' cyclicity : yes !

To understand them in the deeper meaning of their pathology : yes !

To treat them only with homoeopathy : no !

To claim, unless the diagnosis has been wrongly established, one can cure them completely : even less so ! - Whether in homoeopathy or, for that matter, in allopathy...

Only time, an appropriate, regularly adjusted treatment, an evolution of the organism and inner maturing can engender change.

Helped by homoeopathy and psychotherapy, they can, together with the comprehension and acceptance of this illness which affects the emotional sphere in its essence, give hope, if not of their final stopping, of the reduction to their simplest expression of all chemical therapies...

But perhaps one might yield the floor to the psychoanalyst Philippe de Georges<sup>7</sup> to say with him what often applies so justly to the problem found with this type of disorder :

---

<sup>6</sup> Hypersomnia and insomnia, anorexia and bulimia... etc.

<sup>7</sup> *Mères douloureuses*, Ed. Navarin. Le Champ freudien, 2014.

*« C'est souvent le poids des mots qui fige le discours mieux encore qu'un arrêt sur image. Certaines paroles, selon qui les a dites, prennent valeur de sentence. Celui qui les prononce, depuis la place que lui confère l'autorité de son savoir, leur donne parfois même à son insu la puissance redoutable de l'oracle qui fixe le destin, de la prédication aliénante [...] Un supposé savoir médical s'abat souvent sur des sujets en déroute. Le diagnostic tombe et fige alors tout mouvement possible, tout changement. L'affaire est entendue, il ne reste qu'à prescrire. Reste que le diagnostic donné à la va vite a cet effet pernicieux et terrible de geler toute tentative que pourrait faire le patient pour découvrir quelque chose de la vérité de son mal-être ».*<sup>8</sup>

By helping perfect the diagnosis and put the symptom back to its appropriate place to permit the most enlightened way of approaching the disorder, homoeopathy may have the distinctive feature, by being as close as possible to the diagnosis of the disorder in question, of making it possible for the subject to understand what they experience, anticipate its appearance, correct it in the best possible way and also, sometimes, to try to find the hidden meaning of what they feel.

To help the latter prevent their disorder and accept it in a right balance between 'too much treatment' and 'not enough' is part of its 'genius' and corresponds to its most invaluable possibilities.<sup>9</sup>

Doctor Geneviève Ziegel,  
Montpellier, May 2015

---

<sup>8</sup> *'It is often the weight of words which freezes what is being said even more than a freeze-frame. Certain words, according to who has said them, take on sentence value. The one who pronounces them, from the place which the authority of their knowledge has conferred upon them, gives them sometimes even without their knowing it the fearsome power of the oracle which determines fate, of the alienating sermon [...] Disconcerted subjects are often struck by so-called medical knowledge. The diagnosis is pronounced and freezes any possible movement, any change. All right, it only remains to prescribe. The fact remains that the diagnosis made in a hurry has the pernicious and terrible effect of freezing any attempt which the patient might make to discover something about the truth of their malaise.'*

<sup>9</sup> Translated by Pascale Tempka