



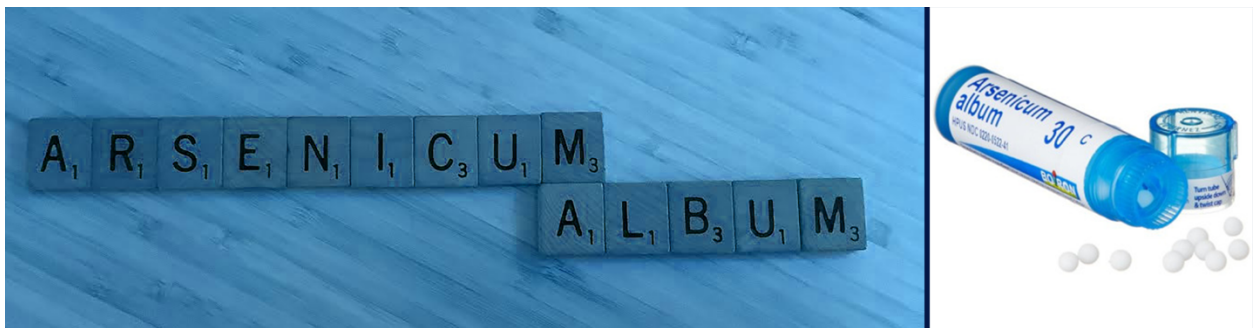
### **A look into the Homeopathic Medicine Arsenicum Album to help Relieve Symptoms of OCD with Suicidal Ideation.**

Mood disorders with suicidal ideation and obsessive-compulsive disorders are subjects very close to my heart. There was a period in my life where children I encountered almost every day at the skatepark, school and sleepovers were becoming the young adults our community were eulogizing and grieving for. I also am a parent gingerly finding ways to help those in my own family. I say, “gingerly” since this is a tender line of empowering, protecting, motivating, and going to levels that exceed many comfort zones. I have enlisted in this war and am grateful for any knowledge or ammo I can use. I created this header graphic in memory of a very cherished young man our family spent many days and hours traveling and skateboarding with my sons. The broken skateboard represents the brain and its difficulty to function or find joy when it is broken.

The CDC is reporting that, during the pandemic, 1 in 10 Americans are having suicidal thoughts. “Suicide is the eighth-leading cause of death in Arizona and fluctuates between the first and second leading cause of death for Arizona’s youth 10-24 years of age. (1) “17 percent of high-schoolers in Arizona say they’ve seriously considered attempting suicide in the past year,” according to a recent Arizona study. (2) Many are aware of CBT (Cognitive Behavioral Therapy), medication and institutionalizing to stabilize an individual in an urgent or crisis situation. (I am creating a referral guide for those in Arizona for Asian Medicine Practitioners if interested) These are powerful tools and services especially for a challenging brain disorder that I can attest, is beyond my scope of practice as a parent, friend, and practitioner. Yet, natural treatment and remedies along with these life-saving therapies can help. Many medications are meant for temporary use and the Substance Abuse and Mental Health Association (SAMHSA) is encouraging alternative options to decrease addiction. (3) Homeopathic and Traditional Chinese Medicine are two forms of energetic medicine with a common goal of encouraging the body/mind/spirit to heal itself. If treated properly they are safe and non-addicting options or helpful adjunct therapies. (4)

In homeopathic medicine the uniqueness of the emotions and their triggers are priority in finding the right remedy. The person afflicted may show signs such as.

1. Rearranging or organizing space instead of going to work, school or attending activities of daily living.
2. Having increased anxiety over normal activities. Needs extra preparation time to brush teeth, eat, dress, go to the store, ect.
3. Not being able to function with any strong emotion: sadness, happiness, guilt, anger, frustration, ect.
4. Frightened by germs, health issues.
5. Refers to suicide as a solution to a problem.
6. Persistent/obsessive thoughts.
7. Non-compliant and untrusting of professionals and systems.
8. Needs others for reassurance. Fear of loneliness, poverty.
9. Rashes or irritated skin and rashes, acne



Homeopathic remedies such as Arsenicum Album have shown to help alleviate these unique symptoms in patients that have specific characteristics to their condition, such as obsessive-compulsive tendencies with health and dying fixations. In the homeopathic Materia Medica, the remedy pertains to certain characteristics and peculiar traits. This is the beauty of this medicine. The uniqueness of the remedy matches the uniqueness of the afflicted. Examples of the Materia Medica from Kent's Repertory (5) provide indications such as:

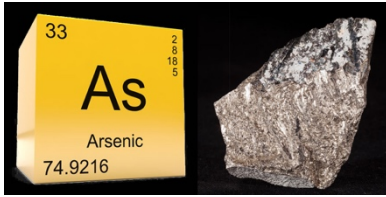
### ***Mental Symptoms***

1. Mind: Such as refuses to answer, anxiety from going place to place,
2. Mind: Can not rest when things are not in proper place,
3. Mind: suicidal disposition, has thoughts of disease,
4. Mind violent, vehemently angry.
5. *Mind starts running when falling asleep.*

### ***Physical symptoms***

6. Head: Feels hot
7. Head: Feels heaviness in a warm room,
8. Stomach: nausea and pain aversion to food in the morning,
9. Stomach: increased hunger when cold, desires cold drinks.
10. Abdomen: Bloating,
11. Abdomen: Hard liver area
12. Skin: red or rashes,
13. Respiration: Anxious accelerated respiration
14. Respiration: Difficult ascending respiration
15. Back: Cervical back pain
16. Back: in between scapula pain.

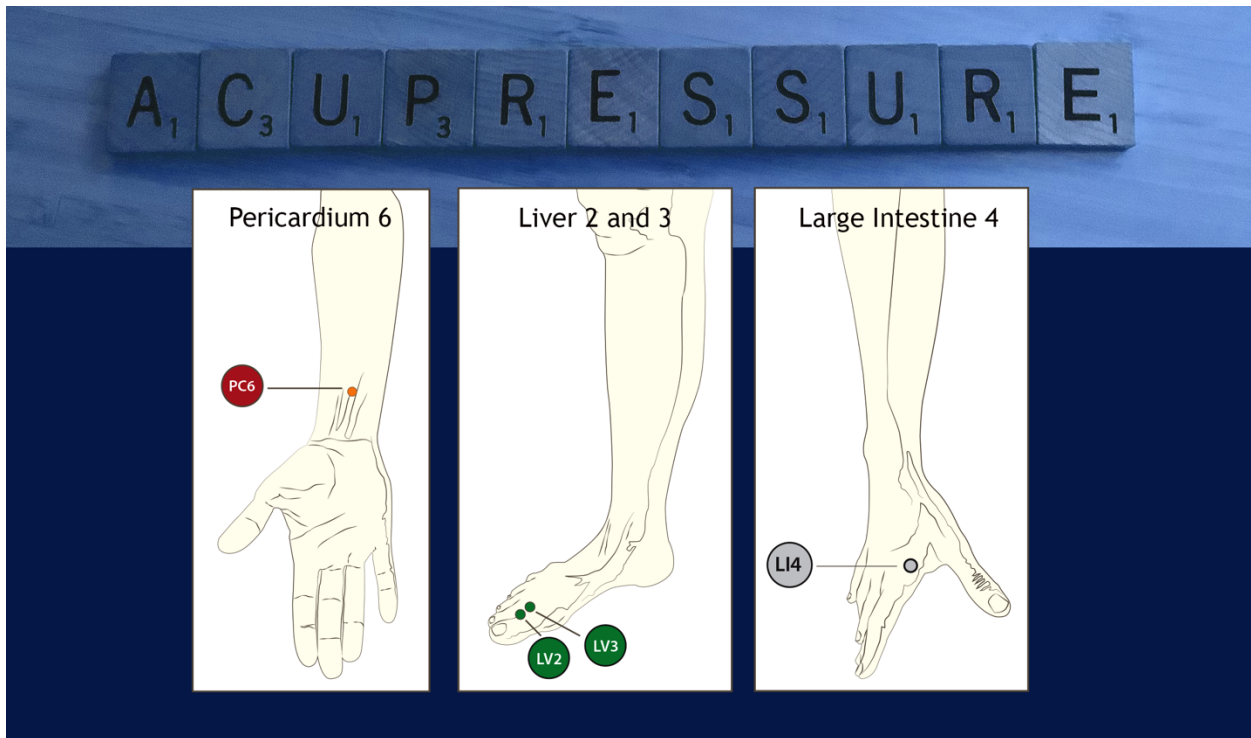
Arsenicum Album is a diluted aqueous preparation of a remedy that mimics its original nature. “Like cures like” is the philosophy in homeopathy. Arsenicum Album is derived from arsenicum trioxide that in its full potent form is toxic and can cause arsenic poisoning. These symptoms could include red skin, lesions, abdominal pain, nausea and vomiting, muscle cramps, and persistent digestive issues. This resembles many symptoms that a person has if Arsenicum Album is recommended. Other symptoms may indicate a different remedy. These diluted remedies hold the essence of the original material (less than a molecule) to signal the body’s innate healing system. The energy in the body is the healing factor in this medical system. Dosage and length of time is crucial in treatment strategy. It is recommended to work with a practitioner well trained in this method. A little ironic; a poison in war in its dilute form has become an ally in our mission for our war on mood disorders. Pic (Arsenic levels 2019)



Traditional Chinese Medicine (TCM) also addresses the innate energetic body system. Mood disorders with suicidal tendencies and obsessive thoughts and actions are also treated as unique characteristics to the patient. In TCM the roots of acupuncture, herbs, tuina massage and herb/nutrition are rich with spiritual, mental, and emotional significance. Rigid psyche tends to externalize physical rigidity. Emotions such as anger, anxiety and persistent thoughts are related to the imbalance of organs, meridians and the spirit related to them. Patterns are recognized through these imbalances. TCM has an amazing formula *Chai hu Jia Long Gu Mu Li Tang* (Blupleurum and Dragon Bone Combination). Studies show that *Bupleurum* releases natural glucocorticoids and inhibits inflammatory mediator release which happens in post-traumatic syndrome and brain disorder responses. (6) Other studies have shown this herb to suppress telomerase activity. The *Dragon Bone* soothes irritability and gastro-intestinal stress, reduce insomnia, decrease palpitations and cool the nervous system. (7) There are acupuncture pressure/points that can help.



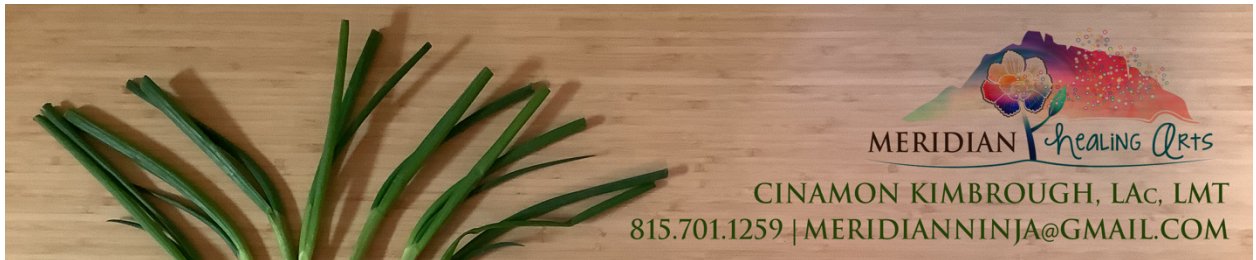
(TCM Zone, 2020)



(Kimbrough, 2020)

- **Pericardium-6 :PC6** (three fingers width proximal to the wrist crease.) descends the action of nausea, such as a famous wrist point you may know this for the acupressure wrist bands made for sea sickness or morning sickness.
- **Liver-3: LV3** (on the foot between the Big toe and 2<sup>nd</sup> toe) to keep things moving that might have stagnated as well as. Use LV 2 if heat is indicated.
- **Large Intestine 4: LI4** (on the hand in between the webbing between the thumb and index finger) famous as a acupressure point for head conditions.
- **LV3 and LI4** Together are named the “**Four Gates**” and are used to open all the meridians to increase circulation and decrease pain in the body and mind where feelings feel stuck or trapped in a situation.

The whole person approach and treatment allows a safe environment not attached to a stigma. Many of my patients start to empower themselves with these natural traditional lifestyle tricks of the ancients. They were known to honor and give purpose to their own lives thousands of years ago. They believed we were created for a purpose and life is a treasure. These lifestyle habits supported this belief. Together we can find ways to alleviate and reduce these symptoms. If you are interested in adding TCM to your treatment strategies in mental health lets fight this together and if you are interested in a homeopathic practitioner, I can guide you as well. Meridian Healing Arts is invested in finding balance and joy within.



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*Pictures:*

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