



## EVALUATING THE EFFICACY OF ARNICA MONTANA IN TREATING SCHIZOPHRENIA: A COMPREHENSIVE CASE STUDY

Ginu D Mohan<sup>1\*</sup>, Rejin<sup>2</sup>, Adlin shenika<sup>1</sup>, Elavarasan<sup>3</sup>, Umesh Mohan<sup>4</sup>

### ABSTRACT

**1.Introduction:** Schizophrenia is a serious mental disorder that affects how a person thinks, feels, and behaves. People with schizophrenia may seem like they have lost touch with reality. Homoeopathy gives great importance for the mental health both in the treatment of physical and mental illness. Dr. Hahnemann has paid a lot of attention towards the understanding of mental illness.

**2. Case summary:** A 50 year old man presented with Disturbance in thinking, confusion, forgetful, harming others, hears unnecessary noise, and difficulty in speech according to the totality of symptoms the case was evaluated and on the basis of individualization Similimum medicine was selected and outcome of the treatment was analyzed using Brief psychiatric rating scale. The aim of the article is to demonstrate the effectiveness of homeopathy on schizophrenia.

**KEYWORDS:** *Arnica Montana*, Brief Psychiatric Rating Scale, Homoeopathy, Schizophrenia

---

<sup>1\*</sup>Department of Repertory, Maria Homoeopathic Medical College and Hospital, Thiruvattar, Kanniyakumari District, Tamilnadu.

<sup>2</sup>Department of Practice of Medicine, Maria Homoeopathic Medical College and Hospital, Thiruvattar, Kanniyakumari District, Tamilnadu.

<sup>3</sup>Department of Community Medicine, Sri Sairam Homoeopathic Medical College and Hospital, Chennai, Kanniyakumari District, Tamilnadu.

<sup>4</sup>Department of Practice of Medicine, Yenapoya Homoeopathic Medical College and Hospital, Mangalore, karnataka.

**\*Corresponding Author:** - Ginu D Mohan

\*Department of Repertory, Maria Homoeopathic Medical College and Hospital, Thiruvattar, Kanniyakumari District, Tamilnadu, E-mail: dr.ginu@gmail.com

**DOI:** 10.53555/ecb/2023.12.Si13.231

## INTRODUCTION

Schizophrenia is a chronic psychiatric disorder with a heterogeneous genetic and neurobiological background that influences early brain development and is expressed as a combination of psychotic symptoms such as hallucinations, delusions and disorganization and motivational and cognitive dysfunctions<sup>(1)</sup>. The most important psychopathological phenomena is thought echo<sup>(2)</sup>. The Schizophrenia is divided into four types they are catatonic, paranoid, hebephrenic and simple schizophrenia. The exact cause of schizophrenia is not known. But like cancer and Diabetes mellitus schizophrenia is a real illness with a biological basis. Yet researchers are cautiously optimistic that we will soon have some answers regarding the etiology of this disease<sup>(3)</sup>. The peak age of onset of schizophrenia are 10 – 20 years for men, 25-25 Years for women. In India the Schizophrenia is more common in men. The world health organizations global burden of disease estimates of 2011 indicates that schizophrenia is the 17<sup>th</sup> leading cause of years lived with disability as compared to being 19<sup>th</sup> in the year 2000. According to the WHO mental health gap Action program in India the prevalence rate is 200 per cases 100,000 people for schizophrenia. In an observational study conducted by CCRH from 1984-2005 at CRI (H) Kottayam, Kerala India on 4179 patients with different types of behavior disorder It was found that 785 were schizophrenic .The peak In India the Schizophrenia is more common in men<sup>(4)</sup>. The pathological changes are noted in the frontal lobe, hippocampus and basal ganglia , dopamine hypothesis it is hypothesized that Schizophrenia is the result of dopaminergic hyperactivity in the CNS especially D-2 receptor<sup>(5)</sup>. Schizophrenia has varied symptoms that begin in early childhood usually continue throughout life. Most patients have a history of behavioral dysfunction primarily social and learning difficulties<sup>(6)</sup>. The important symptoms are Disturbance in thinking, delusions, motor disturbances, Disturbance of perception, cognitive disturbances. Schizophrenia is diagnosed on the basis of clinical features. Psychometric test may helpful. Schizophrenia possesses the threat of chronic handicap and therefore the treatment should be instituted earlier<sup>(7)</sup>.

Homeopathic literature enlist many medicine for schizophrenia such as *Belladonna*, *Sulphur*, *Nux Vomica*, *Hyoscyamus Niger*, *Stramonium*, *Phosphorus*, *Aurum Metallicum*.<sup>(8)(9)</sup> Studies revealed the satisfactory role of homeopathy in managing the schizophrenia but no studies relating to the effect of homeopathy in

Schizophrenia treated with *Arnica Montana* has been published yet.

A case report on schizophrenia was successfully treated with homeopathic medicine *Arnica Montana* is presented here . This case highlights the effectiveness of homeopathy for treatment of schizophrenia following the basic principles of homeopathy.

## MATERIALS AND METHODS

### Case Presentation

A 50 year old lean, thin man reported in the outpatient department (OPD) on 23,November 2022, with a complaint of disturbance in thinking, confusion, forgetful that appeared gradually he also complained of harming others, hears unnecessary noise and difficulty in speech. since 1 month, patient was a known case of Schizophrenia with a history of psychic features in the past one month for which he underwent treatment in allopathy but he was not relieved so his bystanders eventually opted for homeopathy treatment.The patient did not suffer from any other major illness in the past. Family history was not significant.

### Past History

Nothing relevant

### Family History

Nothing relevant

### Mental generals

The patient was very well behaved during his childhood , he was average in studies , he was depressed due to his work, due to that he will become anger and nervous , he feels irritable even though he is sick he will say "I am not sick" , he is very forgetful in words while speaking he is indifferent in his work always lazy, he always want to be alone due to fear of others will approach him, he had disturbance in thinking , confusion about what to do . He will harm others by fighting with others, he hears unnecessary noise such as someone one is calling him, his speech is difficulty. He was married at the age of 25, he had 2 children, his relationship with his wife is good except when he become anxious.

### Physical generals

Patient had a thermal reaction towards hot , He baths thrice daily in cold water, during winter season, His appetite was good and he desires hot food, but he had aversion to milk, His tongue is white coated moist tongue, He had moderate thirst, Stool is regular he had to go 1 or 2 times a day , Urine is involuntary during night at bed. He

perspire moderately, Sleep was normal 6-8 hrs sleep per day. No specific dreams mentioned.

- Aversion milk
- White coated moist tongue
- Involuntary urination (Night at bed)

**TOTALITY OF SYMPTOMS**

- Depressed
- Anger
- Nervous
- Irritable (says he is not sick)
- Forgetful(words while speaking)++
- Indifferent in his work(lazy)+++
- Want to be alone (Fear of other people will approach him)
- Disturbance in thinking
- Confusion+++
- Harming others
- Hears unnecessary noise
- Difficulty in speech
- Desire hot food

**Homoeopathic Intervention**

Homoeopathic treatment of mental disease is very effective when we treated by considering their totality of symptoms and select the accurate similimum. This case study also evident that when we understanding of the patient by both generals, particular and characteristic symptoms we can treat mental diseases. Usually In most of the cases *Arnica Montana* had cured the physical injury but based on the totality of symptoms the *Arnica Montana* can able to cure the mental injury so the totality of symptoms is the sole guide towards the successful recovery of the patient.

**TABLE 1: ANALYSIS AND EVALUATION OF SYMPTOMS WITH MIASMATIC ANALYSIS<sup>(10)</sup>**

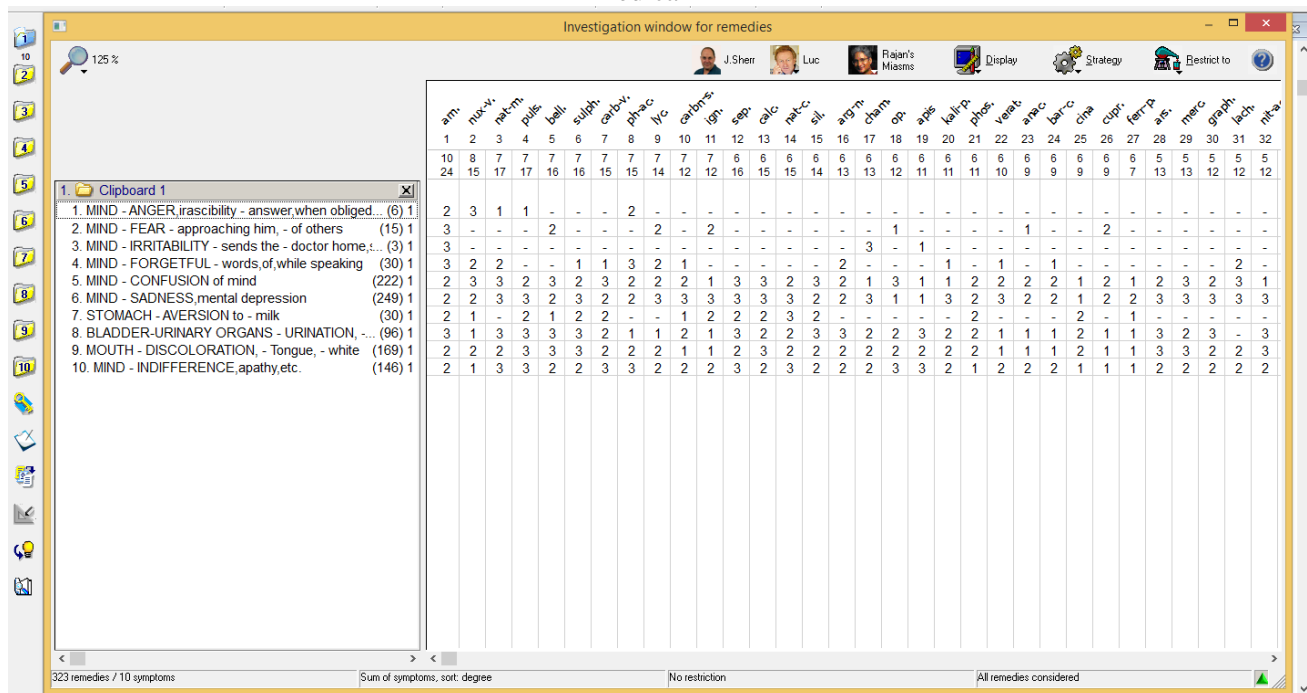
ANALYSIS AND EVALUATION OF SYMPTOMS	SYMPTOMS	MIASMATIC ANALYSIS
Mental generals	Depressed	Tubercular
	Anger	Psora
	Forgetful	Sycosis
	Nervous	Psora
	Irritable	Syco-psoric
	Indifferent	Tubercular
	Want to be alone	Psora
	Confusion	Sycosis
	Disturbance in thinking	Syphilis
	Difficulty in speech	Sycosis
	Harming others	Sycosis
	Hears unnecessary noise	Psora
Physical generals	Desire hot food	Tubercular
	Aversion milk	Psora-Sycosis
	White coated moist tongue	Syphilitic-Tubercular
	Urine involuntary	Syphilis

**HOMOEOPATHIC DIAGNOSIS:** Chronic dynamic disease with fully developed symptom of psora-sycosis

**FINAL DIAGNOSIS:** Undifferentiated schizophrenia

**FIGURE 1: REPERTORIAL TOTALITY:**

This case was Repertorised by Radar software using J.T.Kent's Repertory of the Homeopathic Materia Medica <sup>(11)</sup>



**REPERTORIAL RESULT**

- *Arnica Montana*-10/24
- *Nux Vomica*-8/15
- *Natrum Muriaticum*-7/17
- *Pulsatilla Nigricans*-7/17
- *Belladonna*-7/16
- *Sulphur*-7/16
- *Carbo Vegetabilis*-7/15
- *Phosphoric Acidum*-7/15

After Repertorisation *Arnica Montana* has scored highest marks 10/24 followed by *Nux Vomica* scored 8/15 and *Natrum Muriaticum* and *Pulsatilla Nigricans* scored 7/17 but considering

the analysis and evaluation of symptoms of the case and consulting the *Materia Medica*, *Arnica Montana* <sup>(12)(13)(14)(15)</sup> was selected, patient was followed up as per need, potency selection and repetition of dose was done as per Homeopathic philosophy <sup>(16)(17)(18)</sup>

**PRESCRIPTION:** *Arnica Montana* 200C

Selection of medicine and potency: After considering Repertorial totality and due consultation with *Materia Medica* *Arnica Montana* 200 was selected . The dose was selected according to the susceptibility of the patient.

**TABLE:2 DETAILS OF FOLLOW UP AND PRESCRIPTION**

TIME	CONDITION	PRESCRIPTION
After 15 days	Intensity of confusion was reduced	<i>Arnica Montana</i> 200/1D stat
	Intensity of forget fullness was reduced	Placebo was prescribed TDS, for 2 days
	No improvement in speech	
	Disturbance in thinking was slightly improved	
	Slight improvement in hearing unnecessary noise	

	No improvement in harming others	
After 30 days	<p>Intensity of confusion was reduced</p> <p>Intensity of forgetfulness was reduced</p> <p>Slight improvement in speech</p> <p>Disturbance in thinking was improved</p> <p>Slight improvement in hearing unnecessary noise</p> <p>Slight improvement in harming others</p>	<p><i>Arnica Montana</i> 200/1D stat</p> <p>Placebo was prescribed TDS, For 2 days .</p>
After 45 days	<p>Confusion was better than previous</p> <p>Forgetfulness was reduced</p> <p>Speech was improved than previous</p> <p>Disturbance in thinking was improved than previous</p> <p>Slight improvement in hearing unnecessary noise</p> <p>Not harming others</p>	<p><i>Arnica Montana</i> 200/1D stat</p> <p>Placebo was prescribed TDS, For 2 days</p>
After 60 days	Patient was feeling better in general	<p>No medicine was given</p> <p>Patient was advised to avoid mental strain.</p> <p>Patient was advised to take rest.</p>

**TABLE:3 BRIEF PSYCHIATRIC RATING SCALE**

O- Not assessed, 1-Not present ,2-very mild, 3-mild, 4- moderate, 5-moderately severe, 6- severe, 7- extremely severe.

SYMPTOMS	BASELINE	15 days	30 days	45 days	60 days
Somatic concern	5	3	2	1	0
Anxiety	7	5	3	2	1
Emotional withdrawal	5	3	1	0	1
Depressive mood	7	5	3	1	0
Guilt feeling	3	1	0	0	0
Hostility	4	2	1	0	0
Grandiosity	0	0	0	0	0
Suspiciousness	7	6	4	2	0
Hallucination	7	5	4	2	0
Unusual thought concept	5	6	2	1	0
Disorientation	3	2	0	0	0
Conceptual disorganization	6	5	4	3	0
Blunt affect	6	4	3	2	0
Motor disorganization	7	5	3	2	0
Motor retradation	6	4	3	2	0
Tension	6	5	2	0	0
Uncooperative	3	2	1	0	0
Excitement	2	1	0	0	0
Mannerisms	0	0	0	0	0

**DISCUSSION**

It is an immense challenge for the homeopathic physician to manage Schizophrenia patients with regular follow ups because the patients are unconvinced with Confusion cant able to narrate the symptoms exactly, and don't completely adhere to the instructions of one physician . The

only possible out way is by meticulous prescription and keen observation of the patient as a whole. To bring a favorable results in schizophrenia with homeopathy the guidelines advised by our master Dr. Samuel Hahnemann in the third aphorism of organon of medicine was followed . He assess the physician to possess the

thorough knowledge of medicine, thorough knowledge of disease, choice of remedy and proper dosage and repetition. The most similar homeopathic medicines will cure this condition. All mental diseases are psoric in origin and one-sided disease it is difficult to cure.

As Dr. Hahnemann gave more importance to the mental symptoms, in this case the mental symptoms is pre-dominant one, so homeopathy has a great role in curing such mental diseases.

The present case report was aimed to present the remarkable effect of *Arnica Montana* in controlling Schizophrenia. Various studies proved that the *Arnica Montana* can be able to cure the mechanical injury, open wounds, contusion. Over years physicians also use it as a powerful weapon to cure any injury, but in this case the patient presented the most peculiar symptom of *Arnica Montana* as "I am not sick" and other features such as Confusion, forgetful, anger, fear, involuntary urination based on the totality of symptoms. Similimum medicine is selected after repertorization and with due consultation of materia Medica and outcome of the treatment is analyzed using Brief psychiatric rating scale. This case is not an evidence based on previous study. The outcome of this study is to prove the role of *Arnica Montana* in schizophrenia.

It is concluded that that positive response and gentle restoration of health within the specific time is possible only by the similimum medicine thus totality of symptoms is the sole guide to the successful recovery of the patient.

#### CONCLUSION:

In the above case it can be observed how the Individualization in Homeopathy can help treat the schizophrenia. In most of the cases *Arnica Montana* had cured the physical injury but based on the totality of symptoms the *Arnica Montana* can be able to cure the mental injury so the totality of symptoms is the sole guide towards the successful recovery of the patient.

#### REFERENCE

1. Rasool S, Zeeshan Zafar M, Ali Z, Erum A. Schizophrenia: An overview. *Clinical Practice*. 2018;15(5).
2. Schizophrenia: Definition, symptoms, causes, diagnosis, treatment [Internet]. WebMD. WebMD; [cited 2023Apr11]. Available from: <https://www.webmd.com/schizophrenia/mental-health-schizophrenia>
3. Volkan K. Schizophrenia: Epidemiology, causes, neurobiology, pathophysiology, and treatment. *Journal of Health and Medical Sciences*. 2020;3(4).

4. *Homoeopathic management of schizophrenia: A prospective, non ...* (no date). Available at: <https://www.ijrh.org/article.asp?issn=0974-7168;year=2016;volume=10;issue=2;spage=108;epage=118;aulast=Oberai> (Accessed: March 30, 2023).
5. Oberai P, Gopinadhan S, Sharma A, Nayak C, Gautam K. Homoeopathic management of schizophrenia: A prospective, non-comparative, open-label Observational study. *Indian Journal of Research in Homoeopathy*. 2016;10(2):108.
6. Krishna Das KV. *Textbook of Medicine*. 5th ed. New Delhi, India: Jaypee Brothers Medical; 2008.
7. Innes JA. *Davidson's Essentials of Medicine*. Edinburgh: Elsevier Limited; 2020.
8. Gupta G. Schizophrenia and Homoeopathy: A Review. *Altern Ther Health Med*. 2021 Aug 30;AT6455. Epub ahead of print. PMID: 34453506.
9. *Schizophrenia and its homoeopathic approach* (2020) *homeopathy360*. Available at: <https://www.homeopathy360.com/2020/12/14/schizophrenia-and-its-homoeopathic-approach/> (Accessed: March 30, 2023).
10. Banerjee SK. *Miasmatic prescribing*. B Jain Pub Pvt Ltd; 2007.
11. Kent JT. *Repertory of Homeopathic Materia Medica*. Calcutta: Sett Dey & Co.; 1969.
12. Boericke W, Boericke OE. *Homeopathic materia medica with repertory comprising the characteristic and guiding symptoms of the remedies*. 2nd ed. Savage RB, editor. Sittingbourne, England: Homoeopathic Book Service; 1990.
13. Kent JT, Savage RB, Kent JT, Kent JT. *Materia medica of Homeopathic remedies*. London: Homoeopathic Book Service; 1989.
14. Clarke JH. *A dictionary of practical materia medica: In three volumes*. New Delhi, India: B. Jain; 1995.
15. HAHNEMANN SAMUEL. *Materia Medica pura*. S.l.: FORGOTTEN BOOKS; 2022.
16. Kent JT, Hahnemann S. *Lectures on Homeopathic philosophy*. Chicago, IL: Ehrhart & Karl; 1954.
17. Close S. *The genius of homeopathy: Lectures and essays on Homeopathic philosophy*. New Delhi: Gyan; 2022.
18. *The principles and art of cure by homeopathy* - amazon.com [Internet]. [cited 2023Feb11]. Available from: <https://www.amazon.com/Principles-Art-Cure-Homoeopathy/dp/8170210283>
19. Hahnemann S, Reves J. *Organon of Medicine*. Haifa, Israel: Homoeopress Ltd.; 1994.