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REVIEW ARTICLE

HEARTBREAKS AND HOMOEOPATHY

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Abstract

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Heartbreak is a complex emotional experience that can be triggered by various factors such as a romantic breakup, loss of a loved one, or betrayal by a trusted friend. It can also be triggered by many different situations, such as losing a job, moving house, a relationship breakdown. Even moving through different life stages can sometimes bring about a sense of loss as we transition out of childhood for example, confront the menopause, or come to terms with children flying the nest. As its causes are manifold, so too are the responses. Some people go into a phase of deep sorrow but as time passes they accept the loss and move on with their lives. Other people are unable to move forward and accept reality. As these emotions is a natural and normal response to loss. However, if one doesn't have the opportunity to properly acknowledge and process these feelings, longer-term health and well-being might start to suffer. And it's not only the emotional health that can be affected; physical symptoms are also common during periods of mourning. Difficulty sleeping, reduced appetite, fatigue, and nausea can all feature as part of response.

INTRODUCTION

Heartbreak is a term used to describe intense emotional suffering as a

result of a significant loss or rejection in one's life. It can manifest as feelings of sadness, despair, hopelessness, anger and grief.

Understanding Heartbreak and its effects

- **The Emotional Roller Coaster** – It can result in intense feelings of sadness, anger, confusion and even physical symptoms like insomnia and eating disorders.
- **Neurological Effects** – Studies have shown that heartbreak triggers the same parts of the brain as physical pain.
- **Impact On Daily Life** – Heartbreak can greatly affect one's daily life hence making it important to address and heal.

Signs and Symptoms

Some common signs and symptoms of heartbreak include:

- Persistent feelings of sadness or despair
- Loss of appetite or overeating
- Trouble sleeping or excessive sleeping
- Fatigue and lack of energy
- Sensitivity to sights, sounds, or other stimuli
- Anxiety or nervousness
- Withdrawal from social interaction
- Physical aches and pains
- Palpitations

- Shortness of breath
- Sweating

Homeopathic Medicines for Heartbreak

Homeopathy offers several remedies which can help alleviate the symptoms of heartbreak. These remedies are selected based on an individual's unique set of symptoms, emotions, and overall state of health. Here is a list of some common homeopathic medicines and their associated symptoms:

1. **The Abandoned Heart (Pulsatilla)** - The heart of Pulsatilla feels that there is never enough love. Associated with the trauma and suffering is the feeling of abandonment. Their anxiety can show as easy tears and becoming very clingy. In children they want their mother's attention at all times. This state can arise from the loss of a parent due to divorce, anytime the child must face separation from mum and dad. Pulsatilla can become jealous and irritable if it doesn't get the comfort they crave.
2. **The Unattainable Heart (Natrum Muriaticum)** - The heart of Natrum muriaticum yearns for the love that they can never have. Irritable, these people will not cry in front of others at all. There can be deep sadness and a state of despair. The person may feel betrayed, alone and like they really need some nurturing however they will

not let on that they feel like this. They can have trouble falling asleep as they tend to stew over past events, old hurts and conversations at night.

3. **The Grieving Heart (Ignatia)** - The heart of Ignatia is grieving and in emotional shock after the loss of a loved one. They may become hysterical at times - sobbing one moment and laughing uncontrollably the next. The keynote is that the weeping comes in bursts that the person will try and control, there might only be tears in the eyes. They have waves of anxiety with palpitations and often feel that there is a lump in your throat. Sigh frequently and may feel as though it's difficult to catch your breath. Are easily irritated and can lash out angrily. This remedy is very good when a person's acute response to grief is to weep
4. **The Jealous Heart (Lachesis)** - The heart of Lachesis is jealous. This jealousy can drive them to lash out in anger verbally and physically. They become quite suspicious. Can have alternate between periods of euphoria, giddiness and almost feeling manic, talking a mile-a-minute to feeling totally depressed and wanting to be left totally alone. This is also used in sibling rivalry.

5. **The Indignant Heart (Staphisagria)-**

The heart of Staphisagria has to suppress its anger and indignation after being humiliated. They may have experienced betrayal, or physically or verbally abused and feel totally humiliated and want to hide from it. They are generally gentle and kind, but either have no outlet for their anger or feel that they need to stifle your emotions, which can cause them to have occasional explosive angry outbursts.

6. **The Dark & Despairing Heart (Aurum muriaticum)-**

The heart of Aurum is in deep despair from disappointed love and grief. They may seek prayer and meditation to relieve your pain. They can alternate between exuberance and almost manic happiness to deep dark depression and isolation to sudden rages and explosive anger. In the depths of your despair, they may even consider harm to themselves.

7. **An apathetic heart (Phosphoric acid)**

- A Phosphoric acid picture is more likely to be seen after the initial stages of grief have passed and the long term reality of dealing with a loss has set in. The person feels isolated and unable to communicate because of an extreme lack of energy. There is exhaustion and indifference. Yet despite feeling tired,

sleep does not come easily due to worry and anxiety about loved ones. Other accompanying symptoms may include a crushing headache and a difficulty in staying focused.

- 8. A Sensitive heart (Gelsemium)** - A strong keynote is ailments from bad news causing a shock to the nervous system with over excitability initially and then weakness, trembling and fatigue. They can become speechless or paralysed from fright. There is a strong dread and shut down, weak at the knees, shaking hands, trembling voice; they anticipate even the simplest things with dread and worry and this wears down the vitality. To conserve their strength they prefer to be quiet and undisturbed
- 9. Argentum Nitricum (a fearful heart)** - The heart of Argentum has anticipatory anxiety associated with deep seated fear. Has panic attacks with intense palpitations as if heart would jump out of the chest.
- 10. An Anxious heart (Aconitum Napellus)** - The heart of aconitum has intense feeling of fear, anxiety, agitation and restlessness. It can be helpful when heartbreak is sudden and overwhelming, causing a state of shock or panic. It is recommended in initial stage when the emotional impact is acute and intense

CONCLUSION

In conclusion homeopathic medicines aims to address the emotional distress and symptoms associated with heartbreak by providing individualized approach by alleviating associated symptoms such as sadness , grief , anger , resentment and other emotional turmoil. It harmonizes the innate energy of the individual to promote cure of the individual. Complementary techniques such as yoga, meditation , speaking with loved ones and healthy diet act as additional supportive tools in the healing journey

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