



Sadness, Low Mood, the Blues?

Regain your zest for life, naturally

By Avghi Constantinides, DHom, HMC, RSHom(NA), MA

“What is wrong with me? Why can’t I find the sunshine and happiness in my life anymore? I used to have a zest for life, but now I have a hard time facing each day and getting out of bed in the morning.”

Sound familiar to you?

Since the coronavirus pandemic, many people have fallen into a depressed state, and the number of clients in my homeopathic practice has more than doubled with the addition of adults, teens, and children who suffer from lower moods. See *Depression in the United States* on page 34 to learn how depression affects our country’s population.

The word “depression” comes from the Latin phrase *deprimere*, to press down, and people dealing with depressive symptoms feel “pressed down,” with severe despair, sadness, lack of motivation, or the loss of joy or pleasure in life.

A person can overcome their low mood and sadness with the help of the right homeopathic remedy, which offers gentle healing without troublesome side effects. Under the guidance of a skilled, professional homeopath, there’s a chance of finding relief from your unhappy and hopeless feelings and regaining the zest for life you once had.

Remedies can help

In writing this article, I had difficulty selecting only a few homeopathic remedies to discuss, as over 600 can help with depressive symptoms. The remedies successfully used in the following stories and those included in *Remedies for Sadness and Low Mood* on page 32 may not match your symptoms. There are many other remedy possibilities, and one of them could be a better fit for you. To find a professional homeopathic practitioner who can help, visit HomeopathyCenter.org.

Dawn: Joyless and sad

Dawn, 45, first visited my office for help with insomnia, nighttime leg cramps, and knee pain. After briefly describing these symptoms, she spontaneously shared that she no longer enjoyed her work despite having a good position in the financial industry and doing well. In the past few years, Dawn had endured several intense challenges, including a terrible divorce that left her feeling worthless and helpless, as well as treatment for cancer, which was in remission when we met.

Dawn spoke about her financial situation and expressed anger at how “everything was her responsibility,” even though she was steadfastly committed to financially supporting her two adult children in college. Dawn hated being alone and felt sad most of the time with her children no longer at home. Dawn had difficulty getting motivated in the morning, but she felt slightly better after the sun came up—and worse after the sun went down.

The remedy’s target

Dawn wanted homeopathic help for poor sleep, leg cramps, and knee pain. Yet, she spent most of our time together talking about her low mood feelings—having no enjoyment at work, feeling worthless, being angry at her financial situation and responsibilities, pining for her children, and lacking motivation to start her days. Although her physical symptoms were important and what led to the consultation, I primarily searched for a remedy that could target her emotional symptoms, with the plan to ensure the remedy I selected also addressed her physical complaints.

A remedy to clear dark clouds

Using a computer-based repertory program, I studied several remedies and chose *Aurum metallicum* for Dawn because the remedy’s actions matched the emotional and physical symptoms she described. Those who need *Aurum* may feel as if there is a dark cloud of melancholy overhead, which they cannot shake off. They usually feel helpless and work themselves too hard, often to achieve impractical goals. These “workaholics” seem to live at the office and feel worse from financial setbacks, job losses, or business failures. They also feel awful when their relationships fail. The person needing *Aurum* has anger that lies just below the surface, and they can quickly explode with a violent temper.

I recommended Dawn take *Aurum metallicum* 30c twice weekly at sunset, the time when her symptoms worsened.

Physical symptoms better

During a follow-up consultation six weeks later, Dawn happily reported sleeping better, and her leg cramps and knee pain were gone. She still felt lonely and questioned her self-worth but was slightly less sad. To continue her healing progress, I recommended she take *Aurum metallicum* 200c, a higher potency, once weekly at sunset.



Back to her happy self

Dawn excitedly told me two months later, “I feel joy again. I wake up happy and have not felt sad since starting the 200c remedy.” She still missed her children but with less painful

feelings. Before taking the remedy, she said she was a recluse and did not want to participate in life, visit friends, or exercise. Since the remedy, she started taking daily walks with a friend and working out at the gym. Dawn said she was even happier in her job, which had not changed.

She asked to take *Aurum* every day, as it made her feel so good. I explained that she didn't need a daily remedy dose to benefit. In most instances, a person continues to respond to a homeopathic remedy long after taking a dose. I instructed Dawn to take the remedy once a month. After several monthly doses and continued healing progress, I suggested she take *Aurum* 200c only when needed.

I recently checked in with Dawn, and she said she takes the remedy every few months. She is back to her "old happy self," no longer lonely or angry, and enjoying her work again.

David: Headaches after a loss

David, 38, a certified public accountant, suffered from headaches from sunrise to sunset about three days per week. Very shy, preferring to work with numbers rather than people, David did not share much about his head pain with me, and it was hard for me to get to know him. He said the headaches started soon after his dog died, and life had not been the same since his loss. He felt sad, and thoughts about his dog "took up too much real

estate" in his brain. It was difficult for him to talk about this sensitive subject.

David kept his grief to himself because he hated when people felt sorry for him; it made him angry. He no longer liked socializing, preferred to be at home alone, and avoided conflict and confrontation. Although he had not changed his diet, David had lost weight since his dog's death.

Underlying emotions

The conversation about David's physical issues quickly pointed to emotional symptoms as underlying factors. Although David's comments were short, his few details helped me view the total picture of his homeopathic case: a closed-natured individual grieving over the passing of his beloved pet, withdrawing from society, and experiencing headaches and weight loss.

A remedy for moving on

The remedy *Natrum muriaticum* can help when depressive symptoms begin with a loss—a loved one or pet—or a disappointment in a relationship. Those who benefit from this remedy have a closed nature and hold emotions inside so others cannot see their pain. They rarely cry in public, making them seem unfeeling or stoic, and they avoid consolation. They may hold grudges many years past the loss and find it difficult to move on with their life because no resolution seems possible.



I recommended David take *Natrum muriaticum* 200c once weekly.

Getting back out there

After two months on weekly doses of *Natrum muriaticum*, David told me he was “getting back out there and participating in society.” A friend said to David that he had “really come out of his shell.” David’s headaches had stopped, and he had regained the weight he lost after his dog’s death. While he still missed his dog, his thoughts no longer lingered on the loss.

Because of his positive response to the remedy, I recommended that David take *Natrum muriaticum* 200c as needed going forward. I recently spoke with David, and he is enjoying life free of headaches and sadness and only occasionally needs a dose of the remedy.

George: Anxious and afraid

George, 11, had been a client since he was in utero, but I had not seen him for about five years when his mother made the consultation appointment. Before the appointment, George’s mother emailed: “George is sleeping in our room, afraid to sleep alone, even with a night light on. He is anxious, worried, and feels down, occasionally talking about not being here, which concerns me. Despite his love of interacting with electronic devices, George is not doing very well in his online classes. He likes to walk around the house nearly naked, wearing only a T-shirt. He has the best heart of anyone I know.”

Throughout our Zoom meeting, George rocked back and forth and hardly made eye contact with me. When I asked what bothered him, he said, “At night, I’m configuring monsters in my mind, see shadows, and look over my shoulder all the time. When I see a horrible image, it sticks, and I have dark thoughts. I don’t want to sleep in my room alone because I’m afraid of the dark, and I often think about death and question why I am here.”

“I’m sad that I’ve gained weight and angry about the pressure of trying to do well in school. I’m angry a lot, especially when my parents expect me to do chores right away when they ask. I yell and curse when I’m upset.”

A light in the dark

George’s face reflected intense fear when discussing being alone in the dark. While many homeopathic remedies can address the fear of darkness, one stands out, especially when the person “sees” horrible images, fixates on death, and exhibits violent anger. The remedy, *Stramonium*, can be a light for those afraid of the dark.

Stramonium is a remedy from the Solanaceae plant family, including potato, tomato, and other well-known plants. Remedies made from this family are known to address extreme fear, violence, and anger. *Stramonium* is helpful for a person who is afraid of the dark and being alone at night. They see monsters and may experience night terrors—episodes of intense fear that trigger a fight-or-flight response during sleep.



Remedies for Sadness and Low Mood

I frequently use these remedies for clients with depressive symptoms.^{5,6,7} To find a professional homeopathic practitioner, visit HomeopathyCenter.org.

Aurum metallicum: Those who need this remedy may feel like there is a dark cloud of melancholy overhead, which they cannot shake off. They usually feel helpless and work themselves too hard, often to achieve impractical goals. These “workaholics” seem to live at the office and feel worse with financial setbacks, job losses, or business failures. They also feel awful when their relationships fail. The anger associated with *Aurum* lies just below the surface, and the person can quickly explode with a violent temper. They can be full of regrets and can feel they have neglected their duty towards their work, family, or friends. Often, these people think that suicide is the only possible way out of their situation.

Calcarea carbonica: The person who needs this remedy experiences profound, dark, depressive symptoms. They have sunk so low, feeling as if they are on the bottom of the ocean, where everything is dark, and they are closed off from the world. They are so exhausted and could never “swim up” to the surface. They worry and fret over everything, even tiny unimportant issues, and dwell on how their day might be. Their work is a daunting task, continually piling up and never finished. They have loads of self-doubt and would prefer to be home, curled up and crying alone on the sofa.

Mercurius solubilis (vivus): With wild mood swings, from happy to sad in seconds, the person who needs this remedy can feel irritable with a seemingly short fuse. They withdraw from society, wallow in their depressed feelings, and may consider the idea of suicide. They are suspicious of others and have fears that something terrible may happen. They always feel hurried and have difficulty expressing themselves, which may lead to stammering. Their plentiful nervous energy shows in their twitching muscles. They can also be impulsive and apathetic. Change makes this person feel better, whether it involves rearranging the living room, moving to a new home, or feeling internally restless. Caught up in their thoughts, they may forget to eat. In women, PMS may worsen their negative feelings.

Natrum muriaticum: This remedy can help when depressive symptoms begin with a loss—a loved one or pet—or a disappointment in a relationship. Those who benefit from this remedy have a closed nature and hold emotions inside so others cannot see their pain. They rarely cry in public, making them seem unfeeling or stoic, and they avoid consolation. They may hold grudges many years past the loss and find it difficult to move on with their life because no resolution seems possible.

The person who needs this remedy can also be vulnerable regarding relationships. They have an intense fear of rejection and, unfortunately, often fall in love with unattainable people, such as someone who is married or has no intention of committing to a relationship.

Stannum metallicum: The person who needs this remedy is depressed, anxious, isolated, and hopeless. They feel low-spirited and discouraged, wanting to cry even though crying makes them feel worse. They feel like they have nothing left to give, exhausted physically and mentally. Discontented with life and difficult to please, they are sensitive to what others may say or think about them—this is a problem in the age of social media as they become obsessed with what others post about them. Those who benefit from this remedy have fixed ideas that they have trouble letting go of. Traditional Chinese Medicine associates the lungs with grief and unresolved issues. *Stannum metallicum*, as well as *Natrum muriaticum*, can address health issues involving the lungs.

Stramonium: This remedy is helpful for a person who is afraid of the dark and being alone at night. They see monsters and may experience night terrors—episodes of intense fear that trigger a fight-or-flight response during sleep. Those who need this remedy can be impulsive, with anger quickly becoming rageful with cursing

and violent behavior. They may have thoughts of harming themselves or others. They are also typically sad with depressive feelings. The person may also want to be naked because of sexual feelings and a desire to masturbate. Paranoia, schizophrenia, manic depression, hallucinations, and mood swings are symptoms matched by this remedy.

***Tarentula hispanica*:** This remedy can help a restless, anxious, and nervous person who frequently makes mistakes due to hurry. With a busy mind filled with myriad thoughts, the child who needs this remedy cannot sit still in a classroom or at home. Even when they are engaged, watching TV, for example, some part of their body is constantly in motion. They are very hyperactive and hypersensitive to their surroundings. TV shows or movie images affect their thoughts and behaviors, making them anxious or worried about a news story. The person who needs this remedy would make a good spy—cunning, sneaky, and full of schemes. The child might lie to your face, acting deceitfully. They love music, dancing, and sports that require movement. Significant mood swings from happy to sad underlie their impulsive behavior.

Note: I do not use *Stramonium* and *Tarentula* for depressive symptoms as often as I use other remedies in this list. However, in George's case, the remedies helped and he felt better.

Unlike nightmares, from which most people awaken and recall aspects of the dream, a person usually does not wake up from or remember a night terror. Those who need this remedy can be impulsive, with anger quickly becoming rageful with cursing and violent behavior. The person is typically sad with depressive feelings. The person may also want to be naked because of sexual feelings and a desire to masturbate.

I recommended that George take *Stramonium* 30c three times per week.

Be gone, monsters

George said six weeks later, "I feel better and not as worried or sad as before." He had experienced only two moments of "being in the zone" of his dark thoughts. Before taking the remedy, he had fearful thoughts at least every other day. "I fall asleep faster because my mind is not racing with those shadows and monsters. However, I still don't feel comfortable sleeping by myself yet. I'm catching up in school and want to get back on track."

To support George's continued healing, I recommended he take *Stramonium* 200c weekly.

Back-to-school symptoms

After another six weeks, George reported having even fewer thoughts of shadows and monsters and didn't need to look over his shoulder anymore.

"I still get a little sad, but it does not overwhelm me like it used to. When I forget to take my remedy, the sadness comes back, and I get restless. I also still have a lot of anger, but I deal with or accept it. I no longer lash out at people; instead, I scream into or beat up a pillow. I can get anxious, but not as often as before."

Back in school, following the pandemic closures, George had difficulty focusing on classwork. He could not settle down enough to listen and learn. On the upside, George had begun to make new friends and was glad to be back in the classroom. His mom told me that, unfortunately, George impulsively and "accidentally" hit a girl in school and got into trouble.

George's mother agreed that he was less angry than before unless he forgot to take the remedy. She also said he was not talking about death as much. His mother described George as always in a rush, restless with constant motion, and easily overstimulated by his surroundings. George had asked his mom about taking medication for attention deficit disorder (ADD) to make his school days better. Although his pediatrician favored trying an ADD medication, George's parents decided against the idea and wanted to know if homeopathy could help.

A remedy for restlessness

George had responded favorably to *Stramonium*, but when he returned to the classroom, his inability to fully concentrate was not conducive to learning. Although *Stramonium* was still a good choice for helping with George's low mood, fears, and anger, he needed a remedy that also targeted his restlessness, hurriedness, impulsivity, and poor concentration. Based on my remedy search and knowledge of the materia medica, I changed George's remedy to *Tarentula hispanica*.

Tarentula hispanica can help a restless, anxious, and nervous person who frequently makes mistakes due to hurry. With a busy mind filled with myriad thoughts, the child who needs this remedy cannot sit still in a classroom or at home. Even when they are engaged, watching TV, for example, some part of their body is constantly in motion. They are very hyperactive and hypersensitive to their surroundings. TV shows or movie images

affect their thoughts and behaviors, making them anxious or worried, for instance, about a news story.

I recommended George take *Tarentula hispanica* 30c three times per week.

Happier thoughts

Six weeks later, George's mom said the new remedy had helped his ADD symptoms. George was more focused in the classroom and was getting along well with new friends.

George said, "I never have thoughts about death anymore and feel good about being in this world—I even think about all I love, too. I'm happy at school and have made a bunch of friends. I now feel bad about accidentally hitting the girl at school; I didn't feel bad when it happened. My sleep is so much better, and I'm sleeping in my room, no longer afraid at night. The scary thoughts and visions are gone."

I recommended George take *Tarantula hispanica* 200c weekly to support his healing progress further.

Healing progress

I continued to see George every six to eight weeks to follow his healing and ensure he was doing well. Although George was also working with a mental health professional, I wanted to keep a close eye on him, mainly because he was young and had depression, anxiety, and suicidal thoughts (not wanting to be here). George's parents chose not to use prescription drugs, opting instead for therapy and homeopathic remedies.

More recently, George's mom reported that he was not sad, exhibited less anger, was better focused during school, slept in his room, and did not talk about dark thoughts, death, and "not being here anymore." She said, "Before starting homeopathy, George spoke about these topics daily, which was so worrying for us. He is a happy teen now."

Support for the whole person

In each of the client stories, I focused on supporting the whole person, paying close attention to their emotional, mental, and physical concerns. Based on the information I learned during their consultations, I chose a homeopathic remedy for each client that matched their unique combination of symptoms and could restore health. Using homeopathy is an excellent way to support your mental wellness, improve your quality of life, and help you find the sunshine in your days again. ☀️

References

1. Bitsko, R.H., Claussen, A.H., Lichtstein, J., Black, L.J., Everett-Jones, S., Danielson, M.D., Hoenig, J.M., Davis-Jack, S.P., Brody, D.J., Gyawali, S., Maenner, M.M., Warner, M., Holland, K.M., Perou, R., Crosby, A.E., Blumberg, S.J., Avenevoli, S., Kaminski, J.W., & Ghandour, R.M. (2022). Surveillance of children's mental health—United States, 2013 – 2019. *Morbidity and Mortality Weekly Report*, 71(Suppl-2), 1–42.

Depression in the United States

A multi-year study (2016-2019) found that 2.7 million U.S. children aged three to 17 had received a depression diagnosis.¹

Statistics from 2021 showed that approximately 21 million Americans over the age of 18 had experienced a major depressive episode—at least two weeks or longer when, for most of the day, nearly every day, they felt depressed or had lost interest or pleasure in daily activities and reported problems with sleeping, eating, energy, concentration, self-worth, recurrent thoughts of death, or recurrent suicidal ideation—as defined by the *Diagnostic and Statistical Manual of Mental Disorders-Fifth Edition* (DSM-5).²

Research in 2021 revealed that 40% of U.S. college students suffered from symptoms of depression.³

A 2022-23 study reported a statistically significant increase, from 14.4% pre-pandemic to 16.5% in 2022, in the percentage of U.S. children aged five to 17 experiencing daily or weekly symptoms of anxiety or depression.⁴

2. Substance Abuse and Mental Health Services Administration. (2022). Key substance use and mental health indicators in the United States: Results from the 2021 national survey on drug use and health. HHS Publication PEP22-07-01-005 (NSDUH Series H-57).
3. Elflein, John. (2023, August). Percentage of U.S. college students with depression in 2022-2023. <https://www.statista.com/statistics/1126279/percentage-of-college-students-with-depression-us/>
4. Zablotsky, B., Black, L. I., Terlizzi, E. P., Vahratian, A., & Blumberg, S. J. (2022). Anxiety and depression symptoms among children before and during the COVID-19 pandemic. *Annals of Epidemiology*, 75: 53-56.
5. Allen, H. C. (1997). *Allen's key notes*. B Jain Publishers.
6. Morrison, R. (1993). *Desktop guide to keynotes and confirmatory symptoms*. Hahnemann Clinic Publishing.
7. Murphy, R. (2006). *Nature's materia medica*. Lotus Health Institute.

ABOUT THE AUTHOR



Avghi Constantinides, DHom, HMC, RSHom(NA), MA, is a classical homeopath, practicing in California since 1995. She is co-founder and director of the Los Angeles School of Homeopathy (LASH) lahomeopathschool.com, where, since 2003, she has taught and mentored students. Avghi runs a low-income clinic where patients receive affordable care and students intern with supervision. She also facilitates a donation-only COVID clinic to help people in need.