

THE OTHER SONG ACADEMY

Monthly newsletter

September 2025

Mental Health & Homeopathy : Healing beyond the Visible

By Dr Yusra Khan



Mental health is one of the most pressing issues of our time. Anxiety, depression, trauma, and emotional distress affect millions worldwide, often silently. While conventional medicine provides symptom-based relief, many patients still feel unseen, unheard and unsupported in their inner struggles.

Homeopathy offers a different approach. Homeopathy listens, recognizes the unique language of each person's pain and responds with remedies. Homeopathy believes that mental health issues are not isolated problems but deeply connected to an individual's life experiences, emotions and inner perceptions. By addressing the root cause, homeopathy not only relieves symptoms but helps restore balance, identity, and resilience.

This month, in the spirit of World Mental Health Day (October 10), we dedicate this newsletter to exploring how homeopathy reaches the unseen places of suffering and restores a person's sense of identity, dignity, and inner strength by sharing a powerful case published in **Dr. Rajan Sankaran's book "Structure — experiences with the Mineral Kingdom"** that illustrates how homeopathy can transform despair into hope.

Every person who arrives at a clinic brings a story — a life threaded with hopes, wounds and the little details that reveal who they truly are. In mental health, these details matter most. A gesture, a repeated phrase, a dream — these are clues to the inner world. In this case Dr. Rajan Sankaran shows how careful listening, attention to sensation and the right remedy can transform despair into possibility.

Case of Alumina : A journey from Helplessness to Selfhood

“Caring for the Unseen Wounds”

A 26-year-old woman came to consultation in October 2002, completely broken down. She was in tears, speaking in a low, childlike voice, and had attempted suicide. Her state was one of hopelessness, helplessness, and destructiveness, with impulses to break or destroy things.

Her Story

- She had been a confident, independent young woman before marriage, successful in her job and clear about her life goals.
- After her engagement, she suffered a traumatic car accident with her fiancé. This was followed by family clashes, dowry demands, and emotional abuse from her in-laws.
- Her husband, instead of supporting her, withdrew, blamed her, and left her isolated during pregnancy.
- She described being treated like a “bloody pig” by her father-in-law and constantly degraded by her mother-in-law.
- She felt utterly alone: “I don’t have backup... nobody supports me... I am just a bad girl.”

This repeated neglect and humiliation pushed her into severe depression, with feelings of being worthless, voiceless, and controlled.



Key Expressions in the Case

During the consultation, a striking pattern emerged. She kept wringing a napkin in her hands—folding and unfolding it obsessively. When asked about it, she explained:

- “I don’t like confusion. I want things clear, smooth, round, tidy.”
- “I feel like a doll with a remote in someone else’s hands.”
- “I want to decide for myself, but others force me. I have no control over my life.”

Her language revealed themes of:

- Dependence vs. Independence
- Identity and Choice
- Helplessness vs. Anger and Destruction
- Confusion vs. Clarity
- Feeling like an object, rather than a human being

Repeated reference to smooth, round, molded shapes— images which, though seemingly odd, matched the *source language*

These are central to the **Mineral Kingdom** in homeopathy, particularly the remedy **Alumina**.

Remedy & Prescription

She was prescribed Alumina. It is derived from aluminium oxide, a substance known for its smooth, round, mouldable properties—exactly the words and gestures she used unconsciously.

Alumina 200 (single dose), later repeated and raised to higher potency during follow-ups (**1M then 10M**).

Alumina is indicated when a person feels:

- Loss of identity and selfhood
- Dependent, powerless, confused
- As if they are controlled like a puppet or object
- Alternating between helplessness and destructive impulses

Miasm: The case exhibited **syphilitic miasm** features (destructiveness, extreme hopelessness, suicidal impulses), which also guided potency decisions.

The Transformation

Over the next year, with repeated doses, remarkable changes unfolded:

- **Emotional Stability:** Her suicidal impulses reduced, and she was able to control anger and destructive urges.
- **Clarity of Thought:** The “jammed brain” and constant confusion gave way to clear, calm decision-making.
- **Confidence Restored:** She could now say “no” to unfair treatment and express her own needs.
- **Inner Peace:** While earlier she felt lonely, worthless, and voiceless, she began to accept her circumstances without breaking down.

By the end of treatment, she reported:

- “I can control myself now.”
 - “Earlier I would cry and feel utterly helpless; now I can stop arguments.”
 - “I am confident, in control of myself, and more peaceful.”
-

A Note on Healing



This **Alumina case** beautifully demonstrates how homeopathy can heal at the deepest level. Healing is not merely the absence of pain; it is the rekindling of voice, choice, and the courage to stand in one's life. This patient's journey reminds us that even in the darkest moments there is a possibility of re-connection — with oneself, with dignity, and with a future re-shaped by inner freedom.

As **Dr. Sankaran** emphasises, *“True healing is when a person feels free to be themselves — physically, mentally, and emotionally.”*

If this story touched you, share it with someone who needs hope.

If you are a practitioner, let it encourage meticulous case-taking, listen for the tiny gestures, the odd words, and the repeated images — these are the map to the remedy that speaks to the person, not just the diagnosis;

If you are seeking help, know that a careful, compassionate approach can change the course of suffering. Be gentle with yourselves. Healing often unfolds in layers; patience and compassionate guidance open the door to recovery.

ABOUT THE AUTHOR

★ Khan
Yusra

Dr. Yusra Khan, BHMS, MCAH is a homeopath with a strong passion for holistic healing and education. She completed her BHMS from Mumbai followed by a Master's course in Advanced Homeopathy under the guidance of renowned teacher and thinker Dr. Rajan Sankaran at The Other Song Academy, Mumbai.

She has gained diverse clinical experience and also consults patients with a focus on individualized holistic care and improving quality of life. Dr. Yusra is deeply committed to spreading awareness about homeopathy worldwide through teaching, writing, and digital platforms. For inquiries about this article or homeopathy, you may reach her at drkhanyusra@gmail.com

LEARN WITH US



At The Other Song Academy, we train students and practitioners to understand such cases at depth, recognize patterns, and prescribe with clarity.

Mental health is whole health. Together, let's care for the unseen wounds.

— Team The Other Song Academy

View our Courses

Academy

<https://theothersongacademy.com/>

Online Learning

<https://homeopathyhope.com/?v=c86ee0d9d7ed>

Email

theothersong1@gmail.com