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# Understanding Emotional Lability & Choosing the Right Treatment

**Emotional lability** is the regular occurrence of unstable, disproportionate emotional displays. Often when asked why he or she cries, the answer invariably is “I don't know, but I can't help it.”

It happens out of nowhere and it is not easy to find the reason of someone crying over nothing.





**H**ormonal disturbance (even in a milder form) is one of the common causes for unexplained emotional disturbance in women. It could be at “change of life” menopause in elder ones, menarche in younger girls, contraceptive pills in middle age women. Often these causes are overlooked and patients are pumped with inappropriate hormone pills or psychiatric drugs, which do not give most of them a relief and may even make it worse, leading to an *“I don’t feel myself”* condition.

A fast-paced stressful life, suppression of certain diseases with strong chemical medications, which in turn drive the disease to more deeper level, are other factors to be looked into. For example, use of corticosteroids for long-term conditions like asthma, eczema, etc. If you look at the side effects, it lists depression and mood disorders. So often these “drug diseases” are not identified as side effects by patients and they go for psychiatric treatment, creating a vicious circle.

Other less common causes of emotional lability are any injury or lesions in the lower areas of brain. Patients suffering from diseases affecting the brain - multiple sclerosis, Alzheimer’s disease and Lou Gehrig’s disease, among others - share some aspects of this problem along with stroke survivors. These are serious illnesses, which, however, constitute to a small percentage of the population.

**Yet the number of patients, mostly women, suffering from emotional disturbances are increasing day by day. Also patients on psychiatric drugs are in an increasing order more so than ever.**

Interestingly, most of them do not feel better with these drugs, but still continue to take them. Often they are given the explanation that their lab results for all hormone study are fine.

**At this point, we need to understand it in a more holistic eastern medicine perspective where each person’s susceptibility and sensitivity to hormone levels varies.**

It means, something, which is normal and perfect for one person may give an exaggerated or insufficient response in another one. Conventional medicine as of today does not accept or support that perspective, whereas all eastern systems of medicine have a holistic perspective and understanding and a curative treatment for such conditions.



For instance, after a detailed assessment and consultation, a well-chosen homeopathic treatment regime helps tremendously and results in a perfect cure where patients often say, *“Finally I feel Myself.”*

**Homeopathy is a medical science and therapeutic art with a holistic perspective.**

Unlike conventional medicine, which compartmentalize different systems and organs as separate entities requiring different specializations, homeopathy sees the body as an integrated whole in which body and mind are undeniably connected. It respects body’s wisdom and healing capacity.

It’s safe, natural, gentle and not addictive.

**So think well and take right decision.**

**Go for homeopathy and stay healthy and happy!**

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*Dr. Saya specializes in Homeopathy and Non-Linear Diagnostic Screening.*

*Practicing what she preaches, her goal is to inspire others to make positive lifestyle choices in order to enjoy healthier lives.*

