VARIOUS PSYCHIATRIC TREATMENT MODALITIES THROUGH THE CENTURIES

Pilgrimages to shrines or spas or other sacred places
Salves and potions, anointing with oil
Mesmerism and hypnotism
Mercury and other chemical elements ingested, arsenic, iodides, strychnine
Trephining (boring hole in skull to put something in or let evil spirits out)
Producing scabies (scratching an itch was to improve mood)
Frightening (loud noise, shooting a gun behind you, shouting and intimidating)
Psychodrama (acting out a skit, or watching dramas)
Special diets, herbs, spices, teas from various plants, drinking special wines
Castration or removal of breasts
Blistering of skin, moxibustion (I saw this being used in China.)
Cathartics, to empty bowel
Emetics, causing a person to vomit
Bloodletting
Mineral waters, to bathe in or to drink
Intensive persuasion or vocal intimidation
Static electricity, direct current electricity, alternating current electricity
Agitate the patient to anger
Suppuration (causing ulcers and infections to form in the skin)
Inducing sneezing (may cause the demons to leave you—but someone to say “Gesundheit” to get your soul back into your body)
Wet packs and other forms of “hydrotherapy” such as high pressure nozzles
Transfusions of human or animal blood
Ducking (attaching to a pole and dropping into water, as often as doctor said)

Beating with clubs

A special Spinning chair until extremely dizzy

Prolonged Carbon dioxide exposure

Prolonged anesthesia, up to 3 weeks, with breaks for eating and toilet

Causing convulsions, with chemicals or electricity

Isolation

Restraints for long periods

Putting into cages

Banishment

Torture of many types—twisting, beating, burning with hot iron, exposure

Putting into stocks, or fastening with chains

Reading prayers or scripture, self or others

Fevers, infecting with malaria or some other pathogen

Removal of certain teeth or all of them

Removal of part of intestine

Transorbital lobotomy (cutting into front part of brain)

Magnetism (through an animal, other human, water, or metal rods)

Tickling for extended periods

Music therapy

REST—a very common recommendation

Disclosing dreams

Ritualistic dancing

Touching sacred statues, rocks or trees
Meditating
Humming and chanting
Carrying and touching talismans or beads, wearing amulets (charms), crosses
Shaving the head
Standing immobile for prolonged periods
Wearing symbolic or religious garb, with crosses
Ingesting animal organs—testicles, horns, thyroid gland, ovaries
Ingesting various “salts”—magnesium, potassium, sodium—purged bowels
Bromide salts—major example is Miles Nervine, addictive, used as sedative
Insulin coma
Cutting the skin until bleeding
Sleeping in certain positions or locations
Binding limbs with fabric or rope
Listening to poetry
Flagellation—beating with thongs by self or others
Confession, often combined with torture
Drinking or swallowing a concoction prescribed or prepared by a “physician”

(Many types of “stomach bitters” the most famous of which was “Hostetter’s Stomach Bitters”, a government issue product during Civil War, which may have led to the Union victory at the Battle of Gettysburg. Every soldier had some in his pack. It was 95 proof! It was second only to Lydia Pinkham’s Tonics for Female Complaints in its total sales. Prohibited in 1934 by the FDA, but very successful during Prohibition. Founded in 1840 in Lancaster PA.)