



## **Homoeopathy in Depression: A Case Report**

**Dr. Ruchi Biswas<sup>1</sup>, Dr. Rinku Biswas<sup>2</sup>**

<sup>1</sup>H.O.D. FMT, Sriganaganar Homoeopathic Medical College Hospital and Reserch Institiute Sri Ganganagar,Rajasthan

<sup>2</sup>H.O.D. Pathology, Sriganaganar Homoeopathic Medical College Hospital and Reserch Institiute Sri Ganganagar,

**Abstract-** Sadness, feeling down, having a loss of interest or pleasure in daily activities - these are symptoms familiar to all of us. But, if they persist and affect our life substantially, it may be depression. According to the Centers for Disease Control and Prevention (CDC), 7.6 percent of people over the age of 12 have depression. According to the World Health Organization (WHO), depression is the most common illness worldwide and the leading cause of disability. They estimate that 350 million people are affected by depression, globally. The causes of depression are not fully understood but are likely to be a complex combination of genetic, biological, environmental, and psychosocial factors. The therapy of mental health disorders, such as, depression, grief, anxiousness and phobia are a considerable characteristic of the practice case load of homoeopathic practitioners. Hence, present case study is undertaken to study the Homoeopathic therapy outcomes of patient with psychiatry symptoms and suicidal thoughts visiting Sriganaganar Homoeopathic Medical College, Hospital and Research Institute, Sriganaganar. The case was analyzed with the help of synthesis repertory and the reportorial result suggested Ignatia Amara. The medicine was prescribed to the patient in low potency and the patient gradually improved.

**Key word-** Depression, Anxiety, Grief, Phobia, Suicide

**Corresponding author- Dr. Ruchi Biswas, H.O.D., FM T, Sriganaganar Homoeopathic Medical College Hospital and Reserch Institiute Sri ganganagar Rajasthan.**

**How to cite-** Biswas R, Biswas Rinku, Homoeopathy in Depression- A case Report, TU J .Homo & Medi Sci. 2019; 2(2):42-45

### **Introduction-**

Depression is a mood disorder characterized by persistently low mood and a feeling of sadness and loss of interest. It is a persistent problem, not a passing one, lasting on average 6 to 8 months. Depressed people who lead a sedentary lifestyle, are more likely to smoke and consume alcohol. Depressed people may feel mournful, troubled, uneasy in mind,

meaningless, helpless and unworthy, experiencing as if having committed an offence. They are easily annoyed and disinclined to rest. It is a very important public health problem which is devastating millions of life all over world and making the scenario very look very pathetic. Homoeopathic medicines are effective in the treatment of various acute and chronic diseases. Efficacy of homoeopathic medicines on depression is of

great importance. The role of mental symptoms is very important in prescribing homoeopathic medicines. Appropriate treatment of depression with homoeopathic remedies can help to prevent the likelihood of serious recurrences of depression.

### Case Profile -

Name : Mrs. A. (Reg. no. 19/2981)

Age: 30years Sex - Female

Religion: Hindu

Marital Status – Married

Occupation-Housewife

### Present Complaints

The patient complained of depression, sadness with extreme grief. She was in depression because she was being dominated by her in-laws and she couldn't tolerate it anymore and would prefer to end her life. She was so much humiliated that there were suicidal thoughts developing in the patient. She said that she was also having anxiety with impeded respiration. Remain discontented for everything since 2 years.

Causation – Stress, Anxiety, Grief

### Past History of Illness with Treatment

- Jaundice in childhood.
- History of taking allopathic treatment for Jaundice

### Family History

- Father- Asthma
- Mother- Hypertension
- Grand Father- B.P.H.

### Personal History

- Accommodation -Pucca
- Diet & Food Habit Vegetarian
- Sexual History – Satisfactory

### Gynecological History -

- Menarche- at age of 12 years
- Last Menstrual Period- 20.03.2019

### Details of Menstrual Cycle-

Cycle (regular/ Irregular / and it duration	Particulars of Discharge				
	Quantit y Normal/ Profuse/ Scanty)	Consiste ncy	Color & Stain	Odor	Charac ter Acrid/ Bland
Regular	Normal	Fluid	Red	Fishy	Bland

H/O Gynecological Surgery- Not significant

Obstetric History- G<sub>3</sub>P<sub>3</sub>A<sub>0</sub>L<sub>3</sub>

### Details of Deliveries:

No	Period of Pregnancy	Complaints during Pregnancy	Type of Deliver y	Child Birth wt
1 <sup>st</sup>	9 month	N/P	Hospital- Normal	3kgs
2 <sup>nd</sup>	9 month	N/P	Hospital- Normal	2.8kgs
3 <sup>rd</sup>	9 month	N/P	Hospital- Normal	2.8kgs

### Physicals General Symptoms -

Appearance	Well built
Appetite	Ravenous
Thirst	Large quantities of water at long intervals
Taste	Normal
Craving	Sour food
Stool	Constipated, not satisfactory
Urine	5-6 times a day
Sweat	Offensive
Sleep	Sleeps for five hours at night: disturbed sleep

Dreams	Of daily activities
Thermal Reaction	Hot patient

**Mental General:**

- Ailments from domination for a long time
- Ailments from indignation
- Anxiety with impeded respiration
- Discontented with everything
- Sadness grief after
- Suicidal thoughts

**Physical Examinations-**

## General Examinations

- Conscious/Unconscious -Conscious
- General built and nutrition - Normal
- Height - 4.8 feet, Weight - 73 Kg
- Anemia slightly anemic
- Jaundice- N/P                      Cyanosis N/P
- Nails- NAD                              Gait- Normal
- Blood Pressure -120/80 mm of Hg
- Pulse - 72/min    Temperature- 98.4F
- Respiration rate -18/min

**Systemic Examination:**

- GIT                                      -                      NAD
- URINARY                                -                      NAD
- CNS                                        -                      NAD
- CVS                                        -                      NAD
- Respiratory                              -                      NAD

**Investigation** - No Investigation.

**Provisional Diagnosis:** Depression

**Final Diagnosis** - Depression

**Miasmatic Diagnosis** - The patient is predominantly having Psora in the background

**Totality of Symptoms-**

1. Ailments from domination for a long time

2. Ailments from indignation
3. Anxiety with impeded respiration
4. Discontented with everything
5. Sadness grief after
6. Suicidal disposition thoughts
7. Half open eyelids in sleep
8. Desire for sour food
9. Constipation

**Prescription-**

Rx

Ignatia Amara 30 (3 doses) x 3 days,

Placebo 30 BD x 15 days

**General Management Including Auxiliary Measures** -The patient was advised to take light diet and sufficient rest and was asked to report after fifteen days.

**Follow Up-**

Date	Change in Symptoms	Further advice
11/04/2019	No change was noted	Ignatia 30 was prescribed to the patient
18/04/2019	She was a bit cheerful and the suicidal thoughts were also better	Placebo 30 was prescribed to the patient
28/04/2019	She was sad but at the same time she hoped to get well. She was showing positiveness for improving	Placebo 30 was prescribed
02/05/2019	She was more cheerful than before.	Placebo 30 was given
09/05/2019	She was much relaxed than before and the suicidal disposition was also better	Placebo 30 was given.

### Conclusion-

Homoeopathy considers that the symptoms stated by the patient is nothing but the alteration of inner state of wellbeing. Here in this case the patient complained of depression, sadness with extreme grief. She was in depression because she was being dominated by her in-laws and she couldn't tolerate it anymore and would prefer to end her life. She was so much humiliated that there were suicidal thoughts developing in the patient. The case was analyzed with the help of synthesis repertory and the reportorial result suggested Ignatia Amara. The medicine was prescribed to the patient in low potency and the patient gradually improved.

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**Conflict of Interest: None**

**Source of Support: Nil**



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