

Review Article

Depressive disorder and homoeopathy

Nilesh H. Chimane, Abhijeet R. Patil

Shri Bhagwan Homoeopathic Medical College and P.G. Institute, Aurangabad, Maharashtra, India-431003

ABSTRACT

A patient of depression comprise of dysphonic mood or loss of interest or pleasure in all or almost all usual activities, it is also characterised by symptoms such as sad, blue, hopeless, low, irritable. There are mood disturbances, shifts from one dysphonic mood and another example anxiety to depression to anger. Also there is poor appetite or significant weight gain.

Keywords: Depression, homoeopathy and management



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Address for Correspondence:

Nilesh H. Chimane

Shri Bhagwan Homoeopathic Medical College and P.G. Institute, N-6, CIDCO, Aurangabad, Maharashtra, India-431001

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Introduction:

Every therapeutic science has its specific method of diagnosis and naming of a disease. Homoeopathy is no exception to this. This system of medicine combines both science and art. So we cannot minimise the importance of subjective and objective symptoms. 'Depression' has become one of the most common psychological disorders and our system of medicine plays a very important role on this disorder.

Incidence:

A patient of depression comprise of dysphonic mood or loss of interest or pleasure in all or almost all usual activities, it is also characterised by symptoms such as sad, blue, hopeless, low, irritable. There are mood disturbances, shifts from one dysphonic mood and another example anxiety to depression to anger. Also there is poor appetite or significant weight gain, insomnia or hypersomnia, psychomotor agitation or retardation, loss of energy fatigue, feeling of worthlessness, self re-approach, or excessive or inappropriate guilt. Complaints or evidence of diminished ability to think or concentrate, such as slowed thinking or indecisiveness and also recurrent thoughts of death and suicidal attempt.

Homoeopathic management:

Our system of medicine has got excellent remedies for such type of psychological disorder. The remedies like, gelsimum, hyocymus, Lachesis, cannabis indica, aurum met cimicifuga,

opium, platina, stramonium, Lycopodium and above all Ignatia.

If a patient diagnosed of depression and the ailments are caused by ill effects of bad news, fright, anger, silent grief, disappointed love, suppressed sexual desire, hysterical woman personality, if there is rapidly changing mental conditions from laughing to weeping, one moment excessively happy and other moment very sad, if patient broods in solitude over imaginary troubles, full of grief, desire to be alone, does not wish to talk, faciturn, sad irritable, involuntary singing, patient is fearful and timid, great anxiety as if some unpardonable crime is committed by her and consolation aggravates all troubles. If such symptoms are observed in a patient then ignatia is the first choice of remedy, if given in proper dose and repetition.

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