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Efficacy Of Individualised Homoeopathic Medicine In Case Of Depression.A Case Series Study.

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ABSTRACT: Depression is a prevalent mental health disorder that significantly impacts an individual's quality of life. This study aims to evaluate the efficacy of individualized homeopathic medicine in the management of depression. A case series study was conducted on 30 patients diagnosed with depression, who were treated with homeopathic remedies based on their individualized symptomatology. The findings suggest that individualized homeopathic treatment may have a beneficial role in managing depression. Primary objectives of this study was to evaluate the effectiveness of individualized homoeopathic remedies in reducing depressive symptoms and enhancing quality of life. Methods: This case series study was conducted with 30 cases of depression, selected through stratified random sampling from the OPD/IPD of a homoeopathic medical college and hospital, peripheral OPDs, schools, and health camps. Each case was assessed and treated with individualized homoeopathic remedies. The severity of depression was evaluated using BDI score scale before and after treatment.Result: This case series study suggests that individualized homeopathic medicine may be effective in managing depression, as 20 out of 30 patients showed improvement. However, the lack of response in 10 patients indicates the need for further research with larger sample sizes and controlled trials to establish its efficacy more definitively.

Keyword:-Depression ,sadness,insomnia ,disappointment ,anxiety.

1.INTRODUCTION

Depression is a common,debilitating,and potentially lethal disorder.' ¹

Depression in simple terms is a natural human response,are treat from ones every day life to feelings of despair,gloom;worthlessness,helplessness and hopelessness and perhaps thoughts of suicide. Physical symptoms also accompany this illness,such as sleep and appetite disturbance or loss of energy².

PREVALENCE:

Depression is a leading cause of disability worldwide, affecting over 280 million people of all ages . According to the World Health Organization (WHO), approximately 5% of adults globally suffer from depression . The lifetime prevalence of depression varies by country, ranging from 3% to 17%³.

Women are more likely than men to experience depression, with a 2:1 ratio being commonly reported.⁴

CLINICAL FEATURES:

1. Psychological Symptoms⁵

Sadness, Loss of interest ,Feelings of hopelessness and helplessness ,Low self-esteem Tearfulness, irritability ,Anxiety or worry ,Suicidal thoughts

2. Physical Symptoms ⁶

Changes in appetite and weight ,Sleep disturbances ,Fatigue or loss of energy

3. Social Symptoms⁷

Withdrawal from social activities ,Neglecting responsibilities responsibilities.

Diagnosis

As with most psychiatric disorders, it is made on the basis of a careful clinical interview and mental status examination.The criteria in the DSM-IV are generally considered the standard diagnostic approach. Major depression is a syndromal diagnosis: on the basis of the patient's medical history and physical examination, it may be appropriate to consider other psychiatric disorders general medical conditions, medications, or a substance use disorder as etiologic and to pursue relevant diagnostic investigations.⁸

HOMOEOPATHIC MANAGEMENT :

1. Aurum Metallicum :Indicated for deep depression with a sense of hopelessness, worthlessness, and suicidal thoughts.
2. Natrum Muriaticum: Suited for individuals who suppress emotions, particularly grief, and who are highly sensitive and introverted.
3. Ignatia Amara: Often indicated for acute grief or emotional shock, such as after a breakup, loss, or disappointment.
4. Sepia Officinalis: Suitable for individuals who feel indifferent, detached, and irritable.
5. Pulsatilla Nigricans: Indicated for individuals who are emotionally needy, tearful, and seek consolation.
6. Arsenicum Album: They may exhibit restlessness, a fear of being alone, and obsessive thoughts about health.⁹

2.Methadology :-

1.Study Design:Case series study

In this study we shall be comparing the effects of individualized homoeopathic medicine in depressive symptoms.

2.Study Setting:Institutional OPD & IPD

3.Study Population:Age group 18-60yrs¹⁰

6.Method of Selection of Study Subjects:

A.Inclusion Criteria:

- 1.Patients suffering from Depression according to scientific questionnaires (based on John Archer ET AL) study.
- 2.Patients of both sexes.
3. patient between the age group of 18-60 years.

B. Exclusion Criteria:

- 1.Patients who are not willing to give consent.
- 2.Patients taking any other medicines for the same complaint.
- 3.Patients who are not regular with follow-ups
- 4.Immunocompromised.

C. Withdrawal Criteria:

Lost to follow ups

Not Consensual

LAMA (leave against medical advice)

INTERVAENTION : Kentian Method of evaluation and repertorization using RADAR software was used to reach the Individualized Homoeopathic medicine, however the final decision was made after consultation with Materia Medica. The medicines were given from the OPD.

Slection of tools:-BECK DEPRESSION INVENTORY Questionnaire scale

Data Collection:

Gender	
Male	10
Female	20

History was taken from patient itself, parents, and from physician's observation. General physical exam will be conducted to know the health status and rule out symptoms in cases.

Statistical Techniques and Data analysis:

Chi square test was used to determine the utility of Homoeopathic medicines in the improvement of the cases having depression. The chi square statistic is 84.25 Calculated Chi-square 84.25 > than table value 9.4 therefore the result is significant.

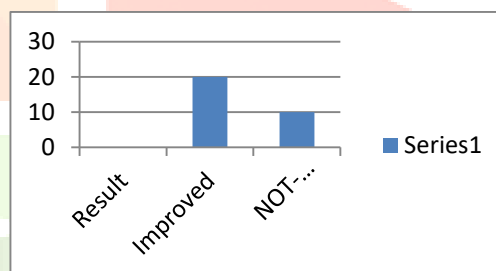
3.Observational results:-

Out of 30 patients ,20 patients show improvement and 10 patients show no improvement.

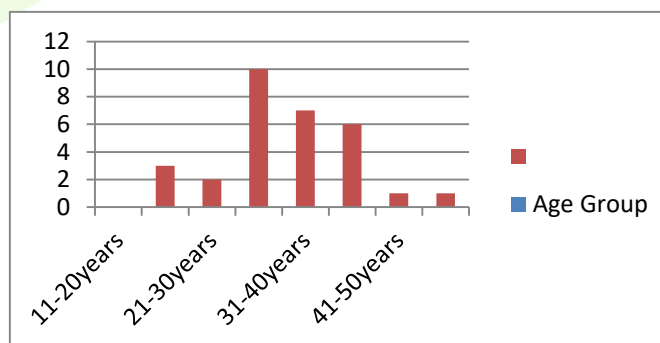
Womens are more suffering from depressive symptoms than man.

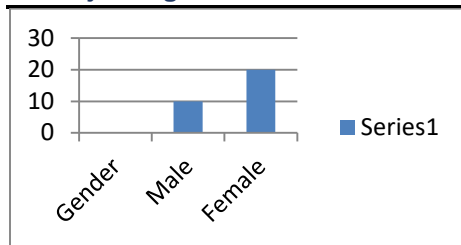
18-40 age groups suffering from depression.

Result	
Improved	20
NOT-Improved	10

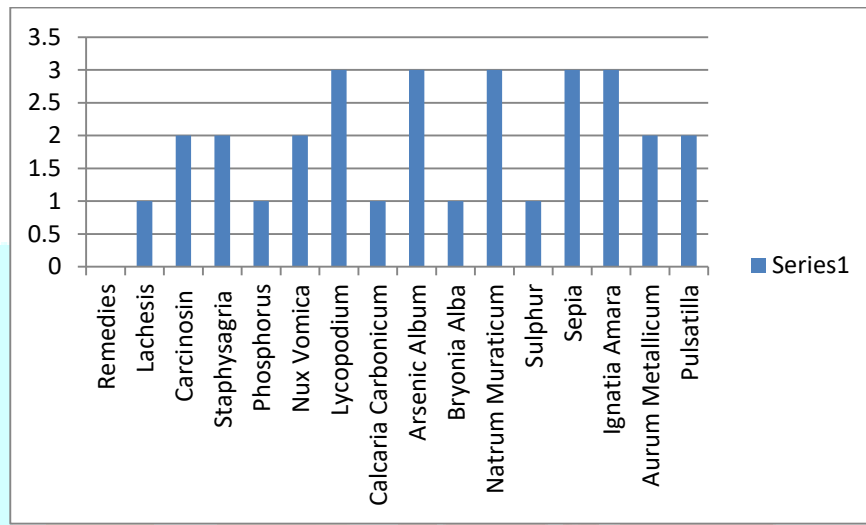


Age Group		
11-20years	Male	0
	Female	3
21-30years	Male	2
	Female	10
31-40years	Male	7
	Female	6
41-50years	Male	1
	Female	1





Remedies	
Lachesis	1
Carcinosin	2
Staphysagria	2
Phosphorus	1
Nux Vomica	2
Lycopodium	3
Calcaria Carbonicum	1
Arsenic Album	3
Bryonia Alba	1
Natrum Muraticum	3
Sulphur	1
Sepia	3
Ignatia Amara	3
Aurum Metallicum	2
Pulsatilla	2



5.DISCUSSION

In this study, 30 depression cases were treated with individualized homeopathic medicines, with 20 cases showing improvement, including regularized daily activities, reduced anxiety, and improved well-being. the remaining 10 cases showed no improvement,highlighting the need to explore factors such as chronicity, metabolic conditions, and remedy selection.

The results suggest that homeopathy may offer a non-invasive approach to depression management by supporting daily activites and emotional symptoms. However, the non-improvement rate indicates that treatment success depends on factors like lifestyle modifications, adherence to the remedy, and disease severity.

while promising, these findings emphasize the need for further research with a larger sample size, objective and long-term follow-ups. Integrating homeopathy with lifestyle changes may enhance outcomes, and future studies should focus on validating its efficacy through clinical trials.

6.CONCLUSION

- This case series study aimed to evaluate the efficacy of individualized homeopathic treatment in patients suffering from depression.
- Out of the 30 patients included in the study, 20 patients showed significant improvement in their symptoms, both emotionally and functionally, as assessed through regular follow-ups and symptomatology.
- These cases demonstrated positive changes such as improved mood, increased interest in daily activities, better sleep patterns, and overall enhanced quality of life.
- However, 10 patients did not show any considerable improvement during the course of the treatment.
- Overall, the findings support the potential role of individualized homeopathy in the holistic management of depression.

7.Acknowledgement :-

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