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Depression Overview with Homoeopathic Therapeutics**Mukesh Chand Agrawal¹, Chirag Mishra², Ravindra Singh Kuntal², Seema Meena²**¹Professor, Department of Pathology, ²PG Scholar, Dr. M. P. K. Homoeopathic Medical college Hospital and Research Centre (Homoeopathic University) Saipura, Jaipur.**Abstract**

Nowadays the corona period became a havoc to the population which disturbed the human life a lot physically as well as psychologically, among which depression is the prominent disorder. It is a psychological disorder that became a heavy downside these days. Dr. Kent J.T. in his philosophy said that 'it's a disorder of the activities of the inner man, a scarcity of harmony or lack of balance, which supplies forth the signs and symptoms by that we have a tendency to acknowledge unwellness.'¹ Here is the article which reviews about the disorder and its management along with few homeopathic medicines which are frequently used in cases of depression.

Key word- Depression, Hamilton depression scale (HDRS), Homoeopathy**Corresponding Author:- Ravindra Singh Kuntal**, PG Scholar, Dr. M. P. K. Homoeopathic Medical college Hospital and Research Centre (Homoeopathic University) Saipura, Jaipur.Rajasthan. E Mail- rammurtiravi@gmail.com**Received – 20/07/2020****Revised- 25/9/2020****Accepted – 28/09/2020****INTRODUCTION**

World Health Organisation (WHO) states "depression is a common mental disturbance that presents with depressed mood, loss of interest or pleasure, weakened energy, feelings of guilt or low self-worth, disturbed sleep or appetency, and poor concentration"². Globally, the prevalence of depression was estimated to be exceeded by 300 million in 2015,

equivalent to 4.3% of the world's population. Over 800000 folks die because of suicide once a year because of depression.³ Prevalence is more commonly observed in females than males⁴ Younger adolescents are more prone to depression and anxiety,

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Which ends up in several adverse consequences on development, educational attainment, impaired social relationships, and increased risk of substance abuse, mental health problems and suicide.⁵ Many researchers in their scientific study concluded that homoeopathic medical aid is thought about as a decent supply of treatment to reinforce a higher quality of life for the most effective way forward for person.^{6,7,8}

Criteria for the diagnosis of depression⁹- As per the standards of the Diagnostic and Statistical Manual of Mental Health, Fourth Edition (DSM-IV), five of the following nine symptoms must be present continuously for a minimum 2-week period:

- (i) depressed mood;
- (ii) loss of interest or pleasure;
- (iii) significant weight or appetite alteration;
- (iv) insomnia or hypsomnia;
- (v) psychomotor agitation or retardation;
- (vi) fatigue or loss of energy;
- (vii) feelings of worthlessness;
- (viii) diminished ability to think or concentrate or indecisiveness; and
- (ix) suicidal ideation.

Assessment of a Depressive Patient: A physician can assess his/her patient by scoring patient's past activities in a

questionnaire after a complete interview which is an authentic widely accepted for depression assessment by researchers for analyzing effect of medication.

The original version of questionnaire contains 17 items (HDRS17)¹⁰ pertaining to symptoms of depression experienced over the past week.

Analysis of Scoring: The original version with 17 domains is scored between 0 and 4 points which measures the severity of depressive symptoms.¹¹

- scores of 0–7 : considered normal,
- 8–16 : mild depression,
- 17 -23 : moderate depression and
- scores ≥ 24 : severe depression;
- The maximum score being 52.

Therapeutic Management

Psychotherapy- Psychotherapy is considered as good treatment for depression alone, or together with medications for gentle to moderate sickness like social medical aid, marital status medical aid, and bound problem-solving techniques is also effective as treatment or adjuvant treatment in patients with substantial psychosocial stressors, social difficulties, or comorbid organic process or temperament disorders.¹² In severe condition one must prefer medical aid along with psychotherapy.

Electroconvulsive Therapy- ECT can be the remedy of preference when there is an urgent want for a response, along with in patients who are suicidal or are refusing meals and nutritionally compromised. The most response to ECT is typically achieved within 3 weeks and also may be useful in patients who're medication-resistant or pregnant.¹³

Patient Education- Education regarding the responsiveness of symptoms to treatment, risks of treatment, issues related to suicide, and the recurrent nature of the disorder must be included. Information concerning birth control and breast-feeding is also important for female sufferers of childbearing age.¹²

The National Mental Health Programme (NMHP) conducted by the Indian government provides life skills training and counselling in educational institutions, workplace stress management and suicide prevention services, among others.¹⁴

There are 3 phases in the treatment of depression-¹²

- The acute phase,
- The continuation phase, and
- The maintenance phase.

The treatment should be initiated in case of acute phase, and the follow-up must be scheduled at 1 to 2 week intervals to ensure a response.

Conventional Treatment: Anti-depressants are started at low doses and further increased as per response and side effects at appropriate time intervals, After the positive response to the doses, the treatment can last as long as 9 months from remission. Here treatment goals are to eliminate residual symptoms, to restore previous level of functioning, and to prevent recurrence or relapse.¹² But these medication if not responded may sometimes lead to side effects like liver failure, nausea, increased appetite and weight gain, loss of sexual desire and other sexual problems, such as erectile dysfunction and decreased orgasm, fatigue and drowsiness, insomnia, dry mouth, blurred vision, constipation, dizziness, agitation, irritability, anxiety etc.

Homoeopathic Management: In homoeopathic management proper case taking deals with the whole analysis of the patient on mental as well as physical plane then the similimum found after the evaluation of symptoms. The holistic approach of homoeopathy cures the patient from inner core to periphery.¹⁵ A homoeopath treats the patient not the sickness, individualisation is completed among every patient. Dynamic impact of the extremely potentised homoeopathic medicines on one sided sickness like

psychological state is extremely effective in management and cure.¹⁶

Homoeopathic Therapeutics For Depression^{17,18,19}

1. **Arsenic Album:** Arsenicum is one of the principal 'anxious remedies'. Mentally restless, but physically too weak to move. Anxious fear of death; thinks it useless to take medicine, is incurable, is surely going to die; dread of death, when alone, or, going to bed. Has an irrational fear that finances are running out, that the spot on his arm is malignant, or that his children have some serious illness. In the case of Arsenicum the anxiety will generally focus upon the characteristic fears of illness, death and poverty, as well as free-floating fear, particularly when alone and at night.
2. **Aurum Metallicum:** Constantly dwelling on suicide. Profound melancholy : feels hateful and quarrelsome; desire to commit suicide; life is a constant burden. Serious people, strongly focused on work and achievement who become depressed if they feel they have failed in some way. Discouragement, self-reproach, humiliation, and anger can lead to feelings of emptiness and worthlessness. The person may feel worse at night, with nightmares or

insomnia. Ailments from disappointed love.

3. **Baryta Muriatica:** He tends to be more sensitive emotionally than carbonica, in both positive and negative senses of the word. Thus he is not only more easily hurt than baryta carbonica, but is also more sensitive to the feelings of others, and like natrum muriaticum he will usually take pains to avoid hurting another's feelings. He has a richer inner life than baryta carbonica, and like natrum he will tend to keep most of his feelings to himself. Since he is sensitive and also somewhat slow mentally, he is more likely to suffer from depression than baryta carbonica.
4. **Calcarea Arsenicosa:** Great mental depression. The slightest emotion causes palpitation of heart.
5. **Conium Maculatum:** No inclination for business or study; indolent, indifferent, takes no interest in anything. Dreads being alone, yet avoids society. Morose; easily vexed; domineering, quarrelsome, scolds, will not bear contradiction; excitement of any kind causes mental depression.
6. **Cimicifuga:** A person who needs this remedy can be energetic and talkative when feeling well, but upset and gloomy when depressed—with

exaggerated fears (of insanity, of being attacked, of disaster). Painful menstrual periods and headaches that involve the neck are often seen when this remedy is needed.

7. **Pulsatilla Nigricans:** child like softness and sensitivity- and can also be whiny, jealous, and moody. When depressed, they are sad and tearful, wanting a lot of attention and comforting. Crying, fresh air, and gentle exercise usually improve their mood. Getting too warm, or being in a stuffy room can increase anxiety. Depression around the time of hormonal changes (puberty, menstrual periods, or menopause).
8. **Ignatia:** Anxiety from grief or loss. Often very sensitive and prone to mood swings, moving from laughter to tears. Amiable in disposition if feeling well, but easily disturbed by very slight emotion; easily offended. Ill effects, from bad news; from vexation with reserved displeasure; from suppressed mental sufferings; of shame and mortification. Mental conditions rapidly, in an almost incredibly short time, change from joy to sorrow, from laughing to weeping moody. Broods in solitude over imaginary trouble.
9. **Natrum Carbonicum:** Individuals who need this remedy are usually mild,

gentle, and selfless—making an effort to be cheerful and helpful, and avoiding conflict whenever possible. After being hurt or disappointed, they can become depressed, but keep their feelings to themselves. Even when feeling lonely, they withdraw to rest or listen to sad music, which can isolate them even more. Nervous and physically sensitive (to sun, to weather changes, and to many foods, especially milk), they may also get depressed when feeling weak or ill.

10. **Natrum Muriaticum:** People who need this remedy seem reserved, responsible, and private—yet have strong inner feelings (grief, romantic attachment, anger, or fear of misfortune) that they rarely show. Even though they want other people to feel for them, they can act affronted or angry if someone tries to console them, and need to be alone to cry. Natrum perfectionists are often workaholics, Natrums are workaholics for two reasons. Firstly it is a way of avoiding feeling, and secondly a means of feeling 'worthwhile' in some way (i.e. avoiding the feeling of worthlessness). When Natrum cannot work, he is liable to get both irritable and depressed.
11. **Sepia:** Sepia experiences a gradual deadening of her appetite for life. She

starts to live life more and more like a robot, going through the motions of her usual activities, with no enthusiasm or motivation inside her. Because she has lost contact with her own 'life-force', she feels sluggish both mentally and physically, and her emotions are also blunted, producing a kind of indifference to everything. Sepia starts to worry about the fact that she feels less and less for her husband and children, apart from irritation. She also loses the enjoyment she used to feel from socialising, from eating and drinking, and from making love. A person who needs Sepia hates to be consoled or given sympathy, withdraws, is weepy, irritable, a screamer, tends to have brown spots on their face, a yellowish complexion, has sluggish circulation, feels cold and improves with a lot of exercise like aerobics or running miles a day.

General Management: Physical activity releases endorphins which will facilitate towards an optimistic boost up of mood. Yoga, meditation along with regular exercise is additionally joined to higher vitality, higher sleep, less stress, and additional energy. Any sort of moderate activity, from swimming to work, can help to select one thing by which one get

pleasure from and must aim for twenty to half an hour, four or 5 times every week

Few rubrics of Kent repertory related to depression²⁰

MIND - MOOD, - alternating

Acon. agn. ALUM. ant-t. arn. ars. ars-i. asaf. asar. aur. Barc. BELL. bism. borx. BOV. calc. cann-s. caps. Carb an. caust. Chin. con. Croc .cupr. cycl. Dros. FERR. ferr-ar. ferr-i. Ferr p. Graph. hyos. IGN. IOD. Kali-c. kali-s. LYC. med. Merc .Naja nat-c. nat-m. Nux m. op. phos. PLAT. Puls. SARS. seneg. sep. stann. staph. Sulph. SUL-AC. tarent. tub. valer. verb. ZINC.

MIND - MOOD, changeable, variable, etc.

Acon. agn. Aloe Alum. ambr. anac. ant-t. Apisarg-met. Arg-n. arn. Ars. ars-i. asaf. asar. Aur. aur-m. Bar-c. Bell. bism. Borx. bov. bry. Bufo Calc. calc-s. cann-s. caps. carb-an. carbns. carl. caust. Chin. Cocc. con. Croc .Cupr. cycl. Dig. dros. Ferr . ferr-ar. gels. graph. hyos. IGN. iod. Kali-c. kali-p. kali-s. lac-c. lach. lachn. LYC. Mag-c. meny. Merc. mez. morph. nat-c. nat-m. nit-ac. NUX-M. op. Petr. phel. Phos .plan. Plat. Psor. PULS. ran-b. rat. sabad. sanic. SARS. seneg. Sep. sil. spig. spong. stann. staph. Stram. sulph. Sul-ac. tarent. thuj. Tub. Valer. verat. verb. ZINC.

SLEEP – DISTURBED *acon. ail. Apisarn. Ars. asaf. aster. bar-c. bell. cact. calad. Calc-p. cob. Coca cupr-ar. dig. dir.*

dulc. fago. form. **GRAPH.** ham. hyos. kali-bi. kali-i. *Laur.* lycps-v. merc. morph. najanat-act. nat-m. op. phys. plan. plb. puls. ran-b. sep. **SULPH.** tab. vesp. ham.

SLEEP - DISTURBED - dreams,by

acon. agar. ambr. arn. *Ars.* atro. bell. benz-ac. bry. cact. calc-p. carbn-s. carl. cham. cemic. coc-c. coloc. crot-t. cupr. *Cycl.* dig. dulc. euphr. *Ferr.* ferr-i. gamb. glon. *Graph.* hell. ign. *Laur.* lyc. lyss. mag-c. mag-s. merc. mur-ac. nat-m. nit-ac. nux-v. op. paeon. par. plb. psor. ptel. rhod. sin-n. sol-ni. spig. *Spong* .sulph. tab. valer.

SLEEP - SLEEPLESSNESS

abrot. absin. *Acon.* aeth. *Agar.* agn. *Aloe* alumn. alum. ambr. am-br. am-c. am-m. anac.ang.anthraci.ant-c.ant-t. *Apis* apoc. aran. arg-met. **ARG-N.** *Arn.* **ARS.** *Ars-i.* *Arum-t.* arund. asc-t. *Atro.* *Aur.* aur-m. *Bapt* .bar-c. bar-m. **BELL.** *Benz-ac.* *Borx.* **BRY.** bufo-s. **CACT.** cadm-s. cain. calad. **CALC.** *Calc-p.* calc-s. *Camph.* cann-i. cann-s. *Canth.* caps. carb-an. *Carbn-s.* *Carbv.* *Carl.* *Caust.* cedr. **CHAM.** **CHIN.** *Chinin-ar.* *Chinin-s.* chlol. *Cic.* cemic. *Cina* cinnb. **CIT-V.** clem. cob. *Coca* *Cocc.* coc-c. **COFF.** colch. *Coloc.* *Con.* cop. *Crot-h.* crot-t. *Cupr.* **CYCL.** daph. *Dig.* dios. dir. *Dros.* *Dulc.* elapsery-a. eug. eup-pur. euph. fago. *Ferr.* *Ferr-ar.* ferr-i. ferr-p. *Fl-ac.* form. gamb. *Gels.* *Glon.* gran. *Graph.* *Guaj.* *Hell.* **HEP.** Hura hydr. **HYOS.** *Ign.* *Iod.* *Ip.* irisjab. jac-c. *Jal.* jatr-

c. jug-c. jug-r. **KALI-AR.** *Kali-bi.* *Kali-br.* **KALI-C.** kali-cy. *Kali-i.* kali-n. kali-p. *Kali-s.* kalm. *Kreos.* lac-ac. *Lac-c.* **LACH.** *Lachn.* lact. *Laur.* *Led.* lept. lil-t. *Lyc.* *Mag-c.* *Mag-m.* *Mag-s.* manc. *Med.* **MERC.** **MERC-C.** merc-cy. merc-i-f. merc-i-r. merl. mez. morph. mosch. mur-ac. myris. *Naja* nat-act. *Nat-c.* *Nat-m.* *Nat-p.* *Nat-s.* nicc. *Nit-ac.* *Nux-m.* **NUX-V.** olnd. **OP.** petr. *Ph-ac.* **PHOS.** phys. phyt. pic-ac. plan. *Plat.* **PLB.** prun. psor. ptel. **PULS.** ran-b. ran-s. raph. rhod. **RHUS-T.** rhus-v. *Rumx.* sabad. sabin. sang. sarr. sars. *Sec.* *Sel.* *Senec.* **SEP.** **SIL.** sin-n. sol-t-ae. spig. spong. squil. **STANN.** **STAPH.** stram. stry. **SULPH.** sul-ac. sumb. *Syph.* *Tab.* *Tarent.* tax. *Thea* **THUJ.** til. *Valer.* verat. vesp. vinc. vip. zinc. zing.

MIND - SUICIDAL disposition

alum. ambr. am-c. *Anac.* anan. *Ant-c.* *Ant-t.* arg-n. *Ars.* asaf. **AUR.** **AUR-M.** bell. *Calc.* *Caps.* carb-v. caust. *Chin.* chinin-ar. cic. *Cimic.* clem. crot-h. cur. der. dros. gels. grat. hell. *Hep.* hipp. *Hyos.* iod. kali-ar. *Kali-br.* kreos. *Lac-d.* *Lach.* lil-t. med. meli. *Merc.* mez. morph. *Naja* **NAT-S.** nit-ac. *Nux-v.* orig. phos. plat. *Plb.* *Psor.* *Puls.* rhus-t. rumx. sarr. sec. *Sep.* sil. *Spig.* *Stram.* sulph. tab. tarent. ter. *Thea* thuj. verat. *Zinc.*

MIND - ANXIETY - suicidal

Aur. caust. *Dros.* hep. *Merc.* nux-v. plat. *Puls.* *Rhus-t.* staph.

MIND - SADNESS, mental depression

Abies-n. abrot. acal. acet-ac. **ACON.** act-sp. *Aesc.* agar. *Agn.* ail. all-c. aloe alumn. *Alum.* *Ambr.* *Am-c.* *Am-m.* ammc. *Anac.* anan. *Ant-c.* apis apoc. aran. *Arg-met.* *Arg-n.* *Arn.* **ARS.** **ARS-I.** arum-t. *Asaf.* asar. aster. **AUR.** **AUR-M.** aur-s. bapt. *Bar-c.* *Bar-m.* *Bell.* benz-ac. berb. bol-la. bov. *Brom.* *Bry.* *Bufo* *Cact.* calad. **CALC.** **CALC-AR.** *Calc-f.* *Calc-p.* **CALC-S.** *Camph* .cann-i. *Cann-s.* *Canth.* *Caps.* **CARB-AN.** **CARBN-S.** *Carb-v.* card-m. carl. castm. **CAUST.** **CHAM.** *Chel.* **CHIN.** *Chinin-ar.* *Chinin-s.* *Cic.* **CIMIC.** *Cina* cinnb. *Clem.* cob. *Coca* *Cocc.* coch. *Coff.* *Colch.* *Coloc.* *Con.* *Corn.* *Croc.* **CROT-C.** *Crot-h.* crot-t. *Cupr.* *Cur.* *Cycl.* *Dig.* *Dros.* *Dulc.* echi. *Elaps* eug. eup-per. eup-pur. euph. euphr. **FERR.** *Ferr-ar.* **FERR-I.** *Ferr-p.* fl-ac. gamb. **GELS.** glon. **GRAPH.** *Grat.* guaj. haem. ham. **HELL.** *Helon.* *Hep.* **HIPP.** *Hura* *Hydr.* hydrc. *Hyos.* hyper. **IGN.** ind. *Indg.* **IOD.** *Ip.* *Iris* *Kali-ar.* kali-bi. **KALI-BR.** *Kali-c.* kali-chl. *Kali-i.* kali-n. **KALI-P.** kali-s. kalm. kreos. **LAC-C.** *Lac-d.* **LACH.** lachn. lact. lam. *Laur.* *Lec.* **LEPT.** **LIL-T.** lob. **LYC.** lycps-v. mag-c. mag-m. mag-s. *Manc.* *Mang.* med. meny. **MERC.** *Merc-c.* *Merc-i-r.* merl. **MEZ.** mosch. *Mur-ac.* **MURX.** *Mygal.* myric. *Naja* **NAT-ACT.** **NAT-C.** **NAT-M.** *Nat-p.* **NAT-S.** nicc. **NIT-AC.** nux-m. *Nux-v.* *Ol-an.* olnd. op.

oxyt. *Petr.* phel. *Ph-ac.* *Phos.* *Phyt.* pic-ac. plan. **PLAT.** *Plb.* podo. prun. **PSOR.** ptel. **PULS.** ran-s. raph. *Rheum* rhod. **RHUS-T.** *Rhus-v.* rob. rumx. *Ruta* sabad. sabin. sang. sanic. sarr. sars. sec. senec. seneg. **SEP.** *Sil.* *Spig.* *Spong.* **STANN.** *Staph.* *Still.* *Stram.* stront-c. *Stry.* **SULPH.** *Sul-ac.* *Tab.* tarent. tell. ter. **THUJ.** til. tril-p. uran-met. ust. valer. **VERAT.** *Verat-v.* verb. vib. viol-t. *Visc.* xan. **ZINC.** zing. ziz.

MIND - CONFIDENCE, want of self

agn. alum. **ANAC.** anan. ang. arg-n. *Aur.* *Bar-c.* bell. *Bry.* calc. canth. carb-an. carb-v. caust. *Chin.* chlor. dros. gels. hyos. ign. iod. *Kali-c.* kali-n. kali-s. *Lac-c.* lach. *Lyc.* merc. mur-ac. nat-c. nat-m. nit-ac. nux-v. olnd. op. pall. phos. plb. *Puls.* ran-b. rhus-t. ruta *Sil.* stram. sulph. sul-ac. tab. ther. verb. viol-t. zinc.

MIND DULLNESS, sluggishness, difficulty of thinking and comprehending - mental exertion, from
Anac. aur. calc. *Calc-p.* cocc. graph. hep. *Hura* ign. lach. lyc. mag-c. **NAT-C.** nat-m. *Nux-v.* *Olnd.* pic-ac. puls. ran-b. *Sil.* *Sulph.*
CONCLUSION –

Most of the psychological disorders are likely to be the chronic illness which requires long-term treatment so one of them is depression. As homoeopathy acts on dynamic plane the highly potentised medicines prescribed

after an artistic way of conversation with the patient and collecting the appropriate totality on the basis of combination of psychological, physical symptoms, covering whole person not just a part helps the patient in preventing the likelihood of serious recurrences of depression.

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