



ORIGINAL ARTICLE

EFFECTIVENESS OF SEPIA IN DEPRESSION: A PROSPECTIVE OBSERVATIONAL STUDY

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Abstract

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Key Word- Depression, Homoeopathy, Sepia Succus, Homoeopathic Repertory, Psychology, Hamilton depression scale.

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Depression is a disorder of major public health importance, in terms of its prevalence and the suffering, dysfunction, morbidity, and economic burden. It is more common in women than men. Studies on the elderly population, either in the community, inpatient, outpatient and old age homes have shown that depression is the commonest mental illness in elderly subjects. Many studies have estimated the prevalence of depression in community samples and the prevalence rates have varied from 1.7 to 74 per thousand population.

INTRODUCTION

The report on Global Burden of Disease estimates the point prevalence of unipolar depressive episodes to be 1.9% for men and 3.2% for women, and the per

year prevalence has been estimated to be 5.8% for men and 9.5% for women.

Aim and Objective:

- To study the effectiveness of SEPIA SUCCESS in managing the cases of depression.

- To treat the depressive disorder by selecting the constitutional remedy on basis of totality of symptoms and to reduce the recurrent attack and relapses.

MATERIAL AND METHODOLOGY:

It is the study of 30 diagnosed patients with unipolar depressive disorder. Cases were studied with follow up every 15 days and up to 18 months in OPD.

Cases are included of 20 to 50 year age group of all sexes, religion and socioeconomic conditions who have suffered from unipolar depressive disorder.

Study Design - Observational prospective single blind uncontrolled trial was undertaken. Case taking was done as per homoeopathic approach and was analyzed and evaluated accordingly. The patient's were given medicine based on totality of symptoms and after repretorization and assessing the usefulness by observing the changes in the symptom totality according to the Hering's law of cure and Kent's 12 observations. All the patients and their parents were given counseling in relations to their diseases and do's and don'ts etc.

Selection of tool

1. Case recording format
2. Questionnaires such as Hamilton depression scale is used to evaluate the case.

Selection and Administration of Drug- Drugs were selected after Repertorization

and similimum was selected with the help of Materia Medica and was given orally in ascending order in centesimal potency.

In all the cases of depression the medicine SEPIA is given in different potencies. Globules no. 30 is used for administration of medicine. The dose and repetition was decided according to the cases.

Data collection- Data was collected by Sample Survey method, Interview Method and by scheduling.

Consent of the Patient - The consent from the patients was taken before this clinical study after explaining about the homoeopathic aspect of the study and importance of it.

Diagnosis criteria- Mainly by clinical history, criteria led down by DSM IV TR, examination, observation and by necessary laboratory investigations were done.

Follow Up patients were called after 15 days and were followed up for minimum 3 months.

Records were maintained for drawing conclusion and analysis and evaluation of the study.

OBSERVATION AND RESULTS

GRADING OF RESPONSE

Grade 0-3

- **Grade 0** : No improvement.
- **Grade 1** : Mild improvement
- **Grade 2** : Moderate improvement.

- **Grade 3** : No symptoms, completely cured,

Improvement status

- **Improved (I)** : Those who are showing grade 2 improvements.
- **Cured (C)** : Those sowing grade 3 improvements.
- **Not improved (NI)** : Those showing grade 0 or grade 1 improvement.

STUDY GROUP	OUT COME		Cured
	Improve ment	Not improved	
EXPERIM ENTAL GROUP	14	6	6
	4 left the treatment		
TOTAL	30		

ANALYSIS AND INTERPRETATION

The data obtained from this study was analyzed with the help of statistical test – Chi-Square test. So this test was performed to assess the statistical significance of “ EFFECTIVENESS OF SEPIA IN DEPRESSION: A PROSPECTIVE OBSERVATIONAL SYUDY”

HA (Alternative Hypothesis) :

There is a remarkable improvement rates in the cases of depressive disorder after administration of the medicine SEPIA. The improvement is up to 60%. Therefore, this clearly shows that homoeopathic medicine SEPIA is effective in solving the problems of depressive disorder in present senerio.

2X2 Contingency table for assessment of the obtained results is shown below –

Table1. – Contingency table for assessment of results of this study.

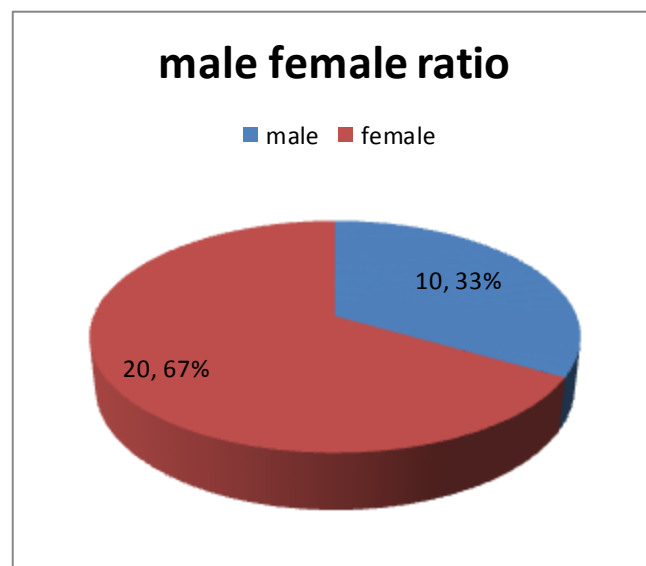
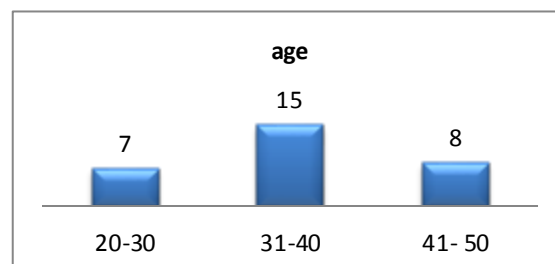


Figure Male Female Ratio MALE 10, FEMALE 20

In our study we have taken 30 patients randomly. The ratio in which subjects came is in 35 % males and 65 % females of all socio economic classes and different religions and all age groups.



It has been seen that person of age group in between 30 -45 yrs are more suffering from the disease who came for the treatment.

20-30 age ---- 7

31-40 age-----15

41-50 age ----8

Post treatment outcome

There was about 76 % improvement seen in the patients of observational group. There were only 24 % patients who did not show improvement in the observational group which was due to may be because of long standing diseases and influence of other modes of treatment or complex disease formation.

There was marked improvement shown in the observational group which signifies the utility of the homoeopathic medicine SEPIA in depression and thus effectiveness of Homoeopathy.

The characteristics particular symptoms, provocative, exiting factors, characteristics mental symptoms, mental causative modalities and characteristics physical generals all these together make the totality and require use of Kent's repertory in some cases. Therefore all the cases of depression were prescribed medicines only after proper repretorisation basing on the reportorial totality of each case, in all the cases Kent' s Repertory was found useful.

The medicine SEPIA is found effective in many cases of depression and somewhat it is very efficacious to solving the cases of depression.

DISCUSSION

The incidence of depressive disorder is on the rise owing to stress due to various social, personal, reasons.

This study although over a very small group of patients over small period of time has definitely shows some rays of hope for further studies. The present prospective control study was undertaken with the aim to explore the Effectiveness of SEPIA in DEPRESSION.

The efficacy of the Homoeopathic medicine SEPIA in cases of Depressive disorder was demonstrated by the results of the statistical analysis. Based on the data collected from the study, the calculated value of Chi-Square [$\chi^2 = 6.17$ (approx.)] with 1 degree of freedom exceeds the corresponding table value (3.84).

It indicates that there is a significant difference in the improvement rates between the patients after administering the medicine SEPIA.

In this study it has been observed that the Maximum number of patient belongs to the age groups 30-40 (32 %) and then of the age group 40-50 years (23 %). This suggests that the disease is more prevalent in adult's age groups.

Among the both sexes, it was noted that the female patients were more in number than the male patient. (Male –35 % and female – 65 %). This data thus suggests that Depression is more prevalent in females than in males. After thorough case taking of each and every study group, miasmatic analysis was done.

In all 30 cases according to the totality of the symptoms, most indicated medicine SEPIA is to be given. Out of the total patient there is marked improvement is to be seen through analyzing the depression scale.

After the completion of the study, the comparison of the various post treatment outcome measures, showed that the Grade- I (i.e. not effective) outcome was seen in 6 cases of total cases to observed. Grade – II improvement (i.e. effective) was seen in 14 cases and Grade 3rd improvement i.e. cured was seen in total 6 cases. It was seen that 4 cases of the study left the treatment due to unknown reason. Simultaneously, psychotherapy, counseling and proper dietetic and hygienic measures also maintained by these patients .

In the study it was found that patients (38.24%) were most vulnerable to stress related disorder due to fast modern life, competition in every field due to vast population, nuclear family system, family pressure to do well in every aspect, lack of

parental care and in some cases lack of affection, tension regarding career etc. give birth to depression and frustration among them.

The therapeutic capabilities are mainly dependent on mental generals, physical general, characteristics particulars, characteristics pathological general symptoms to, which constitute the totality of symptoms are there is no other shortcut root for homoeopathic prescriptions, which reconfirms the observation of our great masters.

CONCLUSION

The result obtained from the present study was very encouraging especially confirming the already known fact that well selected constitutional homoeopathic medicines are capable of tackling enumerable acute as well as chronic disease successfully and depressive disorder is no exception to it. Homoeopathic medicine do act curatively in combating depression and depressive episodes and in preventing further complication which is proved by statistical data. There must be more Studies with larger number of population taken in consideration. It opens new windows for further research.

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