

An Exploratory Study to Evaluate the Effectiveness of Homoeopathic Management in Modernity Impacted Depression

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Abstract: *Depression is known to be the single largest contributor to global disability & in India, according to mental health survey 2015-16, nearly 15% of Indian adults needs active intervention for one or more mental health issues. 1 in every 20 Indians is suffering from depression. The modern lifestyle is one of the major factors contributing to the mental diseases nowadays & depression is one such illness. Homoeopathy is a holistic system of therapeutics based on natural laws of cure & individualization which cures the sick gently. The aim of this study was to manage depression with the help of Homoeopathic individualized similar medicine administered on the basis of Homoeopathic principles, & we fulfilled our objective to show effectiveness of Homoeopathically similar medicine in taking the case towards improvement & cure. The patients diagnosed with depression caused due to modernity were selected from OPD & peripheral dispensaries of Sri Guru Nanak Dev Homoeopathic Medical College & Hospital, Ludhiana. The patient's improvement was assessed on HDRS scale using paired t test. In the study, we found 38% patients showing marked improvement & 54% patients showing moderate improvement without any worsening. 17 prominent modernity related causes have been found with the most common (26%) being use of mobiles & social media & a desire for a higher standard of living.*

Keywords: Modernity, Depression, Homoeopathy, HDRS, Organon of Medicine, Dr. Hahnemann, Major Depressive Disorder, Persistent Depressive Disorder

1. Introduction

Depression is a type of mood disorder that presents with a low or depressed mood, loss of interest or pleasure, decreased energy, feelings of guilt or low self worth, disturbed sleep or appetite, and poor concentration & thus ultimately depressing all the faculties & functions causing considerable difficulty with daily functioning (e.g. at home, school or work). Statistics say that Depression is a common mental disease & about 350 million people are affected worldwide.

As per Britannica, Modernity is the self-definition of a generation about its own technological innovation, governance, and socioeconomics. To participate in modernity was to conceive of one's society as engaging in organizational and knowledge advances that make one's immediate predecessors appear antiquated or, at least, surpassed. "Modernity" is a continuous concept that begins with agriculture, followed by industrialization, urbanization, and ever-accelerating changes in technology and social structure, secularization, consumerism, and westernization.

2. Literature Survey

As per Merriam-Webster, mind is the element or complex of elements in an individual that feels, perceives, thinks, wills, and especially reasons. In Homoeopathy, mind is regarded as part of the whole person & not a separate entity: "*the almost spiritual, mental and emotional organs, which the anatomist has never yet and never will reach with his scalpel*" [§ 216]. At Dr. Hahnemann's time, mentally sick were regarded as 'unfortunate beings.' He introduced kindness to the treatment of these mentally sick. Homoeopathic management in mental diseases is given in the 'Organon of Medicine' from §210-§230.

Homoeopathy follows the principle of treating the man in disease and not the disease in man, i.e., holistic concept, based on the individualisation of each individual case of the disease.

Some important Homoeopathic medicines for depression are - Ars., Aur., Calc., Graph., Ign., Nat-c., Nat-m., Nit-ac., Psor., Puls., Staph., etc.

3. Methodology

It was an exploratory study. The study was undertaken at OPD & peripheral dispensaries of Sri Guru Nanak Dev Homoeopathic Medical College and Hospital, Ludhiana. The cases, from 12 to 60 years of age, suffering from mild, moderate & severe depression (as per HDRS) were taken into the study. Depression due to any somatic illness was excluded. Assessment was done on the basis of clinical scoring on HDRS. Each case was followed up at an interval of 3-15 days.

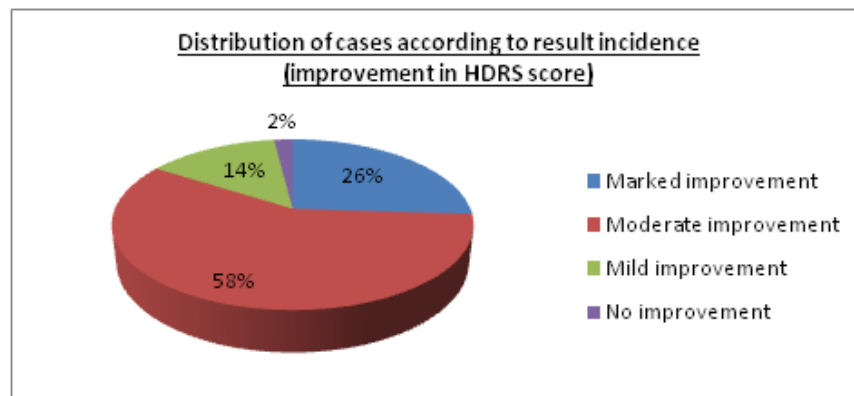
4.Results & Discussion

Out of 50 cases, under the influence of individual simillimum Homoeopathic remedy, it is found that 38% (13 patients) patients have shown marked improvement in their symptomatology, 58% of cases (29 patients) showed moderate improvement. Only 1 patient reported no improvement at all, & no case got worsened.

Through the study, it is found that 44% people are suffering from major depressive disorder, while 34% are suffering from persistent depressive disorder. Also, 42% of people are found to be suffering from moderate to severe depression (as per HDRS).

17 prevalent causes of modernity causing depression have been found. 2 of the major factors (26%) are the use of mobile phones & gadgets, & also alienation of children from their parents like children living separate to their parents, children disrespecting their parents. Next prominent cause is the show off living or a desire for a higher standard of living causing depression in people.

Major remedies prescribed are Aur., Lyc., Ign., Puls., Staph., Phos., Plat., Nat-m., Lach., Nux-v., Sep. & Ars.



5.Conclusion

After going through the whole research work, the analysis & observations, we conclude that there has been an appreciable clinical response in terms of improvement of depression patients, thus Homoeopathy has proved itself effective in management of modernity impacted depression.

Detailed case taking as per Homoeopathic principles, making the totality of symptoms & administering the most similar remedy along with proper diet & regimen, has given positive results.

Thus, Homoeopathy is surely & undoubtedly a very safe & gentle healing art, especially for the depressed persons.

Conflicts of Interest

None declared.

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