

## REPRTORIAL APPROACH IN THE MANAGEMENT OF DEPRESSION.

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### ABSTRACT

Homeopathy is a complete scientific health system. It is an art and science. No doubt, *repertorial* totality has a role or scope in each and every field of medicine. You take a name of disease & answer is in the *Repertory*. In all studied cases remedy is selected by the *repertorial* philosophy. Post treatment analysis shows an effective lowering in the level of complaints and manifestations after homeopathic treatment. This signifies that a selection of remedy on the basis of repertorial approach proves its utility than any other approach of remedy selection irrespective of the diagnosis of the clinical condition. Depression (major depressive conditions) is a common medical condition in which negative thinking affects thinking and reacting to circumstances. Depression results in sorrow, sadness, less interest in previously favorite things. It can result towards various mental and physical consequences and can increase a person's inability to function or he can't able to do his daily work. Plane clinical study applied with sample size 30. In the study i.e. *Repertorial* approach in the management of Depression, 24 patients were achieved Good improvement and 6 were achieved Moderate improvement.

**Keywords:** Depression, Homeopathy, *Repertorial* Approach, Depression management.

### 1. INTRODUCTION

Now days there is increasing stress and strain in all the fields due to developments and fast going life and everyone wants to achieve targets and complete the goals. Many people successes but some cannot and as a result, depression follows them. Depression is a common condition, which is found in the clinical practice in all patients, in all age groups and in both the sexes. School going students also complain about stress, some doctors are also under depression, it means loss of feeling and sensation, loss of body energy, loss of mental interest, loss of spirit and hope<sup>1</sup>. So, it becomes necessary to study and understand the clinico-pathology of depression and its management with homeopathy. *Repertory* is the only tool which easily understands the language of depression and helps to find *simillimum*. In today's fast life stress and strain Depression has become very common condition. This stressful life results in either physical, emotional or mental derangement leading to depressed state. In other words, Anxiety and Depres-

sion slowly killing today's executive<sup>1</sup> i.e. loss of memory, inability to concentrate, unable to relax, fear of being left alone, sad, feeling of hopelessness, less interest in work, palpitations, aches and pains in the chest etc. Depression causes disturbances like Headache, study difficulties, loss of attention in work, headaches, etc. Overcoming depression successfully, someone can live and enjoy his life normally once again. Depression is common nowadays- according to W.H.O.<sup>2</sup> - something like 100 million people in the world are depressed at any one time. The incidence is rising alarmingly. Depression the hiding epidemic- It is often considered as a female disease<sup>3</sup>. Many persons try to hide their condition, thinking it un-masculine to act moody. Women usually interiorize distress, while men realize it. Depressed females are usually talk about their difficulty and reach out for help, depressed men often have less sufferance for internal pain and attract towards some action or substance for relief. Male depression is not as obvious as the defenses men use to run from it. According to one of the surveys of W.H.O., the depression (*Nairashya*)

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as a disease condition is on fourth number & will become second till 2020. About 35 corer people are living depressed, frustrated life. One lady among 4 & 1 man among 10 is under depression. Females accept the situation & visit their physician but men are not ready to accept the fact. 23% population in India is depressed. 3 lakh people in Ireland suffer from depression, >5% of citizens suffers from a depressive illness at any one time, 12% of adults at a bit time in life experience depression.<sup>3</sup>

## 2. METHODOLOGY

### 2.1. Objectives

- ♦ To study the role of repertory in Depression
- ♦ To find out specific guidelines for appropriate management
- ♦ To solve the confusion regarding approach of the repertory.
- ♦ To treat cases depression with repertorial totality in both genders and all age groups.
- ♦ To evolve few of most effective Homoeopathic remedies in the management of depression.

### 2.2. Study design

Present study is plane clinical study which was done in single group. Total 30 patients of Depression selected by simple randomized sampling technique. Diagnosis and selection of patients was done as per Beck's Inventory of Depression. Study was completed at Ahmednagar Homeopathic Medical College, Ahmednagar and Ethical clearance was obtained from Institutional Ethical Committee. The study was conducted for six months period. Patients were examined clinically, case processing was done and finally patients were given selected remedy according to *law of similar*,<sup>4,5</sup> with advised Yogic solutions of stress.<sup>6</sup> All collected data was recorded in specially designed Case Record Forms. Final assessment was done after a follow up of 6months period. *Herring's Law & Kent's 12 observations*<sup>7</sup> are taken into consideration.

### 2.3. Clinical study

#### 2.3.1. Inclusion Criteria

- ♦ Age 18 to 80 years irrespective of sex, socioeconomic status, habitat, occupation etc.
- ♦ Patients showing symptoms of Depression.
- ♦ Patients having Beck's score between 9 to 42.

- ♦ Patient's relative willing to give consent for participation in the study.

#### 2.3.2. Exclusion criteria

- ♦ Age below 18 and above 80 years.
- ♦ Patients having beck's score below 9 and above 42.
- ♦ Severe cases, Violent patients of Depression.
- ♦ Patients having other major systemic disorders. E.g. CVS, Severe HTN, CA etc.
- ♦ Patient's relatives not ready to give consent.

#### 2.3.3. Withdrawal Criteria

- ♦ Patients not attending regular follow-ups.
- ♦ Patients who discontinued treatment in between the course.
- ♦ Patients suffering from other major disease during the course.

### 2.4. Rubrics

- ♦ Sadness<sup>8</sup> from Kent's Repertory
- ♦ Depression<sup>9</sup> from Complete Repertory
- ♦ Ailments from (A/F)<sup>10</sup> from Murphy's Repertory

### 2.5. Selection of Remedy

- ♦ Nosological diagnosis has done with clinical entity.
- ♦ Possessing of case has done according to homeopathic principles.
- ♦ References from repertory has been taken.
- ♦ Appropriate remedy was given to patients.

### 2.6. Follow ups

Patients were called for follow ups at every month up to six months.

### 2.7. Beck's Depression Score

Beck's depression score was calculated using Beck's questionnaire. Details are mentioned in Table No. 3.

## 3. RESULTS AND DISCUSSION

### 3.1. General Observations

Total 5 patients were withdrawn from study due to discontinuation of treatment during course. Those patients were replaced with another 5 patients. Out of 30 patients 21 patients were female. Females were found more prone to depression. Depression is called as female disease.<sup>1</sup> Maximum number of patients, 24



were from Urban habitat, 19 were from poor socio-economic status, 22 were married, 20 were without any job. It can be said that Urban habitat, Poor economy, Marriage and unemployment may be major causes of depression currently.

### 3.2. Discussion on Miasms and Potency

The miasmatic base was diagnosed as per family history, past history, characteristics of presenting complaints & patient as a person, his responses & reactions. Maximum number of patients, 14 were having *sycosis miasm*. 21 were needed *1M* potency of drug. It can be said that higher potencies were effective for Depression and Homoeopathic management.

### 3.3. Discussion on Rubrics

The rubric Sadness (mental depression), Depression and A/F depression were found commonly. Among these *rubrics* A/F Depression were found in 15 patients (50%). Because most of the disease conditions are psycho-somatic i.e. mind to body, it means signs and symptoms appear after derangement of mental plane. (Table No. 1, Figure No. 1)

### 3.4. Discussion on effect of therapy

Out of 30 patients, 24 patients were having Good Improvement and 6 patients were having Moderate Improvement (Table No. 1, Figure No. 1)

### 3.5. Scope and Limitations

#### 3.5.1 Scope

- ♦ Bigger sample size with increased period of study would provide better result.
- ♦ Separate control and intervention group can be selected and matched.

#### 3.5.2 Limitations

- ♦ There were some cases which demanded the long-term observations of effects of homoeopathic medicines for the proper study, which practically was not possible due to time limit
- ♦ As sample size is limited 30 cases, care must be taken while generalizing the results and conclusions of the study.
- ♦ Group selected is not homogenous in nature, hence different type of variables, seen and unseen might have influenced the outcome.
- ♦ Control groups were not used, because of the smaller sample size.

- ♦ Follow-ups in all cases were taken for a minimum period as per guidelines from ORGANON OF MEDICINE.<sup>4</sup>

### Illustrations

- ♦ Majority of cases in the study group have shown a significant effect in their general level later back to normal state without modifying the environmental factor after the homeopathic treatment
- ♦ The statistical scale used for the assessment of effect of treatment also showed significant improvement after the treatment
- ♦ This study helped us to know where the mistakes have been committed, why some patients did not turn up after 2 – 3 visits, what is the success rate and how it can be achieved etc., So all these will help us in future for better management of the forthcoming cases.
- ♦ This study was useful in assessing the efficacy of homoeopathic treatment in different psychosomatic cases. The principles of holistic approach and constitutional treatment and management of cosmetic problems was reproved.
- ♦ Post treatment analysis shows an effective lowering in the level of complaints its manifestations after homoeopathic treatment. This exemplifies that a well – selected homoeopathic simillimum with recommended potency will act favorably irrespective of the severity of the clinical condition.

### 4. CONCLUSION

- ♦ Poor economy, Urban habitat, married life & Unemployment were found more incident in Depression patients.
- ♦ *Sycotic miasm* found in most of cases.
- ♦ Depression patients need commonly higher potencies.
- ♦ Sadness, Depression and Ailments from (A/F) *rubrics* should be used commonly to treat Depression.
- ♦ 24 patients achieved Good improvement.
- ♦ No side effects found in any patient.

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## 6. TABLES AND FIGURES

Sr. No.	RUBRICS	Cases	Percentage
1	AILMENTS FROM	15	50%
2	SADNESS	09	30%
3	DEPRESSION	06	20%
4	Total	30	100%

Table No. 1 Rubrics

Sr. No.	Result of Treatment	No. of Pts.	Percentage
1	Good Improvement	24	80 %
2	Moderate Improvement	06	20 %
3	Total	30	100 %

Table No. 2 Overall effect of Therapy

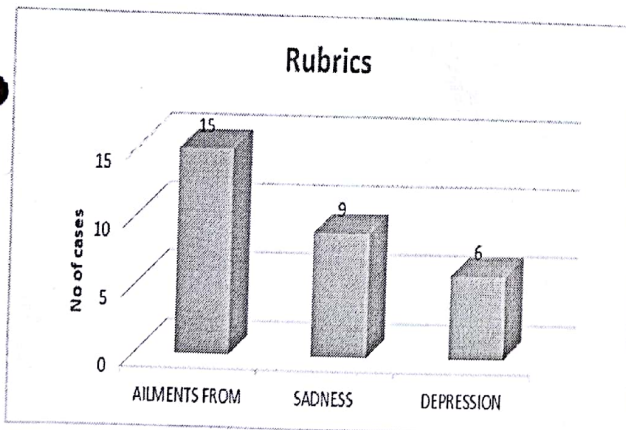


Figure No. 1 Rubrics

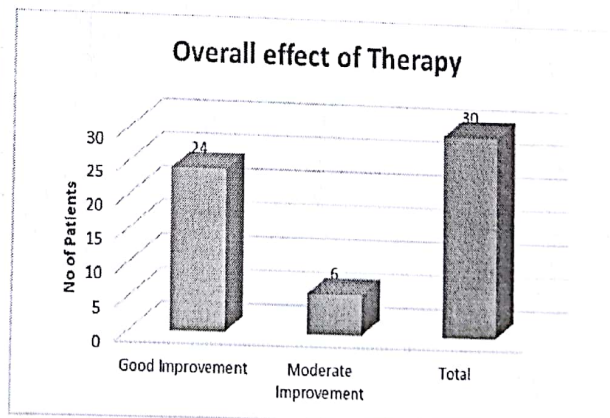


Figure No. 2 Overall effect of Therapy

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