



TO STUDY THE ROLE OF HOMOEOPATHIC MEDICINES AURUM METALLICUM AND NATRUM MURIATICUM IN THE MANAGEMENT OF DEPRESSION

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ABSTRACT:

An integrated logical approach supports the adoption of the various principles and procedures that characterize scientific homeopathy today.

Finally, the prescription should not be made hastily without a careful and long-term study of cases of depression and the sequence of symptoms.

Depression requires more knowledge, more sensitivity, and more judgment, which can be obtained by inquiry, by knowing the case;

1. How does the patient generally feel?
2. Was the energy level affected?
3. Has there been any change in the patient's physical complaints?
4. What about the mental and emotional level?
5. Are there any new or old symptoms?

The homeopathic prescription depends on various factors of the patient's disease and the applied drug, based on which we arrive at the corrective management of the patient. After the first prescription, the patient began to respond to the drug, and the doctors' approach to the next prescription is very important for maintaining the case and further managing the case. Therefore, I studied the importance of depression for prognosis and case management.

In an acute illness, where the symptoms are very disturbing and their intensity increases very quickly, quick relief for the patient in the shortest possible time is urgent. In such a case, the wait-and-see rule should be avoided. Here, the correction can be repeated many times at frequent intervals, in case of urgent need even within a few minutes.

A clinical approach in the treatment of depression.

- (1) After the first prescription, wait and watch (or prescribe a placebo).
- (2) Repetition of first remedy
- (3) Change in medication or palliative care

And the change of medicine can be antidote, complementary medicine, allied medicine, change of treatment plan and use as interactive medicine.

KEYWORDS: Depression (COPD), Aurum Metallicum, Natrum Muriaticum, Homoeopathy, Homoeopathic Medicine.

INTRODUCTION:

Depression has been identified as a silent disease that affects every individual regardless of their physical and biological health. This condition openly affects more than 40% of the company. Depression has become an alarming trend that affects not only the psychological well-being of an individual, but also the physical well-being of a person. It is often idealized as a mental illness, based on the analyzed questionnaires it is quite clear from the collected data that it is necessary to look at the ways in which it can be prevented and treated in the university environment and the closest society. It is affected. The data was analyzed using thematic analysis, which helped to create a specific view of the respondents without the perspective of the researchers.

Depression is a debilitating illness and has become a leading cause of morbidity worldwide. We aim to summarize the available evidence regarding the prevalence, type of assessment tools used and treatment options for depression in Malaysia. Depression is a common problem, often recurring or chronic. The National Framework for Mental Health Services (published by the Department of Health, 1999) states that people with depression should continue to be predominantly managed in primary care. There is much evidence that GPs' detection and treatment of depression could be improved, but little work has focused on GPs' views on their work with depressed patients.

REVIEW OF LITERATURE:

A clinical mood sickness related to depressed temper or lack of hobby and other signs and symptoms that save you an affected person from leading a normal existence

Depressive disorders usually start in early maturity and recur episodically over a lifetime.

Major melancholy

Depressed temper on each day basis for a minimum period of two weeks Dysthymic ailment

A pattern of continual (as a minimum 2 years), ongoing, mild depressive signs Minor melancholy

Experience of as a minimum 2 depressive symptoms for 2 weeks however does not meet the standards for primary depression

Seasonal affective disease Seasonal pattern of melancholy

Risk Factors & epidemiology

Depression is one of the most common mental issues in the phrase studies shows that depression is caused by a combination of genetic, organic, environmental, and psychological factors.

Depression can happen at any age, however frequently begins in adulthood. Depression is now identified as happening in kids and children, although it every now and then presents with more prominent irritability than low mood. Many persistent mood and anxiety disorders in adults start as high degrees of anxiety in children.

Depression, especially in midlife or older adults, can co-occur with different serious scientific illnesses, together with diabetes, most cancers, heart disorder, and Parkinson's sickness. These conditions are regularly worse while despair is present. Sometimes medications taken for these physical illnesses can also purpose aspect effects that make contributions to melancholy. A doctor experienced in treating those complicated illnesses can assist training session the excellent remedy method.

Risk elements include:

- Personal or own family history of despair
- Major existence changes, trauma, or strain
- Certain bodily ailments and medicinal drugs

Depression is a bodily disorder of the brain that affects over 20 million adults usual and impacts greater than 6.5 million individuals over the age of 65. Depression affects someone's whole being—mental fitness and physical fitness—and if left untreated can disable folks who would possibly in any other case be wholesome people. According to the National Institutes of Health, of the 35 million Americans age sixty-five or older, approximately 2 million be afflicted by full-blown melancholy. Another five million suffer from much less excessive styles of the infection. Depression is common in overdue existence, affecting nearly 5 million of the 31 million Americans aged sixty-five and older. Both principal and minor. Depression is mentioned in 13% of community residing older adults, 24% of older medical outpatients, 30% of older acute care patients, and 43p.Cof nursing domestic dwelling older adults (Blazer, 2002a).

- Persistent depressive sickness (additionally called dysthymia) is a depressed temper that lasts for at the least years. A man or woman identified with continual depressive sickness might also have episodes of most important melancholy together with intervals of less excessive symptoms, however symptoms have to closing for two years to be taken into consideration persistent depressive sickness.
- Perinatal depression is a lot extra extreme than the "baby blues" (extraordinarily slight depressive and anxiety symptoms that commonly clear inside weeks after transport) that many ladies enjoy after giving birth. Women with perinatal melancholy enjoy complete-blown main despair during pregnancy or after shipping (postpartum melancholy). The emotions of intense disappointment, tension, and exhaustion that accompany perinatal depression may also make it hard for those new mothers to complete every day care sports for themselves and/or for his or her toddlers.
- Psychotic depression takes place while someone has intense melancholy plus a few forms of psychosis, inclusive of having annoying fake constant ideals (delusions) or listening to or seeing upsetting things that others can't hear or see (hallucinations). The psychotic signs usually have a depressive "subject," which includes delusions of guilt, poverty, or illness.
- Seasonal affective disease is characterized by using the onset of melancholy for the duration of the winter months, while there is less natural sunlight. This melancholy generally lifts throughout spring and summer time. Winter despair, usually followed by social withdrawal, improved sleep, and weight benefit, predictably returns each 12 months in seasonal affective sickness.

- Bipolar disease is different from melancholy; however, it's far included in this listing is because someone with bipolar disorder reviews episodes of extremely low moods that meet the criteria for fundamental melancholy (called "bipolar melancholy"). But a person with bipolar disorder also studies extreme high – euphoric or irritable – moods known as "mania" or a less excessive shape known as "hypomania."
- Examples of different varieties of depressive issues newly brought to the diagnostic type of DSM-5 include disruptive mood dysregulation ailment (identified in children and young people) and premenstrual dysphoric disease (PMDD).

Signs and Symptoms

If you have been experiencing some of the subsequent signs and symptoms and signs most of the day, nearly each day, for at least weeks, you may be suffering from depression:

- Persistent sad, worrying, or "empty" temper
- Feelings of hopelessness, or pessimism
- Irritability
- Feelings of guilt, worthlessness, or helplessness
- Loss of interest or satisfaction in interests and activities
- Decreased power or fatigue
- Moving or speakme greater slowly
- Feeling restless or having hassle sitting nonetheless
- Difficulty concentrating, remembering, or making selections
- Difficulty slumbering, early-morning awakening, or oversleeping
- Appetite and/or weight changes
- Thoughts of demise or suicide, or suicide attempts
- Aches or pains, headaches, cramps, or digestive troubles without a clean bodily reason and/or that do not ease in spite of remedy
- Not all and sundry who's depressed reports every symptom. Some human beings experience just a few signs whilst others may also revel in many. Several continual signs and symptoms in addition to low mood are required for a diagnosis of most important despair, but human beings with only some – but distressing – symptoms can also benefit from treatment in their "subsyndromal" melancholy. The severity and frequency of signs and symptoms and the way long they last will range relying at the character and his or her unique illness. Symptoms may also range relying at the stage of the infection.

Diagnosis of Depression

Presence of above medical presentation as nicely mental reputation questioner may also assist to diagnose the depression.

Management : counseling, antidepressant, food regimen and routine correction & psycho remedies are current curriculum within the conventional gadget.

Homeopathic literature

In organon of medicine Hahnemann considers intellectual sicknesses as one-sided diseases of the chronic kind affecting the whole psycho-somatic entity in which the brunt of derangement has been shifted on the mental aspect of the human organism after the physical disturbances were suppressed with the aid of non-homoeopathic remedy or thru a few other herbal reasons (215-216).

Hahnemann additionally mentions in footnote (123) to sec. 222 that "it very rarely happens that a mental or emotional ailment of lengthy-status remedies spontaneously and they're reckoned as cured people. But these are times where internal dyscrasia transfers itself once more to the grosser corporeal organs".

In§ 214 he starts off evolved to inform us that a patient with a intellectual emotional disorder need to be perceived inside the same way as other sufferers and then he tells us something more particular:

According to Jahr: There are forms of mental sickness as to their beginning. The one that is acquired is curable, and one that is inherited is incurable.

According to Andre saine: There are Functional sicknesses which might be curable, both received or inherited, and there are natural sicknesses which are less probably to be curable, each acquired or inherited. But they may be progressed. He also says extended intellectual ailment will lead into natural changes.

According to Kent, as pronounced through his student: Kent had as soon as said "you could go into an asylum with these medicines: Anacardium, Belladonna, Pulsatilla, Cocculus, Veratrum album and Hyoscyamus, and completely empty them of all latest instances".

Aurum metallicum:

This remedy can be useful to extreme people, strongly centered on work and achievement, who turn out to be depressed in the event that they sense they've failed in some way. Discouragement, self-reproach, humiliation, and anger can cause emotions of vacancy and worthlessness. The character can also experience worse at night, with nightmares or insomnia.

Natrum muriaticum:

People who want this remedy appear reserved, responsible, and personal but have robust inner emotions (grief, romantic attachment, anger, or fear of misfortune) that they hardly ever show. Even though they need other humans to experience for them, they could act affronted or irritated if someone tries to console them, and want to be by myself to cry. Anxiety, brooding approximately beyond grievances, migraines, lower back ache, and insomnia also can be skilled when the man or woman is depressed. A yearning for salt and tiredness from solar exposure are other symptoms for this treatment.

In synthesis repertory direct rubrics for melancholy are

MIND - CHEERFUL - eating - after - accompanied by means of - despair an hour later

MIND – DEPRESSION MIND - DEPRESSIVE MANIA

MIND - MANIA - alternating with - despair MIND - MANIA - alternating with - unhappiness MIND - MANIC-DEPRESSIVE

MIND - SADNESS - alternating with - mania MIND - VIVACIOUS - depression, accompanied via

As in keeping with WHO Disability-Adjusted Life Year (DALY) wherein maximum Member Countries of WHO SEAR fall, had been on account of non-communicable diseases, of which, 10% of the sickness burden changed into due to neuropsychiatric conditions. A huge proportion of the load of sickness attributable to neuropsychiatric situations is due to unipolar essential depression, which changed into the fourth main motive of universal ailment burden in 1990, at the same time as in adults aged 15-44 years, it changed into the leading reason of DALYs lost global.

The goal of homeopathy isn't always handiest to deal with despair and anxiety however to cope with its underlying cause and individual susceptibility. As a ways as healing medication is involved, numerous drugs are available for despair treatment that may be selected on the idea of purpose, situation, sensation and modalities of the lawsuits. Depression is chargeable for large fitness, social and monetary burden on network with work loss days. In conventional gadget of medication there is no nice and permanent therapy for melancholy at the side of ever drug dependency and lifestyles threats.

CONCLUSION:

After literary study, clinical trials, data collection, data classification, data presentation and data analysis in the work here is time to conclude few interferences found from the study.

1. In anxiety Aur-m and Nat-m both are equally effective
2. In low interest Aur-m and Nat-m both are equally effective
3. In insecurity Aur-m and Nat-m both are equally effective
4. In Helpless feeling Aur-m and Nat-m both are equally effective
5. In suicidal thoughts Aur-m is more effective than Nat-m.
6. Overall by "STUDY THE ROLE OF HOMEOPATHIC MEDICINE AURUM METALLICUM AND NATRUM MURIATICUM IN THE MANAGMENT OF DEPRESSION in 30 cases In Group A, 9 patients were Improved 12 were Not improved and In Group B, 9 patients were Improved 12 were Not improved
7. Homoeopathic similimum was effective, safe, easy to consume, easily available, cost effective.
8. No complications or adverse drug effects through Homoeopathic remedies were observed during the study.

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