

# Depression and Homoeopathy

**ABSTRACT:** *Homoeopathy is a science of Life. Though the creator has created them to be healthy, there are different kinds of circumstances, temptations and pitfalls which affect the human beings on physical as well as on mental levels. The mode of living, eating habits, atmospheric changes, mental stress and also the telluric effects are the factors singly or in combination which affect the health of individuals. The homoeopathic system of treatment being based on natural laws, is capable to cure all such diseases which resulted from natural causes and have not been complicated by indiscriminate use of strong medicines.*

*I present two cases of mental depression from my Case Records to show the efficacy of Homoeopathic system and the marvelous effect of the minute doses of homoeopathic remedies.*

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## **CASE 1: A CASE OF DEPRESSION WITH FORMICATION IN LIMBS AND CHRONIC BRONCHITIS.**

A senior Medical Officer, employed in Medical Services of Uttarakhand. Age 49 years.

First consultation: 2/6/2005.

### **CHIEF COMPLAINTS**

- Greatly depressed and worried for a number of years.
- Formication as if ants were creeping on the limbs for the past 5-6 years.
- Sleeplessness.
- Intense craving for tea and smoking Cigarettes during the episodes of depression
- Suffering from Asthmatic Bronchitis for 10 – 12 years < rainy season.

### **LIFE SITUATION**

He is posted at a remote hilly place where there are no facilities available for his children's education. So he lives alone and his wife stays with children at Dehradun. He being a sincere and devoted to his profession could not maintain his routine of life. Often feels frustrated being away from his family and having no society to mix up. By nature he is very gentle and polite person.

The drinking of tea and smoking excessively affects his health adversely.

Rx *Agar* 200 on alternate days.

17/9/2005 Asthmatic bronchitis aggravated due to the damp cold weather for 4 – 5 days.

Breathing difficulty on any exertion with dry cough. Feverish.

Rx *Ars-a* 200 two doses.

29/9/2005 Feeling amelioration in all aspects except rage without cause.

Rx *Nux-v* 200 with *Agar* 200 inter-currently were given at longer interval.

The treatment thus continued and by the end of the year 2006 he was feeling OK in all aspects and keeping well till now (end of the year 2007) though the circumstances of his life remained as usual, during all the changes of the weather.

## **CASE 2: CASE OF DEPRESSION IN A YOUNG FEMALE.**

A 27 years' old female came on 4/8/2002.

She developed fear and depression since 1997. She is a resident of Chandigarh and had taken much treatment at the Post Graduate Institute of Medical Sciences, Chandigarh. But there was no remarkable improvement. Her father is my old ac-

quaintance. He contacted me for her da's treatment. I told him I can not promise, but I can try my level best and requested him to bring his daughter to Dehradun for personal examination and case taking and proceed in a rational manner. He brought her on 4/8/2002. She is a Graduate and is employed as a teacher.

### CHIEF COMPLAINTS

- She is very timid by nature.
- Likes to meditate a lot and read Holy Scriptures often. P/H: Religious mania before depression.
- In 1997 she developed fear of dog and fear about the future.
- Unlike her habit lost desire to get up early in the morning.
- Desire to meditate lost.
- Loss of concentration developed. Lost interest in all kinds of work.
- Loss of appetite.
- Desires solitude, no desire to mix up with friends and colleagues.
- Has become very shy.
- Periods late with little pain which were previously regular and very painful.
- Temperament has become irritable.

Rx *Stram* 200 every 4<sup>th</sup> day, *Nux-v* 1M, occasional dose as acute.

On 6/12/ 2002 told that there is much improvement in nearly all respects. The symptoms were:

- Maturity in thinking is lacking.
- Offensive perspiration in axillae and palms.
- Confidence lacking to some degrees
- Sensation as if someone was walking at her side.
- Anxiety persisting.
- Dark brown patches formed on her face.
- Afraid of animals.
- Chilly.
- Growth of some hair on the chin and breast.

Rx *Silicea* 10M, one dose. *Arg-nit* 200, one dose every third day.

25/2/2003 Feeling further improvement; but:

- Shyness and hesitation in appearing before others.

- When talking to others she feels stammering in her speech.

- Discolored patches on face persisting.

Rx *Nat-m* 1M, biweekly, later weekly.

7/6/2003 Suspicious, thinks that people are talking about her. Although feeling much improved as a whole.

Rx *Baryta-c* 200, every fourth day.

2/10/2003 now she has regained much of her confidence. Menses late 10 - 12 days with some pain.

Rx *Sepia* 200 biweekly.

Last medicine was given on 18/ 3/2004. And she was cured.

I happened to visit her in May, 2007 and found her a blooming person cheerful and full of confidence. She attends her teaching job about 15 kilometers away from her residence by a scooty driving herself.

**CONCLUSION:** In the *Materia Medica* all the well proved medicines created symptoms in all the parts of the body from mind to skin. When one goes through the detailed symptoms collected from the provings it seems as if every medicine has produced symptoms more or less alike. Yet, as a rule the pathogenesis of every medicine is quite different from the pathogenesis of any other medicine. No one medicine can take the place of any other. Thus the character of every medicine is unique.

So, where lies the differentiating character makes every medicine unique?

The differentiating factor lies in the characteristic nature of each individual medicine. The deciding factors of a remedy for a particular complaint are:

- 1) Locality where the complaint is situated.
- 2) Sensation felt by the patient.
- 3) Modalities ie the conditions which ameliorates or aggravates in the complaint.
- 4) Concomitant symptoms ie symptoms occurring in other parts of the body accompanying the main symptoms.
- 5) Sometimes the causation also plays an important role for selecting the correct medicine.

Most of the medicines may be able to affect a particular locality with a certain sensation (as earlier

stated every well proved medicine, especially the polychrests have shown affinity for nearly every locality in their provings and certain sensations are also common in various medicines). So, the difference lies in the characteristic nature of each medicine, differentiated by the modalities and also in concomitant symptoms which make each medicine unique or stand alone. To acquire this kind of knowledge the close acquaintance of detailed Materia Medica is essential.

In chronic and complicated cases we often have to use a series of medicines to complete the cure. The view of Dr J C Burnett is very befitting to quote

here: "I always feel that unless we can use a series of remedies in very difficult complex cases, such cases will ever remain uncured ..... And the complaint raised against "using so many medicines in a case" is really on par with a complaint against a difficult game of skill such as chess that it takes many moves to win."

AUTHOR: I have prepared documentary videos of acute, chronic and cancer cases from my own practice (covering four CDs or one DVD) showing the efficacy of Hahnemannian laws. If any reader is desirous to watch can contact me.

## Can we Save the Marriage? Part 2 (cont from pg 33)

**GENERAL ANALYSIS AND STRATEGY:** Let us now put down on paper and first try to understand the process of interview and approach to counseling: How can you handle warring couples?

What are the two strategies you could follow?

1. **GENERALS** - Discussion of all the problems altogether ie the whole case and whole life story at 1 go. But this becomes very difficult and could lead to many long arguments between the Co and Pt. So it may be better not to generalize and enumerate the problems and try to find solutions for each  
2. **LOCAL TO GENERAL:** Focus on 1 incident. And dissect it. And see what led to the incident stepwise and its fall out. Just handling one incident or one instance will cover enough ground to cover many problems.

By sticking to one incident: you are getting her focussed attention. Since it is a current incident, so it is fresh in her mind. And she is ready to discuss because she feels the aggrieved party. And it concerns her here and now.

She expects sympathy from counselor- ie kudos for being great and a martyr - ready to sacrifice her all to make the husband happy. So go along with her- she will be most co-operative to give you the facts.

After getting the facts: then face a mirror to her: what were the antecedents and the postcedents,

what were the motives behind each of her actions. Give her examples and some axioms, to which she can relate and which will bring home to her, how it went wrong and how to correct.

Eg in this case: Even a worm can turn.

Don't push a person to the wall ie to the point when he is forced to retaliate.

And then put balm - soothe her with examples how each one goes wrong, but with full trust and love we can heal ALL.

3. Next give Weightage to each action or step and see the Total earned by each party ie H/W + or - and marks.

4. Take up Past patterns of behaviour and the effectiveness of her past actions, ie how she has been handling each situation - her normal behaviors and usual pattern of handling. Have they worked out? If yes, good, repeat them. If not, try something new.

5. When Pt repeats behaviour, again and again, then she is doing so because there is a gain. Eg patient using strategy of threatening to walk out is meant to bring Husband to heel- ie because of his fear of wife leaving, he accedes to her demands pacifying her and saying let us discuss.

6. Learning from Models: Your behaviour is based on a Model. From your life and family Your model is probably your mother. When your father died she needed and demanded sympathy. You had a

bad marriage so now you need sympathy and praise for how bravely you battled for 5 years and studied and prepared yourself and then broke up when could be independent. All this can be brought home to her by dissecting one episode: this will help to identify all her problems:

1. Tearful and changeable on.
3. Anger and irritability.
4. Brooding.
5. Shouting and threatening.
6. Excessive rumination- analyze and analyze.
7. Anxiety and feeling low. Relationships, social interactions- sexual dysfunction.
8. Blame work for your tiredness.

Depression does not come overnight. So do not deny the depression, but find out why and how to alleviate. Add hormonal imbalance to the above list. It is tangible cause and makes her feel good to blame it on something.

How handle hormonal imbalance

- More exercise
- More recreation
- or Sleep
- Better relationships.

Analyze the incident and give points for each step to the person H or W. (eg +1/-1/+2)

1. Earlier husband loved to be home. He was home-loving and not out-going. But you were out going; so he changed for you? Became Outgoing. Who gets marks here?
2. Husband decides to go for Play as you had Team Dinner (and does not wait for you- Hanging around for you as he would have done in the past-independence?
3. You have team dinner. What should H do? He should cancel his appointments and wait for you or go? So you keep your programme options open. Why do you do it? Ans: To keeping H hanging?

4. 5pm you decide to come home and tell him that you will come; so he calls the friend and they decide instead of 7 go for 9 pm show so you can come.

5. Why you decided to come home? Since you are tired plus you have decided to discuss an important issue with him. Did you brief him? NO. Meanwhile Husband is home waiting for you to come home, so you can all go for play. Still hanging.

6. 7 pm you reach Home – say I am Tired. I don't want to go for play. What did you expect Husband to do? Be home.

7. 8pm: In Dinner you bring up an important issue—about making this immense sacrifice and will re-start to talk to his parents which has been troubling him a lot.

8. For how long has this issue been hanging?

Pt: 18 months? So Why discuss now?

9. And what did H say?

Pt: he trivialized the issue.

VP: He said that the issue is not one to get resolved and that you should not even try?

10. VP: I think, he was supportive to you and did not want you to be a martyr and do so much when it will not work.

11. 9pm Then he got up and went out for play! Stopped hanging!! He left you so maybe you could give him negative points.

12. Wi: Threatened. Will leave if you walk out of the door.

13. H goes.

14. Then friend says this is too much of a mess and he should go back. Came back.

15. What do you do? Threaten to walk out, dissolve marriage: blow and curse.

16. What did he say? Decide one way or other—Worm has turned! (cont Page 45)

## Foot Note:



One saggy boob said to the other saggy boob:

"If we don't get some support soon, people will think we're nuts."