



STUDY OF SCOPE OF HOMOEOPATHIC CONSTITUTIONAL PRESCRIBING IN PATIENTS OF EMOTIONAL DISORDERS (DEPRESSION) IN FEMALES OF 20-50YRS

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ABSTRACT

Background- Emotional disorders i.e. depression is of increasing global mental health concern. The prevalence of emotional disorders i.e. depression is increasing more rapidly throughout the world due to the pandemic Covid-19. The objective of this study was to explore and evaluate the effectiveness of the homeopathic constitutional intervention in treatment of emotional disorders i.e. depression, give maximum relief and reduce the burden in females of 20-50yrs

Method- This is a pragmatic single arm intervention, observational, short-term, before and after comparison study. 34 patients are enrolled for the intervention, out of which 30 patients completed the entire follow up and 4 patients were dropped out. The outcome is measure by using Patient Health Questionnaire (PHQ-9) scoring before and after the treatment. Paired t-test is to check the effectiveness of Homoeopathic constitutional Prescribing before and after the treatment.

Results- PHQ9 score before the treatment was 10.200 ± 3.188 and the PHQ9 score after the treatment was reduced to 4.900 ± 3.595 . Paired t-test statistic value is 8.58 and p-value (0.000) is very small which suggest that Homoeopathic Constitutional Prescribing has a role in treating emotional disorders (Depression). It is observed that out of 30 patients, 70% suffered from minimal depression, 3.33% from mild depression, 26.67% from moderate depression. It was observed the most commonly used effective medicines out of 14 remedies are Natrium mur, Arsenic album, Pulsatilla, Phosphorous, Ignatia, Lycopodium

Conclusion- The study suggested that Homoeopathic Constitutional prescribing is effective and has an important role in treating Emotional disorders (depression) in females of 20-50yrs.

KEYWORDS : Homoeopathy, Constitutional Prescribing, Emotional disorders, Depression.

1. INTRODUCTION

Constitution is a term used in different disciplines with different perspectives. Every person is born with a certain part of organization which is determined by genes and environmental influences throughout his life. He has certain distinguishing peculiarities which gives him or her individuality. He learns through personal experience and environmental influences and these make a great role in making his constitution. As Homoeopathy treatment is based on individual constitution, it is thereby the best form of medicine in treating Emotional disorders.[1] Emotions play an important role in our life. They are a part of life. Virtually everyone experiences at some time or another whole range of emotions. They provide change and color to life. The quality of life and health is improved by positive emotions while a negative emotion prevents a person seeing and accepting life situation normally. Negative emotions can hamper health and happiness and thus lead to imbalance in emotion otherwise known as "Emotional disorder". [2] Emotional disorders (depression) can affect anyone of any gender, race or age. Of both genders, women are often most likely to suffer from depression. A woman's mental health and psychological wellbeing is deeply affected and influenced by her society and the role she plays in her society with reference to her emotions and behavior. Whether it is a role of wife, a mother, a sister, a homemaker, a manager etc. all influences her quality of life. Emotional disorders i.e. depression is predicted to be the 2nd leading cause of global disability burden by 2020[3]. The World Health Organization cites that women are two times more likely than men to develop depression. Women are also two or three times more likely to attempt suicide although four times more men die from suicide. In India, Emotions disorders (depression) are day by day increasing especially in career-oriented women. In Homoeopathy, Constitution is characterized by B.E.D phenomena of an individual i.e.

Basic/inheritance, Environmental and Development. Based on the patient's constitutional make up i.e. the patient's physical, mental, temperamental and emotional aspects, a constitutional prescription is made. It should be able to cover the level of susceptibility, the tendencies, the behavioral pattern and the underlying miasms [1] It does not palliate or suppress the disease but cured the patient.

Constitutional medicines strengthened the body's immune system and prevent future occurrences of the disease.

1.1 Definition: - The term "Constitution" is derived from a Latin word "Constituere" or "Constitute" which means to set up, establish or make up, to appoint to give being to Dr.Hahnemann gives a fair importance of the constitution in aphorism 5 of 6th edition of organon of medicine[4] According to STUART CLOSE, "Constitution is defined as the aggregates of hereditary characters influenced more or less by the environment which determines the individual reaction, successful or unsuccessful to the stress of environment[5] Dr. KENT says, that Physical constitution is the exterior disorders following disorders in the man, the dynamic force.[6] Dr.ML Dhawle mentions that every person have certain distinguishing peculiarities which give him /her personality which is partly determined by genes and environmental influences throughout his life[1] According to Dr. Philip M. Bailey, constitutional prescribing means selecting the remedy which covers the totality of the patient's symptoms (both mental and physical) at a given time.[7] According to Burnett, Constitutional prescribing should be based on the patients as a whole i.e. patient's physical make up, mental, temperamental & emotional aspects.[8]

Constitution has two basic factors-

- 1) Endogenous factors
- 2) Exogenous factors

1.2 Emotional disorders: -

The word, 'EMOTION' is adapted from French word 'EMOUVIOR' which means to stir up. Oxford Dictionary defines Emotion as, "A strong feeling deriving from one's circumstances, mood or relationship with others".[9] The term, "EMOTIONAL DISORDERS" is commonly used in ordinary context to refer to those psychological disorders that effect the emotions or psychological disorders with maladjusted emotional reactions. It is also called as emotional illness. According to Niraj Ahuja, emotions are mainly classified as Affect & Mood and depression comes under mood disorder.[10] According to DSM-IV-TR and ICD-10, depression also comes under mood disorders. Unipolar depression has been identified as the 4th cause of Disability Adjusted Life Years (DALYs) in all ages and the 2nd cause in the age group of 15-44yrs by the World Health Report 2001. The lifetime risk of depression in males is 8-12% and females is 20-26%. The types of emotional disorders include-

- Anxiety disorders including panic disorders
- Depression disorders
- Behavioral disorders including sexual disturbances
- Personality disorders

1.3 Emotional disorders (depression) in female: - Women suffered some mental health conditions more than man. The types of depression in women are-

- Major depression
- Post-partum depression
- Persistent depressive disorders
- Premenstrual dysphoric disorders.

The factors which attributes to depression in female are-

- Gender specific factors
- Hormonal flux (women have lower serotonin levels than men and also process the chemical at slower rates)
- Social cultural environment influences (internalization, housework, caregiving, maintain family social schedule, financial strain, occupation)
- Behavioural influences (Domestic violence, Sexual violence).

The symptoms of depression in females are feelings of emptiness, hopelessness, despair, sadness, irritability, anxious, guilt, loss of interest in previously pleasure activities, restlessness, mood swings, sleep disturbances, eating disturbances, inability to concentrate or remember, lack of energy, feelings of exhaustion, thoughts of dead and suicide etc. In **Homoeopathy**, emotional disorders is given in the 6th Organon of Medicine by DR Hahnemann in aphorism 210-230.[4]

It is defined in aphorism 215 as one-sided disease of Psoric origin affecting the whole psychosomatic entity where the symptom of derangement of mind and disposition is increased while the corporeal symptom decline

It is classified into 4 types-

- Emotional disorders of Somato -psychic type (aphorism 216)
- Emotional disorders of exciting cause (aphorism 221)
- Emotional disorders of doubtful origin (aphorism 224)
- Emotional disorders of psycho-somatic type (aphorism 225)

2. MATERIAL AND METHODS

2.1 Study settings: A total of minimum 30 cases which comes under emotional disorders (depression) are selected from the OPD, IPD of Bharati Vidyapeeth Medical foundation Homoeopathic Hospital, peripheral OPD and various rural and urban camp series.

2.2-Inclusion/exclusion criteria-

Inclusion -

- All the patients fulfilling the case definition.
- Females of 20-50yrs with emotional disorders(depression) without complications
- Patients who can provide Written Consent Form.

Exclusion-

- Patients not fulfilling the case definition
- Patients who required emergency medical intervention and systemic disease with complications
- Pregnant female patients
- Patients without consent form

2.3 Selection of sample, study design and duration of study:

- Sample size: 30 cases
- Study Design: It is a pragmatic single arm intervention. End point classification- Effectiveness
Mode of intervention- Oral route.
- Duration of study: 2019-2021

2.4 Data collection:

- Standard Homoeopathic Hahnemannian case proforma
- Patient Health Questionnaire (PHQ-90) scoring

2.5 Dose and strength of Drug:

Drug will be administered in various potencies (200, 1M, 10M, 50M, C M) on the basis of law of Homoeopathic Philosophy as per the instruction given by Dr. Samuel Hahnemann in 5th edition of Organon of medicine.

2.6 Outcome assessment:

It will be done by the Patient Health Questionnaire (PHQ-90) scoring .It will be done by calculating the scoring outcome of the patient from 1st visit and after the treatment of the patient

2.7 Statistical techniques and Data analysis:

Statistical analysis of the result was by using paired sample t-test. The graph and figure were to be provided with the help of Excel software (Version 13)

3. OBSERVATION AND RESULT:

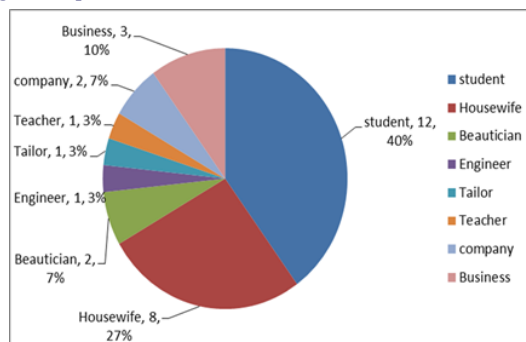
In this case study, it is found that in the age groups between 20-50yrs, 60% of the patients belongs to age class below 30yrs, 13.33 % belongs to age class 30-40yrs and 26.67% belongs to age class 40yrs, and above as seen in table 1.

Table1: Distribution of patients according to Age with percentage

Age	F	%
Below 30 years	18	60%
30 - 40 years	4	13.33%
40 years and above	8	26.67%

The distribution of patients according to their occupation shows that 40% of the patients were students, 26.67% were housewives and 33.33% were working women in the study as seen in fig 2.

Fig2:occupationwise-distribution



In the research of the Homoeopathic Constitutional medicines in the treatment of emotional disorders (Depression) in females of 20-50yrs, 14 medicines were prescribed to the patients according to the symptoms' similarity of the each individual and following observation were made as seen in table 2 given below. It was observed the most commonly used effective medicines out of 14 remedies are Natrium mur, Arsenic album, Pulsatilla, Phosphorous, Ignatia, Lycopodium.

Tab2: Remedy wise distribution of the subjects in study

SL.NO	REMEDY	NO. OF CASES
1.	NATRIUM MURIATICUM	9
2.	ARSENIC ALBUM	4
3.	CALCAREA CARBONICA	2
4.	IGNATIA AMARA	2
5.	LYCOPodium CLAVATUM	2
6.	PHOSPHORUS	2
7.	PULLSATILLA	2
8.	NUX VOMICA	1
9.	AURUM METALLICUM	1
10.	PLATINA METALLICUM	1
11.	LACHESIS	1
12.	SEPIA OFFICINALIS	1
13.	STAPHYSAGRIA	1
14.	STRAMONIUM	1

The types of depression found during my study are minimal depression (6.67%), mild depression (30%), moderate depression (63.33%) in which 22 patients were relieved and 8 patients had slight improvement as shown in fig 4.

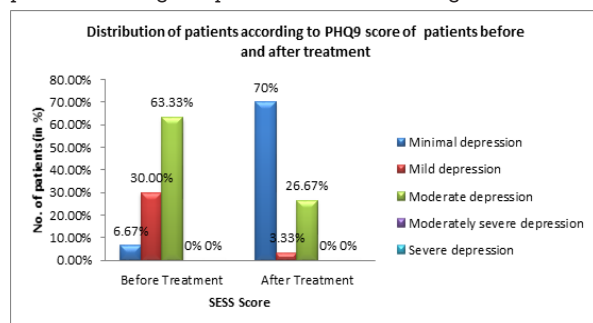


Fig-4 Distribution of patients according to PHQ9 score of patients before and after treatment

The mean PHQ9 score before treatment was 10.200 ± 3.188 , after treatment PHQ9 score reduced to 4.900 ± 3.595 which shows that Homoeopathic Constitutional Prescribing has an effective role in the treatment in the cases of emotional disorders (depression) in females of 20-50yrs.

Tab3- Mean PHQ-9 before and after treatment.

Variable	Mean \pm SD	T-value	p-value	Decision
Score before treatment	10.200 ± 3.188	8.58	0.000**	Reject H_0
Score after treatment	4.900 ± 3.595			
Difference	5.300 ± 3.385	Difference is Significant		

4. CONCLUSION:

The variety of the cases studied in my research shows that Homoeopathic Constitutional Prescribing has a significant role in treating in cases of emotional disorders (depression) in females 20-50yrs. The cases that are found during in my study are minimal depression (6.67%), mild depression (30%), moderate depression (63.33%) in which 22 patients were relieved and 8 patients had slight improvement. On analysing of 30 cases, it is found that after Homoeopathic constitutional Prescribing, the PHQ-9 of patients improved in physical, mental, emotional and social aspects. The most frequently

used potency is 200. It was observed the most commonly used effective medicines out of 14 remedies are Natrium mur, Arsenic album, Pulsatilla, Phosphorous, Ignatia, Lycopodium. This result proved that homoeopathic medicines are effective in treatment of emotional disorders (depression). From this research, it shows that homoeopathic constitutional medicine plays an important role in the treatment of emotional disorders (depression) in females of 20-50yrs.

4.1 CONFLICT OF INTEREST:

The author has no conflict of interest among them in the whole research observational study

5. ACKNOWLEDGMENT

Authors are thankful to Bharati Vidyapeeth (Deemed to be university) Homeopathic Medical College and research centre for providing necessary infrastructure and research facilities. Authors would like to extend there for most by line to Dr. Arun B. Jadhav, PhD (MM), Dr. Anita Sardar Patil (PG Co-Ordinator) PhD (REP) for the unmatched support, Dr Arvind D. Mahajan (HOD) (PG Guide) for constant check on the progress of the project, for minor detailing and correction, Dr Tejas Gosawi for his relentless guidance for completing my whole dissertation work.

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