

## Original Article

### **Study among youth of Indian Culture with psychiatry symptoms as well as suicide ideas and Homoeopathic Management- A Hospital Based Study**

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#### **ABSTRACT:**

**Introduction:** The therapy of mental health disorders, such as, depression, grief, anxiousness and phobia are a considerable characteristic of the practice caseload of homoeopathic practitioners. The differentiation characteristic between homoeopathy and othermedicines is following the holistic principles. Hence, present study is undertaken to study therapy outcomes of patients with psychiatry symptoms and suicide thoughts visiting Sriganaganagar Homoeopathic Medical College, Hospital and Research Institute, Sriganaganagar. **Material and Methods:** The present prospective study was carried among 30 patients suffering from manifestation of depression with a suicidal disposition aged between two 25-35 years. Proper case taking was done according to the standard case-taking proforma. Analysis, evaluation and repertorisation of the totality of signs and symptoms using synthesis repertory were achieved with help of computer-aided (digital) repertory. Follow up of cases at regular interval was conducted. **Results:** Results of homoeopathic medicine prescribed to patients with psychiatry signs and suicidal ideas confirmed marked improvement in 2 cases, improvement in 17 cases, no improvement in 6 cases and 5 cases dropped medicine. **Conclusion:** The study of the cases considered shows the efficacy of homoeopathic medicine, when carefully chosen following the recommendations of repertory and in confirmation with the materiamedica in such cases. Totality of symptoms can be the solely guide in the final decision of medicine. There is a need to enhance research based evidence for homoeopathic treatment of mentally diseased as well as generate greater awareness among public for homoeopathy as an choice for remedy of mental disorders.

**Key words:** Depression; Mental health disorders; Psychiatry.

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#### **INTRODUCTION**

Mental disorders contain a wide range of problems, with different signs generally characterized by abnormal thoughts, emotions, behavior and relationships with others.<sup>1</sup>In a typical episode, the patient suffers from lowering of mood, reduction of energy and decrease in activity. Its prevalence rates in the community samples vary from 1.7 to seventy four per thousand Indians. About 6-8% of all outpatients in the primary care settings satisfy the diagnostic criteria for the disorder.<sup>2</sup>

The therapy of mental health disorders, such as, depression, grief, anxiety and phobia are a significant feature of the

practice caseload of homoeopathic practitioners.<sup>3</sup>The differentiation feature between homoeopathy and othermedicines is following the holistic principles. Focusing on the patient instead of the disease, considering a patient as a whole, eliminating the fundamental reasons of the diseases verses omitting symptoms, restoring health to all levels of body and preserving it by enhancing defense mechanism; and the last but not the least, using natural remedies which will not put harmful effects on body, obviously, make homeopathy extra effective than the other routine therapies.<sup>4</sup> Hence, current study is undertaken to find out about therapy consequences of patients with

psychiatry signs and suicide thoughts to visiting Sriganganagar Homoeopathic Medical College, Hospital and Research Institute, Sriganganagar.

**MATERIAL AND METHODS**

The present prospective, randomized, single blind, placebo controlled parallel design study was carried at Sriganganagar Homoeopathic Medical College, Hospital and Research Institute, Sriganganagar. Study among 30 patients from Indoor Patient Department (I.P.D.) and Outdoor Patient Department (Ethical clearance was received from the Ethical Committee of the Sriganganagar Homoeopathic Medical College, Hospital and Research Institute, Sriganganagr. Inclusion standards was patient suffering from manifestation of depression with a suicidal disposition aged between 25-35 years. Patients having any other complications had been excluded from the study.

**Procedure:**

**Step I:** Extensive search and study of different books and journals with unique reference to Synthesis Repertory were carried out.

**Step II:** Exhaustive data from the Internet according to availability was gathered.

**Step III:** Patients with minimum suffering from different diseases were selected.

**Step IV:** Proper case taking was done according to the standard case-taking proforma.

**Step V:** Relevant investigation was carried as per need.

**Step VI:** Inclusion and exclusion criteria was fulfilled.

**Step VII:** Analysis, evaluation and repertorisation of the totality of symptoms using synthesis repertory was performed with assist of computer-aided (digital) repertory.

**Step VIII:** Medicine was selected on the basis of nearest similimum and consultation of materiamedica and senior teachers.

**Step IX:** Potency, dose and repetition were strictly arranged following strict Homoeopathic Principle.

**Step X:** Follow up of cases at regular interval.

**Step XI:** Statistical analysis of the result was carried out by the use of one-of-a-kind standard statistical methods (where applicable).

**RESULTS**

**Table 1:** Results of homoeopathic medicine prescribed to patients with psychiatry symptoms and suicidal thoughts

Results	No. of patients
Cured	0
Marked improvement	2
Improved	17
No improvement	6
Dropped	5
Total	30

Results of homoeopathic medicine prescribed to sufferers with psychiatry symptoms and suicidal thoughts (table 1) showed marked improvement in 2 cases, improvement in 17 cases, no improvement in 6 cases and 5 cases dropped medicine. In the current study, going through the cases, complicated the presentation of the problem and how they can be managed effectively the use of homoeopathic medicines. In one case, a 29 years old male patient, complained of depression since the previous two months which was due to failure in business and was accompanied with suicidal thoughts. The case used to be analysed along with other symptoms collected from him throughout. Recording of case and their reportorial analysis suggested Aurum metallicum. The medicine was prescribed to the affected person in 0/1 potency. The affected person progressively improved. Similarly in some other case, a 30 year old female subject, complained of unhappiness with excessive grief. She was in depression because she was being dominated by her in-laws and she was not able to tolerate it anymore and would prefer to stop her life. She was once so much humiliated that there was suicidal thoughts developing in the patient. The case was analysed with the help of synthesis repertory and the reportorial end result suggested Ignatia. The medicine was prescribed to the patient in 0/1 potency and the patient gradually improved. Similarly, different patients were considered, complained of depression, suicidal thoughts. The cases have been analyzed as per the principles of homoeopathy following the suggestions of case taking as per the Organon of Medicine and the medication used to be chosen on the basis of totality of symptoms.

**DISCUSSION**

Communication between homoeopaths and the biomedical community can be enhanced by an interpretation of the homoeopathic repertory in mild of current medical diagnostic terminology.<sup>5</sup> In the current study, the cases were analysed with the help of synthesis repertory. Suicide is frequently considered a taboo subject, and people often sense uncomfortable discussing it. This sort of stigma can also actually forestall individuals from telling others when they are experiencing suicidal thoughts, and it may also stop people from asking friends and loved ones about suicidal thoughts, even when they may have concerns. Majority of the suicides (37.8%) in India are by these below the age of 30 years. The truth that 71% of suicides in India are by means of persons below the age of forty four years imposes a large social, emotional and financial burden on society.<sup>6</sup> Hence, present study was carried amongst patients suffering from manifestation of depression with a suicidal disposition aged between 25-35 years. Rao VA<sup>7</sup> in his hospital primarily based study on suicide attempts reported a preponderance of males and recognized the inclined age group as being those from 15 to 25 years. Lack of social cohesion used to be identified as a huge risk factor. 20% of the attempters also had a family

history of mental illness/suicidal attempts. The approach of attempting suicide as well as the time (during daytime or night), were not viewed as factors influencing intent. The present study found that totality of signs can be the only guide in the ultimate selection of medicine. The homoeopathic medicine prescribed in all cases in this work, following the totality of symptoms, was an opportunity to define the role of that medication further so that the scope of medicine can be elaborated and can for treatment of like conditions. Results of homoeopathic medicine prescribed to patients with psychiatry symptoms and suicidal thoughts showed marked improvement in 2 cases, improvement in 17 cases, no improvement in 6 cases and 5 cases dropped medicine in the present study. Davidson JR et al<sup>8</sup> reported the use of homeopathic cure in patients with depression and anxiety. Individually selected homoeopathic remedies were used on an outpatient basis to treat 12 adults who had major depression, social phobia, or panic disorder. The patients either requested homoeopathic cure or received it on a physician's recommendation after partial or poor response to conventional therapies. Duration of cure was seven to eighty weeks. Response was monitored by using a medical global scale (n = 12), the self-rated SCL-90 scale (n = 8), and the Brief Social Phobia Scale (n = 4). Overall response rates were 58% according to the clinical global improvement scale and 50% according to the SCL-90 or the Brief Social Phobia Scale. Homoeopathy may be useful in the treatment of affective and anxiety disorders in patients with mildly to severely symptomatic conditions. Nayak C et al<sup>9</sup> reported homoeopathic remedy to be useful in relieving menopausal distressing symptoms such as warm flashes, night sweats, anxiety, palpitation, depression, insomnia, and so on. Influence on serum levels of FSH, high-density lipoprotein, and low-density lipoprotein was not full-size but serum levels of cholesterol, triglycerides, and very-low-density lipoprotein decreased significantly. Effect size of the study was found to be large. The drug treatments found to be most frequently indicated and useful were Sepia, Lachesis, Calcarea carb., Lycopodium, and Sulphur, thus, proves the usefulness of homoeopathic medicines in relieving distress during climacteric years.

Bonne O et al<sup>10</sup> evaluated the effect of homoeopathic treatment in generalized anxiety disorder, forty four patients (aged 18-65 yrs) with DSM-IV generalized anxiety disease participated in a randomized, double-blind, placebo-controlled 10-week trial of individually tailored homoeopathic remedy. Subjects completed the study (20 in the active treatment group and 19 in the placebo group). Subjects' symptoms were rated before treatment and after 5 and 10 weeks of treatment, with the Hamilton Rating Scale for Anxiety (HAM-A) as main outcome measure. Significant improvement in most measures, together with

the HAM-A, was observed in both the active treatment and placebo groups, yet no group effect was observed.

## CONCLUSION

The study of the cases viewed shows the efficacy of homoeopathic medicine, when carefully selected following the guidelines of repertory and in confirmation with the materia medica in such cases. Totality of signs and symptoms can be the only guide in the final selection of medicine. The homoeopathic medicine prescribed in all cases in this work, following the totality of symptoms, was an opportunity to define the role of that remedy further so that the scope of medicine can be elaborated and can for treatment of like conditions. There is a need to strengthen lookup based evidence for homoeopathic treatment of mentally diseased as well as generate greater awareness among public for homoeopathy as an option for treatment of mental disorders.

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