

How depression is treated?

Depression, even the most severe cases, can be effectively treated. The earlier the treatment can begin, the more effective it is. Depression is treated by counseling, medication and lifestyle changes. The best kind of treatment may depend on what is causing your depression. Your homoeopath can work with you to find the best way to treat your depression.

Psychotherapy

For mild to moderate depression, psychotherapy or 'talk therapy' and counseling such as explanation and reassurance may be the best option. However, for severe depression it may not be enough. In teenagers, a combination of both medication and psychotherapy will help well.

Meditation:

Meditation is a mind-body practice to increase calmness and physical relaxation, to improve psychological balance, to cope with illness, or to enhance overall health and well-being.



How can Homeopathy help?



* Please discuss with your doctor the risk and benefits of medication, how to take and adjust doses. Regular follow up with your doctor is important.

Homoeopathic medicines* can be given to promote good mental health in all age groups. They can be prescribed on a regular basis to cope up with depression in all age groups.

Things you can do to ease your depression

- Stay Connected with others
- Keep in touch with friends and family
- Call someone if you are feeling sad or low, go to a movie, a ball game, or another event or activity that you once enjoyed
- Set small goals and encourage yourself to reach them
- Break up large tasks into small ones, set some priorities and do what you can as you can
- Discuss decisions with others who know you well and

have a more objective view of your situation.

- Psychotherapy/Counseling session
- Continue your medicines & regular meditation
- Keep healthy lifestyle:
 - Exercise most days
 - Eat a healthy diet
 - Sleep 7-9 hours a night (adults)

Avoid

- Waiting too long to get evaluated or treated
- Using drugs or alcohol to escape or feel numb
- Isolating yourself
- Ignoring any warning sign or constant suicidal thoughts.

Key Messages

- Depression can be effectively treated.
- Depression may occur at any age, although late onset depression may be milder, more chronic, more likely to be associated with life events, and more likely to have a sub-clinical prodrome.
- Risk of recurrence is greater when symptoms like low mood, anxiety, sleep disturbance, headache and fatigue etc persists even after remission.
- Often during treatment for depression, sleep and appetite will begin to improve before your depressed mood lifts.
- A young person with serious suicidal intent, psychotic symptoms or severe self-neglect should be referred immediately to secondary care mental health services.

Issued in public interest by:



CENTRAL COUNCIL FOR RESEARCH IN HOMOEOPATHY

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LIFT THE DARK CLOUD OF DEPRESSION

WITH

HOMOEOPATHY

I was not going for work for so many days, and a friend noticed that something was wrong. He talked to me and found me depressed.....Took me to doctor.

DEPRESSION IS A COMMON BUT SERIOUS ILLNESS.....

which can be successfully treated

.....MOST WHO EXPERIENCE DEPRESSION NEED TREATMENT TO GET BETTER



**CENTRAL COUNCIL FOR RESEARCH IN HOMOEOPATHY
NEW DELHI**

What are the signs and symptoms?*

EMOTIONS

- Sadness
- Depressed mood
- Anxiety
- Empty feeling
- Anger
- Mood swings
- Feeling of hopelessness, helplessness & Worthlessness
- Guilt
- Irritability or restlessness

THOUGHTS

- Frequent self criticism
- Impaired memory & concentration
- Indecisiveness
- Confusion
- Thinking & Talking about death and suicide

BEHAVIOUR

- Crying
- Withdrawal from others
- Decreased interest or pleasure in most activities
- Neglect of responsibilities
- Changes in personal appearance

PHYSICALS

- Chronic fatigue
- Lack of energy
- Insomnia or hypersomnia
- Weight gain or loss
- Loss of motion
- Substance abuse
- Unexplained aches and pains

*If symptoms persist for more than 2-weeks one should seek medical attention.

What brings on depression?

Following factors are responsible for depression:

Psychological Factors: Painful childhood experiences, loss of a parent, lack of parental care, parental alcoholism and childhood sexual abuse can be the underlying cause for developing depression. In addition to trauma, loss of a loved one, a difficult relationship, job loss, financial strain or any stressful situation may trigger a depressive episode.

Family history: Depression is more common in people who have close relatives with depression.

Personality traits: Some personalities who are hostile and aggressive, have low levels of dependence on other people or have lower levels of satisfaction from recreational activities are at a higher risk for recurrent bouts of major depression.

Endocrine abnormalities: During menstrual cycles, post partum and menopause, Hypothyroidism, hyperparathyroidism, Cushing's syndrome, Addison's disease etc. have a role in developments of depression.

Academic pressures & teens: Teens are more susceptible and sensitive to depression, may be due to academic pressures, heart-breaks and other worries that characterize that phase of life.



Social circumstances: Adverse life events particularly in loss events or grief, neglect, sexual abuse precipitate depression in vulnerable individuals, depression among working class. Low self-esteem, lack of social support at work and increased job demands may also be a reason for increasing depression among working class.

Medical conditions: Patients with painful chronic disease or neurological disorders like Parkinson's disease, stroke, Alzheimer's disease, epilepsy, loss of function etc. have higher risk for developing depression. Higher rates also seen in people with heart diseases, diabetes and cancer although



family or personal history of depression are important determinants of occurrence.

How can we help when our loved ones are depressed?

- Be a compassionate listener rather than give up advice.
- Encourage the depressed person to talk about his or her feelings.
- Take him/her for counseling and treatment.

How is depression diagnosed?

The first step for getting appropriate treatment is to visit a qualified doctor.

History taking:

Your doctor may ask you to complete a screening questionnaire. The doctor discusses with you in detail about any family history of depression or other mental disorder for getting a complete history of your symptoms. He may ask about stress, your coping skills and social support you have and also about medical illness, use of alcohol or other narcotic substances etc.



Physical Examination:

Certain medications and some medical conditions such as virus infections or a thyroid disorder can cause the same symptoms as depression. A doctor can rule out these possibilities by doing a physical examination, interview and laboratory tests. If the doctor can find no medical condition that may be causing the depression, the next step is a psychological evaluation.

Laboratory investigations: Laboratory investigations will be done on a case-by-case basis to exclude potential medical or organic causes. It include full blood count, urea and electrolytes, LFT, TSH, ESR, Vitamin B12, antinuclear antibody, HIV and MRI.