

Pursuit of Euthymia in Postpartum Depression Through Homoeopathy

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ABSTRACT

This review study contributes to shedding light on homoeopathy's importance in treating postpartum depression. Both the mother and the child suffer long-term effects from postpartum depression. In this essay, an intuition on assessment of this problem and its homoeopathic therapy are offered because the majority of postpartum depression cases go undetected and untreated. Homoeopathy has a lot of potential for treating depression and promotes mother and child health.

KEY WORDS: Postpartum Depression, Mother, Child, Homeopathy.

INTRODUCTION

The World Health Organization describes postpartum depression as “a special state of mental health disorder and a variant of depression”. PPD is described as “a serious mental health problem characterized by a protracted period of emotional disturbance, occurring at a time of major life change and increased responsibilities in the care of the newborn” by the American Psychological Association.^[1]

Normal maternal-infant bonding can be disrupted by postpartum depression, which can also harm a child's development.^[2]

CLINICAL MANIFESTATIONS

Sleep issues, mood swings, changes in appetite, fear of hurting the baby, intense

worry and concern, sadness, excessive crying, feelings of helplessness and guilt, memory problems, concentration issues, loss of interest in daily activities, and recurrent thoughts of death, including suicidal ideation.^[3]

ETIOLOGY

RISK FACTORS

Psychological: A history of anxiety and sadness, premenstrual syndrome, bad attitude towards the baby, and resistance to the gender of the baby.

Obstetric risk factors: PPD is linked to high-risk pregnancies, which may involve emergency caesarean sections and umbilical cord prolapse.

Social factors: Postpartum depression may be brought on by a lack of social support.

Lifestyle: Postpartum depression may be impacted by eating patterns, sleep patterns, physical activity levels, and exercise.^[4]

EPIDEMIOLOGY

Most frequently, postpartum depression appears six weeks after giving birth. About 6.5% to 20% of women experience PPD. Adolescent girls, mothers of premature newborns, and women who reside in cities are more likely to experience it.^[5]

PATHOPHYSIOLOGY

Postpartum depression's pathophysiology is yet unknown. The development of PPD may

be influenced by genetics, hormonal, psychological, and social stresses.^[6]

EVALUATION

The Edinburgh Postnatal Depression Scale (EPDS), one of several screening instruments available, is utilized most commonly. The 10-item questionnaire just takes a few minutes to finish and is completed by patients. Patients must have an EPDS cutoff score of 13 or higher in order to be considered at risk for PPD.^[7]

HOMOEOPATHIC APPROACH

KENT REPERTORY

Mind – Weeping - pregnancy, during: Apis, ign, mag-c, natm, puls, stann.

Mind – Sadness - pregnancy, in: Cimic, lach, Nat-m.

Mind – Sadness - labor, during: Cimic, ign, lach, natm, puls, rhus-t, sulph, verat, zinc.^[8]

MURPHY REPERTORY

Mind – Depression - Childbirth after: Agn, Anac, Aur, Cimic, Lach, Puls, SEP, Sulph.

Mind – Depression - Pregnancy in: Nat. mur, Plat, Puls, Sep.

Pregnancy – Childbirth - Hysteria since childbirth: Chel, Gels.

Pregnancy - Melancholy: Plat.

Pregnancy - Mental problems - during pregnancy: Bell, Ign, Puls, Sep.^[9]

BBCR

Mind – Aggravation -Pregnancy – during: Bell, chin, Con, ign, lys, nat-m, Nux-m, Pul.

Mind – Aggravation - Puerperal state, in: Sec.-c.^[10]

INDICATIONS OF HOMEOPATHIC REMEDIES

PLATINUM METALLICUM

Irresistible impulse to kill, It is especially suited to hysterical women such as have undergone fright, prolonged excitement, or from disappointment, shock, or prolonged hemorrhages. She becomes arrogant and haughty, irritable about trifling things, is moody and sulky over slight vexations, anxious, weeping, Fears that something will happen, she may go into melancholy or into mania.^{[11][12][13]}

IGNATIA AMARA

Changeable mood, silently brooding, Melancholic, sad, tearful, especially suited to hysterical women especially suited to nervous temperament, spasmodic laughter from grief, broods in solitude over imaginary trouble, desire to be alone, quarrelsome, Mental conditions rapidly, in an almost incredibly short time, change from joy to sorrow, from laughing to weeping.^{[11][12][13]}

LACHESIS

Jealous, Suspicious, Sad in the morning, no desire to mix with the world, all sorts of impulsive insanity, Suspects that they are contriving to injure her, A woman imagines that her friends, husband, and children are trying to damage her; that her friends are going to put her in an insane asylum, Imagine her relatives are trying to poison her and she refuses to eat. She thinks she is under superhuman control, full of religious insanity, mental excitability; ecstasy, with almost prophetic perceptions, with a vivid imagination; great loquacity.^{[11][12][13]}

PULSATILLA

It is pre-eminently a female remedy, especially for mild, gentle, yielding disposition, Sad, crying readily weeps when talking, almost impossible to detail her ailments without weeping, easily moved to laughter or tears, changeable, fears in evening to be alone, dark, ghost, likes sympathy, melancholia, sadness, weeping, despair, religious despair, fanatical; full of notions and whims, Puerperal insanity in a woman.^{[11][12][13]}

SEPIA

Indifferent to those loved best, averse to family, Irritable; easily offended, dreads to be alone, very sad, weeps when telling symptoms, miserly, anxious toward evening, indolent. An absence of all joy, inability to realize that things are real, all things seem strange, no affection for the delightful things of life; no joy, life has nothing in it for her. Diseases of women: especially those

occurring during pregnancy, child- bed and lactation. [11] [12] [13]

AURUM METALLICUM

Mental states of great depression, hopeless, despondent, and great desire to commit suicide, Palpitations, feeling of self-condemnation and utter worthlessness, thoughts of suicide, talks of committing suicide, great fear of death, peevish and vehement at least contradiction, weary of life, horrible depression of spirits that there is an absolute loss of enjoyment in everything, continual self-reproach, self-criticism, melancholy, feels hateful and quarrelsome, feels life is a constant burden. [11] [12] [13]

ACTEA RACEMOSA

Puerperal mania, thinks she is going crazy, great depression, with dream of impending evil, Incessant talking, delirium tremens, tries to injure himself, overwhelming sadness or gloominess, she is bowed down with sorrow, hysterical girl in a state of sadness. [11] [12] [13]

Declaration by Authors

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