

Homoeopathy in Treating Puerperal Psychosis

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ABSTRACT

Onset of Psychotic symptoms immediately after childbirth, within 2weeks of duration, less than 4weeks is termed as Puerperal psychosis or postpartum psychosis or peripartum psychosis. It is a reversible condition but needs treatment in time. Homoeopathy has great lead for such psychotic complaints.

Keywords: Postpartum, Psychosis, Puerperal, peripartum, hormones, depression, Homoeopathy

INTRODUCTION

Postpartum psychosis is a reversible condition, but severe mental health condition usually affects people after they give birth. This condition is rare, but it's also dangerous. People with the complaints of postpartum psychosis are more prone towards risk of self harm in such like suicidal tendency or they may harm their own child. Psychotic symptoms are usually seen after child birth within 2weeks of duration and less than 4weeks is called as Puerperal psychosis. It is a reversible condition but needs proper identification, attention, treatment in time. Depressive symptoms and psychosis are almost always a factor in cases that involve self-harm or harm to a child, especially hallucinations or delusions that command a person to harm their child or themselves. This condition may affect a person causing hallucinations, delusions, with other behavioural changes.

Causes

- **Issues regarding Mental health illness**

One third of people present with the marked history of some mental health illness in past, they might have suffered with Bipolar disorder, They might have had some Depressive disorder, Schizophrenia.

- **Previous Pregnancy history in related to Postpartum Psychosis**

Female who delivered and had suffered with Postpartum psychosis may again suffer for their future pregnancies.

- **Mental health conditions in relation to family health**

Any family member suffered with history of puerperal psychosis

- **Sleep Deprivation**

- **Hormonal changes**

Other medical conditions like autoimmune, eclampsia, preeclampsia, Hypothyroid, Inflammatory diseases, electrolyte imbalances, vitamin deficiencies.

Symptoms

There are 3types

- Depressive.
- Manic.
- Atypical/mixed.

Depressive symptoms

The depressive subtype of Puerperal psychosis is the most common, depressive symptoms and psychosis involve self-harm or harm to a child, especially hallucinations or delusions that command a person to harm their child or themselves. The rate of harm

towards a child is around 4.5%. The rate of committing suicide and dying is about 5%.

- Anxiety or panic.
- Delusions and hallucinations.
- Feelings of guilt.
- Loss of appetite.
- Depression
- Loss of enjoyment related to things they usually enjoy
- Thoughts of self-harm, suicide or of harming their child.

Manic symptoms

This is the next most common of the types. The risk of harming self or harming the child is less but still there are chances of harming.

Symptoms include:

- Agitation or irritability.
- Disruptive or aggressive behavior.
- Excess talks
- Less sleep.
- Delusions of Importance

Atypical/mixed symptoms

This mix the symptoms of manic and depressive subtypes. It can also involve symptoms where a person seems much less aware or completely unaware of what is going around them.

Symptoms include:

- Unusual behavior and talks
- Confused or disoriented
- Unable to know about things going around him.
- Inappropriate behavior, emotional
- Mutism

Homoeopathic approach

1. Belladonna

Indicated remedy for violent delirium. She imagines that she saw ghosts, hideous faces. She wants to close the windows to prevent the entry of air into the room. Oversensitive to noise. Exhibits various signs of hyperesthesia. Quarrelsome, spits and bites all the time. Complaints of palpitations. Wild behavior, tearing striking the things all

the time. Excited. Full of imaginations. Aggravation by Noise, least touch Lying down. Amm by Rest, standing erect.

2. Stramonium

Puerperal convulsions are very well treated with this remedy. Loquacious. Sees ghosts, hears voices, talks with spirits. First trimester she complaints of anxiety, convulsions. Thinks like she committed many mistakes for which she should die, but still, she is alive. Poor sleep and breathlessness. Sense of pressure on chest, that she can't breath. Can't bear solitude, want for company. Face is red, Incoherent speech, eyes are flushed. Violent headache.

3. Veratrum album

Veratrum lady sits in stupid manner. Puerperal mania. She extremely desires to cut and tear things. Violent lady, excited. Destructive tendency. Tears cloths, goes on praying in loud voice. Mania with desire to cut. Violent religious and lascivious mania. Sadness, melancholic, Hopelessness. Sits in one corner and broods the things. Indifference towards everything. Sexual mania precedes menses. Aggravated by night. Amm by warmth.

4. Cicuta virosa

Fright ful female with moaning and howling. Delirium with singing, dancing and with funny gestures. Everything appears strange and mistrustful. Nervous system is affected. Increased irritability. Vertigo with gastralgia. Violent muscular pain, nausea. Heaviness in head. Unable to recognize family. Touch and slight noise cause convulsions. Difficult hearing. Agg by Tobacco smoke.

5. Cimicifuga

Indicated in agitation painful conditions. Great depression. Profound gloominess and sadness with a trapped feeling. Speaks incessantly with grief and disappointment, jumping from one topic to another. Indicated in females who had exhausting labor with over-sensitiveness to pain and significant

after pains. High grade fever after 3rd day of puerperium. Suspicious. Sensation as if top of head will fly.

6. Sepia
Indicated in females who are indifferent. Who developed aversion towards work. Dread to be alone. Postpartum depression in women who suffer from severe sleeplessness and anxiety and are easily offended. There is sudden prostration with weak, empty, hollow feelings with suicidal thoughts. Irritability with indifference. Anxious towards evening. Agg by evenings, Cold air. Amm by cold bathing, after sleep. Complete detachment from the spouse and baby. She wants to run from it all. Aversion to sympathy.
7. Natrum muriaticum
Indicated in psychic complaints. Frequent mood swings. Hasty. One of the most used medicines in cases of postpartum depression in women. She wants to be left alone and refuses to ask for help but tries to manage it independently. She hates sympathy and weeps alone. Tears with laughter. Irritability with no desire to speak. Agg by mental exertion. Amm by Open air, Lying on right side.
8. Aconite
It is one of the best remedies for anxiety and depression, with a marked fear of death. Delirium with unhappiness. Acute, sudden, and violent anxiety attacks occur with a marked fear of death. Open air makes the patient feel better. The symptoms are worse in crowded places and extreme restlessness, making the person do everything hastily. Aggravated by warm room. Amm by open air.

Declaration by Authors

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