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# HOMOEOPATHY THE FRIEND OF HEALTH

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## MANAGEMENT OF POSTPARTUM DEPRESSION WITH HOMEOPATHY

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Providing basic health care is the most effective means of protecting the health of mother and children. Postpartum psychosis has long lasting consequences for mother and child. Beside depression, exhaustion, social withdrawal, and anxiety, postpartum depression can also interfere with normal maternal- infant bonding and adversely affect child development. Recent reports show that most affected pregnant women are hesitant about taking antidepressant drugs, with a high percentage discontinuing their use. Here homoeopathic therapeutics is given for the same after proper study of Post partum depression.

Keywords: - Postpartum psychosis, Homoeopathy

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### INTRODUCTION

Little is known about the prevalence of clinically significant postpartum depression in women of varying social status. The purpose of the present study was to examine the postpartum depression among mothers. Postpartum depression (PPD), a major health concern, produces insidious effects on mothers, their infant, and family. Depression affects 5-22% of women after childbirth. Some women with postnatal depression will experience a prolonged or relapsing illness that may last until their children enter school. It has adverse effects upon the coping abilities of women, their relationships with their infants, partners and social networks and may adversely affect the educational attainment and behavior of their children. Since many more women are now active in the workforce, the effects of postnatal depression have obvious economic consequences both for their families and their employers.

### REVIEW OF LITERATURE

The birth of a baby can trigger a jumble of powerful emotions, from excitement and joy to fear and anxiety. But it can also result in something you might not expect — depression.

Many moms experience the "baby blues" after childbirth, which commonly include mood swings and crying spells that fade quickly. But some new moms experience a more severe, long-lasting form of depression known as postpartum depression. Rarely, an extreme form of postpartum depression known as postpartum psychosis develops after childbirth.

**Postpartum Affective Disorders:-**

Disorder	Prevalence	Onset	Duration
Blues	30 – 75%	Day 3 or 4	Hours to days
Postpartum	10 – 15%	Within 12 months	Weeks – months
Puerperal	0.1 – 0.2 %	Within 2 weeks	Weeks - months

Data from a huge population based study showed that non psychotic postpartum depression is the most common complication of childbearing, occurring in 10-15% of women after delivery (*O'Hara & Swain, 1996*). It usually begins within the first six weeks postpartum and most cases require treatment by a health professional.

**DEFINITION**

Postpartum depression is a mood disorder that begins after **childbirth** and usually lasts beyond six weeks

**DESCRIPTION**

The onset of postpartum depression tends to be gradual and may persist for many months, or develop into a second bout following a subsequent pregnancy.

**Types:-**

Postpartum depression is often divided into two types:

1. Early onset
2. Late onset

An **early onset** most often seems like "blues," a mild brief experience during the first days or weeks after birth. During the first week after the birth up to 80% of mothers will experience the "baby blues." This is usually a time of extra sensitivity and symptoms include Tearfulness, irritability, anxiety, and mood changes, which tend to peak between three to five days after Child birth.

The symptoms disappear within two weeks without requiring specific treatment apart from understanding, support, skill, practice.

In short, some depression, tiredness, and anxiety may fall within the "normal" range of reactions to giving birth.

**Late onset** appears several weeks after the birth.

**Causes:-**

There's no single cause of postpartum depression, but physical and emotional issues may play a role. **Physical changes.** After childbirth, a dramatic drop in hormones (estrogen and progesterone) in body may contribute to postpartum depression. Other hormones produced by thyroid gland also may drop sharply causes feeling tired, sluggish and depressed; changes in hypothalamic-pituitary-adrenal axis, and neuroactive steroid functioning; and abnormalities in neurotransmitter, cholesterol, and fatty acid activity are being investigated.

**Emotional issue:-** sleep deprivation and overwhelming , anxiety about ability to care for a new born, feel less attractive, struggle with sense of identity or feels lost control over life. Any of these issues can contribute to postpartum depression.

**Social changes** – society puts lots of demands and expectations on a new mother, which a woman may feel she needs to live up to. She may find herself less able to keep up contact with her friends and workmates.

### **Postpartum depression symptoms**

Symptoms usually develop within the first few weeks after giving birth, but may begin later — up to six months after birth.

### **Feelings:**

- persistent low mood
- inadequacy, failure, hopelessness, helplessness
- exhaustion, emptiness, sadness, tearfulness
- guilt, shame, worthlessness
- confusion, anxiety, and panic
- fear for the baby and of the baby
- fear of being alone or going out

### **Behaviors:**

- lack of interest or pleasure in usual activities
- insomnia or excessive sleep, nightmares
- not eating or overeating
- decreased energy and motivation
- withdrawal from social contact
- poor self-care
- inability to cope with routine tasks

### **Thoughts:**

- inability to think clearly and make decisions
- lack of concentration and poor memory
- running away from everything
- fear of being rejected by partner
- worry about harm or death to partner or baby
- ideas about suicide

### **Risk factors:-**

- stress
- lack of sleep
- poor nutrition
- lack of support from one's partner, family or friends
- family history of depression
- labor/delivery complications for mother or baby
- premature or post mature delivery

- **NATRUM MURIATICUM** - Natrum Muriaticum is an excellent remedy for a woman who has an aversion to company, weeps alone and whose condition gets worse if someone tries to console her.
- **PULSATILLA NIG.** - Pulsatilla is another excellent medicine for this condition. But here the woman likes the company of people, weeps in front of anybody or everybody and always feels better when someone consoles her.
- **SEPIA** - Sepia is one of the top one Homeopathic medicine for tackling irritability over the slightest cause during Postpartum Depression. Irritability associated with the fear of being alone and aversion to do any work, either mental or physical, can be managed with this medicine. If irritability is present along with a marked aversion to talk, then too Sepia Officinalis is the best remedy. It is also the ideal medicine when the woman develops an aversion to family members who she loved and cared for before the onset of symptoms.
- **KALI CARBONICUM** - Kali Carbonicum is useful when the women facing Postpartum Depression in whom irritability of the utmost degree has set in and the woman has a fear of ghosts and fears being left alone. Such a woman will be sleepless if left alone in a house.
- **LILIUM TIGRINUM** - Liliium Tigrinum is another medicine that yields good results in Postpartum Depression where extreme irritability with violent palpitations are predominant symptoms. There is an increase in irritability when spoken to where the woman will use the most violent and indecent words even if the other person is very mild in speech.
- **BELLADONNA** - Belladonna is the ideal medicine with violent acts like biting, striking or spitting on attendants, then too Belladonna is the remedy. It is also of great help for women who want to run away, laugh excessively and tear things in fits of anger.
- **CHAMOMILLA** - Chamomilla is the best remedy for Postpartum Depression patients who easily get angry and turn quarrelsome with the use of wild language, and show no respect for others.
- **ACONITUM NAPELLUS** - Aconitum Napellus is one of the best medicine for depression and anxiety in Postpartum Depression patients who have a marked fear of death. The anxiety that gets worse in crowded places and while crossing the streets points. Another symptom to take note of is extreme restlessness that makes the person do everything hastily. Aconitum Napellus is the best cure for depression and is very beneficial in all those cases where acute, sudden and violent attacks of anxiety occur with a marked fear of death and open air makes the Postpartum Depression patient feel better. There's also an increased thirst for large quantities of cold water during the anxiety attack

- **ARSENICUM ALBUM** - Arsenicum Album is another excellent remedy for anxiety with fear of death in Postpartum Depression patients. The patient refuses to take the medicine because she thinks that death is near and it's useless to take any medicine. This symptom is accompanied by marked restlessness, making the patient continually change position, excessive weakness and the tendency to even faint. The anxiety attacks that get worse at night and make the person fearful to be alone.
- **COFFEA CRUDA** - Coffea Cruda is also one of the best remedies for depression and is a wonderful remedy to cope with the problem of sleeplessness in women going through Postpartum Depression. The patients requiring Coffea Cruda go sleepless due to the mind being occupied with too many ideas. Oversensitive patients who have sudden mood changes from laughing to weeping and who experience sleeplessness that gets worse after 3 am.
- **OPIUM** - Opium is another remedy for depression where the patients who feel sleepy but remain awake due to acuteness of hearing. Distant noises like cocks crowing keep them awake.
- **AURUM METALLICUM** - Aurum Metallicum is the top Homeopathic remedy for Postpartum Depression. Due to depression the patients who feel it's useless to live, life is a burden and constantly think of committing suicide. Such women easily get angry over the slightest contradiction and any fright brings a feeling of depression.
- **NATRUM SULPHURICUM** - Natrum Sulphuricum is also a good remedy for suicidal thoughts and a feeling of worthlessness in Postpartum Depression patients. The patients have to exercise much self-control to prevent themselves from committing suicide. The patients who are very sad with an aversion to talk to others. Such a person cannot be made happy and even lively music is of no help.
- **Lac maternam or Lac humanum**: these very similar homeopathic medicines are made from mother's milk and are used for women who have issues with mothering, self-care, lack of nurturance in childhood, and sometimes with their breasts and/or breast-feeding. weight loss or starting an exercise routine. "I've read all the books and I know exactly what to do," they'll say, "but I just can't do it because I'm not good at taking care of myself." In fact women who need this remedy typically using reading as an escape from their feeling of isolation, loneliness, and tendency to care for others at their own expense
- **STAPHYSAGRIA** - a woman needing Staphysagria has often had an invasive or traumatic delivery - like a forceps delivery or episiotomy. She may also have had initial or ongoing cystitis after the birth. She experiences depression that alternates with anger. She may cry from a sense of

hopelessness or frustration, and is easily offended. Her anger may range from silent brooding to screaming and throwing things. Breakfast makes her feel better, but she is worse for foods that are cold or acid. She can be sleepless most of the night, then feel achey and exhausted all day.

- **BLOOD-LOSS REMEDIES** – two major remedies for PND that comes with weakness, in women who lost a lot of blood during the birth, are **CHINA** and **FERRUM METALLICUM**. Women needing **CHINA** are touchy and irritable and may have a very bloated abdomen. While women needing **FERRUM METALLICUM** find that every emotion and exertion causes a flushing of the face.

Homeopathic treatment for POSTPARTUM DEPRESSION offers a minimum of 50 remedies effective against POSTPARTUM DEPRESSION:-

**DEPRESSION, SADNESS, CHILDBIRTH, AFTER :**

2 Agn , 2 Anac, 1 Arg-n, 2 Aur, 2 Aur-m, 1 Bell, 2 Cimic, 2 Con, 1 Ign, 2 Kali-br, 2 Lach, 2 Lil-t, 1 Manc, 1 Nat-m, 1 Plat, 2 Psor, 2 Puls, 4 SEP, 3 Sulph, 1 Thuj, 2 Tub, 2 Verat, 2 Verat-v, 1 Zinc

**SADNESS:DELIVERY, PARTURITION:AFTER, PUERPERAL, POST-NATAL:**

1 Agn, 3 Anac, 1 Arg-n, 1 Aur, 3 Aur-m, 1 Bamb-a, 1 Bell, 1 Carb-an, 3 Cimic, 3 Con, 1 Foll, 1 Ign, 1 Kali-br, 3 Lach, 3 Lil-t, 1 Manc, 1 Nat-m, 1 Plat, 3 Psor, 3 Puls, 1 Ros-b, 4 SEP, 4 SULPH, 1 Thuj, 3 Tub, 3 Verat, 3 Verat-v, 1 Zinc

(The numbers- 1, 2 and 3- signify how strongly a remedy is indicated for the disease)

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