



TANTIA UNIVERSITY JOURNAL OF HOMOEOPATHY AND MEDICAL SCIENCE

www.tjhms.com

REVIEW ARTICLE

ROLE OF SEPIA IN DEPRESSION

Ambreesh Pandey

Department of Community Medicine, Govt. Shri Durga ji Homoeopathic medical College Azamgarh, UP.

Abstract

Received- 10/12/2022

Revised- 25/12/2022

Accepted- 30/12/2022

Key Word- Mind, Mental symptoms, Depression, Homoeopathy, Sepia Succus, Homoeopathic Repertory, Psychology.

Corresponding Author:-

Ambreesh Pandey,
Department of
Community Medicine,
Govt. Shri Durga ji
Homoeopathic medical
College Azamgarh, UP.

Depression is a disorder of major public health importance, in terms of its prevalence and the suffering, dysfunction, morbidity, and economic burden. It is more common in women than men. Studies on the elderly population, either in the community, inpatient, outpatient and old age homes have shown that depression is the commonest mental illness in elderly subjects. Many studies have estimated the prevalence of depression in community samples and the prevalence rates have varied from 1.7 to 74 per thousand population.

INTRODUCTION

The report on Global Burden of Disease estimates the point prevalence of unipolar depressive episodes to be 1.9% for men and 3.2% for women, and the per year prevalence has been estimated to be 5.8% for men and 9.5% for women.

Overall prevalence of depression is 15.1% after adjusting for age using the 2001 census data. Studies done in primary

care clinics/centers have estimated a prevalence rate of 21-40.45%. Studies done in hospitals have shown that 5 to 26.7% of cases attending the psychiatric outpatient clinics have depression.

An epidemiological study from rural Uttar Pradesh showed that psychiatric morbidity in the geriatric group (43.32%) was higher than in the nongeriatric group (4.66%) and most common psychiatric

morbidity was neurotic depression, followed by manic-depressive psychosis depression, and anxiety state. Psychiatric morbidity was more prevalent in those who were socially, economically, and educationally disadvantaged. Recent community-based studies have reported a prevalence rate of 21.7% to 45.9%.

Depression (major depressive disorder) is a common and serious medical illness that negatively affects how you feel, the way you think and how you act. Depression causes feelings of sadness and/or a loss of interest in activities you once enjoyed. It can lead to a variety of emotional and physical problems and can decrease your ability to function at work and at home

Symptoms

Depression symptoms can vary from mild to severe and can include:

- Feeling sad or having a depressed mood, empty mood,
- Loss of interest or pleasure in activities once enjoyed
- Changes in appetite — weight loss or gain unrelated to dieting
- Trouble sleeping or sleeping too much
- Loss of energy or increased fatigue or feeling slowed down
- Increase in purposeless physical activity (e.g., inability to sit still, pacing, hand wringing) or slowed

movements or speech (these actions must be severe enough to be observable by others)

- Feeling worthless or guilty or helplessness
- Feelings of hopelessness, or pessimism
- Feelings of irritability, frustration, or restlessness
- Loss of interest or pleasure in hobbies and activities
- Difficulty concentrating, remembering, or making decisions
- Difficulty sleeping, early morning awakening, or oversleeping
- Thoughts of death or suicide, or suicide attempts
- Aches or pains, headaches, cramps, or digestive problems without a clear physical cause that do not ease even with treatment
- Suicide attempts or thoughts of death or suicide

Symptoms must last at least two weeks and must represent a change in your previous level of functioning for a diagnosis of depression.

Risk Factors for Depression

Depression can affect anyone—even a person who appears to live in relatively ideal circumstances. Several factors can play a role in depression:

- **Biochemistry:** Differences in certain chemicals in the brain may

contribute to symptoms of depression.

- **Genetics:** Depression can run in families. For example, if one identical twin has depression, the other has a 70 percent chance of having the illness sometime in life.
- **Personality:** People with low self-esteem, who are easily overwhelmed by stress, or who are generally pessimistic appear to be more likely to experience depression.
- **Environmental Factors:** Continuous exposure to violence, neglect, abuse or poverty may make some people more vulnerable to depression.

Chemical Theory and Depression

According to chemical theory disturbances in the chemistry of the brain occur during depression. Brain cells communicate with one another by releasing chemicals called neurotransmitters. Some experts think that certain neurotransmitters become underactive during depression and overactive during mania. Some women experience temporary depression in the weeks following childbirths.

Genes may influence depression by causing abnormal activity in the brain. Studies have shown that certain brain chemicals called neurotransmitters play an

important role in regulating moods and emotions. Neurotransmitters involved in depression include nor-epinephrine, dopamine, and serotonin. Research in the 1960s suggested that depression results from lower than normal levels of these neurotransmitters in parts of the brain. Support for this theory came from the effects of antidepressant drugs, which work by increasing the levels of neurotransmitters involved in depression.

An imbalance of hormones may also play a role in depression. Many depressed people have higher than normal levels of hydrocortisone (cortisol), a hormone secreted by the adrenal gland in response to stress. In addition, an underactive or overactive thyroid gland can lead to depression. A variety of medical conditions can cause depression. These include dietary deficiencies in vitamin B6, vitamin B12, and folic acid degenerative neurological disorders, such as Alzheimer's disease and Huntington's disease ; strokes in the frontal part of the brain; and certain viral infections, such as hepatitis and mononucleosis.

American psychiatrist Aaron Beck proposed that depressed people tend to view themselves, their environment, and the future in a negative light because of errors in thinking. These errors include focusing on the negative aspects of any situation, misinterpreting facts in negative

ways, and blaming themselves for any misfortune.

In Beck's view, people learn these self-defeating ways of looking at the world during early childhood. This negative thinking makes situations seem much worse than they really are and increases the risk of depression, especially in stressful situations.⁵

Management and Treatment

Depression is globally increasing problem and the important aspect is that, the depression is a disease in which genetic make-up is superimposed with environmental stress. In conventional system of medicine, various treatments are available for depression like antidepressants, sedatives, Electro Convulsive therapy (ECT), Photo Therapy etc. that may lead to palliation of the problem and may cause more harmful effect. But homoeopathy being the most cost effective and devoid of any side effects is considered the most preferred way of treatment for depression in which the patient is treated after considering totality of symptoms with the help of constitutional medicine.

HOMOEOPATHIC APPROACH

Dr Hahnemann explain in Aphorism 210, of Organon of Medicine 'Of the psoric origin are almost all those diseases that I've above termed one - sided, which appear to be more difficult to

cure in consequence of this one sidedness, all their other morbid symptoms disappearing, as it were, before the single, great, prominent symptom. Of this character are what are termed mental diseases. Homeopathic medicines are deep acting and have a potential to counter genetic tendencies. Homeopathic medicines address the root cause of the disease and hence prevent the relapse and recurrence of the condition.

When taking history of depressed patient we should concentrate on cause behind then we should find out the type of depression whether it is during pregnancy or after delivery, postpartum depression, sexual depression etc. Then depression or sad mood timing should be traced whether it is in morning, afternoon, evening or night as time modalities is important in Homoeopathy. Also it should be seen whether it is < when in Company or alone, or in particular place. In Homoeopathy treatment is not based on specific signs & symptoms as described in depression but we should concentrate on totality which includes causes, signs & symptoms, concomitants, modalities, physical & mental makeup of patient. Treatment varies according to individual. Also miasm of the person before suffering & during suffering should be found out.

Depression can be a debilitating problem. It makes home life difficult and

work a nightmare. So it is not surprising that those affected seek help. The medical answer to depression is to offer one of a handful of drugs which is meant to even all emotions out, so the highs go with the lows. But this doesn't address the cause of the problem. Good homeopathic treatment works by addressing the cause of depression, which will be unique. All medical drugs come with side effects and some that come with the anti-depressant drugs can be serious, even deadly. Although the person may feel better, s/he can be more at risk especially to suicide. The efficacy varies with each individual, and many report no effect at all.

Whatever the reason for depression, appropriate homeopathic treatment works by searching for the possible cause, by taking into consideration all personal and unique (and often subtle) symptoms and by matching one of thousands of homeopathic medicines to a whole person. Advantages of homeopathic treatment include safety, no toxicity, lack of any side effects and an improvement in other health issues. It does not pollute the environment, does not use animal testing to gather information and is economical.

Profile of Sepia Succus

- Common name : Cuttle fish
- Kingdom : Animal
- Natural order : Cephalopoda

- Part use: inky juice
- Prover : Dr. Samuel Hahnemann

In different Homoeopathic materia medica books it is explained that the medicine SEPIA has marked action on mental sphere. In homoeopathic therapeutic books also the medicine SEPIA is recommended by the authors in the cases of depression. The Kent's repertory which is widely used by the homoeopathic practitioners contains the rubrics related to depression in which the medicine SEPIA is mentioned in first grade at so many places.

Extrovert people with strong opinions that tend to be rather short with loved ones respond well to this remedy. They hate being contradicted and can fall into severe depressions when they become lethargic, indifferent and tearful. Emotional symptoms also caused by hormonal imbalance. Easily irritated by sympathy.

When we talk about the pharmacological action of SEPIA we find, it attended with torpidity and depression that often terminates in complete exhaustion of the vital functions.

S. K. Dubey in his materia medica book quoted a quote of Dunham-- "The disposition peculiar to sepia is a depressed, anxious and fearful state of mind, with a sense of helplessness and yet susceptibility to excitement and still more to terror,

frequent attacks of weeping and despair to life.”

The medicine SEPIA first effect upon the vasomotor nerves, and then the circulation in general, especially the portal circulation. Excess of CO₂ in cerebral capillaries induces confusion, sluggishness of mental operation, languor, faintness and trembling.

In different books of therapeutics and materia medica the medicine SEPIA is mentioned as medicine for Depression and its vast action on mind is explained. In Kent’s repertory, the chapter “MIND” contains so many rubrics of depression in which the medicine SEPIA is mentioned in first grade.

Rubrics from the Kent repertory include:

SADNESS, mental depression:
abies – n, *abrot., acal., acet-ac., acon., act-s., aesculus,* *agar., agn,*
**Sep**.....*ziz.*

Morning : *Agar.*
sep..... *zinc.*

Evening : *Aeth.*..... *sep*.....*zinc.*

Rising, after, *amel: Sepia*

Sultry weather, in – *Sep.*

Thunderstorm *amel. – Sep.*

Rubric from Boenninghausen’s Characteristics Materia Medica and repertory:

Depression:- *Aco., agar., alu., amb., am-c., anac., ant-c., arg-n., arn.,*

Ars., Aur., bar-c., bell., bov
*sep*.....

Sadness, melancholy etc.: *Aco., ag.c., amb., am-c., am-m., anac.,*

SEP

Things to do with Medicine

Beyond Treatment: Things we Can Do

Once you begin treatment, you should gradually start to feel better. Here are other tips that may help you or a loved one during treatment for depression:

- Try to get some physical activity. Just 30 minutes a day of walking can boost mood.
- Try to maintain a regular bedtime and wake-up time.
- Eat regular, healthy meals.
- Do what you can as you can. Decide what must get done and what can wait.
- Try to connect with other people, and talk with people you trust about how you are feeling.
- Postpone important decisions, such as getting married or divorced, or changing jobs until you feel better.
- Avoid using alcohol, nicotine, or drugs, including medications not prescribed for you.

REFERENCES

1. Lopez AD, Mathers CD, Ezzati M, Jamison DT, Murray CJ. Global Burden of Disease and Risk Factors. Washington: The World Bank; 2006.

2. Grover Sandeep, Dutta Alaknanda, Avasthi Ajit; An overview of Indian research in depression; Indian Journal of Psychiatry year 2010 vol 52 issue 7 page 178- 188
3. www. Huffpost healty living .com, blog, Dana Ullman. Homeopathy: A Healthier Way to Treat Depression?, Posted: 09/29/10 08:00 AM ET as accessed on 25 June 2012.
4. www.drbatra.com, Causes of Depression - Treating depression with Homeopathy at Dr. Batra's, as accessed on 24 June 2012
5. www.hpathy.com, Depression and Homoeopathy (1/2), (2/2). Dr. Sayeed Ahmad D. I. Hom. London, as accessed on 24 June 2012
6. American Psychiatric Association: *Diagnostic and Statistical Manual of Mental Disorders*, Fourth Edition, Text Revision Washington, DC, American Psychiatric Association, 2000
7. Modern Homoeopathy Monthly Newsletter, November 2007, DEPRESSION & ITS HOMOEOPATHIC APPROACH BY DR. PAWAN S. CHANDAK Parbhani, India
8. Hahnemann Samuel , Organon of Medicine, 5th -6th edition, Translated by Dr. William Boericke, M. D., B Jain Publishers, New Delhi,
9. Cure depression with homeopathy Monday, April 18, 2011 by: Madeleine Innocent.
10. WWW.beneforce.com as accessed on 24 June 2012
11. Blackwood AL: A manual of MM therapeutics & pharmacology: B Jain publication, 1906, Reprint 1999.
12. Dubey SK: Text Book of Materia Medica , 3rd edition: Books & Allied Pub. Ltd. Calcutta. 1973.
13. Banerjee DD: Augmented Textbook of Homo. Pharmacy: B. Jain Pub. Delhi. 1986.
14. Kent JT , Repertory of Homoeopathic Materia Medica, 1921, B Jain publishers, New Delhi, Page no 75-78
15. Boger CM, Boenninghausen's Characteristics Materia Medica and Repertory with Word Index, B Jain publishers Pvt Ltd, Chapter - Mind Page 198, 215.

How to Cite this Article- Pandey A., Role Of Sepia In Depression. TUJ. Homo & Medi. Sci. 2022;5(4):107-113.