

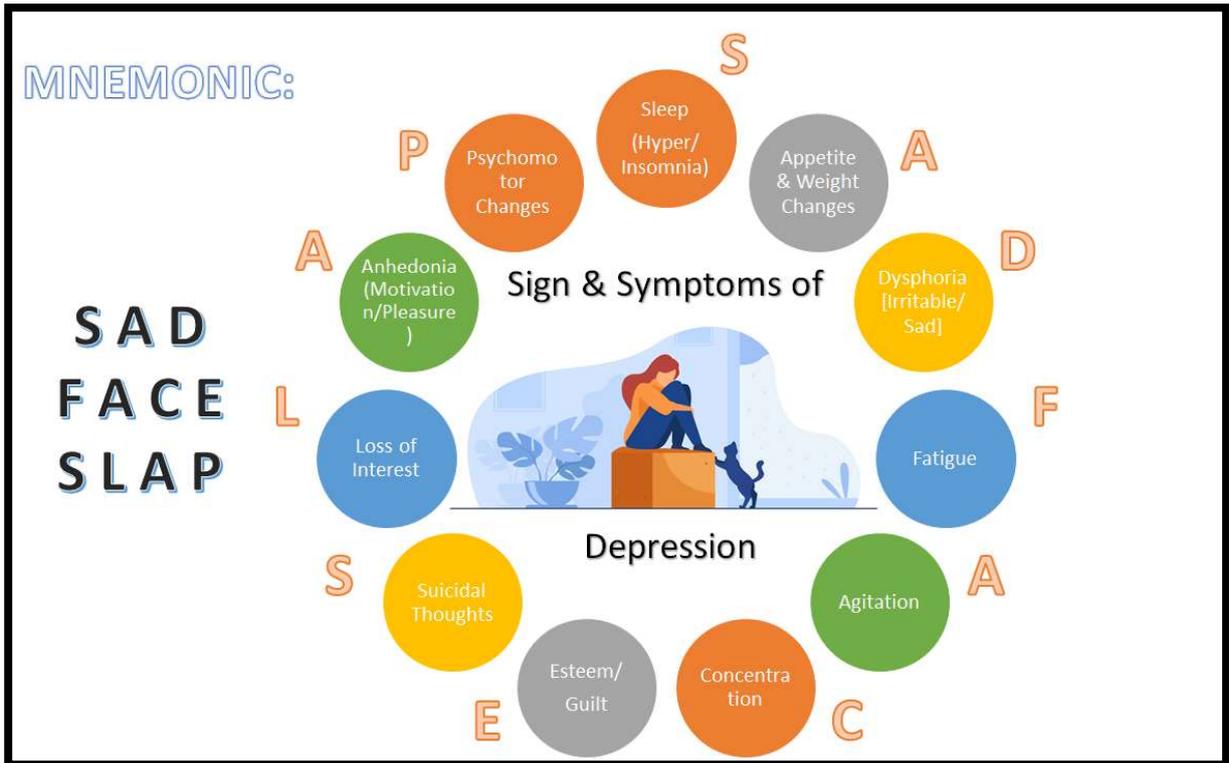
# DEPRESSION

- Depression is a common and serious medical illness that negatively affects how you feel , the way you think , and how you act.
- Fortunately it is also treatable.
- People experience depression in different ways. Some people only have a few symptoms, while others have many . Some symptoms might get over time while others may get worse.

## SIGN AND SYMPTOMS OF DEPRESSION

- Depression varies from people to people, but there are some common sign and symptoms.

- Its important to remember that these symptoms can be part of life's normal lows.



### 1) SLEEP (HYPER / INSOMNIA):

- Either insomnia especially waking in the early hours of the morning or oversleeping.

### 2) APETITE AND WEIGHT CHANGES:

- Weight and appetite can be fluctuate for people with depression .This experience may be different for each person.some people will have an increase apetite and gain weight while others won't be hungry and will lose weight.

### 3)DYSPHORIA (IRRITABLE / SAD ):

- Feelling of severe despondency and dejection.

### 4) FATIGUE :

- Depression often come with a lack of energy and an overwhelming feeling of fatigue which can be among the most debilitating symptoms of depression.

### 5)AGITATION :

- Feeling slowed down or being excessively agitated.

### 6)CONCENTRATION :

- Problems with concentration or focus.

## 7) ESTEEM/ GUILT :

- Feeling of worthlessness and guilt.

## 8) SUICIDAL THOUGHTS :

- Major people with depression are connected with suicide. People who die by suicide usually show symptoms first.

## 9) LOSS OF INTEREST :

- A loss of interest or withdrawal from activities that once look forward to sports, hobbies, or going out with friend is yet another sign of major depression.

## 10) ANHEDONIA (MOTIVATION / PLEASURE ) :

- A bleak outlook nothing will ever get better and there is nothing can you do to improve your situation.

## • 11) PSYCOMOTOR CHANGES

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