

HOMOEOPATHIC APPROACH IN DEPRESSIVE DISORDERS

Presented by:-
Yogesh Kadam
BHMS(Final Year)

What is depression...?

- Depression is a group of conditions associated with the elevation or lowering of person's mood.
- **Mood disorders include:-**
- Unipolar depression
- Bipolar disorder
- Dysthymia



Causes of Depression:-

- Genetic factors
- Psychological factors
- Psychosocial factors
- Chemical changes in Brain

DIAGNOSIS:-

On the basis of symptoms...

1. Depressed mood or anhedonia
2. Changes in appetite or weight
3. Insomnniia or hypersomnia
4. Psychomotor agittation oor retardation
5. Fatigue or loss of energy
6. Feelings of guilt or worthlessness
7. Dificulty thinking,concentrating or making decisions
8. Suicidal thoughts or suicidal attempts

TREATMENT:-

- ❑ Anamnesis- Deep psychoanalysis
- ❑ Constitutional remedy
- ❑ Psychodynamic therapy
- ❑ Cognitive behavioural therapy (CBT)
- ❑ Individual counseling
- ❑ Personalized advice

ANAMNESIS

- Diagnosis of the patient as a person
- Investigations of the patients past and his condition in his early stages of illness is a part of anamnesis

Constitutional remedy...

Constitutional remedy can correct the inherent and acquired defects in the personality.





PSYCHODYNAMIC THERAPY

- Insight oriented therapy
- Psychodynamic therapy is a form of depth psychology, the primary focus of this therapy is to reveal the unconscious content of a patients psyche in an effort to alliviate psychic tension.
- It focuses on unconscious processes as they are manifested in a persons present behavior.



Cognitive behavioral therapy

- CBT is a type of psychotherapy in which negative patterns of thought about the self and world are challenged in order to alter unwanted behaviour patterns.



Individual counseling

Individual counseling is counseling focused on the individual immediate or near future concerns.

Personalized advice

❖ Diet and regimen

❖ Exercise

❖ Pranayam-

(rhythmic

breathing)





THANK YOU

