

WEB INFORMATION

Depression - a major mental problem & Homoeopathy: Search On Internet

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"What we do, as a nation, care about books? How much do you think we spend altogether on our libraries, public or private, as compared with what we spend on our horses?."

--- John Ruskin (1819-1900)

Depression is a serious medical illness. In contrast to the normal emotional experiences of sadness, loss, or passing mood states, clinical depression is persistent and can interfere significantly with an individual's ability to function. Symptoms of depression include sad mood, loss of interest or pleasure in activities that were once enjoyed, change in appetite or weight, difficulty sleeping or oversleeping, physical slowing or agitation, energy loss, feelings of worthlessness or inappropriate guilt, difficulty thinking or concentrating, and recurrent thoughts of death or suicide. A diagnosis of unipolar major depression (or major depressive disorder) is made if a person has five or more of these symptoms and impairment in usual functioning nearly every day during the same two-week period. Major depression often begins between ages 15-30 or even earlier. Episodes typically recur.

Depression affects approximately 20 per cent of people at some time in their lives, although up to two-thirds may not get treatment owing to a combination of factors - misdiagnosis, failure or reluctance to seek help as a result of social stigma, or even chronic depression, whereby the sufferer may be so disabled they cannot access help themselves.

Who Gets Depression?

Although depression can make you feel alone, 16% of Americans will have it during their lifetime. While depression can affect anyone, its effect may vary depending on your age and gender.

- Women are almost twice as likely to become depressed as men. The higher risk may be due partly to hormonal changes brought on by puberty, menstruation, menopause, and pregnancy.
- Men. Although their risk for depression is

lower, men are more likely to go undiagnosed and less likely to seek help. They may show the typical symptoms of depression, but are more likely to be angry and hostile or to mask their condition with alcohol or drug abuse. Suicide is an especially serious risk for men with depression, who are four times more likely than women to kill themselves.

- Elderly. Older people may lose loved ones and have to adjust to living alone. They may become physically ill and unable to be as active as they once were. These changes can all contribute to depression. Loved ones may attribute the signs of depression to the normal results of aging, and many older people are reluctant to talk about their symptoms. As a result, older people may not receive treatment for their depression.
- Other psychological disorders. Anxiety disorders, eating disorders, schizophrenia, and (especially) substance abuse often appear along with depression.

This article is intended for busy scientists engaged in research work in the field of Depression to help them reap the benefits of the Internet without surfing too much for locating the resources.

- www.abchomeopathy.com/c.php

This free online homeopathic tool suggests homeopathic remedies based on the symptoms you enter. **Homeopathy** relies on gathering a detailed picture of your complaint before Homeopathic Remedies can be correctly prescribed. Therefore, for this homeopathic remedy finder software to work properly, you should enter all your symptoms, using the search or the tick categories, or both. You can add symptoms at any stage; you do not have to add them all at the beginning.

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- www.homeopathic.com/articles/using_h/depression.php

This book is a lighthearted practical health guide. Laughter may be a side effect. "Depression is melancholy minus its charm." A Homeopathic Perspective on Depression

- <http://remedyfind.com/rm-97-Homeopathy.asp>

Depressive disorders (unipolar depression) are a type of mood disorder, and include a number of conditions like Major Depressive Disorder and Dysthymic Disorder. As defined by the DSM-IV (Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition), depressive disorders are characterized by negative thoughts, moods and behaviors, and by changes in bodily functions like eating, sleeping and sexual activity.

- www.classicalhomoeopathy.com/depression.htm

Homoeopathy has very effective therapeutic measures that positively influence our psyche and can take care of various symptoms of depression. Homoeopathy can positively influence personality traits that are working at the base of disease. The important aspect is that depression is a disease in which genetic make-up is topped with environmental stress result in disease. Homoeopathy medicines are very deep acting and having potential to counter genetic tendencies. Homoeopathy medicines address the root cause of the disease and hence prevent the relapse and recurrence of the condition.

- www.internethealthlibrary.com/Therapies/homoe-remedies-emotional.htm

This is the UK's largest Alternative Medicine, Complementary Therapy and Natural Health Care Resource. People needing this remedy may be very emotional and bottling up their emotions. They can burst into tears easily and may often complain of a lump in the throat. They tend to misplace their affection and then collapse with disappointment.

Depression with great weepiness Remedy: Pulsatilla

Pulsatilla patients are very nervous, fidity and changeable. They crave comfort and reassurance and have great sympathy to animals or people who are suffering.

- www.geocities.com/HotSprings/7776/DEPRESS.HTM

Homeopathy cures more than physical problems. Because it works on the whole person, it can also help to balance the emotions and the psyche. No one suffers from depression in exactly the same way, for the same reasons, or at the same times, so the treatment of depression should not consist of standardized treatments or pills as if they did. Appropriately, in the practice of real classical homeopathy we take the case of the whole individual and find the remedy that will stimulate a balance and cure of whatever is out of balance and may be causing depression in that particular individual.

- <http://ringsurf.com/forum/answers-depression/>

RingSurf is a completely Free service that lets user quickly, easily, and reliably navigate thousands of related websites organized by areas of interest. **Joining a Net Ring** is great way to increase traffic to your site. And not just random hits — hits from people actively seeking information about a topic that your site provides. Users like Net Rings because rings pull related sites together into easily explored groups. Net Rings create actively maintained virtual communities of pages on the web.

- www.drluc.com/depression.html

Mental-emotional diseases are more baffling, frightening and expensive to treat than almost any other type of disease—and the most feared and most common among them is depression. Half the American population has tried a powerful psychotropic medication like Prozac or Zoloft for depression, and Prozac is even given for premenstrual tension.

The Western medical approach has several real flaws, beginning with the *lack of individualization*. It classifies patients with a disease name, each with its fixed protocol giving the same treatment to very *different* individuals. And rarely do we promise *cure*, rather *control* of the disease. But the drugs used to control the disease create a

second disease picture with their numerous side effects. In Western medicine we have very few psychotropic drugs, none without side effects, some very debilitating.

- www.fishtree.com/articles/depression.htm

Fishtree Homeopathy is a sole proprietorship and operates from *Inner Directions Life Learning Centre*. Fishtree homeopathy offers homeopathic consultations for adults and children, as well as offers introductory courses in homeopathic medicine for lay people.

The name Fishtree comes from an Armenian proverb 'when fish climb the tree...' denoting something impossible. It is similar to the English 'when pigs fly'. Being fascinated with homeopathy's effectiveness in curing illness, Tamara was convinced that anything is possible, even fish climbing a tree. Thus she named her company Fishtree Homeopathy

- www.depressionet.com.au/treatments/alt_strat/homeopathy.html

Many experiments have followed after the discovery of homeopathic medicine, one of these includes diluting the homeopathic medicine using an alcohol-water substance. Diluting the homeopathic medicine means that the side-effects of the medicine are decreased, and although it has been a speculative process there are proposals that suggest that there is an electromagnetic energy that exists after dilution.

Some clinical trials have shown endless possibilities to homeopathic treatment, in things such as; fibrositis, fibromyalgia, and rheumatoid arthritis.

The cost effectiveness of homeopathic treatment is still being investigated for things such as; arthritis, headaches, depression, and asthma.

- <http://community.netdoktor.com/ccs/uk/depression/coping/treating/>

NetDoctor is Europe's leading technology based healthcare communications company. **NetDoctor** is a collaboration between physicians, healthcare professionals, information specialists, and patients who believe that best medical practice should be based on quality information and evidence based clinical practices and principles.

- www.numarkpharmacists.com/hn/Homeo/Depression_hm.htm

When a person feels depressed, something needs attention. Too much stress can make it hard to cope, and important feelings may be suppressed or turned inside. A major loss or grief requires time and emotional support for real recovery—and even a build-up of minor stresses (disappointments, setbacks, trouble in relationships, or work-related problems) can contribute to depression. Dietary deficiencies, allergies and sensitivities, hormonal imbalances, or biochemical conditions may also be involved. A person going through a period of mild sadness or depression may find relief through homeopathy. The guidance of an experienced homeopath is often valuable, to choose a remedy that fits the situation best. Any person with deep, long-lasting, or recurring depression should seek the care of a licensed mental health professional. For dosage information, please read the information at the end of this section. See also "Using Homeopathy With Professional Guidance" in [What Is Homeopathy?](#)

- <http://fmscanberra.tripod.com/anx/info4.htm>

Depression can be devastating to all areas of a person's everyday life, including family relationships, friendships, and the ability to work or go to school. Many people still believe that the emotional symptoms caused by depression are "not real," and that a person should be able to shake off the symptoms if only he or she were trying hard enough. Because of these inaccurate beliefs, people with depression either may not recognize that they have a treatable disorder or may be discouraged from seeking or staying on treatment because of feelings of shame and stigma. Too often, untreated or inadequately treated depression leads to suicide.

- www.vegepa.com

It is now widely accepted that depression is linked to a deficiency of long-chain fatty acids in the brain, such as EPA (an omega-3 fatty acid).

Low levels of EPA are associated with a slowing of brain activity, owing to a hardening of the phospholipid layers, which slow cell signalling. This decreased communication between brain cells can culminate in depressive symptoms. However, taking EPA (as contained in **VegEPA**) can reverse this harmful process by increasing the amount of

phospholipids in brain-cell membranes and the membrane fluidity. This has a positive effect on neurotransmitters and enhances electrical messaging in the brain.

Diet and lifestyle are similarly very important factors for anyone with depressive symptoms, as certain foods (particularly trans-fats) may inhibit the absorption of EPA in the body, leading to fatty acid deficiencies. Certain 'cofactors' (such as zinc, vitamin B6) may provide the optimum environment in the body for the efficient uptake of EPA. Please **click here** to see more information on how to obtain cofactors.

- <http://homeomiracles.com/Index/Psychiatry/.../Depression/Depression.html>

Excellence of the medical system- Homoeopathy in curing the incurable. Homoeopathy never produces side effects even if continued till our life time. God has given the magic of healing to the universe through the spritual father of Homoeopathy Dr Samuel Hahnemann. Medical professionals envy this wonderful art of healing. Only when one gets involved with dedicated, enthusiastic service one can appreciate the beauty of Homoeopathy. This site is intended for

educational purposes only and is not meant to take the place of the care of a medical professional. The purpose of this site is to provide straightforward, easy to understand information, to create awareness on Homoeopathy. I hope that you will find what you are looking for and are able to feel a sense of discovery.

- www.homeopathysolutions.com/depression.html

Depression is due to an internal imbalance that needs to be addressed on a homeopathic "constitutional" level by discovering the individuality of the person holistically

- www.nesh.com/main/courses/classreview/depression.html

Homeopathic remedies can help over years to bring patients out of depression. In the case of the "flat" personalities mentioned earlier, anxiety may begin to show. This is not a failure. At least it is an emotion. This is a **SEMINAR REVIEW Treating Depression at the Annual Meeting of Licensed Medical Professionals for Homeopathy** Amy Rothenberg, ND, DHANP, FEBRUARY 14, 1999 - ORLANDO, FLORIDA by Jean Hoagland