



Research Article

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A CASE STUDY OF MILD DEPRESSION WITH SPECIAL REFERENCE TO KAPHAJONMADA

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ABSTRACT

Depression is a significant contributor to the global burden of disease and affects people in all communities across the world. It is a disorder of major public health, in terms of its prevalence, sufferings, dysfunction, morbidity, and economic burden. A 42 years old male patient came with depressed mood, Lack of pleasure, idea of self-harm, and insomnia for 22years. Associated with Tension and irritability, Loss of energy and fatigability. Since his childhood patient was feeling sadness without any reason, not getting proper sleep, unwanted thoughts coming to mind. He neglected because of ignorance. At the age of 20, he read an article on depression and he felt that he was having depression. On further discussion with his family members he came to know that his father was also suffered from depression. As per International Classification of Diseases (ICD) patient is diagnosed as depression. According to Hamilton depression rating scale (HAM-D), score was 10 and it was diagnosed as mild depression. Mahapaishachika ghritham was given, for 30 days and he was advised to take 15ml medicine twice daily with warm water before food. Periodical evaluation was conducted on day 0, 30 and 45 day from the starting of the study. Changes were recorded. It was noticed that the clinical features like idea of self-harm, Anxiety psychic were absent after treatment. He got improvement on Insomnia (Late), Somatic symptoms like loss of energy and fatigability, loss of libido. He continued in same condition on follow up also.

Keywords: Kaphajonmada, Depression, Unmada, Mahapaishachika ghritha

INTRODUCTION

Life would be simple indeed if all our needs were automatically satisfied. Many obstacles occur in both personal and environment to prevent this ideal situation. Such obstacles place lot of demands on us and can lead to stress. Everyone faces a different mix of demands in life and any one of us may break down if the going gets tough enough. In this modern life, everyone seems to be hard-pressed, racing against time to meet their needs and desires. No one has time to console others. The growing stress and strain influence the mind very much and result in a state of imbalance.

Ayurveda is an eternal science of holistic healing & healthy living. It defines life as the intelligent coordination of body, senses, mind & soul¹, with the totality of life and the concept of health and illness swings around the classical theory of 'loka purusha samya'² which proclaims that the individual living being is a miniature replica of the universe, and the Loka [universe] and Purusha [individual] exists as a continuum of each other.²

Aim and Objective

- To assess the effect of Mahapaishachika Ghritham ³ in a case of mild depression.
- To evaluate the effectiveness of Mahapaishachika Ghritham in Mild Depression on psychometric parameter – Hamilton Depression Rating Scale.

MATERIALS AND METHODS

1. A patient with Hamilton Depression Rating Scale (HAM-D) Score 10 was selected, detailed clinical evaluation is done and explained about the study. Then written consent was obtained from him.
2. Mahapaishachika ghritham (prepared as per Ashtanga Hridaya Unmadapratishedha) given 15ml twice daily for a period of one month.
3. Assessment done with HAM-D before treatment, after treatment and 15th day follow up

CASE REPORT

A 42 years old male patient came with complaints of depressed mood, lack of pleasure, idea of self-harm, and insomnia for 22years. Associated with tension and irritability, loss of energy and fatigability. Since his childhood patient was feeling sadness without any reason, not getting proper sleep, unwanted thoughts coming to mind. He neglected because of ignorance. At the age of 20, he read an article on depression and he felt that he was having depression. On further discussion with his family members he came to know that his father was also suffered from depression. He consulted a psychiatrist and started medicines for depression from the age of 22years. He was feeling better on medication in the beginning and later he developed mild symptoms. He continued medication for 19 years even mild symptoms persisted. He stopped medications by himself, when he was considerably impacted by side effect like diabetes mellitus (DM), hyper tension (HTN), sexual dysfunction and constipation. He came to the institution for the management of his current problems and a better solution for the disease.

Ethical clearance: Ref. No.: PKAMC/IEC/02/16 dated 07/05/18

History of Past Illness

History of DM/HTN under medication, No other major medical illness.

Family History

His father had depression. Additional details for Family history is available in Annexure Table 1

Marital History

He was married at the age of 28 and has good relationship with spouse, Having 2 children. His sexual life was not satisfactory and there is no extramarital affair.

Birth and Childhood history (As per patient)

Milestones - No abnormalities
 Childhood Illness - Nothing relevant
 Childhood Habits - No bedwetting or Nail Biting. Nothing relevant

Educational History

1. Age of beginning at school - 5 years and finishing at school- 16 years
2. School performance - Good
3. Bookworm tendencies - NO
4. Shifting schools - No

Occupational History

1. Attitude towards the job - Good
2. Relation with superior staff - Good

On MSE (Mental status examination)⁴

- General appearance - Normal
- Psychomotor activity - Normal
- Affect - Sadness
- Perception - Normal

- Thinking and speech - Negative thoughts
- Orientation - Normal
- Memory - Normal
- Intellectual function - Normal
- Judgment - Normal
- Insight - Normal

Diagnosis

As per International Classification of Diseases (ICD) 10⁵ patient had the symptoms like depressed mood, reduced energy, suicidal tendency, disturbed sleep so it is diagnosed as depression.

According to HAM-D⁶ score was 10 and it was diagnosed as mild depression.

Intervention Followed

Amapachana

For Agni deepana, Vaiswanara choornam 6gm twice daily before food with 40ml warm water was given to the patient for 3 days.

Administration of the trail drug

The prepared patient was given Mahapaishachika ghritham for 30 days and they were advised to take 15ml medicine twice daily with 40ml warm water before food. Periodical evaluation was conducted on day 0, 30 and 45 day from the starting of the study. Patient was encouraged for a review on 15th day of medication for uninterrupted feedback. Changes were recorded.

RESULT

It was noticed that the clinical features like suicidal ideation, Anxiety psychic were absent. He got improvement on Insomnia (Late), Somatic symptoms like loss of energy and fatigability, loss of libido. He continued in same condition on follow up also. Before treatment, after treatment, after follow up HAM-D score was 10, 5 and 4 respectively.

Table 1: HAM-D Score before Treatment (BT), After Treatment (AT), After follow up (AFU)

Symptoms	BT	AT	AFU
Depressed mood	1	1	1
Feelings of Guilt	0	0	0
Suicidal ideation	1	0	0
Insomnia (early)	0	0	0
Insomnia (middle)	0	0	0
Insomnia (late)	2	1	1
Work and activities	1	1	1
Retardation	0	0	0
Agitation	0	0	0
Anxiety (psychic)	1	0	0
Anxiety-somatic	0	0	0
Somatic-Gastro Intestinal	0	0	0
Somatic- general	2	1	1
Genital symptoms	2	1	0
Hypochondriasis	0	0	0
Loss of weight	0	0	0
Loss of Insight	0	0	0
Total Score	10	5	4

Table 2: Family History

SI no.	Details	Yes (details)	No
1	Psychiatric abnormality in the family	Father had depression	
2	Any displacement during childhood		No
3	Children related problems		No
4	Family problems		No
5	Isolation or isolated family		No
6	Family breakup		No
7	Death of immediate family members		No
8	History of suicide/suicidal attempts in the family		No
9	Any major-medical illness in the family		No
10	Nuclear family		No
11	Drug addict or alcoholic in the family		No

DISCUSSION

The manda (Dullness) gunam of kapha might be the cause of diminished activities in depression. Mahapaishachika Ghritha contain more than 50 percentage Thiktha(bitter)rasa predominant drugs and more than 15 percentage katurasa(Pungent) predominant.⁷ Most drugs are Ushna(Hot in potency) veerya, vatakaphaharam and pramadhi(Channel-clearing) in nature. These properties might have acted on symptoms like depressed mood and lack of pleasure. Ghritha itself is balya and might have acted on symptoms like fatigability and lack of energy. Ghritha having snigdha guna (Unctuousness), hence vata shamana and it might have acted on sleeplessness. Mahapaishachika Ghritha being mentioned in unmada prakarana, indicated as having effect on intellectual functioning, it might have nootropic effect and hence acted broadly on this case especially on acts of self-harm.

CONCLUSION

In depression, there are symptoms like depressed mood, reduced psychomotor activity, and retardation of thinking, less concentration, social withdrawal, and loss of appetite, tastelessness, fatigue, not dressing properly or hating cleanliness. This can be co related with symptom of Kaphajonmada like Sthanamekadese(Staying in one place), Alpakanramane (reduced motor activity), Alpacaraca (Less movements or activities), Alpamati (Weak-minded), Rahaksmata (prefer or love for solitude), Anannabhilasha (Disinclination for food), Arocaka (Aversion to food), Sadanam (Fatigue, lassitude), Shauchadvesha (Aversion for cleanliness). Most of the symptoms of Kaphajonmada are similar with depressive disorders. So we tried to understand depression here in terms of Kaphajonmada.

Most of the drug in Mahapaishachika Ghritha are Thiktha (bitter), katurasa (Pungent), ushna veerya (Hot in potency), vatakaphaharam and pramadhi (Channel-clearing) in nature. All these properties found to be effective in managing symptoms of depression.

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