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## DYSTHYMIA AND ART OF RAPID PRESCRIBING

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### ABSTRACT

Dysthymia is a chronic depression of mood which does not currently fulfil the criteria for recurrent depressive disorder, mild or moderate severity, duration of individual episodes although the criteria for mild depressive episode may have been fulfilled in the past. Most of the time they feel tired and depressed. Homoeopathic understanding of health is intimately connected to its understanding of the mind in general. Body and mind are dynamically interconnected and that both directly influence each other. Patient was cured after prescribing Aurum metallicum 30.

**KEYWORDS-** Dysthymia, Dysthymic disorders, Depression, Mood disorder.

## **INTRODUCTION**

According to National mental health survey 2015-2016, nearly 15% of Indian adults need active intervention for one or more mental health issues.<sup>[1]</sup> According to DSM- IV- TR, It is an mood disturbance distinguished by seemingly low grade depressive symptoms as well as symptom persistence (i.e. at least two years in duration).<sup>[2]</sup>

## **EPIDEMIOLOGY-<sup>[3]</sup>**

Globally dysthymia occurs in about 105 million people a year (1.5% of the population). It is slightly more common in women (1.8%) than in men (1.3%). The lifetime prevalence rate of dysthymia in community settings appears to range from 3 to 6% in the india. However, in primary care settings the rate is higher ranging from 5 to 15% .

## **DIAGNOSTIC CRITERIA FOR DYSTHYMIA<sup>[4]</sup>-**

Person experiences a depressed mood for most of the day, for more days than not, as well as at least two of following diagnostic symptoms-

A. Depressed mood for most of the day, for more days than not, as indicated by subjective account or observation by others, for at least two years.

B. Presence, while depressed, of two (or more) of the following:

1) Poor appetite or overeating.

2) Insomnia or hypersomnia.

3) Low energy or fatigue.

4) Low self esteem.

5) Poor concentration or difficulty making decisions.

6) Feeling of hopelessness.

C. During the 2- year period of disturbance, the person has never been without the symptoms in criteria A & B for more than 2 months at a time.

D. There has never been a manic episode, a mixed episode or a hypomanic episode, and criteria have never been met for cyclothymic disorder. The disturbance does not occur

exclusively during the course of a chronic psychotic disorder, such as schizophrenia or delusional disorder.

E. The symptoms are not due to the direct physiological effects of a substance (e.g., a drug of abuse, a medication) or a general medical condition.(e.g. hypothyroidism)

F. The symptoms cause clinically significant distress or impairment in social, occupational, or other imp areas of functioning.

### **HAHNEMANN'S VIEWS ABOUT MENTAL DISEASE:[5]**

In aphorism 225 Hahnemann discussed about mental disease of psycho- somatic type.

*These are mental disease that arises as a result of prolonged emotional disturbances. Different psychological depressions like continued anxiety, worry, vexation, wrongs & frequent occurrences of greater fear and fright. Such disease may be of recent origin and may not have developed fully into corporeal disease. But , if left untreated they may damage body.*

### **A CASE STUDY**

A 23-year old unmarried hindu male belonging from middle socio economic status reported at OPD of Swasthya kalyan homoeopathic medical college & research centre with diagnosis of depression for 2 years. He presented with chief complaint of decreased concentration during studies & burning all over the body whenever he exposes to sun's rays.

Patient had a history of thyphoid fever at the age of 15 year, took ayurvedic treatment and recovered.

His appetite was decreased 1-2 chapati/ 2 meals per day and had a desire for sweet with thirst for small quantity of water at small interval, at least 3 ltr per day.

He felt lack of concentration in her daily work, during studies. The patient was also had distressing dreams disturbing his sleep.

### **LIFE SPACE-**

Patient born & brought up in a village. Patient used to live with his parents & elder brother. The socio economic status of the patient was middle class. So patient & his brother took the Financial responsibility of the family at younger age.

Patient was too much studious, so everyone in his family & relatives pressurise him to become a doctor. So he got admitted to an institute for preparation of NEET- UG. Patient also has a dream to become a doctor & started preparing for that exam but was unsuccessful in his first attempt.

Due to financial crisis he's unable to continue his coaching at institute. After his failure in first attempt he got too much pressure from family to clear exam in next attempt.

After that complaint of continue headache appears at vertex region with sensation of heaviness, which is aggravated by mental exertion or stress relieved by sleeping. After the complaint of headache his concentration decreased & thoughts persist.

Patient becomes irritable, reproaches himself for not selecting in the exam, feeling guilty about his unsuccessfulness. A suicidal thought were in his mind, feeling as if i am a burden on family & has no reason to live.

He was unable to sleep due to continue thoughts striking in his mind. When physician asks her what you did to get relief from these thoughts he said listens devotional songs make him feel better.

### **PRESCRIBING TOTALITY-**

1. Decreased concentration during studies.
2. Distressing dreams disturbing his sleep.
3. Financial responsibility of the family at younger age.
4. Suicidal thoughts as if i am a burden of family and has no reason to live.

## PRESCRIPTION:

**R<sub>x</sub>**

AURUM MET 30 1 DOSE/ STAT

RUBRUM 30 TDS/ 15 DAYS

**CONCLUSION-** On the basis of symptoms totality, AURUM METALLICUM 30 / 1 DOSE was prescribed to the patient. Slight improvement was observed in his condition at 5<sup>th</sup> day , and the patient was further put on placebo. Symptomatic improvement was obtained within 3 weeks.

This case gives us insight and confidence into the treatment of dysthymia with Individualised homoeopathic remedies.

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