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**Dr. Revathi Ravindran N**  
PG Scholar, Department of  
Practice of Medicine, White  
Memorial Homoeo Medical  
College & Hospital, Attoor,  
Kanniyakumari, Tamil Nadu,  
India

**Dr. R Richard Franklin**  
Principal & Professor of  
Department of Practice of  
Medicine, White Memorial  
Homoeo Medical College &  
Hospital, Attoor,  
Kanniyakumari, Tamil Nadu,  
India

**Dr. RM Priya Rajini**  
HOD, Department of Practice  
of Medicine, White Memorial  
Homoeo Medical College &  
Hospital, Attoor,  
Kanniyakumari, Tamil Nadu,  
India

**Corresponding Author:**  
**Dr. Revathi Ravindran N**  
PG Scholar, Department of  
Practice of Medicine, White  
Memorial Homoeo Medical  
College & Hospital, Attoor,  
Kanniyakumari, Tamil Nadu,  
India

## Effect of individualised homoeopathic medicine in management of symptoms of depression

**Dr. Revathi Ravindran N, Dr. R Richard Franklin and Dr. RM Priya  
Rajini**

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### Abstract

Anxiety and depression are two of the most common psychological disorders globally, significantly impairing daily functioning and quality of life while increasing risks for other health complications. Despite treatment advances, many individuals remain undiagnosed or inadequately treated. The case study here is a detailed analysis of 18 -year-old female presented with the complains of weight loss, diminished appetite, and insomnia for 6 months. The diagnosis is made with the help Hamilton Depression Rating Scale (HAM-D). After a detailed case taking, miasmatic evaluation and Repertorisation Aurum Metallicum were prescribed. After four months of treatment, significant improvement in depressive symptoms was observed, with HAM-D scores decreasing from 22 to 9, indicating substantial symptom reduction. This case demonstrates promising results for individualized homeopathic medicine in treating depression symptoms, with the marked reduction in HAM-D scores suggesting potential therapeutic benefits of personalized homeopathic treatment approaches.

**Keywords:** Depression, HAM-D score, homoeopathy

### Introduction

Depression is a prevalent yet dangerous mood condition, sometimes known as major depressive disorder [MDD] or clinical depression <sup>[1]</sup>. Depressive disorders are significantly important to public health due to their prevalence, associated misery, dysfunction, morbidity and economic impact. It is marked by persistent melancholy, despair, and disinterest in day-to-day pursuits <sup>[2]</sup>. International Classification of Diseases (ICD)-10 classification of mental and behavioral disorders consists of recurrent depressive episodes, depressive episodes, unspecified mood disorder, persistent mood (affective) disorder, and <sup>[3]</sup>. Although the evidence supporting homoeopathic medicines for treating depression is limited, several studies have shown promising outcomes, such as decreases in symptoms of depression and enhancements in general quality of life <sup>[4]</sup>. Patients often turn to homoeopathy as a complementary or alternative therapy for managing depressive disorders. Some patients seek homoeopathy from the concern about overuse of psychotropic drugs. The purpose of homoeopathic case taking is to gather a complete picture of the patient's signs and symptoms, allowing for the selection of individualised homoeopathic remedy. Understanding the patient's history, living situation, and daily routine is also beneficial <sup>[5]</sup>.

### Epidemiology

Out of 120 million suffering from depression, less than 25% people only getting proper treatment <sup>[6]</sup>. Major depressive disorder's estimated illness burden is expressed in the disability adjusted life years (DALY) is increasing worldwide, which makes depression as one of the primary reasons of DALY in High- and middle- income nations. In the samples from the community, its prevalence rate ranges from 1.7 to 74 for every thousand Indians <sup>[7]</sup>. According to World Health Organization (WHO) projections, depressive disorders will be one of the primary cause of illness burden globally by 2030 <sup>[8]</sup>.

### Clinical Presentation

According to the WHO's ICD-10 Classification of Mental and Behavioral Disorders: Clinical Descriptions and Diagnostic Guidelines, and the Diagnostic and Statistical Manual of Mental Disorders- 4<sup>th</sup> edition (DSM-IV), depressive disorders are characterized as a clinical syndrome, defined by a specific set of symptoms <sup>[9]</sup>.

These diagnostic systems do not require a single underlying cause for diagnosis, there are both biological and psychological elements that might lead to depression<sup>[10]</sup>. Depressed mood and diminished enthusiasm or enjoyment are the primary indicators of depression, and the DSM-IV requires at least one of these symptoms. The diagnosis of depression is made using a few more signs.: agitation or retardation; insomnia or excessive sleeping; diminished levels of strength or feeling tired (DSM-IV); decrease of confidence or self-worth (ICD-10); guilt or worthlessness; diminished concentration or indecision; ideas of suicide or the suicide intention; and desire to eat or reduction in weight or gain<sup>[11]</sup>.

### Treatment

The National institute for Health and clinical excellence (NICE) primarily suggests using cognitive behavioral therapy or other non-pharmacological treatments as the initial line of management for mild to severe form of depression. When those interventions prove inefficient, or in cases of severe depression, anti-depressant medications are recommended<sup>[12]</sup>.

### Case Report

An 18-year-old female came in Outpatient department of White Memorial Homoeo Medical College& Hospital on February 22, 2024 with complaints of weight loss, diminished appetite, and insomnia for 6 months.

### History of presenting illness

She has complaints of insomnia, diminished appetite and weight loss for 6 months. She also complaints of burning pain while micturating and lower abdominal pain which is aggravated before menses and got ameliorated after menses. She also has lack of interest in her studies and she cannot concentrate properly in classes. During a detailed case assessment, she narrated that she made a suicide attempt two times, one during her school time another one while she was studying in college. She has got a great anticipation before examinations so she will skip some exams from the fear of failure. She prefers solitude and doesn't have any friends. When she feels sad and anger, she tries to harm herself.

### Family History

No history of similar complaints among her family members

### Life Space Investigations

She hails from a middle-class background. Her father passed away when she was in kindergarten, and her mother got remarried when she was studying in the second standard. Following her mother's second marriage, she lived with her grandmother whom she loves the most. She harbors negative feelings toward her stepfather. Currently she is pursuing her degree course and she doesn't like her college environment and she don't have any friends in her class because she feels like everyone is making her lonely and all her classmates are against her. She has made two suicide attempts: the first occurred during her twelfth grade due to a failed romantic relationship and her grandmother saved her from that, and the second happened during her college years after her mother scolded her for poor performance in semester examinations. Following that incident, she made the decision to discontinue her education, but her

grandmother and uncle intervened and made her to change her mind. As a result of their influence, she resumed her studies and returned to college.

### Mental Generals

She has got a great anticipation before examinations so she will skip some exams from the fear of failure. She prefers solitude and doesn't have any friends. When she feels sad and anger, she tries to harm herself

### Physical Generals

- **Appetite:** Reduced
- **Urine:** Burning sensation in urethra while passing urine and after urination, yellowish discoloration present sometimes
- **Sleep:** Disturbed sleep, wakes in between sleep, only sleep up for 2-3 hours, Unrefreshed on waking up
- **Perspiration:** Perspiration present in back, axilla and head, offensive

### Diagnostic Assessment

#### HAM-D Score

The widely using tool for evaluating symptoms of depressive disorders is the Hamilton Depression Rating Scale (HAM-D or HDRS). The aggregate points for each question determine the final score<sup>[13]</sup>.

- Score of less than seven typically shows that depression is absent or in remission stage.
- Score of seven to seventeen shows mild depression.
- Scores range from eighteen to twenty-four shows the moderate depression
- Scores of twenty-five and above shows severe depression

**Table 1:** Ham-D Score Before Treatment

Symptoms	Score
Depressed Mood	2
Feelings of guilt	0
Suicide	4
Insomnia: Early in the night	2
Insomnia: Middle of the night	1
Insomnia: Early hours of the morning	0
Work and Activities	2
Retardation	1
Agitation	0
Anxiety Psychic	2
Anxiety Somatic	3
Somatic symptoms Gastro intestinal	1
General Somatic symptoms	1
Genital Symptoms	1
Hypochondriasis	0
Loss of weight	2
Insight	0
Total	22

**Total Score: 22**

**Interpretation:** Scores between 18-24 represents moderate depression

### Totality of symptoms

- Depressed Mood
- Suicidal tendency
- Shameful after her suicide attempt

- Feeling lonely
- Appetite: Reduced
- Urine- Burning sensation in urethra while passing urine and after urination
- Sleep: Disturbed sleep, wakes in between sleep, only sleep up for 2-3 hours

- Perspiration- Perspiration present in back, axilla and head, offensive

**Repertorial Analysis:** Considering the above symptomatology, Repertorisation was done with complete repertory in Zomoeo software 3.0 (Homopath 11 version).

Symptoms:	<div>5</div>	Remedies:	<div>151</div>	Show Repertorisation Tools				<div>Prescribe</div>	Remedy List	Record	Replace	View All	<div>More</div>	
<div>Remedy Name</div>				Puls	Aur	Ars	Chin	Alum	Psor	Rhus-t	Sep	Sulph	Bell	Con
<div>Totally</div>				13	12	10	9	8	8	8	8	8	7	7
<div>Symptoms Covered</div>				4	4	3	3	4	4	4	4	3	3	3
Kingdom														
[Boenning] [Mind] Forsaken, deserted, friendless, wants sympat...				4	3				3	1	1			
[Boenning] [Mind] Depression: (71)				2	3	3	3	2	2	2	2	4	2	3
[Boenning] [Sleep] Sleeplessness: In general: (136)				4	2	4	4	2	1	3	4	3	3	3
[Boenning] [Mind] Suicidal: (37)				3	4	3	2	2	2	2	1	1	2	
[Boenning] [Dreams] Vexatious: With shame, humiliation, etc.: (10)								2						1

**Fig 1:** Repertorization of the case using Zomoeo software

### Repertorial Result

1. Pulsatilla- 13/4
2. Aurum Metallicum- 12/4
3. Arsenicum Album- 10/3
4. China Officinalis- 9/3
5. Alumina- 8/4
6. Psorinum- 8/4
7. Rhus Toxicodendron- 8/4
8. Sepia Officinalis- 8/4

9. Sulphur- 8/3
10. Belladonna- 7/3

### Prescription

1. AURUM METALLICUM 200/1 DOSE (1-0-0)
2. DISKETTS 1-0-1 BD After food
3. PLACEBO 1 DRAM (4-0-4) BD Before food

### Follow Ups

**Table 2:** Follow up of the case

Date	symptoms	Prescription
30/02/2024	Sleeplessness, Reduced appetite and weight loss. Burning pain while micturating and lower abdominal pain before periods	AURUM METALLICUM 200/1 DOSE DISKETTS 1-0-1
08/03/2024	Burning pain while micturating reduced, lower abdominal pain present. Appetite improved, sleeplessness	SL/1 dose 1-0-1 Diskets 1-0-1
18/04/2024	Burning pain while passing urine reduced, lower abdominal pain reduced, Appetite- Regular, Sleep – 7 hours sleep, Refreshed	SL/1 dose 1-0-1 Diskets 1-0-1
16/05/2024	Lower abdominal pain reduced, Sleep- 7 hours of sleep, Appetite- Regular	SL/1 dose 1-0-1 Diskets 1-0-1

**Table 3:** Ham-D Score After Treatment

Symptoms	score
Depressed Mood	1
Feelings of guilt	0
Suicide	0
Insomnia: Early in the night	1
Insomnia: Middle of the night	0
Insomnia: Early hours of the morning	2
Work and Activities	1
Retardation	0
Agitation	0
Anxiety Psychic	2
Anxiety Somatic	1
Somatic symptoms Gastro intestinal	0
General Somatic symptoms	1
Genital Symptoms	0
Hypochondriasis	0
Loss of weight	0
Insight	0
Total	9

### Plan of intervention

- After analyzing the symptoms of the case,

Repertorisation was done using Boenningheussens repertory using Zomoeo software.

- Homoeopathic medicines Pulsatilla, Aurum Metallicum, Arsenicum Album, China Officinalis, Alumina were the top five medicines in the Repertorisation sheet.
- After further reference in the Materia medica the remedy Aurum Metallicum is selected as the similimum of the case.

### Therapeutic intervention

Based on the repertorial result Aurum Metallicum 200/1 dose was prescribed. During the course, a few doses of placebo was administered. A marked improvement was seen within a few months like burning pain while micturating reduced, lower abdominal pain reduced, appetite improved, sleep also improved and in the last follow -up-visit, the complaints were completely better.

### Methodology

A case study of an 18-year-old female resident of Kerala visited White Memorial Homoeo Medical College &

Hospital on 23/01/2024 with the complaints of reduced sleep, diminished appetite and reduction in weight for 6 months. The patient was thoroughly examined and a detailed case taking was performed. The diagnosis is made with the help Hamilton Depression Rating Scale (HAM-D). After a detailed case taking, miasmatic evaluation and Repertorisation Aurum Metallicum were prescribed. After four months of treatment, significant improvement in depressive symptoms was observed, with HAM-D scores decreasing from 22 to 9, indicating substantial symptom reduction.

### Discussion

In the classical homoeopathy, the management consists of two major elements: History taking and prescribing the, individually selected homoeopathic medicines. Homoeopathy case taking aims to ascertain the totality of the symptoms of each individual patient, which enabling the correct choosing of individualized homoeopathic medicine. Also attempts to understand patients social background, environment they are living and their daily routines<sup>[14]</sup>. In this case report homoeopathic medicine Aurum Metallicum was selected on the basis of individualization and this medicine was successful in treatment of symptoms of depressive disorders. Initial improvement was on Somatic symptoms of Gastro intestinal according to HAM-D rating scale after one month which shows improvement in her appetite and after 2 months there is improvement in insomnia and there is no waking in between early in the night, middle of the night and early morning hours.

### Conclusion

This case reports of an 18-year-old female patient with a history of depressive symptoms. She was treated with Aurum Metallicum /200C 2 doses and her symptoms were assessed using the Hamilton Rating Scale for Depression (HAM-D) score. Over the course of treatment, the patient's HAM-D score decreased from 22 to 9, indicating a significant reduction in depressive symptoms. This case suggests that individualized homeopathic medicine is useful adjunctive treatment for patients with depression.

### Conflict of interest

Not available.

### Financial Support

Not available.

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