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Delusion and depression: A case report

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Abstract

Delusions are defined as beliefs that conflict with reality and often reinforced by the misinterpretation of events. A case report of 50 years female, on medication of depression was treated with individualized homoeopathic medicine *Platinum metallicum* selected on the basis of predominant mentals including delusions. A significant improvement according to Hamilton Depression Rating Scale was observed. This document shows another aspect of healing of psychological disorders through homoeopathy.

Keywords: Delusion, homoeopathy, depression, Hamilton depression rating scale (HRDS)

Introduction

'A false, unshakeable belief which arises from internal morbid processes. It is easily recognizable when it is out of keeping with the person's educational and cultural background.'-Hamilton.

Delusions are often part of psychotic disorders like schizophrenia, depression, dementia etc. It is a symptom of either a medical, neurological, or mental disorder and may present with other mental disorders: (1) Psychotic disorders, or disorders in which the affected person has a diminished or distorted sense of reality and cannot distinguish the real from the unreal. (2) Bipolar disorder, (3) Major depressive disorder with psychotic features (4) Delirium, and (5) Dementia. Researches proved that Psychotic disorders also have a genetic tint as children born to a parent with schizophrenia, may be at a higher risk of developing delusions. Abnormalities in the brain play a crucial role in developing delusion due to an imbalance of neurotransmitters. Trauma, stress and isolation appear more vulnerable to developing delusional disorder as well. Nowadays higher likelihood of depression are more prone to developing delusions. Diagnosis of depression is defined by symptoms persisting for more than 2 weeks. Hamilton Depression Rating Scale (HDRS) is widely used for the assessment of depression in severity and prognosis both. ICD code for depression is F 33.

Case profile

A 50yrs female patient presented with complaints of sleeplessness, fatigue and heaviness of head with restlessness from last 10years but was on medication of depression since last three years. She added that she was suffering from constipation with hard and difficult stool and a kind of burning pain present in epigastric region, decreased appetite with flatulence. She felt so sad that sometimes she became violent and aggressive when things happened against her desire. She developed this after her third delivery 30years before. She also told that she had been suffering from recurrent typhoid from 2 to 3yrs. And had been feeling feverish every two or three months. She told that, in her paternal home, she handled all financial issues and even her father took all decision after discussing with her because of her intelligence. After marriage she managed all responsibilities and financial issues in her in laws home as well but after a considerable time they gradually started ignoring her because of influence of few jealous people. This negligence started developing maniac behaviour of violence, aggression and anger. This got worse after her 3rd delivery and she felt sad and even started to assume everybody surrounding her as her enemy. Sometime she felt people laughed at her present powerless pity condition. She wanted to be alone and considered world as worthless for her.

HOPC

She developed all this maniac behaviour after her 3rd delivery.

Mentals

- Sadness
- Wants to be alone
- Less talkative
- Violent anger that was expressed in abusive language and throwing, breaking things around her. Sometimes, she just gets out of home in anger.
- Feeling everybody as her enemy.
- Thinks others are laughing on her pity situation.
- Thinks she is alone in world.

Physical general

- Her appetite almost lost and felt thirsty with a bitter taste in mouth.

Particulars

- Constipation- stool hard and difficult evacuation.

Associated complaints: Feverish feeling

- Typhoid fever recurrence every 2-3 year

Clinical findings

- No abnormal findings were present on physical examination.

Diagnosis: Depression [HDRS SCORE-28]

Table 1: Evaluation and totality of symptoms of case

1. Ailments from honour wounded	6. Proud, overestimating self / superior feeling
2. Delusion of others laughing at her	7. Impulsive behaviour
3. Delusion of enemy everywhere	8. Sadness
4. Delusion as she is alone in this world / deserted feeling	9. Stool hard, black, great straining, difficult evacuation
5. Wants to be alone	10. Insomnia

Table 2: Repertorisation sheet

Repertorisation was done from synthesis repertory using RADAR version 10 software on date 3/1/2018

Intervention

First Prescription: Platinum metallicum 200/ 1Dose, followed by Placebo for 15 days on 3/1/2018.

Basis of Prescription: As per repertorisation and due consultation from material medica, Platinum metallicum was selected as it was covering almost all symptoms including mentals and physical generals covered with marked intensity.

Table 3: Follow up of case

Date	Symptoms	Prescription
21/1/2018	Heaviness of head was better. Appetite slightly increased, rest of complaints were same. HDRS SCORE-25	Rubrum for 15 days,
8/2/2018	Appetite and sleep further improved. She felt slightly relieved in constipation as stool was not hard as before. Mentals were same.	Rubrum for 15 days
23/2/2018	Sleep quality and duration increased but aggression and depressive thoughts increased.	Platina 1M/1D, Rubrum for 15 days
13/3/2018	Constipation and burning in epigastric region relieved. Aggression reduced, and now likes company of others, delusion of enemies subsided, she started feeling others as friends.	rubrum for 30 days
10/4/2018	Impulsiveness reduced to much extent, sleep duration increased, sadness replaced by desire of others company.	Rubrum for 30 days
15/5/2018	Patients mental symptoms decreased, now she felt happy, feeling of loneliness completely subsided, develop acceptance of forthcoming things easily.	Rubrum for 30 days

Patient was on placebo and was continuously improving thereafter on every follow up at every one month interval. On 12/12/18, assessment was again done using HDRS scale with score of 09.

Conclusion

Delusions are a key clinical manifestation of psychological disorders but may also occur in a various other disorders. Treatment of delusion is quite challenging as antipsychotic medications can help only to some extent and long course of treatment may lead to adverse effect on patient's health. Homoeopathy treats psychological disorders in a very gentle way because in homeopathy greater importance is given to mental features in the treatment of all kinds of diseases. The homeopathic understanding of health is intimately connected to its understanding of the mind in general. Hence, from Hahnemann era to today's technological equipped era, it is frequently observed that homoeopathy is effective mode of treatment in psychological disorder.

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