



International Journal of Homoeopathic Sciences

E-ISSN: 2616-4493
P-ISSN: 2616-4485
IJHS 2019; 3(3): 09-12
Received: 07-05-2019
Accepted: 09-06-2019

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Mental health in homoeopathy: A systematic review

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Abstract

Mental Health is vital for the growth and productivity of every society and for a healthy and happy life. The objective of this review was to assess the effects of Homoeopathy in Mental Health issues. Search were performed using different databases and authentic literatures from year 1996 to till date. We retrieved 83 studies from the different databases and internet site searches out of which 77 studies were excluded & 06 studies were included in current review by applying Critical Appraisal Skills Programme Score Tool. The selection criteria and removal of duplicates (n = 65) were screened with the help of Microsoft Excel. Results of the literature search are presented according to PRISMA 2009. Limited researches have been done on present topic which requires further researches. There are various literatures available in homoeopathic materia medica and repertory but conducted clinical trials are limited. There is not enough evidence to reliably assess the possible role of homeopathy in Mental Health conditions. As well as randomized trials, there is a need for observational data to document the different methods of homoeopathic prescribing and how patients respond.

Keywords: Mental health, mental disorders, homoeopathy, systematic review, prisma 2009 flow diagram, critical appraisal skills programme (CASP) score tool

1. Introduction

Mental Health is vital for the growth and productivity of every society and for a healthy and happy life. The definition of health includes mental health along with it's physical, emotional, social and spiritual components ^[1]. The silent suffering of these individuals and families, is not only a difficult situation, but is also a neglected one due to several prejudices that exist at different levels in every society. It is time to change this scenario in a world where social, technological and economic advances are happening at a faster pace ^[1].

A study from the Pune centre of the World Mental Health Survey mentions an overall prevalence rate of mental disorders to be 5%, with rates being higher among men as compared to women ^[2]. Depression was found to be the most common disorder whether lifetime (3.14%) or during the previous 12-month period (1.7%). The study also mentioned that among those afflicted with one or the other mental disorder, treatment was sought by only about 5% and 2.6 million young people die each year ^[2].

2. Objective

The objective of this review was to evaluate the efficacy and effectiveness of homoeopathy in cases of Mental Health issues.

3. Methodology

3.1. Search Databases

Computerized literature searches were performed to identify all data based on homoeopathy in mental health. Databases in present review were MEDLINE, Embase, CINAHL, AMED, PubMed, Google Scholar, SCOPUS, Sci-Hub, ClinicalTrials.gov and Web of science etc.

3.2. Search Keywords: Homeopathy, Homoeopathy, mental health, mental disorders, High dilution, pre-clinical, meta-analysis, systematic review, randomied controlled trail.

3.3. Prisma Chart was used for segregating the research manuscript.

3.4. Types of Articles: Original research or clinical studies, Review research and surveys.

3.5. Date of References: From 1996 to 2019.

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3.6. Microsoft Excel was used to remove duplicates

Total 83 studies were searched and out of which only 06 studies fulfilled the selection criteria. The entire material was screened for the review. Data were extracted independently in a standardized, pre-defined fashion (Table 1).

All studies were read in full by both researchers. Data were extracted independently in a standardized, pre-defined fashion (Table 1). Methodological quality of the included trials was assessed using the score according to Critical Appraisal Skills Programme (CASP) score tool by Oxman AD, Cook DJ, Guyatt GH.

3.7. Selection Criteria

3.7.1. Inclusion Criteria

- Mental health with homoeopathic intervention.
- Both gender of all age groups.
- Articles based on homoeopathic medicines and mental health of last 23 years.
- Language strictly English only.
- All randomised control trial and non randomised trial based on homoeopathic medicines and mental health containing full text articles were included in the review.

3.7.2. Exclusion Criteria

- Only abstract.
- *In vivo/vitro* studies.
- Studies on mental health based on other therapies.

Table 1: Summary of Included Review Articles.

S. No.	Authors Name	Title	Year of Publication	Type of Study	End Result
1	Viksveen Petter <i>et al.</i>	Homeopathy in the treatment of depression: a systematic review	SEP 2018	Review study	The effectiveness of homeopathic medicinal products for depressed patients is comparable to some antidepressants and superior to placebo, with clinically significant effects. In 4th week under treatment homeopathy showed 64% improvement and Fluoxetine showed 66% and in 8th week homeopathy showed 85% improvement and Fluoxetine showed 83% improvement. Mostly Ignatia and Moschus were used for depression.
2	Shaddel Farshad <i>et al.</i>	What Is the Best Available Evidence for Using Homeopathy in Patients with Intellectual Disabilities?	AUG 2014	Review study	In this systematic review, there was only one trial concerning the use of homeopathy in Autistic Spectrum Disorder. The most cited study showed 83 ADHD patients support the effectiveness of homeopathy in treatment of ADHD.
3	Brule David <i>et al.</i>	An Open-Label Pilot Study of Homeopathic Treatment of Attention Deficit Hyperactivity Disorder in Children and Youth	2014	Clinical study	35 participants were enrolled over 11 months. 80% completed all 10 consultations in a median of 12.1 months. 63% had a statistically significant improvement in the primary outcome, first occurring after a mean of 4.5 visits. This open-label pilot study was statistically significant. All homoeopathic medicine used on the basis of individualization, more frequently used medicines were Phosphorus, Hyoscyamus, Tuberculinum, Tarentula hisp, Lycopodium, Anacardium, Lachesis, Stramonium, Veratrum alb, Lac can, Nux vomica, Pulsatilla, Belladonna etc.
4	Grolleau A <i>et al.</i>	Characteristics associated with use of homeopathic drugs for psychiatric symptoms in the general population	FEB 2013	Clinical study	Homeopathic treatment for psychiatric symptoms appears to be used mainly to reduce anxiety symptoms in the general population. Few persons (1.3%) reported that they used Homoeopathic drugs for lifetime in psychiatric symptoms.
5	Makich Lillian <i>et al.</i>	Management of depression by homeopathic practitioners in Sydney, Australia	SEP 2007	Survey study	The paper shows that most homoeopathic practitioners provide a pluralistic approach to management of depression which is in accordance with principles of holistic care. Counselling prominent aspect of treatment with homoeopathic remedies.
6	R Dolce Filho	Homeopathic approach in the treatment of patients with mental disability	JAN 2006	Clinical study	Homeopathy is a useful alternative to relieve pathologies associated with mental disability on the basis of individualisation. Out of 58 (female=28, male=30) patients, 47 patients showed improvement with single remedy at a time.

4. Result

4.1. Search results

We retrieved 83 studies from the different databases and internet site searches out of which 77 studies were excluded & 06 studies were included in current review by applying selection criteria (Figure 1) and removal of duplicates (n = 65) were screened with the help of Microsoft Excel. Results

of the literature search are presented in figure 1, reported according to Prisma. The primary reasons for excluding studies were as follows: only abstract articles, *in vivo/vitro* studies, mental health with other clinical articles, in other languages & not original studies. Screening of all articles (at titles/abstract and full-text level) was carried out by both researchers.

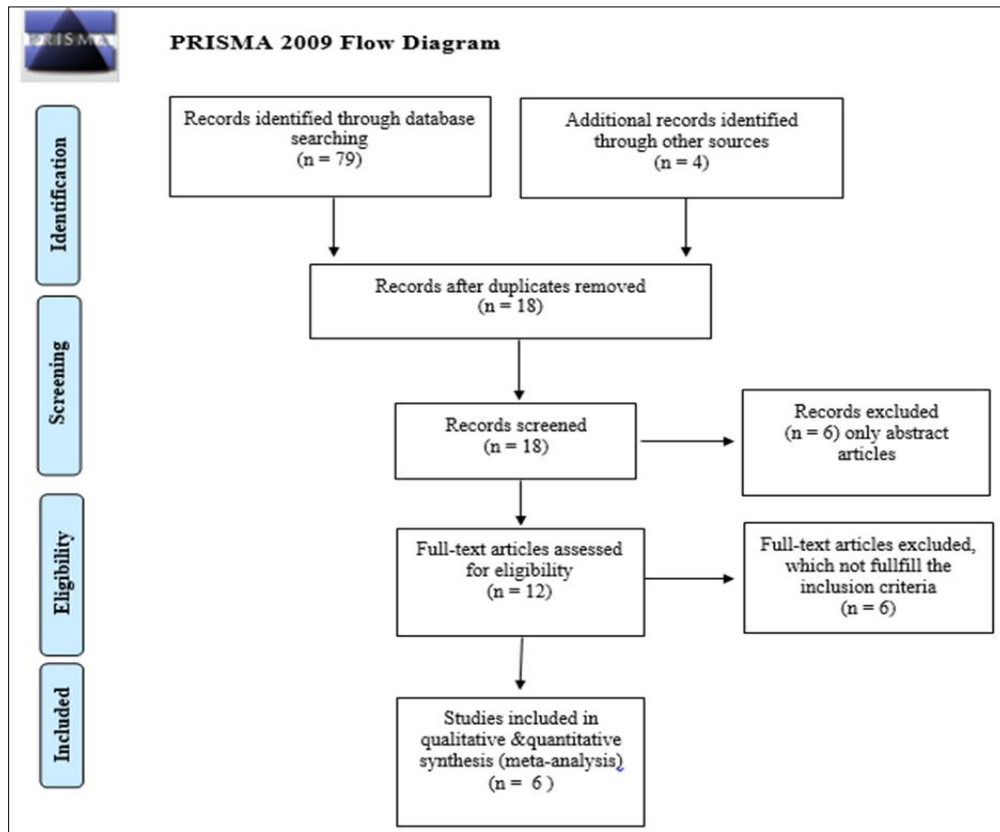


Fig 1: Flow chart of studies included in this review with the help of PRISMA 2009

4.2. Methodological Assessment

Assessment was done by using Critical Appraisal Skills Programme (CASP) score tool developed by Oxman AD, Cook DJ and Guyatt GH by summarizing methodological characteristics of all included studies. Critical Appraisal Skills Programme (CASP) score tool final score on the

quality of 06 included studies ranged from 0 to 6. Scores for each of the four factors devised which varied from 0 to 6 for Review Focus (maximum score = 6), 0 to 12 for Validity of Review Results (maximum score = 12), 0 to 4 for Results (maximum score = 4) and 0 to 8 for Applicability (maximum score = 8).

Table 2: Methodology Assessment

Scoring	Paper 1	Paper 2	Paper 3	Paper 4	Paper 5	Paper 6	Total
From Q.1 to 3 for Review Focus (maximum score = 6)	6	4	6	6	5	3	30
Q. 4 to 9 for Validity of Review Results (maximum score = 12)	12	10	12	12	7	10	63
Q. 10-11 for Results (maximum score = 4)	4	1	4	4	1	2	16
Q. 12 to 15 for Applicability (maximum score = 8)	8	8	8	8	5	6	43
Total	30	23	30	30	18	21	152

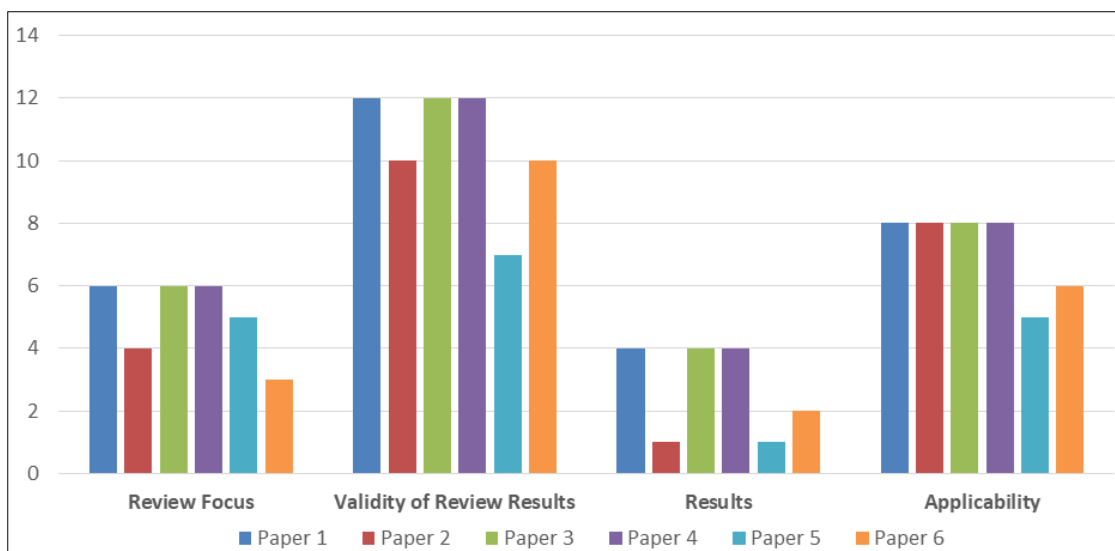


Fig 2: Risk of bias assessment based on Critical Appraisal Skills Programme (CASP)

5. Discussion

After searching so many databases total 83 researches were found. Out of which only 06 studies were included in present review. Out of 6 articles, 50 % (n = 3) articles were Clinical study, 33 % (n = 2) articles were Review study and 17 % (n = 1) articles were Survey study.

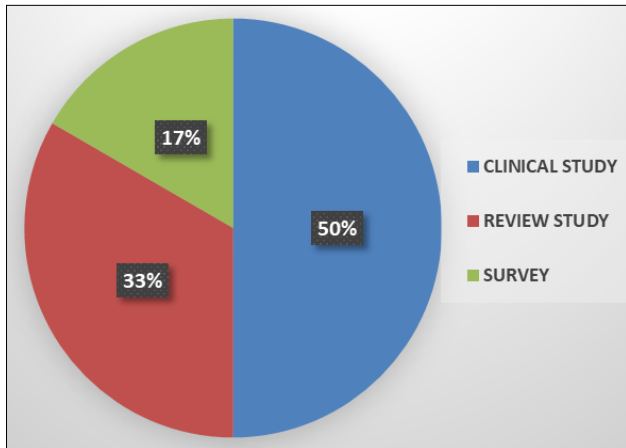


Fig 3: Percentage of included studies

6. Conclusion

The result indicates that there was decrease in mental health levels in cases of depression, anxiety disorder, mood disorder, psychotic disorder, obsessive compulsive disorder, sleep disorder. Therefore it can be concluded that the homoeopathy may have beneficial effect in improving the mental health of the patients. Therefore it is a good choice for mental illness. Since limited researches have been done on present topic which requires further researches.

7. Contributor ship Statement

Both authors contributed significantly to this article, including the design of this systematic review, the analysis and interpretation of data, and the drafting and revision of the article. Both authors approved the final version.

8. Conflict of Interest

None

9. Funding

Self-funded

10. Acknowledgment

Prof. Dr. Arun B. Jadhav, M.D. (Hom.), Ph.D. (Hom.), Principal of Bharati Vidyapeeth Deemed to be University, Homoeopathic Medical College & Hospital, Pune, Maharashtra, India.

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