



PRO LIFE ERA
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Homeopathic Management of Chronic Depression With Loneliness & Anxiety In A 67-Year-Old Female:A Case Report

Abstract-Background: Chronic depression in elderly individuals often presents with complex psychosocial and somatic symptoms including loneliness, feelings of hopelessness, anxiety, and disturbed sleep. Conventional management may be inadequate or complicated by age-related factors. Homeopathy offers a comprehensive individualized approach guided by constitutional symptom totality.

Case-A 67-year-old homemaker presented with feelings of loneliness, grief, fearful dreams, low mood, and withdrawn behavior. She experienced fear of being alone and suicidal thoughts when isolated, accompanied by irritability and temper loss. Physical generals included a chilly thermal state, moderate appetite with desire for cold foods, and offensive perspiration. No significant past or family history was noted.

Methods-Detailed symptom analysis and repertorization led to the selection of *Nux*

vomica as the constitutional remedy. Treatment included *Nux vomica* 200C and *Sulphur* 200C administered over multiple follow-ups with concurrent avoidance of stimulants.

Results-Over five follow-ups spanning three months, the patient showed marked clinical improvement with reduction in loneliness, irritability, and depressive features. Geriatric Depression Scale score improved significantly, declining from 14 pre-treatment to 1 post-treatment.

Conclusion-Individualized homeopathic treatment with *Nux vomica* and supportive care effectively alleviated chronic depression and related psychological symptoms in this elderly patient. The case underscores the relevance of homeopathy in managing geriatric mental health through holistic constitutional treatment.

Preliminary Data-•Name: Mrs.,
•Age: 67 years, •Sex: Female,

•Address: [Redacted], •Date: 24/11/2023
•Occupation: Homemaker, •Religion: Hindu
•Status: Married.

Complaints of the Patient-

Chief Complaint-

•Feelings of loneliness
•Grief with increased intensity (+)
•Fearful dreams
•Low depressed mood
•Withdrawn behavior

Associated Complaints-None reported.

Past History-No major past illnesses.

Family History-No significant family history

Patient as a Person: Physical Generals-

•Appetite: Moderate, •Thirst: 2 litres/day
•Desire: Cold food and drinks
•Aversion: None, •Perspiration: Offensive
•Urine: Normal flow
•Stool: Regular, satisfactory
•Food aggravations/ameliorations/allergy: No allergies, •Sleep: Refreshing
•Dreams: Dream of ghosts

Obstetrics / Gynecology History

•Menopause: 5 years ago
•Obstetric History: G1 P1 A0 L1

Thermal State and General Reactions-Chilly patient

History of Drug Allergy / Interaction-None

Mind and Life Space-She experiences loneliness and has a persistent feeling that no one cares or listens to her. She prefers company but is often alone, which worsens her loneliness and triggers suicidal thoughts. She is short-tempered and easily angered by trifles. She reports dreaming of ghosts.

General Examination-

•General appearance: Fair complexion
•Build: Moderate, •Pulse: 82/min
•Respiratory rate: 20/min
•Blood Pressure: 122/84 mm Hg
•Temperature: Afebrile
•Pallor, edema: Absent

•Lymph nodes: Not enlarged
•Teeth: No dental caries
•Tongue: Clean and moist
•Nails: No clubbing
Systemic Examination-•Respiratory system: Air entry bilateral equal
•Cardiovascular system: S1 S2 heard
•Gastrointestinal system: Soft, non-tender abdomen, •Genitourinary system: Regular
•Central nervous system: Well oriented

Investigations-None

Provisional Diagnosis-Depression

Clinical Diagnosis-Depression

Hahnemannian Classification of Disease-Dynamic Chronic Miasmatic Disease with Fully Developed Symptoms

Susceptibility-High

Diagnosis of Miasm-

•Fundamental Miasm: Psora
•Dominant Miasm: Psora

Prescriptive Totality / Repertorial

Totality-[Symptom totality based on mental, physical generals, modalities, and symptoms]

Selection of Remedy-*Nux vomica*

•Date 24/11/2023

Prescription- *Nux vom* 200, 4 pills once daily

Sulphur 200, 4 pills once daily for 15 days

General Management-Avoid coffee and other stimulants.

Follow-ups-•Date-24/05/2024

Symptoms-Foul eructation < morning; weakness persists; sleep reduced; no dreams

Prescription-*Nuxvom* 200, 4 pills twice daily; *Sulphur* 200, 4 pills once daily for 15 days

•Date-10/06/2024

Symptoms-Foul eructation persists; weakness improved; sleep improved; irritability and sadness occasionally present; no dreams

Prescription-*Nuxvom* 200, 4 pills twice daily; *Sulphur* 200, 4 pills once daily for 15

days

•Date-25/06/2024

Symptoms-Occasional foul eructation; weakness improved; sleep improved; sadness and irritability occasional

Prescription-*Phytum* 200, 4 pills twice daily; *Sulphur* 200, 4 pills once daily for 15 days

•Date-10/07/2024

Symptoms-Weakness improved; sleep improved; no specific dreams; irritability occasionally present

Prescription-*Phytum* 200, 4 pills thrice daily; *Sulphur* 200, 4 pills twice daily for 15 days

•Date-25/07/2024

Symptoms-Occasional foul eructation; weakness improved; sleep improved; occasional sadness and irritability

Prescription-*Nuxvom* 200, 4 pills thrice daily; *Sulphur* 200, 4 pills twice daily for 30 days

•Date-24/08/2024

Symptoms-Weakness improved; sleep improved; no specific dreams; occasional irritability

Prescription-*Sulphur* 200, 4 pills twice daily for 30 days.

GDS Score-

Before treatment: 14

After treatment (24/08/2024): 1

Result-Improved – GDS Score reduced to 1, indicating significant clinical improvement.

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Question	Yes (1)	No (0)	Score
1. Are you basically satisfied with your life?	0	1	1
2. Have you dropped many of your activities and interests?	1	0	1
3. Do you feel life is empty?	0	1	0
4. Do you often get bored?	1	0	1
5. Are you in good spirits most of the time?	0	1	1
6. Are you afraid something bad is going to happen to you?	1	0	1
7. Do you feel happy most of the time?	0	1	1
8. Do you often feel helpless?	1	0	1
9. Do you prefer to stay at home rather than go out?	1	0	1
10. Do you think you have more problems with memory than most?	1	0	1
11. Do you feel pretty worthless the way you are now?	1	0	1
12. Do you feel it is wonderful to be alive?	0	1	1
13. Do you feel full of energy?	0	1	1
14. Do you feel your situation is hopeless?	1	0	1
15. Do you think most people are better off than you?	1	0	1
Total Score			14