

# Treatment of Depression with an Uncommonly Used Mammal Remedy Lac Caprinum – A Case Report

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**Abstract:** Depression has become very common among the present-day population. The symptoms of depression can be ranging from mild tearful moods, unexplained sadness, morose disposition, disinterest in regular activities to severe disruptive or addictive behaviours even amounting to suicidal tendencies.

This case report demonstrates a case of long-standing depression of 10 years cured with a less commonly used homeopathic remedy, lac caprinum. A patient presented with typical symptoms of depression like low moods, anorexia, fatigue, low energy levels along with skin itching and rashes. She was on antipsychotics comprising of dual anti-depressants but still showed a PHQ 9 score of 16 which means major depressive disorder. Based on the patient's symptomatology and constitutional type, a mammal remedy lac Caprinum was indicated for her. As a result, notable improvements in moods as well as physical complaints was observed. These findings suggest that homeopathic treatment has significant role in the treatment of depression and other psychiatric disorders.

**Keywords:** Depression, Major Depressive Disorder, Mammal remedies, Lac Caprinum

## INTRODUCTION

Depressive disorders (DD) include a group of disorders characterised by feelings of sadness and hopelessness along with markedly reduced interest in pleasurable activities [1]. The acute phase is termed as a Major Depressive Episode (MDE) lasting minimum 2 weeks but is usually followed in most patients by a chronic phase known as persistent depressive disorder [2]. These disorders not only rob the sufferer from the experience of a normal happy life but also drastically reduce their professional and domestic performance, work efficiency and productivity [3]

In this case report we intend to present one such case of depression and its successful treatment with Homeopathy.

## CASE REPORT

A 26-year-old unmarried female patient presented to the Homeopathy Outpatient Department with

complaints of depression persisting for several years. She is very lean, thin, tall, fair and underweight. She is working as HR manager in a private company with lot of work pressure and trying to switch over to another position with more work load and responsibility but scope of greater financial and hierarchical growth. We observed that the patient had come with her mother but did not begin to talk till mother wet out. She looked very frail, weak and sensitive. She is extremely conscious of her looks, appearance and the very few acne on her face. She was weeping easily while narrating the complaints.

Her presenting complaints were

- Chronic gastritis with acute exacerbations of epigastric burning, agg. morning, when stressed or anxious, on least spicy food or alcohol
- Depression for 10-12 years, on anti-depressive medications for last 10 years till date
- Anxiety and panic attacks
- Big red painful acne on face, agg when gastric issues increase
- Recurrent small red itchy spots all over body esp. arms and legs
- Right sided sciatica pain with H/O slip disc for 10 years
- Pain increases after exertion and on alcohol intake
- Weakness of memory since on psychotropic medications
- Constipation since childhood

The mental symptoms of the patient were

Fear on trifles, gets nervous, palpitations - so over prepared for events.

- Panic attacks- can't breathe, has to pace around, weeps, wants to isolate herself, wants to walk around or go in open air
- Anxiety to face big crowds

- Around 3-4 pm, mind gets foggy, cant understand, think or talk to anyone, brain fag, no energy to talk, zone out, even if somebody is talking to her, she cant focus
- Weakness of memory since under anti-depression medicines
- Lot of anxiety of side effects of the psychiatric medications
- Feel she has missed out on life normal for my age due to family situations
- Nothing made her feel happy in life
- Weakness and irritability in morning, on waking
- Fears- Fear- of falling 3+ esp. at night, Fear of water 2+, fear of water slides, can't hold breath under water even for few seconds, so avoided water slides, very scared of them
- Fear of not having enough money for herself, financial security Fear of looking not good, or not having a good reputation.
- Always trying to make everyone happy around her, people pleaser
- Alcohol is not good for her gastritis and slip disc pain, but in work circles and peer groups she has to be a part of the group, so took alcohol

#### Life Space-

Father was alcoholic and mother brought them up but was very demanding from the daughter.

#### The patient felt-

- "My family has been very unfair to me
- I was not allowed to do the things that I wanted to
- I was unnecessarily restricted, tied to the house and made to mother my brothers child as his wife left him
- This stopped my career growth; I wanted to change job to go up the career ladder
- But they all think about themselves, no one thinks about me
- As if all out there to exploit me, to extract whatever work can be extracted from me
- I do so much for the family, but was so much discriminated against, not loved
- I would cry whole day but nobody cared
- I know my mother went through a lot bringing us up as my father was alcoholic and not earning
- But how much ever I do for her, I feel she only wants to use me to work for her
- No appreciation at all, I swallowed y pride and kept quiet so long

- I matured at a very young age, I think always about others, family but no one cares for me
- I do so much for the family, but was so much discriminated against, not loved
- I would cry whole day but nobody cared
- I know my mother went through a lot bringing us up as my father was alcoholic and not earning
- But how much ever I do for her, I feel she only wants to use me to work for her
- No appreciation at all, I swallowed y pride and kept quiet so long
- I matured at a very young age, I think always about others, family but no one cares for me
- Feel exploited, used, stuck, restricted
- Everything very unfair to me
- I want to live alone, fulfil my career aspirations, and there is responsibility at home, the poor kid is totally dependent on me, what is his mistake, but why should only I be made to slog, I want time for myself
- Want to get up on my career graph, want to make more and more money
- Financial security is most important for me as it gives courage to fight all and freedom to be and do what I want to
- I feel I am lagging behind, all others with me are so much ahead
- I want to reach the top and keep growing, anxiety if I feel this won't be possible.

#### Dreams-

- Dreams of family, house, Sister in law(who has left the house) back again, all together.
- All well at home or things not working out between her and the family
- I am taking care of my brother as he is not well
- A secure home, need for all to be well together, gives a sense of security and stability. Things going on smoothly, nothing disturbing family peace, everything should go on well with no disturbance

#### Severity of assessment of depression-

PHQ 9 score with antidepressant meds- 16 with her problems making it "Very difficult" for her to work.

Before starting the treatment: <sup>7</sup>

1.	3
2.	3
3.	1
4.	3
5.	1
6.	2
7.	2
8.	1
9.	0
10.	Very difficult

12:52 PM

Analysis-

Characteristics of the case

- Mentals- Feels exploited, used
- People pleaser
- Intense drive to go on the top of the corporate ladder despite the increased stress involved
- Fear of falling
- Fear of Water, drowning
- Depression with weeping
- Anxiety panic with compulsion to pace about
- Anxiety with discomfort in chest, palpitation
- Brain fog agg 3-4pm or afternoon
- Anxiety agg afternoon, 4pm
- Physicals- Weakness and irritability in morning on waking
- Epigastric burning agg after eating spicy, when anxious, after alcohol
- Right sided sciatica agg after exertion, alcohol
- Acne red, painful, big, acne

Rubrics Selected

- Mind Prostration of mind
- Mind Concentration difficult
- Mind concentration difficult afternoon
- Mind excitement, excitable; ailments from, agg.; mental and emotional consequences of
- Mind Fear Falling off, Dreams falling
- Mind fear water, Dreams drowning
- Mind Dreams drowning fear of
- General Food and drink Spices agg

- General Food and Drinks Alcoholic drinks agg.
- Stomach Pain Epigastrium Burning
- Abdomen Pain Burning
- Back Pain Lumbar region
- Extremities Pain Lower Limbs Sciatic Nerve
- Extremities pain right

R.R. - Mind; Restlessness, nervousness; afternoon (32)  
 R.R. - Mind; Restlessness, nervousness; afternoon; 4 p.m. (3)  
 R.R. - Mind; Sadness, mental depression; weeping; with (39)  
 R.R. - Mind; Restlessness, nervousness (651)  
 R.R. - Mind; Anxiety; family, about (53)  
 R.R. - Mind; Anger, irascibility; morning; waking, on (20)  
 R.R. - Mind; Anger, irascibility; morning (28)  
 R.R. - Mind; Anger, irascibility; waking, on (23)  
 R.R. - Mind; Air; open; Amel. (92)  
 R.R. - Mind; Anxiety (689)  
 R.R. - Mind; Anxiety; chest; in (68)  
 R.R. - Mind; Restlessness nervousness, move constantly must  
 R.R. - Mind; Restlessness nervousness driving from place to place  
 R.R. - Stomach pain, gastrodynia  
 R.R. - Stomach Pain, gastrodynia  
 R.R. - Stomach, Pain, Gastrodynia, eating after

Based on all the findings, repertorial analysis was done. (Fig 1 and 2).

Fig 1: Repertorisation chart



Repertorisation Chart Fig. 2

Homoeopathic approach:

We know that in homeopathy, the fundamental principle of individualization, which emphasizes the importance of considering the patient as a whole. The vital force is affected first, resulting in localized symptoms. Prescriptions are determined based on the patient's mental state, general physical condition, and specific symptoms. Since the individual as a whole is impacted, both physical and mental generalities are crucial, forming the foundation of homeopathic prescriptions.

### RESULTS

After a treatment for 4 months, the depressive and panic episodes became almost negligible. The psychotropic medicines being continued and increased since 10 years, could be gradually tapered off and completely stopped within a span of 8 months of the homeopathic treatment. The PHQ score came down to 6, which shows that the patient no more suffered from depression.

After the treatment:

1. 2
2. 1
3. 0
4. 1
5. 0
6. 1
7. 1
8. 0
9. 0
10. Somewhat difficult 12:55 PM

### DISCUSSION

Many homeopathic remedies have been proved beneficial in Depressive disorders. Among them the mammal group of remedies have been observed to cure many patients where they are indicated.

The typical conflict in the mammals of whether to fulfil own desires and wants or whether to suppress ones own needs and preferences in order to be included in the group is a common conflict encountered in the patients too. The self-doubt, self-reproach, constant comparisons with oneself or others are the main mammal themes. When we see along with the common mammal themes, a great enthusiasm to go up and up the career ladder, of climbing high in profession, quite out of proportion in a patient, which strikes to the physician as an attribute requiring remedial correction, lac caprinum

or goat's milk can significantly help, as was seen in this patient. According to Dr Bhavisha and Dr Shachindra Joshi in Homeopathy and patterns in mammals, the goat individuals feel small, defenceless and vulnerable but their strength to fight back and resentment that they are unable to fight back is more pronounced. [9]

PHQ 9 is a commonly used standardised questionnaire to grade the severity of depression which is short and easy to fill by the patients.[7] It has 9 questions which have 3 choices each to answer. The scoring is interpreted as[8]-

0 to 4 points:	No depression
5 to 9 points:	Mild/ subclinical depression
10 to 14 points:	Moderate depression
15 to 19 points:	Moderately severe depression
20 to 27 points:	Severe depression

### CONCLUSION

Thus, we observe that Homeopathy has a significant role in psychiatric diseases like depression, anxiety, panic disorders, etc. The results are evidence based and can be demonstrated on standardised globally recognised instruments. To make the evidence much stronger, the observed beneficial effects of the homeopathic medicines warrant further investigation through clinical trials.

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