

## A review on minor depressive disorder.

## Una revisión sobre el trastorno depresivo menor.

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### ABSTRACT

Minor depressive disorder is a eloquent mental health Condition influencing the individuals in all ages of both sexes. Homoeopathy is a holistic healthcare approach that utilizes constitutional remedies to address the underlying causes of minor depressive disorder. It offers a personalized and individualized approach of treatment that considers the unique characteristics of everyone, which Ameliorates the minor depressive disorder in young people. The main aim of this study is to explore the role of homoeopathic constitutional remedies in managing minor depressive disorder in young age group through review of published literature. Articles published between January 1990 and January 2022 were Solicited from pub med, google scholar data bases. The findings indicate that homoeopathic constitutional remedies can provide significant relief from symptoms of minor depressive disorder and improve overall well being. In conclusion, homoeopathy can be a valuable alternative treatment option form minor depressive disorder in young individuals, providing safe and effective relief from symptoms while addressing the underlying causes of the condition.

Keyword: Minor depressive disorder, Homoeopathy, Constitutional remedy, Younger age group, Depression, DSM-IV, Health.

### ABSTRACT

El trastorno depresivo menor es una condición de salud mental elocuente que influye en personas de todas las edades de ambos sexos. La homeopatía es un enfoque de atención médica holística que utiliza remedios constitucionales para abordar las causas subyacentes del trastorno depresivo menor. Ofrece un enfoque de tratamiento personalizado e individualizado que considera las características únicas de cada uno, lo que mejora el trastorno depresivo menor en los jóvenes. El objetivo principal de este estudio es explorar el papel de los remedios

constitucionales homeopáticos en el tratamiento del trastorno depresivo menor en los jóvenes. grupo a través de la revisión de la literatura publicada. Los artículos publicados entre enero de 1990 y enero de 2022 se solicitaron de las bases de datos de pub med y google academic. Los hallazgos indican que los remedios constitucionales homeopáticos pueden proporcionar un alivio significativo de los síntomas del trastorno depresivo menor y mejorar el bienestar general. En conclusión, la homeopatía puede ser una valiosa opción de tratamiento alternativo para el trastorno depresivo menor en personas jóvenes, proporcionando un alivio seguro y eficaz de los síntomas al tiempo que aborda las causas subyacentes de la afección.

Palabra clave: Trastorno depresivo menor, Homeopatía, Remedio constitucional, Grupo de edad más joven, Depresión, DSM-IV, Salud.

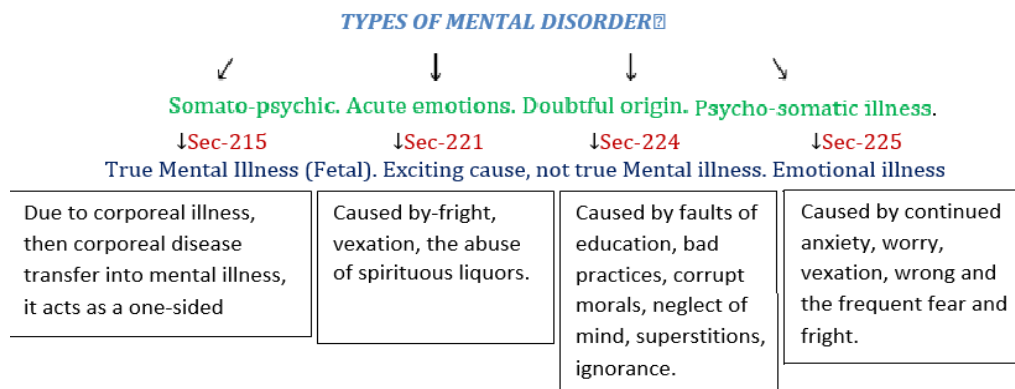
## INTRODUCTION

Minor depressive disorder is predominant mental health disorder affecting individuals of all ages. It is characterized by persistent feelings of sadness, hopelessness, and a loss of interest in activities.<sup>1,2</sup> The young age group were mainly vulnerable to this condition, which can have a significant impact on their quality of life, academic and professional performance, and overall well-being.<sup>3,4</sup> While there are several conventional treatments available for minor depressive disorder, there is growing interest in complementary and alternative therapies, such as homoeopathy.<sup>5,6,7,8</sup> This study aims to explore the role of homoeopathic constitutional remedies in the management of Minor depressive disorder in young age groups.

EPIDEMIOLOGY – Depression is the leading cause of disability throughout the globe. It has affected almost 300 million people worldwide among which women , young adult , and elderly people are highly affected. It is the major disease burden among all diseases. It leads to social stigma and highly secluded lifestyle detachment from the society. More often those diagnosed with depression do not want to get treated and are always secluding them from others leading to severe depressive disorders in long run and ultimately leading to suicidal manifestation or insanity. Now a days effective ways have come out in treating depression by Cognitive Behavioral Therapy as well as very specific counselling approaches.

PREVALENCE – According to WHO more than 280 million people worldwide is suffering from depression or any form of depressive disorder. Among them it is highest in women , young adults , and elderly people. In India the current scenario is 57 million which counts of 18% of the global percentage.

RELATION OF MINOR DEPRESSIVE DISORDER WITH HOMEOPATHY- Homeopathy is a science of individualization in which the patient is treated as a whole not a disease entity. Depression specifically Minor Depressive Disorder comes under mental diseases which Master Hahnemann have described in organon of medicine under aphorism 210 – 230 stating that mental diseases can be classified under following headings.



**HOMEOPATHIC MANAGEMENT IN MINOR DEPRESSIVE DISORDER-** In homeopathy the individual is treated as a whole and full case taking is needed according to the classifications given by Master Hahnemann for finding the similimum.

**MODERN MEDICINE MANAGEMENT IN MINOR DEPRESSIVE DISORDER –** They will promptly start with sedatives , Selective Serotonin Re-uptake Inhibitors (SSRI) or anxiolytics as they believe in imbalance of chemical messengers responsible for his/her state .

**CAUSES OF MINOR DEPRESSION –** Minor Depression also known as Subclinical Depression is that form of depressive disorder in which all the criteria for depression is not fulfilled . It should be known to us that 2 to 4 symptoms if present in an individual for a minimum of 2 weeks then only he / she is classified as a patient of minor depression. The basic causes are as follows- Grief which he/ she is unable to share ; Loss of someone very close ; Pessimistic thoughts ; Alone staying habits ; doesn't want to share ; Sexual addict ; Fickle minded people.

**OBJECTIVES –** The objective of this review is to evaluate the importance of homeopathy in treating cases of minor depression and Analyzing Various research article papers exhibiting the efficacy of homeopathic treatment in minor depression.

## METHODS

**SEARCH STRATEGY AND SELECTION CRITERIA:** All the literature reviews are searched from Pubmed , Google Scholar , Scopus with the following keywords - Minor depressive disorder, Homoeopathy, constitutional remedy, younger age group.PICO model of research which constitutes Population , Intervention, Comparison and Outcomes applied for filtered search.

## OUTCOME MEASURES

Depression rating scales and standard measurement for sleep are used for measuring the quality of life wherever relevant. Scales such as Hamilton depression rating scale, Greene climacteric scale, hospital anxiety scale,

Patient health questionnaire (PHQ-09) , Edinburgh postnatal depression scale, Clinical Global Impression as well as quality of life questionnaire and work and social disability scales are used.

## RESULTS

Total of 39 articles were assessed for the review. Out of them 30 were selected for the study. The description and principal findings were included in TABLE-1

TABLE -1

S.No	NAME OF THE AUTHOR	YEAR	SAMPLE SIZE	SCALE USED	STATISTICAL TEST USED	RESULTS
1	Mark Hyman, et.al	2002	226 individuals are screened for a three-phase treatment study	DIS depression section, B)Hamilton depression scale, C) Inventory for Depressive Symptomatology, D)Short-Form Health Survey, E) Global Assessment of Functioning Scale , F) CGI severity scale, and CGI improvement scale.	Different subgroups are compared using t tests. Chi square tests or Fisher's exact tests were used to compare groups on categorical variables, and Wilcoxon rank sum tests were used for measuring with ordinal values such as CGI and Short-Form Health Survey scales,	One hundred sixty-two subjects are remained in the study for 4 weeks met the criteria for minor depression.
2	Denis lynch,	2004	1,752 subjects are	Primary Care	Mean & S.D	60% of those

	Marijo tamburrino, Rollin nagel, and Mary kay smith		screened	Evaluation of Mental Disorders (PRIME- MD),and Hamilton scale			originally diagnosed with minor depression at the beginning has no depression diagnosis after the treatment
3	Abebaw Fekadu et.al	2006	68,378 individuals aged between 15– 49 years,	DSM-IV		Chi square tests or Fisher’s exact test	The lifetime prevalence of minor depressive disorder was 2.2%
4	Yoobin Cho Et .al	2019	113 college students aged between 19 to 35 were screened	PHQ = Patient Health Questionnaire, PI = personality inventory, RAS = Resilience Appraisal Scale, RSES = Rosenberg Self- Esteem Scale, STAI-S = state trait anxiety inventory-state anxiety.	ANOVA		60% Of the subjects are in the study diagnosed with minor depression.
5	Thounaojam Nanao, U. K. Girish Navada	2021	27 individuals are screened	DSM-V		Mean,S.D, Paired t test	Homeopathic medicine is found effective in the management of suicidal ideation in

								depressive episodes.
6	Marijo et.al	2008	1752 individuals are screened	PRIME MD- PQ & DSM-IV	Mean,S.D,			48% of the subjects are in the study diagnosed with minor depression.
7	Bianca Besteher et. al	2019	409 individuals are screened	DSM-IV & SCL-90-R	Mean,S.D,			SCL-90-R scores for depression and a left hippocampus cluster
8	Mark D. Sullivan et. al	2003	666 individuals are screened	Hamilton Rating Scale for Depression (HAM-D)	t-Test and chi-square			48% of the subjects are in the study diagnosed with minor depression
9	Arnold Jaffe Et.al	1994	302 individuals are screened	DSM-III-R	chi-square			15.6% of the subjects are in the study diagnosed with minor depression
10	Mi Li et.al	2016	60 individuals are screened	DSM-IV ; Hamilton Depression Rating Scale (HDRS)	Mean,S.D			Thirty six subjects are remained in the study for 4 weeks met the criteria for minor depression.
11	Pim Cuijpers et.al	2004	7076 individuals are screened	DSM-IV	Mean,S.D			The risk of developing minor depression was found to be 8.0%
12	J. Fogel	2006	1634 individuals	DSM-IV	Mean,S.D			Individuals with a

	Et. al		aged 18 years and above are screened				history of minor depression had an odds ratio of more than 5 of having a first lifetime episode of MDD
13	Steven J. Garlow et.al	2013	162 individuals aged 18 years and above are screened	Hamilton Rating Scale for Depression (HRSD)	Wilcoxon Square	Chi-	37 % of the subjects are in the study diagnosed with minor depression
14	Gellis et.al	2007	62 acute older home care patients	Hamilton Rating Scale for Depression (HRSD) , DSM-IV	ANOVA, t test		28 % of the subjects are in the study diagnosed with minor depression
15	Farzaneh Ghazi Sherbaf	2018	47 individuals are screened	DSM-IV, Depression Inventory	Beck's Mean,S.D,t test		Corpus Callosum in individuals in various ages are associated with mild to severe depressive symptoms
16	Denis J. Lynch	1997	239 individuals are screened	Hamilton Depression Rating Scale	t test		Treatment group subjects had significantly lower post-intervention scores on the Hamilton Depression Rating Scale compared with their pre- intervention scores

17	Jeffrey G. Johnson	2009	755 individuals Are screened	DSM-IV	regression analyses	8.2% of the subjects are in the study diagnosed with minor depression
18	Lewis L. Judd et.al	2004	One hundred sixty-two patients with minor depressive disorder were randomly assigned	Hamilton Depression Rating Scale	ANOVA,Regression n,Chi Square test	Seventy-three percent of each group completed 12 weeks of treatment
19	Claudia M. Klier et.al	2000	382 women of spontaneous abortion are screened.	DSM-IV	Mean,S.D	Among miscarrying women, 5.2% experienced an episode of minor depression
20	Giuseppe Maina et.al	2004	Thirty patients with primary DSM-IV disorder, depressive dysthymic disorder are screened	DSM-IV	ANOVA, Chi square test	Patients treated with both psychotherapeutic approaches showed a significant improvement after treatment in comparison to non-treated controls
21	Ramona Moldovan	2012	96 young adults with sub threshold depression were	DSM-IV	Mean,S.D	The results indicated that cognitive bibliotherapy



			randomized			resulted in statistically and clinically significant changes both in depressive symptoms and cognitions
22	Thomas E. Oxman	2002	299 articles are screened	DSM-IV& RDC	-----	Despite the high prevalence and associated functional impairment of minor depression, very few studies have been specifically designed to test treatments for minor depression
23	HAROLD ALAN PINCUS	1999	A Medline search was conducted. The relevant articles were reviewed with regard to specific categories of information	DSM-N and ICD-10,	-----	Studies applied a myriad of names and definitions for mild depression with varying duration, symptom thresholds and exclusions
24	Mark Hyman Rapaport et.al	2002	226 individuals are screened for a three-phase treatment study	DIS depression section, B)Hamilton depression scale, C) Inventory for Depressive Symptomatology,	Different study subgroups are compared using t tests. Chi square tests or Fisher's exact tests were used to compare	One hundred sixty-two subjects are remained in the study for 4 weeks met the criteria for minor depression.

D) Short-Form Health Survey, groups on categorical variables, and E) Global Assessment of Functioning Scale, Wilcoxon rank sum tests were used for measuring with ordinal values such as CGI and Short-Form Health Survey scales.

25	Karen B. Schmalting	2002	96 individuals Are screened	DSM-IV	ANOVA	31% experienced an episode of minor depression
26	Elina Sihvola	2007	909 girls and 945 boys, with mean age of 14, were interviewed by professionals	Semi-Structured Assessment for the Genetics of Alcoholism (SSAGA) & DSM-IV	Wilcoxon rank-sum (Mann-Whitney) and Fisher's exact tests	13.1% of the subjects are in the study diagnosed with minor depression
27	Andrew E. Skodol et.al	1994	cohort of 5200 young adults in Israel.	DSM-IV	Mean,S.D	2683 young adults are diagnosed with minor depression.
28	JONATHAN W.STEWART et.al	1992	1765 patients treated with fluoxetine, 731 with imipramine, and 569 with placebo	DSM-III-R	Mean,S.D	8.66% of the subjects are in the study diagnosed with minor depression.
29	MARKKU TIMONEN et.al	2007	1467 individuals are screened	homeostasis assessment model	Mean,S.D	highest decile of the HOMA-IR, up to 2.8-fold

30	H. R. WAGNER Et.al	2000	Three diagnostic categories: an asymptomatic control group; patients with a diagnosis of major depression; and, a third category, defined as minor depression	DSM-IV	Mean,S.D	Respondents with a baseline diagnosis of minor depression exhibited marked impairment on most measures both at baseline and over the following four waves
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#### DISCUSSION -

Minor depressive disorder is a prevalent mental health condition, particularly in young individual. up on evaluation of published articles the minor depressive disorder is the most prevalent disorder seen among the age group between 15-22 years. Various Statistical tests have been used for evaluation of the disorder. A) DIS depression section, B) Hamilton depression scale, C) Inventory for Depressive Symptomatology, D) Short-Form Health Survey, E) Global Assessment of Functioning Scale , F) CGI severity scale, and CGI improvement scale etc..... are the various scales used for assessment of the disorder.

Homoeopathy is a complementary and alternative approach that seeks to identify and address the underlying causes of the condition using constitutional remedies. In this the potential role of homoeopathic constitutional remedies in managing minor depressive disorder in young age groups was scrutinized s.<sup>9,10</sup> One of the key advantages of homoeopathy is its personalized approach to treatment. In contrast to conventional pharmacological interventions, homoeopathy considers the individual's unique physical, mental, and emotional characteristics in the selection of a constitutional remedy. This individualized approach is especially relevant for young individuals who may have a range of different symptoms and underlying causes of minor depressive disorder.<sup>11,12,13,14</sup> Homoeopathic constitutional remedies are believed to work by stimulating the body's own natural healing processes.<sup>15</sup> The remedies are chosen based on the individual's unique symptom picture, and they aim to restore balance and harmony to the body and mind.<sup>16 17</sup> This approach is non-invasive and free from harmful side effects, making it an attractive option for young people and their families.<sup>18</sup> Several studies have investigated the efficacy of homoeopathic constitutional remedies in managing minor depressive disorder in young individuals.<sup>19,20,21</sup> A non-randomized single-blind clinical trial involving 30 young adults with minor depressive disorder found that homoeopathic remedies led to significant improvements in symptoms. Despite the promising findings, some

critics of homeopathy argue that the benefits observed are due to a placebo effect. However, research suggests that homeopathy can have real physiological effects, such as changes in gene expression and alterations in brainwave activity. It is important to note that homeopathic remedies should not be used as a substitute for conventional medical treatment, especially for severe or life-threatening minor depressive disorder. However, homeopathic constitutional remedies can be a valuable complementary therapy for young individuals with minor depressive disorder, providing a safe, gentle, and effective alternative to conventional pharmacological interventions. In conclusion, homeopathic constitutional remedies can play a significant role in the management of minor depressive disorder in young age groups. The personalized approach, lack of harmful side effects, and promising research findings suggest that homeopathy should be considered as part of a comprehensive treatment plan for young individuals with minor depressive disorder. Further research is needed to better understand the mechanisms of action and long-term benefits of homeopathy in the management of minor depressive disorder in young people.

#### IMPLICATIONS FOR CLINICAL PRACTICE

As we know that individualized homeopathic medicines are very efficient in curing patients of minor depression but we are not so much clinically proven in scientific language as the modern medicine research shows every work in materialistic form. Still we are curing so many patients of depression daily but in scientific convention we cant show that change in cellular form always leading to rejection or disapproval of our research works . An observational study conducted in France in 2007 – 2008 on depressive patients have shown that homeopathic medicines are more effective than modern anti depressants . Statistical analysis of many homeopaths treating depressive patients showed that women respond more quickly than males .

#### IMPLICATIONS FOR FUTURE RESEARCH

As already stated above that till now available literature in homeopathy has a very fragile or temporary framework that could be stated as a clinical studies . Most of the studies are not following the standard guidelines of research . It is very much required that authors , editors , reviewers see through the norms and strictly follow the rules in order to formulate standardized clinical research so that we can be on the front line of research . Moreover standard protocol should be formulated and applied following standard guidelines.

There should be collaborative studies with modern system of medicine otherwise we cant compare the efficacy of our drugs with them as because modern medicine is considered as the first line of treatment . High quality research and fixed standardized methodologies are still required in validating and enhancing our research. There should be high quality and equivalent efficacy along with safety measures should be the basic steps for drawing conclusion .

## CONCLUSION

The results of this study suggest that minor depressive disorder is a serious mental health condition that affects individuals of all ages, including young people. The use of homoeopathic constitutional remedies offers a personalized and holistic approach to managing minor depressive disorder in young individuals. The systematic review conducted in this study suggests that homoeopathic remedies can provide significant relief from symptoms of minor depressive disorder and improve overall well-being by addressing the underlying causes of the condition. Homoeopathy offers a safe and valuable alternative treatment option for minor depressive disorder in young people, without the potential side effects associated with conventional pharmacological interventions. As such, homoeopathic constitutional remedies should be considered as part of a comprehensive treatment plan for young individuals with minor depressive disorder, especially those who prefer a natural and holistic approach to their health and well-being. Further research in this area is necessary to better understand the efficacy and mechanisms of homoeopathic constitutional remedies in the management of minor depressive disorder in young age groups.

## CONFLICT OF INTEREST

The author declares no conflict of interest on the entire study.

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