



Post Partum Depression and it's Homeopathic Approach

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INTRODUCTION:

What is Post Partum Depression?

PPD (Post Partum Depression) it is basically combination of physical, mental and emotional changes all together. It basically occurs in mother within 4 week of child birth. It is typically mood disorder related to child birth. As a mother she used to carry her baby in womb for whole nine months with all the sufferings, pain, and hormonal changes along with lot of emotional changes.

Depression can be caused by genetic factor or environmental ones. New research suggests that women mostly suffer on account of hereditary causes. Clinical depression has a number of symptoms; these include lack of sleep, changes in eating habits, fatigue, lack of concentration, and feeling of worthlessness and hopelessness.

Being a mother is a wonderful and blessed feeling. As a mother female go through lot of physical and emotional changes. Most of the changes are due to changing pattern of hormones. But as soon as the female deliver a baby, hormonal changes continues, due to which mothers experience mood swings known as baby blues.

An emotional state characterized by worry, unhappiness, fatigue and self-doubt. Baby blues usually disappear after a few days or a week, but if

the feeling is prolonged and lasts for more than two weeks, it can be a case of postpartum depression. But it generally settles within 2 to 3 weeks of delivery. If still after 2 to 3 weeks of delivery mother feel depressed, it is Post Partum Depression.

Post partum depression is a mix of physical and emotional symptoms. It includes:

- Extreme sadness
- Lack of interest in day to day activities
- Anxiety
- Exhaustion, feel that her life is not worthy

It is not unusual to experience feelings of exhaustion, sadness or despair during or after pregnancy, but if the feelings prevent you from doing your daily tasks, then it could be an indication of postpartum depression.

Causes:

There are a number of reasons that can lead to postpartum depression in new mothers. Women with a history of mental health conditions or depression are typically at a higher risk. The following reasons can also increase the possibility of postpartum depression.

1. Emotional fatigue which could be caused due to stress from pregnancy, Illness, financial constraints, social isolation, or health problems in the newborn baby.
2. The hormonal changes experienced during pregnancy or after the childbirth.
At the time of pregnancy, the levels of the hormones progesterone and estrogen are higher than usual. The levels fall back to normal after delivery. This abrupt change may lead to depression.

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3. Physical factors such as inadequate diet sleep deprivation, alcohol or drug abuse and low thyroid hormone levels can also lead to postpartum depression.
4. History of mental health illness and depression.
5. A traumatic life event during pregnancy -- a Mental pressure for specific gender baby like death in the family, for example:
 - a) Common desire to have a baby boy always, along with elder's pressure and continuous stress lack of support to new mothers from family side.

Another example in case of working female's continuous pressure of adjustment. (how to handle baby and pursue carrier). Females are accentuated by economic concerns or the loss of position in a company or a job, as a mother, they have to take time away from their employment to attend ante-natal classes, hospital appointments and so on.

These pressures inevitably bring about a guilt complex whereby the mother is torn between the love and desire for her baby and fulfilling her role as a partner in a marriage or relationship. Due to which she feels depressive after not able to cope up between baby and professional carrier.

- b) Due to nuclear family these days lack of support system also affects mothers after delivery. There is no strong support system.
 - c) Alcohol or drug abuse.
 - d) Trouble during childbirth or issues with the baby's health.
 - e) Mixed feelings about the pregnancy.
 - f) After cesarean delivery complications.

Sign & Symptoms of Depression after

Pregnancy:

The signs and symptoms of depression after pregnancy are severe and can interfere with your ability to perform day to day activities. The symptoms can vary from person to person and from time to time. Here are some signs and symptoms to watch out for :

- Being irritable or angry without any reason
- Extreme mood swings
- Difficulty in concentrating on any work.
- Unexplained aches, pains or illness.
- Loss of interest in doing work and lack of enjoyment in pursuing your hobbies.
- Loss of appetite or uncontrolled eating leading to sudden fluctuations in the body weight.
- Feeling of worthlessness and lack of self- control.
- Excessive crying without reason.
- Sleeplessness even after being tired and exhausted.
- Avoiding people around you, even friends and family.
- Worrying excessively about your baby or being uninterested in caring for the baby.
- Experiencing feelings of guilt along with self-pity.
- Severe anxiety accompanied by panic attacks

Symptoms narration in patient language as follows:

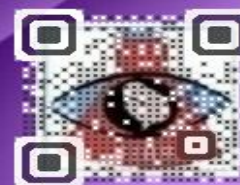
- After looking at known faces not able to recognize.
- Lack of orientation what is real and what is in imaginary world.
- Continuous body aches without any reason.
- No desire to work at all.
- Feel like living is not worthy anymore.
- Feel world is going too fast and I cannot do anything I am good for nothing.
- In later stages suicidal feel, continuous desire not to talk and meet anyone.

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Homeopathic approach and counseling:

Being a mother is a great blessing by god. But due to many reasons female forget that how precious they are, they forget that they can give birth to new life they can generate new living being from them. And above all they are being gifted such awesome experience as a mother.

So from starting of pregnancy female to be positive in every outlook should have strong support system from husband and family.

In case of previous history of depression in family, husband and other support system to take extra care of would be mother. Never leave them alone brooding in their own thoughts. For that reason keep them occupied whether they are working professional, allow them to continue with their job.

If she is a house wife, encourage them to do all activities which make them happy. Never pressurize them for the gender of a baby. For a mother whether it is a boy or a girl she has to take continuous nine month pain and give upbringing to both. For her both of them are equal part of her body and soul. Support system by husband and family members is a must.

For a healthy motherhood never brood any guilt feeling inside if want to pursue carrier pursue it, if want to quit job for time being for baby quit it. Just be positive and do everything with positivity. As a mother, as a female you are great creation of God and whatever you do, will always be superb and awesome.

Homoeopathic Medicines:

◆ SEPIA:

Sepia is used essentially for the woman who is full of tears, completely resigned to the fact that she is unable to care for or hold her baby. Sleeplessness

is a major problem, which leads to fatigue and the vicious circle of sleep deprivation and feeling of inadequacy.

Sepia is tired and drawn, often with a yellowish pallor to the skin, especially the face. She is often annoyed with everyone, including her husband and children, and can therefore be quite irritable, needing to control her temper.

She has no sex drive and just wants to rest. She is often described as feeling indifferent towards her family even though she wants to be loving and present. This sets up a conflict because of the dichotomy between what she would like to be – a loving mother, and what she feels – exhausted, indifferent, and unable to be loving and affectionate. She often feels badly about herself because of how exhausted and incapable she feels. She feels better when exercising or keeping busy.

Physically, Sepia's belly can feel like it's dragging down because she is so tired that even her inner organs feel droopy. There is a physical stasis that expresses itself in several possible ways: constipation, circulatory disturbance, and a great lack of energy.

She can be easily chilly and hungry – mainly for sweets and meat, and if she has her menses back, she feels worse before, during, and/or after menstruation. If she has her menses, they are often short and weak. Sepia is also known to experience intermittent nausea as well as headaches.

◆ PULSATILLA :

Pulsatilla is made from the wind-flower. It is a homeopathic remedy for the sensitive mother. She is often tearful, mild (though headstrong in some ways), and sometimes shy. Pulsatilla can be quite affectionate and often wants to be reassured by her partner that she is loved sometimes to the point of being demanding.

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She can feel easily sad, alone, or abandoned when she can't get this reassurance. Pulsatilla can be submissive and want to please others. She loves consolation, hugs and reassurance, and can get into self-pity. She can also have many fears and anxiety including panic-attacks. She feels worse around dusk.

Pulsatilla often craves fatty or rich food and wants to be in the open air or have the windows open.

She can get headaches /nausea and her symptoms tend to shift around and change.

Physically, Pulsatilla often suffers from varicose veins, chronic congestion or runny nose, nausea and headaches. Pulsatilla complaints often begin either during puberty, post-partum, or during menopause.

Pulsatilla is also a great remedy for pregnancy when there is nausea and the same sense of sensitivity, easy tearfulness, and needing lots of reassurance.

◆ IGNATIA:

It comes from the St. Ignatius Bean, a tall woody shrub. The seeds from the flowers are used to make the remedy. The seeds have a bitter taste. Hence, the "Ignatia" mom is in a bitter mood.

She is high strung, easily offended, and has problems sleeping. All in all, her symptoms tend to be out of proportion (even hysterical). Ignatia is used most often in the early stages after birth. In addition, Ignatia is a wonderful remedy used for recent losses, sorrows, and disappointments.

◆ NATRUM MURIATICUM (NAT MUR) :

This remedy can be helpful when a woman is experiencing feeling of disappointment about the birth experience or overall outcome. It can help when one feels irritation at other's attempts to

console them even though they are sad. Women needing this remedy may also get headaches or heart palpitations when depressed.

◆ PHOSPHORUS :

This remedy is good for women who are experiencing anxiety and fear that something bad will happen to themselves, the baby, or others. These women may have a hard time being alone. Many women who experience these fears and anxieties in the postpartum also experience heightened sensitivity to stimuli and exhaustion.

◆ CALMS FORTE :

This is a wonderful and very gentle sleep aid, helpful for women who are exhausted but having trouble sleeping and adjusting to their drastically altered sleeping rhythms.

◆ CALCAREA CARBONICA:

This remedy can help women overwhelmed in the postpartum. For these women, weakness and fatigue may lead to depression, anxiety, insomnia, and nightmares. A person who needs this remedy often feels sluggish, cold, and easily tired by exercise.

◆ CIMICIFUGA:

This remedy is for emotionally and hormonally based depression. A woman needing this remedy may feel "a dark cloud" has crept over her life and that nothing is right.

Anxious and low-spirited, she may begin to believe she is incapable of caring for her baby. Alternatively, she may become excitable and talkative, saying and doing irrational things.

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◆ **Lac maternam or Lac humanum:**

These very similar homeopathic medicines are made from mother's milk and are used for women who have issues with mothering, self-care, lack of nurturance in childhood, and sometimes with their breasts and/or breast-feeding.

In fact women who need this remedy typically using reading as an escape from their feeling of isolation, loneliness, and tendency to care for others at their own expense.

When this lack of self-care stems from a lack of good mothering when a client was a child, chances are that one of these "mother's milk" remedies can help. And if she's pregnant, it's urgent that she resolve this issue, because a woman with issues around nurturance may have difficulty nurturing her child well.

She may provide adequate nutrition in terms of physical food substances yet fail to provide the all-important emotional "food" of unconditional love and acceptance.

◆ **Finally, Ignatia or Gelsemium :**

Both remedy may be needed for "hearing bad news" during pregnancy, whether the "bad news" is a miscarriage, a diagnosis of a genetic disorder in the unborn child, or even a tragic event such as a death in the family while the woman is pregnant.

If she reacts by becoming hyper-emotional, perhaps with hysterical sobbing, Ignatia will help her find her inner strength. If she reacts by going numb and becoming emotionally paralyzed, Gelsemium can help her mobilize her resources to cope with the tragedy.

Homoeopathic remedy that soothes physical ailments after delivery:

◆ **ARNICA:**

Arnica is commonly used for bruising and can aid in healing the perineum and other tissues after birth. It can also be used for after pains and uterine cramping that can occur with nursing.

◆ **BELLIS PERENNIS:**

This homeopathic remedy can be used in the postpartum to treat abdominal symptoms. It too can be helpful for bruising and injury related to birth, as well as after pains. It can also support healing after a tear. It may help women who have had a C-section.

◆ **PHYTOLACCA:**

This homeopathic remedy can be helpful for issues arising with breastfeeding, including engorgement, painful nipples, and plugged ducts.

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