

Depression: Homeopathy can help patients

Depression is one of the main healthcare problems in the world. The World Health Organization (WHO) expects depression to become the second most common form of ill-health by 2020¹. It is one of the most commonly treated conditions by homeopaths. Research confirms the positive experience homeopaths have in treating patients suffering from depression.

Conventional treatment is insufficient and potentially harmful

Conventional treatment is often inadequate to treat depression²⁻³. Anti-depressants have been found to have only a modest benefit over placebo⁴ and there is the associated risk of side-effects. Researchers say there is little reason to prescribe antidepressants to any but the most severely depressed patients⁴. Moreover, 40-60 % of depressed patients relapse after conventional treatment⁵. Alternatives are desperately needed.

Homeopathy frequently used with positive results

Documentation has shown that depression is one of the most commonly treated conditions by homeopaths⁶⁻¹⁴. In a 6-year study of 6 544 patients in a university hospital outpatient clinic, 205 were treated for depression and as many as 71 % improved¹³. In a survey of 1 783 patient conditions, depression was the most frequently treated condition and significant improvement was experienced by 63.6 % of the depressed patients¹⁴.

As effective as anti-depressives and no side effects

Several trials indicate effectiveness of homeopathy in the treatment of patients suffering from depression¹³⁻²². A randomized, double-blind trial of 55 patients suffering from moderate to severe depression, found homeopathy to be at least as effective as anti-depressant drugs¹⁹. Homeopathy patients did not experience troublesome side effects that were seen in the anti-depressant group.

Also helpful for patients with associated depression

Homeopathy not only helps patients who primarily suffer from depression, but it has also been shown to reduce associated depression in patients diagnosed with other conditions, such as in fibromyalgia syndrome²¹ and after oestrogen withdrawal in breast cancer patients²².

Cost-effective treatment

Depression is one of the most common reasons for employees taking time off work. In Europe alone, depression costs are estimated to be over 100 Billion Euros annually². Homeopathy has the potential to serve as a cost effective treatment²³⁻³¹ and could contribute significantly when we know that 4.5 % of all European citizens suffer from depression².

For safe and effective homeopathic treatment, patients should make sure that the practitioner they consult is a registered member of an ECCH or ICH Member Association. For information, please refer to www.homeopathy-ecch.eu and outside Europe www.homeopathy-ich.org

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