

Review Article

Psychological Problems During COVID-19 and Its Homoeopathic Management

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ABSTRACT

corona virus pandemic virus spread quickly pass over the world and causes large in extend inducing a considerable degree of anxiety, fright, and concern in the population at large, specially affects groups in older, older adults, and children's, care provider and people with underlying health problems.

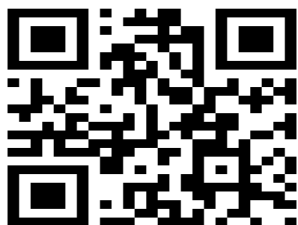
Objectives: The objective of the study was to evaluate mental disorders during quarantine and to find the suitable homoeopathic remedies.

Methods: We have attempted to assemble the mental symptoms from the possible published works in Google scholar, PubMed, JAMA network, control and prevention – WHO, Covid – 19 research article databases, on the basis of repertorization evaluate close running group of medicines.

Results: on the basis of symptoms gathered from earlier studied repertorization outcome was studied to include close running most similar Homoeopathic remedies like Arsenic album, Lachesis, Pulsatilla and Calcarea carb obtain in the top list of analysis. After referring the Boericks Homoeopathic Materia medica, and Allens Key notes the symptoms are noted down and are introduced in the paper.

Conclusion: We consider that these most suitable Homoeopathic medicines are helpful to those suffering from psychological problems during covid-19.

Keywords: Psychological impact, Homoeopathy, Lockdown, quarantine



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INTRODUCTION

Now a day the COVID –19 disease is considered a global public health emergency. One of the unparallel challenges is defining the remedial treatment for those patients with severe pneumonia and the systemic manifestation of covid-19¹.

First attack of Coronavirus is on Respiratory system. The first occurrence of the novel coronavirus disease flare up were epidemiologically linked to a sea-food and wholesale market of wet animal in Wuhan, Hubei province China^{1,2}. The virus is isolated and named as severe acute respiratory syndrome coronavirus 2 (SARS-Cov-2) and the World Health Organisation (WHO) announced, COVID-19 as the name of this new disease on 11th February 2020 on

13 Jan. 2020 the WHO ,Director-General declared that the outbreak of coronavirus disease (COVID-19) constitutes a public health emergency of international concern³.

The response time is normally from 3-7 days and maximum will be of 14 days⁴. Elderly people and those with chronic underlying diseases are more prone to death⁵. Such a Pandemics are unpredictable causes confusion, urgency and seriousness among people.

The presentation of covid-19 disease is mostly with pyrexia, cough, muscular soreness, dyspnoea⁷. Clinically patient shows patchy shadows in both the lungs or⁷⁻¹¹ hazy grey areas in the lungs. importantly 889 asymptomatic 144 sub -clinically

symptomatically affected cases have been reported⁸⁻¹¹

The negative emotions such as emotional breakdown, pt. feeling helpless, fearfulness, anxious, depressive, guilty, nervous and even suicides have spread its foot worldwide¹². The emotional response to this virulent disease is highly disheartening¹³. Due to Social distancing, lockdown application for long time decreases income loss of jobs increased cost of living and social stigma^{14,15}

Materials and methods:

An organized exploration was completed in major electronic databases like PubMed, Google -scholar, JAMA network, control and prevention-WHO, covid-19 research article database. On the basis of repertisation evaluation was done for selection of most close running similar Homoeopathic medicines.

Review of lit.:

Quarantine – separating and restricting the movement of people who were exposed to or potentially exposed to a contagious disease.

Isolation – separates the infected people with a contagious disease from people who are not sick: (<https://www.cdc.gov/quarantine>)

Who is concerned in any of the following conditions since 2 days before and upto 14 days after the starting of symptoms in the patient?

- 1) Having contact with a covid-19 patients face to face within 1 meter and for >15 min.
- 2) Remain stayed in the same close environment as a covid-19 patient (both a place of work and classroom) for and more time.
- 3) Journeying in closeness with a covid-19 patient in any kind of transportation and other circumstances .

There is a poor mental condition and risk of mental disorders also at high risk due to outbreak of Pandemics.

Exploration of different electronic databases such as PubMed, MEDLINE, CINAHL using keywords ‘psychological impact’, ‘Homoeopathy’, ‘Lockdown’, ‘quarantine’, we come to assess that COVID-19 created huge effect on population mental health.

So, lockdown is meant to prevent or delay the spread of infection from one person to

another and constant bombarding of COVID-19 news from all over the world has instilled fear in society. It makes people anxious, panicky, and can even possibly do things that we might not consider appropriate under normal circumstances.

Due to social isolation those who were suffered reported they experienced a long-lasting psychological distress near about a period of more than a month. Near about 29% of participants showed post-traumatic stress disorder (PTSD) symptoms, and 31.2% had depressive symptoms stigma can also leads to psychological distress after quarantine. 29% people have experienced that they are ignored by society after their quarantine period.

Lancet studied in 2020 so as to get an idea that how covid 19 affect the people who were quarantine. The study reviled that psychological distress is commonly present in both during and after periods of quarantine in people¹⁴. Many mental disorders and psychological conditions were often found across study population which includes mood disorders¹⁴ self-esteem, guilt, fear loneliness, insomnia¹⁴, PTSD, boredom, feeling a lack of control, perceived dirtiness, vigilant handwashing¹⁴ and stay away from crowds and social gatherings even after quarantine or isolated. Avoidance behaviors mostly observed in those who are quarantine, such as decreasing direct contact with patients and not reporting to work place.

Testing Criteria of Mental Health Impacts of Coronavirus Disease 2019.

The mental health impact of COVID-19 is not small. It may be varied from a simple anxiety to suicidal deaths even.

According to the ICD-10 ranking of mental and behavioural disorders, the mental health impact of COVID-19 can be organized under the following diagnosis headings:

F 43 severe stress and adjustment disorder reaction

Adjustment disorders consist of those disorders recognizable on the basis of one or other of two causative influences on unusual stressful life change leading to continued unpleasant conditions. The constructive importance of such stress is not always clear and, in each case, it differs according to

individual, often idiosyncratic exposure. The difficult event or the continuing disagreeableness or circumstances is the primary causal factor, and the disorder would not have occurred without its impact. Reactions to severe stress and adjustment disorders commonly seen in all age groups, i.e. including children and adolescents, are added in this category.

F43.0 : Acute stress reaction

F43.1 : PTSD

F 43.2 : Adjustment disorders

20 : Brief depressive reaction

21 : Prolonged depressive reaction

22 : Mixed anxiety and depressive reaction.

23 : With the predominant disturbance of other emotions.

24 : With the predominant disturbance of emotions and conduct.

25 : With mixed disturbance of emotions and conduct.

28 : With other specified predominant symptoms .

F 43.8 : Other reactions to severe stress

F 43.9: Reaction to severe stress, unspecified.

These disorders interfere with successful surviving mechanisms and thus lead to difficulties in social functioning.

Homoeopathy integrates mental and physical domains for treatment. There has been sufficient literature for successful treatment of the psychological problems with Homoeopathy. An attempt has been made earlier. To collect the mental symptoms developed in laypeople and health care workers during the periods of epidemics. Which include acute stress disorders, exhaustion detachment, anxiety, depression irritability, insomnia, poor concentration, deterioration of work performance, alcohol use avoidance behaviour and posttraumatic stress-related symptoms even after 3 years of quarantine period³⁰. Based on the symptoms collected from the previous studies, repertorization outcome was analysed to evolve a group medicine which can be used in the scenario.

The medicine such as Arsenic album calcarea carbonica, pulsatilla, Lachesis obtained the highest marks the analysis. The symptoms of these medicines were collected

after referring the Herings Guiding symptoms and Allen's key note.

Arsenicum album:

Anxious, fear of death of being left alone.

Depressing, melancholic, despairing and indifferent.

Mentally restless but physically too weak to move.

Suicidal tendency.

Irritable sensitive, peevish.

Calcarea carbonicum

Fears she will lose her reason or that people will observe her mental confusion.

Forgetful, confused low spirited

Anxiety with palpitations

Despair about recovery.

Fear of infection and disease.

Anxiety and fear about healthy money (insecurity feelings)

Pulsatilla:

Weeps easily

Fear in the evening of being alone and ghost.

Easily discouraged, highly emotional likes sympathy.

Changeable mood confusion.

Fainting from stuffy room.

Lachesis:

Great loquacity

Depressed and anxious, worse in morning on walking.

Suicidal disposition.

Restless and uneasy.

Fear of incurable disease

Fear of contagious.

Alcoholism and drug addiction.

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