

Physiological manifestations of depression at nature cure center

Manish P. Shah^{1*}

ABSTRACT

“A majority of depression cases are missed particularly when they have Physiological manifestations, like pain all over the body (joints, head, back etc.) digestive problems (gas, acidity, constipation etc). These patients therefore approach a physician for diagnosis and treatment. These reveal no major abnormality and they are treated symptomatically with analgesics, antibiotics and multivitamins as the root cause is undetected and untreated. Patients find no relief and therefore go medical shopping and ultimately end up with alternative therapy. Analysis of patients admitted in the centre revealed that 34 out of 94 patients were detected to have major depression that went untreated. To control these ailments there is a requirement psychological testing at nature cure centre”.

Keywords: Physiological Manifestations, Depression, Nature Cure Center

Health is the normal, natural state of body and mind. Health is the outcome of favorable conditions. Humans are dependent on suitable biological, psychological and social surroundings. When someone is sick, there are one or more causes for it. Disease, by whatever name it is identified, is basically the effect of mind and body to the departure from some of the conditions necessary for total health.

When we heard about depression, the picture comes in our mind is about sadness, weakness, fatigue, suicidal thoughts, irritation etc. Most of the people believe psychological reasons are responsible for depression. They think if psychological reason will change person will come out from the depression and for that they try to change surrounding situation. But this not totally true, in many cases after changing in the situation there was no change in condition of the person.

When person gets physical illness, he gets cure after the treatment. But sometimes even after treatment symptoms will recurrent. For that, person goes to doctors and goes for all investigation. Result of investigation is normal. So that doctors treated symptomatically with analgesics, antibiotics and multivitamin. But symptoms of illness are still there. Person keeps changing doctor. Till the treatment is continued intensity of symptoms goes down. After completed physical symptoms recurrent. Because of these its effect on person's quality of life's, financial loss, incapability of work, relationship, social life affects etc.

¹Psychotherapist and naturopath, PhD Scholar, Hemchandracharya North Gujarat university, Gujarat, India
**Responding Author*

Received: February 12, 2020; Revision Received: March 21, 2020; Accepted: March 31, 2020

Physiological Manifestations of Depression at Nature Cure Center

When there is no abnormality detected in any medical investigation, so person thinks weather any disease is undiagnosed or it is limitation of allopathic? In this situation person prefers to go for alternative therapy like naturopathy, so they think he can get relief from the illness and can live life healthy.

What is Nature Cure?

Several systems of treatment like Ayurveda, Homoeopathy, Allopathy, Unani and Nature Cure etc. are prevalent and almost all of these are having wide acceptance in India. However, it remains a fact that each system has its own advantages or limitations. No system can claim to be complete in all respects.

So far naturopathy is concerned; it has its three aspects. First is preventive, the second one is curative and the third one is health promotion aspect. At nature cure centers generally, patients come for treatment of Digestion problem, Asthma, Cardiac diseases, joint pain, Insomnia Obesity, Diabetes, Insomnia, Hypertension, Anxiety, Cold and Cough, Skin diseases etc.

In nature cure the methods employed in treatment are quite easy and can even be adept at home. In fact, nature cure is a science of living in tune with nature. It mainly focused on natural way of life. It not only frees one from illness but also educates one how to prevent himself from diseases.

This being a system of healing without medicine and it is free from all the sorts of side effects and iatrogenic diseases which are outcome of medicines. Nature cure treatment is completely safe for all and useful in almost all the disease conditions provided rightly applied. So now a day people more prefer nature cure.

Depression

Many factors may play a role to develops depression, like brain chemistry genetics, biology and life events such as trauma, loss of a loved one, a difficult relationship, an early childhood experience, or any stressful situation.

Definition

“Depression is a common mental disorder that presents with depressed mood, loss of interest or pleasure, decreased energy, feelings of guilt or low self-worth, disturbed sleep or appetite, and poor concentration”. (WHO)¹

A depression is an illness that involves the thinking, feeling, and behavior-all of them are on a low key. It is effected in daily life normal function, and causes pain for both the person with the disorder and those who care about him or her. It is not a sign of individual weakness or a condition that can be willed or wished away. It comes in different forms, just as is the case with other illnesses such as heart disease.

As per the Diagnostic and Statistical Manual of Mental Health, Fifth Edition (DSM.-5)²For an appropriate diagnosis, five of the following nine DSM-5 symptoms must be present continuously for a minimum of 2-week period: (i) depressed mood; (ii) loss of interest or pleasure; (iii) significant weight or appetite alteration; (iv) insomnia or hyposomnia; (v) psychomotor agitation or retardation; (vi) fatigue or loss of energy; (vii) feelings of worthlessness; (viii) diminished ability to think or concentrate or indecisiveness; and (ix) suicidal ideation.

Physical Symptoms in Depression

Physical symptoms are common in major depression and may lead to chronic pain and complicate treatment because the link between pain and depression appears to be a shared neurologic pathway.³ Symptoms connected with depression include limb pain, fatigue, joint pain, back pain, gastrointestinal problems, psychomotor activity changes, and changes in appetite.

Response to these physical stimuli is moderated in the brain by serotonin and norepinephrine, which also affect mood. Patients with neurotransmitter dysregulation may have an imbalance of norepinephrine and serotonin, which is explain the connection between painful physical symptoms and depression. When a patient with depression complains about physical pain, there may be a chemical reason. In the primary care setting, a high percentage of patients with depression present exclusively with physical symptoms⁴. Simon et al. analyzed a WHO study of somatic symptoms in the presentation of depression. Of the 1146 patients in 14 countries included in the survey who met the criteria for depression, 69% reported only somatic symptoms as the reason for their visit⁵. Unfortunately, depression can often go undiagnosed in these patients, as the physical symptoms associated with depression may be interpreted as symptoms of a somatic illness.

Somatic pains are not included in classical symptoms of depression in dsm-5, physical pains are found in 50-90% of depressed patient. They are more frequent in severe depressions, and especially in psychiatric IPD patients with depression. Physical painful symptoms are good indices of depression severity and namely are predictive of poorer responses to treatments, and then of elevated rates of relapse when pains are persistent as residual symptoms after remission of the episode⁶.

In fact, research has shown that physical symptom improvement was correlated with the improvement of other depression symptoms, which suggests that the patient's ability to achieve depression remission may be directly related to the reduction of painful physical symptoms.⁷

The present study under taken to a ascertain the numbers of patients who presented with physical symptoms for treatment at nature cure centre, were actually case is of major depression of biogenic origin. For this purpose, the data of all the patients who the admitted to the centre was analysis.

METHODOLOGY

Within the study period of 10 months, 94 patients were admitted, of which, all complained about physical ailments. All of these patients were assessed on a symptom check list, which was explained and discussed in detail by means of personal interview. The checklist is given in appendix-1. The ones who showed a minimum of one of more symptoms from the aforementioned symptoms checklist were sent for consultation with the psychiatrist. Based on the Psychiatrist's consultation, the patients diagnosed with depression.

Result and Findings

Tabel-1 Patients come with multiple physical problem

Disease	Hypertension	Diabetes	Obesity	Joint pain	GIT	Skin	Insomnia
Total patients	6	7	6	22	29	1	32

Physiological Manifestations of Depression at Nature Cure Center

The patients claimed to be suffering from their respective problems for many years and confirmed visiting several doctors and specialists over those years. However, every time some symptoms reappeared, post treatment. The patients had also conducted several laboratory tests, but most of the reports turned out to be normal or borderline abnormal. The patients often believed that the physical symptoms (Tabel-1) were temporary and a result of their unhealthy and sedentary life style, food habits, lack of exercise etc. Along with the physical symptoms they also exhibited some psychological symptoms like sadness, morning dullness, irritation, lack of motivation etc. Reasons for their mental symptoms were believed to be a fast and stressful life, interpersonal conflicts etc.

On the basis of the study conducted, it was found that out of the 94 patients, 34 were diagnosed with depression. Moreover, out of those 34 patients, 12 had a history of depression, 22 patients first time diagnose depression

CONCLUSION

In this study, it was noted that an overwhelming many of patient who came for treatment at centre for their physical symptoms were actually suffering from depression. As the presenting symptoms were physical in nature, they often visit physicians rather than psychiatrists. The pointers to diagnosis of depression include sleep disorders, G I Problem, (such as constipation, Indigestion Acidity, Chronic Gas) Joint Pain. In these cases, a physical examination and investigations will not confirm any organic disease which explain the symptoms. Instead, daily mood fluctuations, mildly depressed state, and a loss of interest and pleasure will be found.

As we have gone through findings, we can see that in naturopathy center many of the people come with chronic condition, which was undiagnosed. So, it is needed to have depression diagnosis tools and psychologist at naturopathy center. So, person will not suffer because of undiagnosed depression. And will get proper treatment for the same.

REFERENCES

1. who.int/health-topics/depression tab
2. DSM-5 (2013) American psychiatric publication 160
3. Basbaum AI, Fields HL. (1978) Endogenous pain control mechanisms: review and hypothesis. *Ann Neurology* ;4:5:451–462.
4. Madhukar H Trivedi (2004) The Link Between Depression and Physical Symptoms. Primary Care Companion to The Journal of Clinical Psychiatry. Vol-6
5. Simon GE, Von Korff M, and Piccinelli M. et al. (1999). An international study of the relation between somatic symptoms and depression. *N Engl J Med* 341:658–659.
6. Pelissolo (March-2009)) A Depression and pain: prevalence and clinical implication; *La Press Medical* Volume 38(3):385-91.
7. Denniger JW, Mahal Y, and Merens W. et al. (May-2002) The relationship between somatic symptoms and depression. In: *New Research Abstracts of the 155th annual meeting of the American Psychiatric Association*:68–69

Acknowledgements

The author appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author declared no conflict of interest.

How to cite this article: M P Shah (2020). Physiological manifestations of depression at nature cure center. *International Journal of Indian Psychology*, 8(1), 961-966. DIP:18.01.120/20200801, DOI:10.25215/0801.120

Appendix 1

Questionnaire

Name of the Person:

Name of the village:

Age:

Sex:

Religion:

Date:

Reg. No.

Sex:

C.C

ODP

Past history:

Pre morbid Nature:

Family History:

Educational History:

Occupational History

Marital History:

Sleep time _____ pm to _____	Y N
I have disturb sleep	Y N
I take time to sleep	How long _____
I wake up in between I wake up earlier than usual I don't sleep whole night	At _____ for _____ min/hr.
After waking up I feel dull for how long _____	At _____ am
	since how long _____
• My appetite has reduced }	since how long _____
• I feel anxious, along with	last how long _____
Chest pain	
Palpitation	
Breathlessness	
Giddiness	
Tremors	
Perspiration	
• I feel sad and depressed	Since How long _____
I feel like crying	Y/N
I feel like ending my life	Y/N
or	
going away	Y/N
I don't feel like doing any work	Y/N
I feel weak and tired easily	Y/N

Physiological Manifestations of Depression at Nature Cure Center

I can't tolerate noise	Y/N
I feel irritable on small issues	Y/N
I don't feel like talking with others	Y/N
I have lost weight recently	Y/N
I have similar episode in the past	When___ How long___ Rx___