Comparative efficacy of Homoeopathy, cognitive behavior therapy and placebo on depression

Girija Shankar Shukla
Sam Higginbottom Institute of Agriculture, Technology & Sciences, India

Depression produces serious emotional and psychological disorders and has severe consequences if not managed at proper time. With the progression of emotional load of depression one is unable to cope up with the extreme negative feelings and tend to create the world of their own thoughts which may end with the end of their life. Whatever forms of symptoms may be related to the grief, depression is far different from normal sadness in that it engulfs our day-to-day life interfering with ability to work, study, eat, sleep and having fun. World Health Organization (Mental Health and Substance Abuse; Facts & Figures) reported that 15% of depressed persons end their lives in the form of suicide at younger age. Tendency of developing suicidal behavior among the depressed persons is very lethal entangled condition. People who have an impulsive desire to die or perceive suicidal thoughts are very risky. Simultaneously there are many depressed persons who do not have suicidal plan but they prefer to die through some sudden severely fatal medically induced diseases. The present research study explains the comparison between the homeopathic, cognitive behavior therapy and placebo on depression.

girija.shukla@shiats.edu.in