

**INCREASING DEPRESSION DUE TO COVID-19 AND DIFFERENT
TECHNIQUES TO OVERCOME FROM DEPRESSION****Mitali B. Deore***

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Article Received on
02 Nov. 2021,

Revised on 22 Nov. 2021,
Accepted on 12 Dec. 2021

DOI: 10.20959/wjpr20221-22610

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ABSTRACT

The COVID-19 has had a significant impact across many countries and continents. All work places, businesses, manufacturings, shops school, colleges, temples, gardens, gym have been placed under prolonged lockdown. All school, colleges, corporate & office works started online, work from home. Many people lost their jobs and became incommless and this factor get affecting on the mental health of the people, and children also. The problem of depression get increased in the period of COVID-19. It is also noticed that the people who have been isolated and quarantine get showing signs of confusion, anxiety, anger, stress etc. Frontline medical healthcare people also facing stress, anxiety and fear. COVID-19 directly and indirectly impacted on mental

health of people. There are various ways to comeout from depression and also some herbal medicines which help to lower depression level.

KEYWORDS: COVID-19, Depression, Stress, Herbal Medicines.

INTRODUCTION

The lockdown declare for public health emergencies impact the mental health of the peopleand due to this increased the incidence of depression, suicide and self harm, Studies carried out in China, Italy and USA reported that the prevalence of depression has increased rapidly during the COVID-19 pandemic. Due to pathogenicity of the virus the rate of spread, the high mortality rate, COVID-19 may affect the mental health of inividuals of several layers of society, ranging from infected patientsand health care workers to families, children, students, patients with mental illness and even workers in other sectors.

Depression is a heterogenous mood disorder that has been classified and treated in variety of ways. A number of synthetic drugs are being used as standard treatment for clinically depressed patients. They have adverse effects that can compromise the therapeutic treatment. Thus it is worthwhile to look for antidepressant from plants with proven advantage and favourable benefit to risk ratio. A number of medicinal plants and medicines derived from these plants have shown antidepressant properties by virtue of combined effect of their medicinal constituents.

The causes of depression are- Decreased in the levels of monoamine, dopamine, serotonin in the brain. Therefore drugs help to restoring the reduced levels of these monoamines in the brain either by inhibiting monoamine oxidase or by inhibiting reuptake of these neurotransmitters might be fruitful in the treatment of depression.

COVID -19

The national Institute of Mental Health and Neurosciences has been working with the ministry of health and family welfare. Government of India is effectively supporting the health care response to the COVID-19 pandemic in the country. One of the foremost concerns emerging from the different aspects of COVID-19 is its impact on mental health. Frontline workers such as health care and emergency workers and those involved in production of essential goods, in delivery, transportation or in ensuring the security and safety of the population are facing many stressful situations at work as a result of the COVID-19 pandemic.

Depression

Depression is the state of sadness and defined as a psychoneurotic disorder characterized by mental and functional activity, sadness, reduction in activity, difficulty in thinking, loss of concentration, perturbation in appetites, sleeping hopelessness and generation of suicidal tendencies. It is a common and recurrent disorder causing significant morbidity and mortality worldwide. The causes of depression include genetic factors, chemical changes in the brain, psychological issues, changes in hormonal levels, various physical illness, medications, malnutrition and even diet. It is caused by dysfunction of brain, monoamine receptors, monoamine secretion, general dysfunction of monoamine system and dysfunction of second messenger system.

COVID- 19 Effect on depression

The public health emergencies resulting from covid-19 are negatively impacting the mental health of the population and increasing the incidence of psychological crises and challenge to psychological resilience. Psychologist and mental health professionals reported that the pandemic will impact the mental health of the global population with an increase in cases of depression, suicide and self-harm. Increased workloads, long working hours and reduced rest periods are a concern for most of them. In addition, they may be worried about getting infected at work and passing the virus to family, friends and others at work. People working from home are exposed to specific psychological risks such as isolation, blurred boundaries between work and family, increased risk of domestic violence among others. The fear of losing job, pay cuts, lay-offs and reduced benefits make many workers question their future. Job insecurity, economic loss & unemployment can have a severe impact on mental health. Duration of quarantine, boredom, frustration, lack of necessary supplies, lack of information, financial loss and stigma appear to increase the risk of negative psychological outcomes. Social distancing and school closures may therefore increase mental health problems in children and adults.

Herbal medicines for the treatment of depression

Due to various chemical derivatives from allopathic medicines that human immunity cannot tolerate and leads to many side effects. Most of the synthetic antidepressants show severe defects such as narrow spectrum, adverse reaction, high drug price. Because of this many people turn towards herbal medicines. The use of herbal medicines gets more popular in India as well as in western countries also. The Traditional Indian Medical System includes many drugs that have potency to treat depression from very ancient times. Several herbal medicines play an important role in the treatment of depression. Herbal medicines show their pharmacological action by inhibition of monoamine reuptake (such as serotonin, dopamine, and noradrenaline), enhanced binding and sensitization of serotonin receptors, monoamine oxidase inhibition and neuro endocrine modulation.

Herbal drugs acting as antidepressants

- Saffron (*C. Sativus*)
- Turmeric (*Curcuma longa*)
- Kava (*P. Methysticum*)
- Lavender (*Lavandula spp*)

- Roseroot (*Rhodiolarosea*)

Saffron (*C. Sativus*)

It's petal and stamen can decrease depression symptoms. In the preclinical animal models using ethanolic extracts of saffron and it's constituents, safranals and crocin have shown antidepressant, anxiolytic and hypnotic effects.

Turmeric (*Curcuma longa*)

In traditional Ayurvedic and chinesemedicine, turmeric is used to treat a range of health conditions. The main constituent is curcumin. In China 108 male adults tested 1000mg of curcumin per day versus placebo as an augmentation to escitalopram. Results showed a significant reduction of depression on the Hamilton Depression Rating Scale (HAM-D) and the Montgomery Asberg Depression Rating Scale (MADRS) in favour of turmeric outperforming placebo.

Kava (*P. Methisticum*)

Root of kava is used to make psychoactive drinks. In 2009, 60 patients are conducted to examine antidepressant effect of kava. The results obtained shows aqueous extract of kava having remarkable improvement in depression on Montgomery- Asberg Depression Rating Scale.

Lavender (*Lavandula SPP*)

Lavender is effective medicinal plant in treating depression, stress and mild anxiety in Europe and USA. This study investigated the effect of two different lavender species i.e. essential oil from *Lavandula angustifolia* ssp *angustifolia* Mill (Lamiaceae) and *Lavandula hybrid* Rev (Lamiaceae) on neurological capacity of male wistar rats subjected to scopolamine (0.7 mg/kg) induced dementia rat model. It shows inhibition of depression in elevated plus maze and forced swimming test suggesting anxiolytic and antidepressant activity.

Roseroot (*Rhodiola rosea*)

The antidepressant effect of Roseroot in humans with mild to moderate degrees of depression were tested in randomized double blind placebo controlled study. After six weeks of daily dosing standardised extract of rhizomes of *Rhodiola rosea* L relived overall depression, insomnia and emotional instability as per the Beck Depression Inventory And Hamilton Scale for Depression.

Alternative therapies to overcome from depression

There are so many other techniques which helps in the treatment of depression such as,

- Meditation
- Relaxation
- Excercise
- Music therapy
- Yoga Therapy

Meditation

It is a state of consciousness. It gives relaxation. Meditation is usually done for at least 10 minutes each day showing good results to overcome from depression.

Relaxation

It act by relaxingmuscle tension and respiration, lower blood pressure and improved circulation. It also helps in decreased sweat production, decreased catecholamine production (chemicals associated with the stress response and decreased stress hormone).

Excercise

Different forms of excercise can lower stress, relax you and reduce depression. Excercise can also increase your energy, balance and flexibility. In general excercise is a safe, effective and easy way to improve your well being. Excercise shows some good physiological as well as psychological mechanism. Physiological include decreased cortisol level, increased neurotransmission of monoamine and beta endorphins. The psychological mechanisms are increased feeling of self efficacy, reduction In negative thoughts implement social interaction.

Music therapy

It shown effective non-drug therapy for people to reduce depression. Music is the natural tranquillizer for the human spirit. Pythagoras, the sixth century B.C. philosopher and mathematician is the founder of music therapy.

Yoga therapy

Yoga is meant to treat depression. By understanding the relationship between yoga and physiological functioning, mental heath professionals will mostly incorporate the yoga therapy for the treatment of depression. Yoga therapy include:

- Breath work
- Physical postures

Breath work

Prana is related to breath life energy. Yoga breathing techniques may stimulate and create energy.

Physical postures

It means asanas which maintain flexibility, strength, co-ordination, balance and circulation of musculoskeletal system. Physical postures can stimulate psucological and emotional responses and can change energy levels.

Some suggestions for decreasing depression

- Consider some form of excercise daily. It is good for physical and mental health.
- Express yourself with your loveonce, friend, family members.
- Try to eat healthy balanced diet every day.
- Do some relaxation techniques daily like meditation and deep breathing which can help to lower depression.
- Maintain healthy sleep habits as much as possible.
- Avoid and reduce stress in your daily life.
- Keep your working hours predictable and manageable.
- Limit on alcohol or substance use or abuse.
- Be patient with yourself.

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