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Case Report

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# HOMOEOPATHY FOR SLEEP QUALITY IN ELDER ABUSE GERIATRIC PATIENT- A CASE REPORT

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## **ABSTRACT**

Elders are more vulnerable to reduced sleep quality, but the old people who have been abused in their lives, are more vulnerable to reduced sleep quality. Homoeopathy has a lot to do with patients undergoing this mental trauma and thus affecting their sleep quality. This article is a case report where Homoeopathic medicine has improved the quality of sleep of an elder abused geriatric patient.

**KEYWORDS:** Elder abuse, Homoeopathy, Geriatric.

#### INTRODUCTION

"Elder abuse is a single or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust, which causes harm or distress to an older person." A study estimated that 15.7% people aged 60 years and above were subjected to some form of abuse.<sup>[1]</sup>

Elder Abuse has been reportedly experienced by more than one fifth of the elderly with the most common forms experienced being disrespect and neglect. Most of the elderly are experiencing it almost daily. The extent of reporting of abuse is low and this can be attributed to maintaining confidentiality of family matter and fear of retaliation. [2]

"Sleep quality is defined as one's satisfaction of the sleep experience, integrating aspects of sleep initiation, sleep maintenance, sleep quantity, and refreshment upon awakening". [3] It is the measurement of how well a person is sleeping—in other words, whether the sleep is restful and restorative.<sup>[4]</sup> Yunus et al study showed that people with abuse experience poorer

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sleep quality as compared to those who were not abused.<sup>[5]</sup> A study done on elderly population shows that most elders get beneficial results from Homoeopathic treatment in cases of disturbance in sleep.<sup>[6]</sup>

The patient was screened and assessed on following parameters

**Screening** for Elders abuse- HWALEK-SENGSTOCK ELDER ABUSE SCREENING TEST (H-S/EAST).<sup>[7]</sup>

**Parameter scale- PSQI** (Pittsburgh Sleep Quality Index)- The Pittsburgh Sleep Quality Index (PSQI) is an effective instrument used to measure the quality and patterns of sleep in the older adult. It differentiates "poor" from "good" sleep by measuring seven domains: subjective sleep quality, sleep latency, sleep duration, habitual sleep efficiency, sleep disturbances, use of sleep medication, and daytime dysfunction over the last month.<sup>[8]</sup>

The 5-item Geriatric Depression Scale (GDS) is used as a screening tool for identifying depression in older adults. It can be used within a wide range of settings, and can be used with those that have a medical illness or those with mild to moderate cognitive impairment.<sup>[9]</sup>

**Generalized Anxiety Disorder** an anxiety questionnaire to screen patients suffering from anxiety. [10]

This is a case report from a research done on Elder abused geriatric pateints with reduced sleep quality. The study was undertaken for a period of 18 months and following case was extracted from it and reported here.

### **CASE REPORT**

A 68year married female reported to the OPD with diminished sleep quality since 1 ½ years. Following were the points shared by her for her sleep quality:

- Sleeps 4 hours at night and only for 15-20 min sometimes during day hours.
- She is constantly thinking about many things in midnight when she is in bed and not sleeping. The main thoughts which pertain during sleepless hours at night is about her daughter in law behavior with her.

# **History of Present Complaint**

3 year ago, patient's son got married and started living with her since 2 years. Since 1 ½ year, patient complain of disturbance in sleep. She wakes up with any kind of slightest noise and

then sleeping again is a tough thing for her. The patient complains that her daughter-in-law behaves abruptly with her.

### **Past History**

1 year back suffered from Typhoid Fever, took allopathic medicines and improved.

## **Family History**

Father suffered from Diabetes Mellitus.

## **Personal History**

Patient is a housewife and has M.A. as educational qualification belonging to a middle class socioeconomic group.

#### Generals

She is a chilly patient with excessive desire for tea (but she specifically doesnt drink tea after 7pm so that she can sleep well in night). She has strong disliking for sweets. Her appetite sometimes is diminished and her tongue was coated white in the centre. Sleep is diminished and sometimes there are dreams of snakes. Menopause at the age of 50 years.

## **Mental Symptoms**

Since the time patient is living with her daughter-in-law, she has a complain that her daughter-in-law abuses her. On complaining it to her son, son supports her wife only. Because of this the patient gets anger but she cannot express her anger and suppresses it. Patient likes drawing and painting and cooking new receipes.

#### Analysis of the case

After analysing the case, it is seen that the patient has suppression of anger and ailments from being abused. These are the major reasons for her disturbed sleep quality. She has desire for teaand aversion for sweets with a white coating in the centre.

From the H-S/EAST (Fig.1) it is evident that the patient is elder abused. The GDS (Fig.2) shows that patient is not depressed. GAD-7(Fig.3) shows that there is not much anxiety in the patient also. The PSQI score (Fig.4) shows a total score of 18 when the patient first came for the case taking.

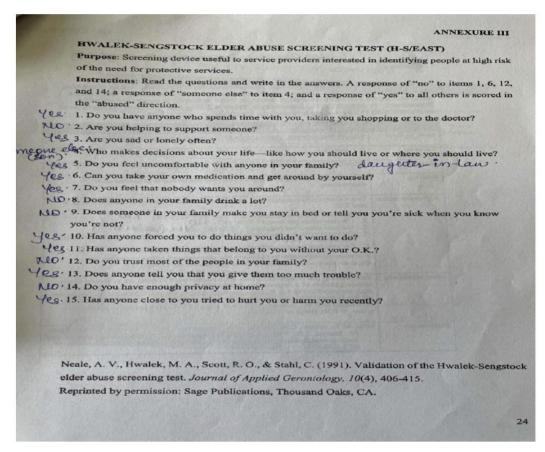


Figure 1: H-S/EAST report of the patient.

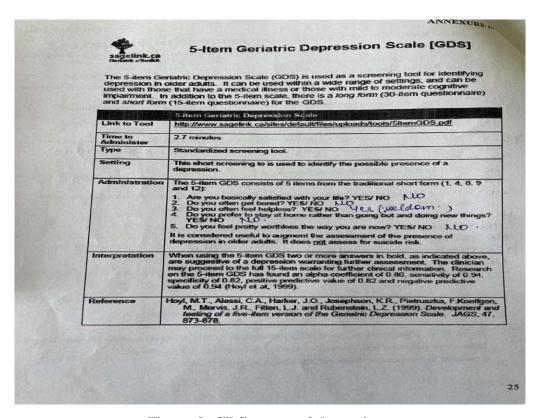


Figure 2: GDS report of the patient.

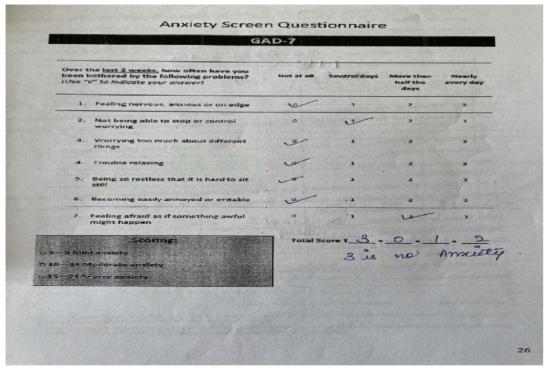


Figure 3: GAD-7 report of the patient.

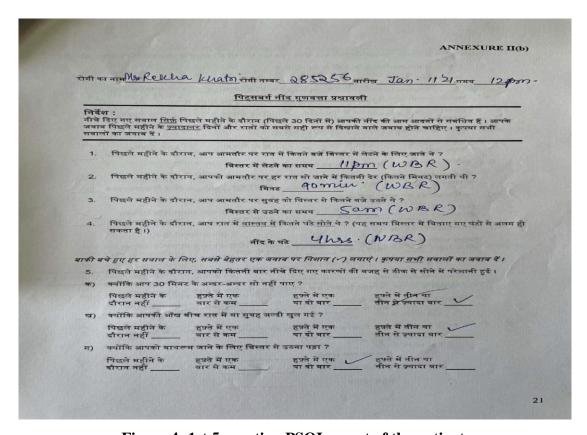


Figure 4: 1st 5 question PSQI report of the patient.

The case was reportorized using RADAR opus software with Synthesis repertory 9. Table 1 shows the repertorization chart with all the above mentioned symptoms of the patient and the

medicines in the chart are Lycopodium, Pulsatilla, Natrum muriaticum, Staphysagria, Hyoscyamus and Sulphur. Patient was prescribed Lycopodium 1M single dose followed by.

Placebo BD for 15 days. Table 2 shows all the follow ups and the reduction in the PSQI score of the patient. The patient was repeated with only one dose of Lycopodium 1M on the 5<sup>th</sup> followup and the PSQI reduced to 7 from 18 in 3-4 months.

**Table 1: Repertorization Chart.** 

Rubrics	Medicines					
	Lycop.	Puls.	Nat-m.	Staphy.	Hyosc.	Sulph.
Mind-Ailment From- anger-suppressed	3	1	2	3	-	-
Mind-Ailment From-abused-after being	1	-	3	2	2	-
Sllep-disturbed- Thoughts;by	1	2	-	1	2	1
Sleep- Disturbed- easily	2	1	-	-	-	2
Dreams- Snakes	-	-	-	-	1	-
Generals- Food and Drinks- tea-desire	-	2	1	1	-	-
Generals- Food and Drinks- sweets- aversion	2	1	1	-	1	2
Mouth- Discoloration- Tongue-white-centre	_	-	-	-	-	1

**Table 2: Date-wise prescription of the patient.** 

Date	Symptom	<b>PSQI</b> score	Prescription	
11.01.2021	Disturbed sleep. Thoughts persistent.	18	Lycop. 1M/ one dose	
			P.L. 200/ BD for 15days	
	Sleep disturbance SQ. Thoughtsbetter	18	P.L. 200/ BD for 15 days	
03.03.2021	Sllep disturbance reduced slightly. Anger reduced and she replies backwithout suppressing much	16	P.L. 200/ BD for 15days	
	and she replies backwithout suppressing much	10		
19.03.2021	Sleep quality better, sleeps for 5 hours	10	P.L. 200/ BD for 15 days	
	Sleep improved in both quality and quantity	08	P.L. 200/ BD for 15 days	
20.04.2021	Slight disturbance in sleep due toanother episode of abuse	09	Lycop.1M one dose,	
	of abuse	09	P.L. 200/ BD for 15days	
02.05.2021	Sleep quality improved	07	P.L. 200/ BD for 15 days	

#### DISCUSSION AND CONCLUSION

Researches have shown that elder abuse is a great cause of sleeplessness in geriatric age group. Homoeopathy is a science with similars curing similar. Homoeopathy has shown its results in various places of elder abuse and also in various sleeplessness cases. This case report is for a patient with sleeplessness due to elder abuse. Though there are many rubrics not covered by Lycopodium, but the mental symptoms are covered completely by this medicine and thus helping to improve the case. A reduction in PSQI scale is seen clearly in the above case which shows that Homoeopathy is effective in improving sleep quality in Elder abused cases.

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