

Review Article on Medicine Free Treatment and Prevention of Depression

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Abstract: *Depression is a type of serious neurological disorder, characterized by disturbances in sleep and appetite as well as deficit in cognition and energy. Depression can be potentially life threatening condition that has affected millions of people across the globe and can occur at any age groups from childhood to later life. It is known to exert a huge burden upon the society. Major depressive disorder is a complex and frequent psychiatric condition that poses significant challenges to both the patients who experience it and the physicians who treat them. The goal of therapy is for patients to achieve remission, which requires identifying and measuring symptoms at the outset and throughout treatment to document both response and resistance to treatment. . The life time prevalence of depression is between 10-20% in general population worldwide, with a female to male ratio about 5:2. Typically, the course of the disease is recurrent, and most patients recover from depressive episodes. However, a substantial proportion of patients become chronic and after 5 or 10 years of potential follow up, about 12% and 7% of them respectively are still depressed. For many people living with depression, prescription medications can be wonder drugs. Antidepressants, especially selective serotonin reuptake inhibitors (SSRIs) like Prozac (fluoxetine) and Zoloft (sertraline). They can have side effects and can be expensive depending on your health insurance coverage. There are many ways to counter some of the symptoms of depression that don't involve prescription medications. If you have depression you might like to try managing it naturally, without medication, or supplement your antidepressant with other tactics. If so, check out these natural alternatives and then talk to your doctor about which might make sense as part of your treatment regimen.*

Keywords: Depression, neurotransmitters, stress, treatment, anti depressants. SSIRs

