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Effect of homeopathy on postpartum depression, fatigue and quality of life

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Background: Postpartum depression (PPD) has a major impact on maternal health and wellbeing with short and long term effect on child and wider family. There are major barriers using anti-depressants due to concerns about infant exposure to medication through breast milk or concerns about potential side effects. Therefore, treatment options are limited.

Aim: Aim of this study is to evaluate the effective value of homeopathy compared to standard therapy, to eradicate symptoms of depression, fatigue and health related quality of life.

Methods: A total of 144 postpartum women meeting DSM-IV criteria for major depression were recruited from the maternity clinic and randomly assigned to 12 weeks of homeopathy treatment or to usual care. Subjects completed interview and assessments of depression, fatigue and health related quality of life pre and post intervention.

Results: The homeopathy group experienced significantly greater rate of improvement in de-pression, fatigue and HRQOL relative to the usual care group with moderate to large effects. Re-liable change index analysis revealed that 78% women in the homeopathy group experienced clinically significant change.

Conclusion: These findings support homeopathy as a promising complementary therapy for PPD.

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Factors influencing choice and discontinuation of temporary contraceptive methods among women of reproductive age in Western Development Region, Nepal

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Background: Family planning programs have been in existence in the developing world for several decades and best suit to the fertile couples.

Methods: This was cross sectional descriptive study. Total 1093 women of reproductive age group were taken as sample population.

Results: 96% of respondents have been using any type of temporary contraceptive method. Acceptance percentage of the respondents for Norplant, Coper-T and pills was found minimum than for Depo (68%). The side effects of Depo-Provera were reported by maximum (70.8%). Due to menstrual problem (41%), pain/body ache (15%), obesity (12%), infection (11%) and weakness (8%) the maximum methods of contraception were shifted. Side effects (27.2%), planned for the next pregnancy (8.9%), not availability (3.8%) and not needed (3.1%) the methods of contraception were reasons for discontinuation.

Conclusion: For continuation there is needed of more efforts in modern contraceptive method's promotion and education to improve knowledge in Nepalese.

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