

## INTEGRATIVE SULPIRIDE WITH A HOMEOPATHIC THERAPY FOR TREATING DEPRESSIVE SYNDROME - AN OBSERVATIONAL STUDY

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### Dear Editor!

I would like to inform you about my clinical observations considering unique combination of antidepressant sulpiride in a low dose and a complex homeopathic remedy based on Krebs cycle components. I observed that this combined therapy works better on depressed patients than either sulpiride or complex homeopathic remedy alone. Therefore I drew a conclusion that those two work synergistically, each of them in the domain of their respective paradigmes.

Sulpiride is an atypical antipsychotic drug used mainly in treating psychosis and depression (Komossa et al. 2010). It is a selective antagonist at the dopamine D2 and D3 receptors. This action dominates in doses over 600 mg daily. In low doses (100–200 mg daily), its prominent feature is antagonism of presynaptic inhibitory dopamine receptors, accounting for some antidepressant activity and a stimulating effect. It also alleviates vertigo. The oral bioavailability of sulpiride is only 25–35% (Martí Massó et al. 2011).

In Croatia parenteral sulpiride is available in a dose of 100 mg per vial. Oral sulpiride is available in a 50 mg per tablet dose. In cases of depression it is usually administered orally in a 3 x 50 mg daily dose (Jo & Lee 2010).

The subjects of this study of antidepressant activity were sixty-seven (67) women suffering from depressive syndrome, 44–80 years of age. One day prior to this experiment (day 0) all patients were tested by a 17-item version of the Hamilton rating scale for depression (HAMD test). Those patients came to my clinic for antidepressant treatment. Some of them wanted combined treatment and some of them wanted single conventional or homeopathic treatment respectively since my clinic is a private integrated medicine option. After the treatment was over we analyzed their HAMD scores before and after the treatment and noticed some significant differences. The third group of patients (15 women 34–56 years of age) were treated in previous period only with complex homeopathy remedy described here and were yet tested before and after.

In a first group a dose of 0.4 ml (20 mg) of isotonic solution of sulpiride was combined in two separate syringes with 2.2 ml of an isotonic solution of mixed homeopathic substances in relatively equal amounts.

These two injections were applied simultaneously in the waist region (one with sulpiride and the other with homeopathy), using a 23 G (0.6x25) needle, once daily at 10 AM.

Homeopathic substances present in this complex parenteral isotonic preparation were mainly the Krebs cycle involving compounds as well as some herbal homeopathic remedies, all in equal volume amounts up to 2.2 ml.

In a second group, using a 5 ml syringe, 0.4 ml (20 mg) of isotonic sulpiride solution was combined with a 2.2 ml of isotonic Na Cl solution.

This one injection was applied simultaneously in the waist region using a 23 G (0.6x25) needle, once daily at 10 AM.

In a third group, one syringe with 2.2 ml of an isotonic solution of mixed homeopathic substances in relatively equal amounts was used.

Homeopathic substances present in this complex parenteral isotonic preparation were mainly the Krebs cycle involving compounds as well as some herbal homeopathic remedies, all in equal volume amounts up to 2.2 ml (Witt 2007).

This one injection was applied simultaneously in the waist region using a 23 G (0.6x25) needle, once daily at 10 AM. This group was treated in the period before that the first and second groups were treated.

So,

1. The first group (N=35) received one dose of the combined drug (sulpiride and complex homeopathy) as 2 separate injections daily in the morning for 3 months.
  2. The second group (N=32) received one dose of the single drug (sulpiride only) daily in the morning for 3 months.
  3. The third group (N=15) received one dose of a complex homeopathy remedy as 1 injection daily in the morning for 3 months but in the earlier period. At the beginning of this study the third group was yet tested for HAMD score before and after so those data were used for statistics.
- In the first group (N=35) prior to the study, the HAMD score was  $21.3 \pm 5.0$ , and after the study it was  $8.8 \pm 4.1$ .

- In the second group (N=32) prior to the study, the HAMD score was  $18.8 \pm 9.2$ , and after the study it was  $17.3 \pm 8.8$ .
- In the third group (N=15) prior to the treatment, the HAMD score was  $20.7 \pm 4.6$  and after the study it was  $19.4 \pm 4.5$ .

The results from the HAMD test strongly suggest that the combined therapy exhibits a strong antidepressant activity. Decrease of the HAMD mean score for 12.5 points in the first group was observed. Those results overshadowed the results from the sulpiride only and complex homeopathy only treatment.

No side effects were observed.

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## Editor's comment:

It is well known that existing antidepressants are lacking in efficacy and even more in effectiveness. Thus, we should welcome every new promising antidepressive combination that has a good evidence base. In this study two paradigmatically different substances were administered together in order to enhance total antidepressant effect. The finding that sulpirid in a low dose of 20 mg given subcutaneously with a complex homeopathic remedy based on diluted and potentized Krebs cycle elements is more effective than sulpiride with isotonic NaCl solution is a promising one. This combination of sulpiride and complex homeopathic remedy seems to follow complementary medicine principles. The double-blind clinical trials are needed to confirm the promising results of this challenging open study.

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