

**EFFICACY OF HOMOEOPATHY IN CASES OF ANXIETY****Dr. Nitesh Jangid<sup>1\*</sup>, Dr. Rishikesh Acharya<sup>2</sup> and Dr. Rajveer Singh Rathor<sup>3</sup>**<sup>1</sup>Assistant Professor, Department of Physiology, University College of Homoeopathy Jodhpur, Rajasthan, India.<sup>2</sup>Assistant Professor, Department of Homoeopathy Pharmacy, University College of Homoeopathy Jodhpur, Rajasthan, India.<sup>3</sup>Assistant Professor, Department of Surgery, University College of Homoeopathy Jodhpur, Rajasthan, India.**\*Corresponding Author: Dr. Nitesh Jangid**

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**INTRODUCTION**

Anxiety is one of the most common mental disorders found nowadays and one of the most complicated diseases as still in this modern medical science, we don't have any specific instigation to identify such mental disorders, the only way for diagnosis is a clinical manifestation (sign and symptoms). Anxiety has been described as one of man's most common affliction for last 2500 years. It was among the first psychogenic disorders to be recognized and identified as a distinctive entity by Greek and Romans.

Anxiety is a form of mood disorder characterized by predominant disturbances in mood. Approximately 15% of the general population experiences a major depressive episode. The symptoms of anxiety often overlap with other disorders like anxiety and even with life stress. In today's scenario of globalisation due to excess competition, one has to struggle to fulfil his or her requirements at a rapid pace which eventually causes undue stress, thus leading to anxiety as a consequence of not meeting the demands of the situation. Thus anxiety is become a global phenomenon.

The prevalence of depressive disorder in general medical practice is estimated to be 5-25%. Melancholic, anxious, Obsessional personalities are more prone to this illness. History.

**TYPES OF ANXIETY DISORDER**

1. **GAD:** This chronic disorder involves excessive, long lasting anxiety and worries about nonspecific life events, objects, and situations. GAD is the most common anxiety disorder, and people with it are not always able to identify the cause of their anxiety
2. **Panic disorder:** Brief or sudden attacks of intense terror and apprehension characterize panic disorder. These attacks can lead to shaking, confusion, dizziness, nausea, and breathing difficulties. Panic attacks tend to occur and escalate rapidly.
3. **Specific phobia:** This is a fear and avoidance of a particular object or situation. Phobias are not like other anxiety disorders, as they relate to a specific cause.

4. **Social anxiety disorder:** This is a fear of adverse judgment from others in social situations or of public embarrassment. Social anxiety disorder includes a range of feelings. u

**CAUSES**

There are several possible causes of anxiety. They can range from biological to circumstantial. Common causes include.

1. **Changes in chemical of brain:** There may be a chemical imbalance in parts of the brain that manage mood, thoughts, sleep, appetite, and behavior in people who have anxiety.
2. **Hormone changes:** Changes in female hormones estrogen and progesterone during different periods of time like during the menstrual cycle, postpartum period, perimenopause, or menopause may all raise a person's risk for anxiety.
3. **Family history:** A higher risk for developing anxiety if have a family history of anxiety or another mood disorder.
4. **Early childhood trauma:** Some events affect the way body reacts to fear and stressful situations.
5. **Medical conditions:** chronic illness, insomnia, chronic pain, Parkinson's disease, stroke, heart attack, and cancer.
6. **Substance use.** A history of substance or alcohol misuse can affect risk.
7. **Pain:** People who feel emotional or chronic physical pain for long periods of time are significantly more likely to develop anxiety.

**Risk Factors**

Risk factors for anxiety can be biochemical, medical, social, genetic, or circumstantial. Common risk factors include:

- A. Sex: The prevalence of major anxiety is twice as high in females as in males.
- B. Genetics. Increased risk in having family history.
- C. Socioeconomic status like financial problems and perceived low social status
- D. Certain medications
- E. Vitamin D deficiency
- F. Substance misuse
- G. Medical illnesses

**PATHOPHYSIOLOGY**

Anxiety is a depletion of the neurotransmitters serotonin, norepinephrine or dopamine in the central nervous system.

**SYMPTOMS**

Anxiety can affect emotions, mind and body. Anxiety symptoms include.

- Feeling very sad, hopeless or worried.
- Not enjoying things that used to give joy.
- Being easily irritated or frustrated.
- Eating too much or too little.
- Changes in how much you sleep.
- Having a difficult time concentrating or remembering things.
- Experiencing physical problems like headache, stomach ache or sexual dysfunction.
- Thinking about hurting or killing them self.

According to DSM-IV symptoms must be present continuously for a minimum 2-week period.

- (i) depressed mood;
- (ii) loss of interest or pleasure;
- (iii) significant weight or appetite alteration;
- (iv) insomnia or hyposomnia;
- (v) psychomotor agitation or retardation;
- (vi) fatigue or loss of energy;
- (vii) feelings of worthlessness;
- (viii) diminished ability to think or concentrate or indecisiveness; and
- (ix) suicidal ideation.

**Treatment**

- A. Medications
  - Selective serotonin reuptake inhibitors (SSRIs)
  - Serotonin and norepinephrine reuptake inhibitors (SNRIs)
  - Tricyclic and tetracyclic antidepressants
  - Noradrenaline and dopamine reuptake inhibitors (NDRIs)
- B. Psychotherapy
  - Cognitive behavioral therapy (CBT)
  - Dialectical behavior therapy (DBT)
  - Psychodynamic therapy

- Light therapy
- Electroconvulsive therapy (ECT)

## C. Self-help:

- Regular exercise,
- getting enough sleep, and
- spending time with people

## D. Alternative medicine

- massage,
- acupuncture,
- hypnosis

## Homoeopathic View

The aim of homeopathy is not just to treat the anxiety, but to also address its underlying cause and individual susceptibility. Homeopathy treats the person as a whole. It means that homeopathic treatment pays attention on the patient as a person, as well as his pathological condition. Anxiety is consider under **one sided mental disorder**.

Homeopathy works better in the early cases. It is less effective in the chronic cases, especially who are dependent on the strong doses of conventional medicines. Even so, Homeopathy has proved successful in relapse and recurrence of the conditions of people with anxiety.

Unlike conventional medicine, Master's Homeopathy seeks to treat each Depressive patient as an **INDIVIDUAL**. The remedy must reflect everything about the patient disposition particularly noted along with **SYMPTOM TOTALITY** (§ 210).

A detailed case history (§ 218) is required like about the health of the patient and the family, the pregnancy and delivery, early development, vaccinations, life events, schooling, favorite foods, drinks to mention just a few points. The more information gathered, the easier it is to find that tailor-made remedy.

**Maintaining causes** like fault of education, bad practices and neglect of mind or ignorance, **Overloaded, over prepared**, hyped up and **stressed out** with fraction of the rest ...leads to the development of mental diseases (§ 224) and needs to be treated with homoeopathic medicines followed by counseling the most required part of the treatment.

Hahnemann in organon has given the Psychological therapies in Homoeopathy as (§ 226) which helps the physician to treat the patient.

- a. Behavioral therapy: display of confidence.
- b. Inter personal psychotherapy: friendly exhorts sensible advice.
- c. Family therapy: daily discussion on day routine.

If the mental disease be not quite developed then it can be improved by sensible friendly exhortations,

consolatory arguments, serious representations and sensible advice... (§- 224).

(§229)- Patient of contradiction, eager explanations, rude corrections and invectives, as also weak, timorous yielding, the physician and keeper must always pretend to believe them to be possessed of reason. All kinds of external disturbing influences on their senses and disposition should be if possible removed....Just the CARE; (§ 229)- F.N.126 - The treatment of the violent insane manic and melancholic can take place only in an institution specially arranged for their treatment but not within the family circle of the patient.

Being fundamental cause of mental disease is Psoric miasm, so patient should be subjected to a radical anti Psoric treatment (§ 227).

(§ 221) The first place of proved medicaments indicated for suddenly broken out patient like Aconite, Belladonna, Stramonium, Hyoscymus, Mercury etc. in highly potentised, minute, homoeopathic doses in order to subdue it so far that the psora shall for the time revert to its former latent state, wherein the patient appears as if quite well.

#### Collection of Symptoms

- Mental symptoms- from relatives, friends, observation.
- Corporeal symptoms- from patients side (LUCID INTERVAL- § 219).
- Physician own observation.

#### Management of psychological disorder.

As in § 228....Homoeopathy in Mental and emotional diseases resulting from corporeal maladies which can only be cured Homoeopathic antipsoric medicine conjoined with carefully regulated mode of life, an appropriate psychical behaviour towards the patient.

The physician must be maintained the auxiliary mental regimen, which includes.

- In case of Furious mania we must oppose calm intrepidity and cool.
- Firm resolution.
- A mute display of commiseration in looks and gestures.
- To senseless chattering.
- A silence but not fully inattentive.
- Prevent destruction and injury of surrounding.
- Avoid corporeal punishments.

He/she must be free from all over-exertion of mind & exciting emotions. (§-263) The treatment of the violent insane maniac and melancholic can take place only in an institution specially arranged for their treatment but not within the family circle of the patient (§-229 F.N).

When complicated suppressive drugs came about, the psora also became complicated. Drugs such as arsenic,

quinine, mercury used to suppress ailments became used more frequently. Soon a more malignant manifestation presented itself in forms of epidemics. When suppression took place in an organism with two or more miasms present, all conditions magnified and intensified.

Homeopathy stimulates the body to heal itself, leading to sustainable improvement in overall health. This improvement is mostly attained with little to no side effects, and when prescribed properly, occurs quickly, giving rapid relief of symptoms. Homeopathy, with its emphasis on holistic treatment of an individual is uniquely poised to help those affected with anxiety.

People with Anxiety getting treatment under Homeopathy are increasingly witnessing its benefits. They are found to have progressively less intense obsessions and compulsions and extended periods of mood stability.

#### Homoeopathic Therapeutics

- A. Aurum metallicum: This medicine is effective for workaholic people who have a tendency to feel worthless, despaired and experience suicidal thoughts after failing to achieve personal and professional goals. The symptoms worsen during the night time and during cold seasons. Calming music is beneficial for easing these patients.
- B. Aconitum napellus: Waves of anxiety or outright panic attacks can be treated with homeopathic remedy aconite. This is also beneficial if the person is fearful, restless, agitated, or if he has recently experienced an accident or natural disaster.
- C. Argentum nitricum: Anxiety often takes the form of apprehension and nervousness about the future.
- D. Kali phos: Kali Phos is suitable homeopathic medicine for treating anxiety attended with extreme weakness. The symptoms are sadness, gloominess, aversion to talking, continual weeping, moaning, negative thinking and excessive weakness/fatigue. Sleeplessness. stress and gloominess by overuse of mental power. Other accompanying symptoms include weak memory, dullness of mind and anxiety about future.
- E. Nat Mur: in chronic anxiety where constantly dwells on the past unpleasant memories with intense sadness and crying spells. They bear their grief in loneliness. They isolate themselves and avoid to going out. They are reserved personalities and do not wish to share their grief with others. Consolation from others is also not much appreciated. They are also prone to get irritated and get offended very easily. Some major disappointments in life, disrupted relationships, after a loss of loved ones etc.

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