

## Case Study

# To Explore the Miasmatic Significance in Anxiety Disorders and Its Applicability in Clinical Practice

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### ABSTRACT

Anxiety is a psychological and physiological state characterized by cognitive, somatic, emotional, and behavioral components. These components combine to create an unpleasant feeling that is typically associated with uneasiness, apprehension, fear, or worry. Anxiety is a generalized mood condition that can often occur without an identifiable triggering stimulus. A 30 case study titled to explore the miasmatic significance in anxiety disorders and its applicability in clinical practice was conducted.

#### Objectives of the Study

1. To study the clinical presentation of Anxiety Disorder.
2. To study the effectiveness of Homoeopathic medicines in the treatment of generalized anxiety disorder.
3. To study the role of miasms in the development of generalized anxiety disorder.

#### Methods

The subjects were taken from the O.P.D and peripheral centers of Homoeopathic Medical College Bhopal. Cases were screened after fulfilling the inclusion as well as exclusion criteria and were followed for a minimum period of three months. The diagnosis was made on the basis of strong clinical presentation. A totality of symptoms was erected in each case and a remedy was selected for each case after referring Homoeopathic Materia Medica, Therapeutics and various repertories according to the availability and presentation of symptoms. After following up cases the inferences were drawn by analysis of the outcome.

**Keywords:** Anxiety disorder, Homoeopathy, Management



#### QR Code for Mobile Users

(Received 15<sup>th</sup> June 2021; Accepted 27 June 2021; Published 14 July 2021) ISSN: 2347-8136 ©2021 JMPI

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**Conflict of Interest:** None Declared!

## INTRODUCTION

“Anxiety does not empty tomorrow of its sorrows but only empty today of its strength”. The time we live in is the age of anxiety. Anxiety starts evolving from infancy itself. The origin of anxiety is the insecurity, which human experiences as soon as he comes out of the womb. Anxiety is closely related to an individual’s needs and motives. If the essential needs linked with affections, security, self-esteem,

achievement and freedom are not satisfactorily gratified; it may give rise to a feeling of excessive anxiety or guilt which in turn results in a neurotic behavior. Anxiety disorders are among the most prevalent mental disorders in the general population. Nearly 30 million persons are affected in the United States, with women affected nearly twice as frequently as men. Anxiety disorders are associated with significant

morbidity and often are chronic.

Everyone experience varying degrees of anxiety throughout their lives. No one escapes anxiety regardless of their achievements, wealth, beauty, position, power; none of these are any protection against anxiety. The data indicate that the anxiety disorders share self-reported symptoms of anxiety and fear; heightened anxiety and fear; attention biases to threat-relevant stimuli and threat-based appraisals of ambiguous stimuli; and elevated amygdala responses to threat-relevant stimuli. Some difference exist among anxiety disorders, and between anxiety disorders and depressive disorders. However, the differences are not fully consistent with proposed subdivision so fear disorders vs. anxious misery disorders, and comparative data in large part are lacking. Given the high rates of co-morbidity, advances in our understanding of the features of responding that are shared across vs. unique to anxiety and depressive disorders will require dimensional approaches.

### **Aims and objectives**

#### **Aim**

To explore the miasmatic significance in anxiety disorders and its applicability in clinical practice

#### **Objectives**

The overall objective of the study was to explore the miasmatic significance in anxiety disorders and its applicability in clinical practice, specifically, the study attempted to find out the following.

1. To explore the role of miasms in the development of Generalized Anxiety Disorders.
2. To study the clinical presentation of Anxiety Disorder in clinical practice.
3. To find the effectiveness of homoeopathic medicines in the management of Anxiety Disorder.

#### **Research question**

Whether Miasms having any significant role in the management of Anxiety Disorder ?

#### **Hypothesis**

#### **Null hypothesis**

Miasms having no significant role in the management of Anxiety Disorder.

### **RESULT AND CONCLUSION**

Anxiety is "a future-oriented mood state in which one is ready or prepared to attempt to cope with upcoming negative events" suggesting that it is a distinction between future vs. present dangers that divides anxiety and fear. Anxiety is considered to be a normal reaction to stress. Anxiety is the state of tension and apprehension that is a natural response to perceived threat. It may help a person to deal with a difficult situation, for example at work or at school, by prompting one to cope with it. When anxiety becomes excessive, it may fall under the classification of an anxiety disorder.

The rate of Anxiety disorders is increasing with change in life-style, where people are subjected to various stress. Anxiety disorders are one of the major concerns of Psychiatrists. Anxiety disorders are highly treatable with psychosocial treatment, drugs and mainly combination therapies. This study was conducted to determine the efficacy of Homoeopathic medicines in the management of generalized anxiety disorder and also find out the role of miasm in the development of anxiety disorders.

30 cases with diagnosis of "Generalized anxiety disorder" (23 cases of pure GAD, 4 cases of GAD with Depression and 1 case of GAD with Panic attacks and 3 cases of GAD with other complaints) were taken up for the study and all the cases were followed up to a minimum of 6 months. Patients are included in the study is up to age of 45yr, the maximum incidence was in the age group 36-45 years (16 cases) followed by 15-25 years (7 cases) and 26-35 years (7 cases).

There was significant difference in the incidence of GAD according to the sex. Out of 30 cases, 23 were males (76.67%) and 7 were females (23.33%).

Out of 30 cases, 13 cases were Hindu (43.33%), 6 cases were Muslims (20%) and 11 cases were Christian (36.66%) were noted.

Out of 30 cases, 4 (13.3%) cases were noted as Student, 3 (10%) cases were noted as Business as their occupation. 4 (13.3%) cases were noted as Housewife, 2 (6.66%) cases of Teacher, Engineer, Driver, Clerk, 1 (3.33%) case was noted of agriculturist, Nurse, Chemist, Coolie, Tailor, Painter,

Supervisor each 2 (6.66%) were Unemployed.

The major clinical features showed by these cases in AD were Anxiety anticipatory, fear of unknown things, fear of being alone, fear of animals, lack of concentration palpitation during anxiety, tremors, restlessness sleeplessness due to anxious mood or due to flow of thoughts, fear of people, increased sweating. In patients with associated depression there was poor concentration, sadness, loss of interest in work. Other physical symptoms such as fullness of abdomen, loss of appetite, constipation, pain in chest, breathlessness were also found with the features of anxiety.

The maximum prevailing co-morbidity is Depression, seen in 14% of cases, whereas, Panic attacks is seen only in 1 (3.33%) case.. Other 22 (73.3%) cases were diagnosed as Pure GAD.

The dominant chronic miasmatic expressions seen in these cases were Psora in 23 cases, 5 cases as sycotic, and syphilitic miasm in 2 cases, and none in Tubercular miasm. The fundamental miasmatic expressions seen in these cases were Psora in 11 patients, Sycosis in 12 patients, 7 in Syphilitic miasm and none in tubercular miasm..

In 16.6% cases Lyco. was the indicated constitutional remedy. The next most indicated remedy was Nat Mur (13.3%), third was Phos. (13.3%), and Calc. carb.(10%), Sil. (10%), Arg. Nit (10%) Ars. Alb. (10%) was next in the order.

Out of 30 cases selected, all cases required constitutional remedy and it worked in all of them. The most frequency of use of potency was 200th potency in 25 of the cases out of 30 is around 83.37% which was found effective.

The efficacy of treatment was evaluated after 6 months, from the beginning of treatment. The evaluation was based on relief of symptoms, clinical improvement, comparisons of the disease intensity scores given to the patient before and after treatment. Within 3 months of Homoeopathic treatment the symptoms in the form of level of anxiety or fear, ability to do daily activities over-coming anxiety, depressed mood, sleeplessness, frightful

dreams, fullness of abdomen, constipation and other physical symptoms was relieved. It was reduced in frequency and intensity in the phase of treatment. Other symptoms like emotional adjustment problem, general reactive pattern of the individual to the surrounding environment (mental and physical) also had improved.

In short by the end of 6 months of Homoeopathic treatment relief and improvement of all the clinical features were observed in majority of cases. 3 cases have dropped out, but those cases might have required the treatment for a longer period.

In most of the cases included in the study, along with medicine psycho- supportive measure like psychotherapies and psycho-education were used, and the rate of improvement was faster when these therapies were used along with homoeopathic medicines.

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