

Review Article

Detailed Homeopathic Approach of Anxiety Disorders

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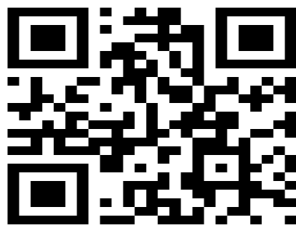
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ABSTRACT

Anxiety disorders (generalised anxiety disorder, panic disorder/agoraphobia, social anxiety disorder, and others) are the most prevalent psychiatric disorders, and are associated with a high burden of illness. Anxiety refers to a mental state of nervousness, fear and worry. Getting anxious once in a while on certain occasions is normal, like getting anxious before an examination or interview or during stressful events This study aimed to throw light on the management of different fears, phobias, anxieties, with the help of homoeopathy.

Keywords: Anxiety Disorder, PTSD, OCD, Mind anxiety disorder, Selective mutism, Separation anxiety disorder



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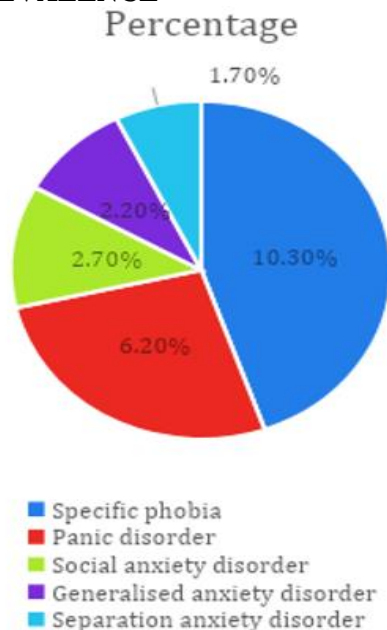
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INTRODUCTION

PREVALENCE



- **Specific phobias 10.3%**
- **Panic disorder with 6.2%**
- **Social anxiety disorder 2.7%**
- **Generalised anxiety disorder 2.2%**
- **Separation anxiety disorder 1.7%²**

Abbreviations:

- **PTSD – Post traumatic stress disorder**
- **OCD – Obsessive compulsive disorder**
- **GAD – Generalised anxiety disorder**
- **DSM-V – Diagnostic and statistical manner of mental disorders.**

Everyone experiences anxiety. It is characterised most as a diffuse, unpleasant, vague sense of apprehension, often accompanied by autonomic tends to vary among persons.[1] Anxiety can be conceptualised as a normal and adaptive

response that has life saving qualities and warns of threats of bodily damage, pain, helplessness, possible punishment, or the frustration of social or bodily needs; of separation from the loved ones; of a menace to one's success or status; and ultimately of threats to unity or wholeness.

Anxiety:

Anxiety is an alerting signal; it warns of impending danger and enables a person to take measures to deal with a threat.

Clinical features:

The experience of anxiety has two components: the awareness of the physiological sensations (e.g., palpitation and sweating) and the awareness of being nervous or frightened. A feeling of shame may increase anxiety—“others will recognize that I am frightened.”

anxiety and worry are SAME associated with three or more of the following six symptoms (with at least some symptoms present for more days than not for the past 6 months)..depersonalisation - a type of dissociation where you feel disconnected from your mind or body, or like you are a character that you are watching in a film. derealisation another type of dissociation where you feel disconnected from the world around you, or like the world isn't real.

1. Restlessness or feeling keyed up or on edge
2. Being easily fatigued
3. Difficulty concentrating or mind going blank
4. Irritability
5. Muscle tension
6. Sleep disturbance (difficulty falling or staying asleep, or restless unsatisfying sleep)

Classification of Anxiety Disorder [2]

Generalised anxiety disorder

Panic disorder

3. Phobic disorder
4. Post-traumatic stress disorder (PTSD)
5. Obsessive compulsive disorder

GENERALISED ANXIETY DISORDER:

Patients with generalised anxiety disorder (GAD) have persistent, excessive, and/or unrealistic worry associated with muscle tension, impaired concentration, autonomic arousal, feeling “on edge” or restless, and insomnia. Onset is usually before age 20 years, and a history of childhood fears and

social inhibition may be present. Its diagnosis is based on the DSM V diagnostic criteria. The anxiety, worry, or physical symptoms cause clinically significant distress or impairment in social, occupational, or other important areas of functioning. The disturbance is not due to the direct physiologic effects of a substance (e.g., a drug of abuse, a medication) or a general medical condition (e.g., hyperthyroidism) and does not occur exclusively during a mood disorder, a psychotic disorder, or a pervasive developmental disorder

2. PANIC DISORDER:

"Anxiety attacks of sudden onset, with physical manifestations of anxiety (eg, palpitations, sweating, tremor, dry mouth, dyspnea, feeling of choking; chest pain; abdominal discomfort; feeling of unreality, paresthesia, etc). Panic attacks can arise out of the blue; however, many patients start to avoid situations in which they fear that panic attacks might occur.

Panic attacks have a sudden onset, developing within 10 minutes and usually resolving over the course of an hour, and they occur in an unexpected fashion. The aetiology of panic disorder is unknown but appears to involve a genetic predisposition, altered autonomic responsivity, and social learning.

PHOBIC DISORDER:

The main feature of phobic disorders is a marked and Subjective persistent fear of objects or situations, exposure to which results in an immediate anxiety reaction. The patient avoids the phobic stimulus, and this avoidance usually impairs occupational or social functioning. Common phobias include fear of closed spaces (claustrophobia), fear of blood, and fear of flying. Agoraphobia is the fear of places that are difficult or embarrassing to escape from."Agoraphobia F40.0 without Panic disorder with Panic Disorder , "Agoraphobia", "Fear of places where it might be difficult or embarrassing to escape if a panic attack should occur (crowds, on public transport, in closed spaces, eg, elevators)

SOCIAL PHOBIA: "Social Anxiety Disorder (Social Phobia), "Patients are afraid of situations in which they are the centre of attention and may be criticised-eg, public

speaking, visits to authorities, conversations with superiors on the job, or with persons of the opposite sex. They are afraid of appearing clumsy, embarrassing themselves, or being judged negatively.

SPECIFIC PHOBIA:

"Specific (Isolated) Phobias, "Specific Phobia" "Phobias which are restricted to singular, circumscribed situations, often related to animals (eg, cats spiders, or insects), or other natural phenomena (eg, blood, heights, deep water)."

MIXED ANXIETY DISORDER :

"Mixed Anxiety and Depressive Disorder "Simultaneous presence of anxiety and depression, with neither predominating. However, neither component is sufficiently severe to justify a diagnosis of anxiety or depression in itself. If the diagnostic criteria for anxiety or depression (or both) are fulfilled, then the corresponding diagnosis should be made, rather than mixed anxiety and depressive disorder."

SEPARATION ANXIETY DISORDER:

"Separation Anxiety Disorder of Childhood, "Separation Anxiety Disorder" Inappropriate and excessive fear or anxiety concerning separation from to whom the individual is attached. In ICD-10, the disorder can only be diagnosed in children."

SELECTIVE MUTISM :

"Consistent failure to speak in social situations in which there is an expectation to speak (eg, school) even though the individual speaks in other situations."

"Obsessive-compulsive disorder (OCD) and post-traumatic stress disorder (PTSD) were formerly included in the anxiety disorders, but have now been placed in other chapters in the fifth edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5)."⁴

Role of homoeopathy:

Homoeopathic health professionals will record every individual case as per the case taking guidelines mentioned in aphorisms 83 to 104 as well as give emphasis on aphorisms 210 to 230. Individualization is of prime importance in homoeopathy. For individualisation of disease in context to psychiatric disease diagnosis made as per the DSM-5 because it provides a common language for clinicians to communicate about

their patients and establishes consistent and reliable diagnosis that can be used in the research of mental disorders.

Repertorial approach

Kent's Repertory[3]

MIND, ANXIETY, sudden : cocc., tab.
 MIND, ANXIETY, BAD news, ailments from : CALC., GELS. MIND, FASTIDIOUS : Ars., nux-v.
 MIND, FEAR, misfortune, of : CHIN-S., PSOR.
 MIND, FEAR, Narrow place, in- Arg. Nit
 DELUSIONS, imaginations, hallucinations, illusions: ARG-N., BELL., CANN-I., COCC., HYOS., IGN., LACH., PETR., PH-AC., SABAD., STRAM., SULPH.

Boger's Repertory[4] :

MIND, Escape, impulse to – Bell., Bry., Cupr., Hyos., Mez., Nux v., Op.
 MIND, Fastidious – Ars., Graph., Nux v.
 MIND, Fearsome, anxious, fright, etc. – ACON., ARS., PHOS.,
 MIND, Frightened or startled easily – IGN.
 MIND, Future, death, misfortune, evil forebodings, presentiments, etc., dread of- ACON., ARS., CALC., PSOR., PULS.
 MIND, Ideas, compelling- Nit. Ac.
 MIND, SUICIDAL IMPULSES, weary of life, etc.: ARS., AUR., Chin., Dros., Lach., Merc., Nat-s., Nit-ac., Nuxv., Psor., Puls., Thuj., Tub.

Phatak's Repertory[5] :

Future, misfortune, evil forebodings: ACO; ARS; CALC; PSOR; PUL IDEAS, compelling- Lach., Nit.ac
 IDEAS, Fixed: Anac; Ars+; Chin; Hell; Nat-m; Saba; Stan; Sul; Thu
 IDEAS, Persistent – Med.
 FEAR, Fright, of, remains- Op.

O.E. Boericke's Repertory[6] :

MIND, Fright, fear- Acon., Apis, Aur., Bell., Gels., Hyos., Hyper., Ign., Nat. m., Morph., Op., Puls., Samb., Ver. a. MIND, Fear, dread, Crossing streets, crowds, excitement -- Acon., Hydroc. ac., Plat.
 MIND, Fear, Space (agoraphobia)- Acon., Arg. n., Arn., Calc. c., Hydroc. ac., Nux
 MIND, Fear, Water (hydrophobia)- Agave, Anag., Ant. c., Bell., Canth., Coccinel., Fagus, Hyos., Lach., Laur., Lyssin, Spirea, Stram., Sul., Tanac., Ver. a., Xanth. Sp.
 MIND, Anxiety- Acon., Æth., Agn., Amyl,

Anac., Ant. c., Arg. n., Ars., Asaf., Aur., Bell., Bism., Bor., Cact., Calc. c., Camph., Can. ind., Cham., Cim., Cinch., Coff., Con., Cupr. m., Dig., Hep., Ign., Kali c., Lach., Lil. t., Med., Nat. e., Nat. m., Nit. ac., Nux. v., Op., Phos., Plat., Psor., Puls., Rhus t., Sec., Sep., Sil., Staph., Stram., Sul., Tab., Ver. a.

MIND, NIGHT-TERRORS- Acon., Aur. br., Calc. c., Cham., Cic., Cina, Chloral., Cypril., Kali br., Kali p., Scutel., Solan. n., Stram., Tub., Zinc. m.

Therapeutic approach [6,7] :

Aconitum napellus

Great fear and anxiety of mind, with great nervous excitability; afraid to go out, to go into a crowd where there is any excitement or many people; to cross the street. The countenance is expressive of fear; the life is rendered miserable by fear; is sure his disease will prove fatal; predicts the day he will die; fear of death during pregnancy. Restless, anxious, does everything in great haste; must change position often; everything startles him.

Arsenicum album:(For anxiety with chest constriction, difficult breathing and restlessness).

anxiety regarding health and future and others.

The greater the suffering, the greater the anguish, restlessness and fear of death. Mentally restless, but physically too weak to move; cannot rest in any place: changing places continually; wants to be moved from one bed to another, and lies now here now there. Anxious fear of death; thinks it useless to take medicine, is incurable, is surely going to die; dread of, when alone, or, going to bed. Fear of height and high rise of buildings. Attacks of anxiety at night driving out of bed, < after midnight.

Argentum nitricum:- (Apprehension anxiety) For anxiety from apprehension.

Acute or chronic diseases from unusual or long-continued mental exertion. Apprehension when ready for church or opera, diarrhoea sets in. Time passes slowly; impulsive, wants to do things in a hurry; must walk fast; is always hurried; anxious, irritable, nervous.

Aurum metallicum: Lively, restless, anxious about the future. Constantly dwelling on

suicide. Profound melancholy: feels hateful and quarrelsome; desire to commit suicide; life is a constant burden; after abuse of mercury; with nearly all complaints. Uneasy, hurried, great desire for mental and physical activity; cannot do things fast enough.

Kali Phos - For Anxiety, Nervousness, Fear
Kali phos is an important medicine for anxiety, nervousness and fear. Negative thinking and excessive sensitivity are the other symptoms. Those needing it suffer from certain fears. These include fear of crowds, open spaces, of being alone and fear of death. All these may set off an anxiety attack. Slight noises may also trigger anxiety, and the person may feel tired and fatigued all the time.
Natrum muriaticum:

Awkward, hasty, drops things from nervous weakness. Sad and enjoys the sadness. Frequent attacks of anxiety, so that he could remain sitting. On waking night from an anxious dreams her heart beat audibly. Marked disposition to weep; sad weeping mood without cause, but consolation from others < her troubles. For the bad effects: of anger (caused by offence); to grief, fright, vexation.

Gelsemium Sempervirens - For Anxiety About Public Appearance (Social Anxiety) It is the foremost medicine for anxiety related to making a public appearance. If the individual has to go and engage with many different people, excessive anxiety and nervousness arise. Sadness, melancholy, and confusion of mind, irritability, and diarrhoea are associated symptoms. This medicine also works for stage fright.

CONCLUSION

Summing up, anxiety disorder is associated with extreme and persistent fear, worry, and anxiety that limit the performance of daily activities of the affected individual. Homoeopathy is a holistic approach to treat the anxiety disorder purely based upon individualization in a cost-effective manner. Each person experiences symptoms which vary from each other. A fascinating aspect of anxiety disorders is the exquisite interplay of genetic and experiential factors. However, evidence clearly indicates that traumatic life events and stress are also etiologically important. Thus, the study of anxiety

disorders presents a unique opportunity to understand the relation between nature and nurture in the aetiology of mental disorders. Hence, more study needs to be conducted to show the efficacy of homoeopathy in cases of anxiety disorders and managing different fears and phobias.

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