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## Dealing with the Fear of unknown, Homoeopathically

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**Abstract: -** Anxiety itself is often the normal accompaniment in most of the diseases, whether organic or psychological. It is diagnosed by the process of exclusion. Anxiety can be anticipatory, agitational or depressive. The direct pathway of expression of anxiety is over stimulation of sympathetic nervous system which can result in 1. Psychomotor Expressions like facial tics, thumb sucking, stammering etc. 2. Autonomic Expressions like palpitation, profuse perspiration, flushing, icy cold limbs etc. 3. Impaired Intellectual Functioning like indolence, lack of concentration, poor memory, mental confusion 4. Altered Perception 5. Emotional accompaniments like irritability, temper tantrums, hostile outbursts 6. Impaired Sexual function 7. Impaired relations with family and friends. Anxiety may express indirectly or may get submerged beneath the outer form of behavior or action which is not quite normal. The three major forms of expression of Anxiety are 1. Neurotic 2. Psychotic and 3. Psychosomatic.

Homoeopathy believes that the organs are not the man but on the contrary the man is prior to the organs. From man to his organs and not from organs to the man. It is from first to last is the order of sickness as well as the order of cure. The very foundation of homoeopathic practice considers man not only as an individual, but as a complete unit in himself, of which all his parts comprise a well-balanced whole. Homoeopathy, therefore, does not consider any one part as being ill, but considers the manifestation of illness in one part in its relation to the whole man.

**Keywords: -** Anxiety, Homoeopathy, Materia Medica, Neurosis, Psychosis,

**Introduction: -**

Anxiety disorders include disorders that share features of excessive fear and anxiety and related behavioral disturbances. Fear is the emotional response to real or perceived imminent threat, whereas anxiety is anticipation of future threat. Obviously, these two states overlap, but they also differ, with fear more often associated with surges of autonomic arousal necessary for fight or flight, thoughts of immediate danger, and escape behaviors, and anxiety more often associated with muscle tension and vigilance in preparation for future danger and cautious or avoidant behaviors. Sometimes the level of fear or anxiety is reduced by pervasive avoidance behaviors. Panic attacks feature prominently within the anxiety disorders as a particular type of fear response. Panic attacks are not limited to anxiety disorders but rather can be seen in other mental disorders as well.

The term “Anxiety” is derived from the Latin word “angere” meaning to press tightly, to choke, to oppress, to strangle; a state of being anxious, uneasy regarding something doubtful, solicitous concern; troubled in mind about some uncertain event, distressed, worried.

Since Anxiety is nonspecific it is not attached to any specific thing or object like Fear. On the other hand, Fear is very specific and attached to some object, making Fear a limited experience. Fear disappears with the disappearance of object. E.g., Fear of dog will be experienced only when a dog is present or is in vicinity. When the dog disappears the experience of Fear disappears.

Anxiety evolves out of the past into the present and is experienced in relation to the surroundings. Anxiety is a resultant of a faulty interaction between the individual and his life situation. Anxiety is caused by a multiple factor and give rise to multiple effects which can be clinically observed. Unresolved emotional conflicts and repressed intolerable ideas and impulses produce effects at various levels of function and structure as they are mediated through the various control mechanisms like the limbic system, the sub cortical areas, the hypothalamus – pituitary- suprarenal axis which deal with the adaption to stress be it physical or mental.

There can be many factors contributing as a source for development of Anxiety few of which could be:

- **Poverty / Illness**  
Poverty experienced in early childhood and that extended for a prolong period makes a person at risk to a host of adverse health and developmental outcomes through their life. Poverty in childhood is associated with lower school achievement; worse cognitive, behavioral, and attention-related outcomes; higher rates of delinquency, depressive and anxiety disorders; and higher rates of almost every psychiatric disorder in adulthood. Poverty in adulthood is linked to depressive disorders, anxiety disorders, psychological distress, and suicide. The effects of poverty on mental health are seen through an array of social and biological mechanisms acting at multiple levels, including individuals, families and at the level of local community.
- **Social Conflict**  
Loss of power, position, status can result in Anxiety. Also, a threat of being criticized or because of doing any wrong thing can lead to Anxiety. Peer pressure
- **Physical, sexual, or emotional abuse or trauma**
- **Threat to self-Preservation**  
Situational anxiety due to injury, physical danger, catastrophes of nature, illness, accident, psychological trauma and the present Pandemic, COVID 19 situation.
- **Family issues**  
Conflicts within the family, Separation, domestic violence, divorce. Death of a family member. Joint family issues. Single parent. Adjustment issues
- **Difficulties in Sex**  
Impotency, Frigidity, sterility, premature ejaculation, unwanted pregnancy.
- **Work Pressure**  
Job loss, job insecurity, problems at work, loss of job satisfaction, meeting deadlines, under compensation, competition.
- **Emotional pressure**  
Strained relations with spouse, family, children or friends, Jilted love, Disappointment in love, disillusionment.
- **Loss**  
Business loss, Loss in social status, Robbery, Loss of self-esteem, loss of ideology, Loss of spouse, Loss of partner, Loss of child.
- **Performance Pressure**  
Performance in school and education, Job performance and appraisal, High expectations, High dreams unrealistic goals and ambition

	PSYCHOSIS	NEUROSIS
<i>Behavioral Syndrome</i>	Overactivity Impulsivity Retardation Suspiciousness Idiosyncratic oddities Withdrawal	Apprehensiveness Anxiety attacks Phobias, Obsessions Compulsions Conversion Reaction Repetitive
<i>Psychological Defenses</i>	Denial Regression Introjection Projection	Repression Displacement Isolation Reaction – formation
<i>Affect</i>	Elation Depression Apathy Ambivalence Inappropriateness	Responsive
<i>Ego Functions</i>	Impaired Reality relation distorted Confused, Idiosyncratic.	Intact Reality Oriented
<i>Interpersonal Relationship</i>	Object relations, Ambivalent or Seriously impaired Sexual relations confused	Object relation maintained. Emotional lability Impaired heterosexual relation.

One of the fundamental laws of homoeopathy is the law of Similars. According to this law a drug capable of producing in a healthy person a diseased-state *exactly* similar to that observed in a diseased person, acts as a curative agent if the disease is in a curable stage. In the incurable stage of the disease, however, the same drug acts as the best palliative. The very foundation of homoeopathic practice considers man not only as an individual, but as a complete unit in himself, of which all his parts comprise a well-balanced whole. Homoeopathy, therefore, does not consider any one part as being ill, but considers the manifestation of illness in one part in its relation to the whole man. Homoeopathy accentuates the study of the action of medicine upon healthy citizenry.

Following the law of Similars came insistence on the exact similarity, which led to the use of the *Single Remedy*, as only one remedy can be exactly similar at a given time. This is exactly where Homoeopathy differs from the other system of medicines.

Briefly, then, we find that these experiments had led Hahnemann, the founder of Homoeopathy, to give a medicinal substance to healthy persons, to carefully record the effects, which were the production of symptoms of (artificial) disease-for the purpose of making these substances available for people suffering from like symptoms in (natural) disease syndromes. This was called as Drug Proving.

The human drug-provings, for obvious reasons, could not be pushed to the extent of producing irreversible pathological changes. The Homoeopathic materia medica, therefore, essentially is a record of human functional pathology. The pathological data owe their origin chiefly to clinical observations, supported by reports of accidental poisonings and very few animal provings that were conducted.

The principles of inductive reasoning led Hahnemann, through his observation of the effects of remedies administered on the basis of symptom similarity, to the gradual decrease of the dose, because of the consequent drug effects (as differentiated from the remedial effects) of the substances administered. This decrease of the dose was developed according to a definitely scaled formula, and this in turn led to a discovery of the principle of potentiation, or release of energy which was in the inert form of drug substance.

As a holistic system of medicine, when we study an individual, we not only study the bodily configuration but also the intellectual and emotional attributes as revealed to us through his reactions to the environment. Thus, the characteristics in the physical as well as in the intellectual and emotional spheres, reveal the individual to us. According to homoeopathy, the individual response is of greater importance from the standpoint of the selection of the curative remedy.

**Some of the Homoeopathic remedies reflecting the symptoms of Psychosis and hence can be indicated on the basis of symptom similarity, are: -**

- 1) Kali Carb  
Sensitive to emotions and environmental changes but maintains tight control over expressing this sensitivity. Aggravation of symptoms between 2 A. M to 4 or 5 A.
- 2) Natrum. mur  
Inconsolable depression. Mood swings from unreasonable depression to unreasonable exhilaration. Weeping alternating with laughing. Irresistible laughing at unsuitable times and situations. Great sadness. Joylessness.
- 3) Lachesis  
Overstimulation which is constantly seeking an outlet for relief. Suppression at sexual level. Strong emotions, strong attachments to objects and people which can extend to jealousy. Suspicion, imagining during jealous phase, paranoia. Depression worse in morning. Confused state of mind leading to insanity. All sorts of impulsive insanity. Over sensitiveness.
- 4) Nux Vomica  
Initially they demonstrate an exaggeration of normally beneficial qualities of ambition and conscientiousness. The ambition begins to occupy him during all hours and is over emphasized to competitiveness. This further gets exaggerated to fastidiousness, critical.
- 5) Pulsatilla  
A malleable and changeable person. The ideas are soft ideas not definite, easily changed, and shaped. Emotionally easily arousable. Sensuous, in a setting where culturally sensuousness is not accepted. If she suppresses her desire she suffers.  
Nymphomaniac. Can never be cruel or aggressive. Does not want to impose or dominate.

**Some of the Homoeopathic remedies reflecting the symptoms of Neurosis and hence can be indicated on the basis of symptom similarity, are: -**

- 1) Arsenic. Alb  
Great anxiety associated with restlessness which is further intermingled with fear. Anxiety about health with the fear of death. Fear is very strong element – of being alone, wants company especially after mid- night. Deep seated insecurity which again leads to severe anxiety and fear. Fastidiousness is well marked, and patient is compulsively fastidious, obsessed by the need for order and cleanliness to the point that keeps constantly cleaning and straightening. Anxiety causes anguish internally which in turn causes tremendous restlessness on Mental and Physical Level. Later the person becomes too prostrated.
- 2) Lycopodium  
Dread of men and solitude. Dread of being alone and of appearing in public, in lawyers and ministers who have to appear in public. There is a feeling of incompetence and lack of confidence. They are manipulative. The fears and anxiety mostly affect the G.I.T. They are nervous, sensitive, and emotional. Lycopodium patient often weeps when thanked and appreciated.
- 3) Aurum Met  
Indicated mostly in Depressive Neurosis. Severe depression with loathing of life. There is self-condemnation, continual self-reproach, self-criticism. Ailments from Fright, anger, anger, contradictions, and mortification. Suited to most profound states of melancholy and depression. Person has no love for life and has suicidal disposition.
- 4) Phosphorus  
These have anxiety about health though not as obsessive as Arsenic. Alb patients as these can be easily pacified, by reassurance from doctors. He has anxiety also for others as he is very sympathetic. His apprehension aggravates during thunderstorm. The fear is typically felt in the pit of stomach. There is fear of strangers though at time becomes extrovert. He is startled easily as he gets absorbed in his own thoughts.
- 5) Argentum nitricum  
Too much of weakness in mental sphere and all sorts of fear are seen in these patients. Extremely anxious, fidgety, hurried. Strange notions and fears come to his mind. Apprehensiveness when getting ready for a presentation, function or even travel which sets in a diarrhea. Performance pressure is too much for him to deal with.

**Conclusion:-**

A true homoeopathic prescription cannot be made on pathology, on morbid anatomy, because provings have never been pushed in that direction. Pathology gives us the results of disease, and not the language of nature appealing to the intelligent physician. Symptomatology is the true subject to know. No homoeopath, who is only conversant with morbid anatomy and pathognomonic symptoms, can make homoeopathic prescriptions. He must know just how every remedy affects mankind in the memory and understanding and will, because there are no other things that the remedy can act upon as to the mind, and he must know how the remedy affects functions, because there are no other ways in which the remedy affects the body of man.

HEALTH in Homoeopathy is considered as, that balanced condition of the living organism in which the integral, harmonious performance of the vital functions tends to the preservation of the organism and the normal development of the individual. While in Homoeopathy DISEASE is considered as an abnormal vital process, a changed condition of life, which is inimical to the true development of the individual and tends to organic dissolution.

We in Homoeopathy believe that it is a man that is sick and to be restored to health, not his body, not the tissues. Homoeopathy is best suited for the ailments of mind as, if, during the treatment of any physical disease (whether it is somatization or not), Homoeopathy considers the mental make-up of the patient then one can imagine its imperative role when treating the mind symptoms.

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