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A Case Report Of Cannabis Induced Anxiety Disorder Treated With Homeopathy

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ABSTRACT

Introduction : A substance/medication-induced anxiety disorder are those of the anxiety disorders, primarily anxiety and panic; obsessions and compulsions should not be present, as the obsessive-compulsive disorders, which may also be precipitated by drugs or medications, now have their own category [1]. Cannabis abuse with cannabis-induced anxiety disorder is a medical classification as listed by WHO under the range - Mental, Behavioural and Neurodevelopmental disorders [2]. Symptoms must develop during or within a month of use or intoxication, or within a month after withdrawal from a drug or substance known to cause anxiety. Whereas, homeopathic literature enlists many medicines for this condition, there is a paucity evidence based published studies.

Case Summary: The case presented here reported with the complaint of chronic anxiety, secondary to ill-impact of hemp intoxication. The varieties of homeopathic prescriptions/strategies were used after thorough case analysis which led to improvement in subjective symptoms and objectively reflecting in gradually decreasing ongoing issues assessed by HAM-S and Modified Naranjo criteria score. The HAM-S and Modified Naranjo scores after treatment was 6 and 10 respectively which explicitly shows the positive attribution of the given homeopathic management in this case.

Homeopathic treatment has shown favourable results in this case and demonstrates the scope of Homeopathy in such cases.

Key words: Homeopathy, Cannabis Induced Anxiety Disorder.

INTRODUCTION

The prevalence of anxiety disorders ranges from 15% to 26% among substance users [3]. Many studies showed a high rate of anxiety disorders in the consumption of substances especially the use substances [4]. In 2019, the National Household Survey reported the prevalence of Cannabis use to be 2.8% [5]. This study is also the only study to document the prevalence of licit cannabis (bhang) at 2% and the prevalence of other illicit cannabis use at 1.2% separately [6]. It can also cause adverse psychiatric effects such as panic disorder, anxiety, paranoia, and mania. This condition managed with conventional treatment like Short-term, low-dose benzodiazepines, nefazodone and bupropion-SR, de-addiction therapies and patient education yet may have significant adverse effect such as hyper sensitivity drug reaction. Homeopathic literatures shows paucity of evidences to manage such cases.

Among the published one case report could be found which shows promising result in reduction of Cannabis Induced Psychotic Disorder [7].

PATIENT INFORMATION

A 45Year old male Hindu Carpenter reported on 23-02-2024 with complaints of –

PRESENTING COMPLAINTS/ CHIEFCOMPLAINTS:

LOCATION	SENSATION	MODALITIES	CONCOMITANT
MIND SINCE 20-25 YEARS 1996	-SLEEPLESSNESS +3 (HARDLY SLEEPS FOR 2 HOURS EVERY NIGHT) -RESTLESSNESS + 1 -IRRITABILITY +2 -ANGER +2 - THINKING EXCESSIVELY + 3 - GHABRAHAT +2 -FEAR / ANXIETY ABOUT DEATH +2 - FEAR / ANXIETY ABOUT MISFORTUNE OF +2 - APPETITE DISTURBED SINCE THEN (DECREASED)	AILMENTS FROM INTOXICANTS (GANJA AND BHANG) (1 st & 1 Time Only) <EMOTIONAL SCENE SEEING+2 <ACCIDENT SCENE SEEING +2	

ASSOCIATED COMPLAINTS:

LOCATION	SENSATION	MODALITIES	CONCOMITANT
1. STOMACH SINCE 20-25 YEARS	- ACIDITY+2		
2. RECTUM SINCE 20-25 YEARS	-CONSTIPATION+2 -NON BLEEDING PILES+2	<POTATO+2	
3. RESPIRATORY SYSTEM SINCE 2-3 YEARS	-THROAT IRRIATATION+1 -COUGH ALLERGIC WITH THIN EXPECTORATION+1	<EXERTION+2 <COLD+2 <MORNING +2 <EVENING <GHEE+2 <DUST+2	
4. SKIN Right side Back	-TINNY WHITE DISCOLORATION PATCHES IN +2 -LYMPHOMAS+2		

PHYSICAL CHARACTERISTICS:

APPEARANCE:

Looks older than his age

PERSPIRATION:

Profuse

DIGESTION:

Appetite: Feels diminished

Thirst: NS

Aversions: Spicy+2 Causes
Flatulence

Craving: Sweets+2

ELIMINATIONS:

Stool: Constipated+2

Urine: NS

SLEEP/ DREAMS:

Night fall with erotic dreams+2

THERMAL: Not
cleared

PAST HISTORY: NS

FAMILY HISTORY:
Not Available

PHYSICAL EXAMINATION:**GENERAL****Glands :** No lymphadenopathy**Pulse :** 72B/M**RR :** 18b/m**BP:** 120/80mmhg**Tongue :** Clear
Moist**Nails :** Normal **Mucous Membrane :** Red Congested **Skin**: White
tinny
patches
with
Smooth
soft
movable
tumours
seems
fatty in
nature.**Throat :** Red Congested**Nose:**
Turbinate's
enlarged**SYSTEMIC****Respiratory System (R.S.):** Air Entry Equal B/L**P/A:** Soft Non Tender**LABORATORY INVESTIGATIONS:**

All basic reports are Normal.

PSYCHOMETRIC TESTS: (PRE)

Hamilton Anxiety Rating Scale (HAM-A): 26 indicating Moderate to Severe type of an anxiety features.

CLINICAL DIAGNOSIS/ES: Cannabis Induced Anxiety Disorder.**HOMOEOPATHIC/MIASMATIC DIAGNOSIS [7]:** Mixed Type (Syco - Tubercular) Chronic in nature.**LIFE SPACE INVESTIGATION:** Characteristic Events and its expressions are not available.**ANALYSIS OF THE CASE WITH REPERTORIAL TOTALITY [8]:**

GENERAL-MORNING-AGGRAVATION

GENERAL COLD-AGGRAVATION

GENERAL-EXERTION, PHYSICAL- AGGRAVATION

GENERAL-DUST-AGGRAVATION

GENERAL-FOOD & DRINK POTATO-AGGRAVATION

GENERAL-FOOD & DRINK- SPICES-AGGRAVATION

GENERAL-FOOD DRINK- SWEET-DESIRE

RECTUM- CONSTIPATION

SLEEP-SLEEPLESSNESS-CHRONIC

PERSPIRATION-PROFUSE

MIND-FEAR-DEATH OF

MIND-FEAR-MISFORTUNE OF

REPERTORIAL ANALYSIS:

SIL 20/11, CALCAREA CARB. 24/10, ARSENIC ALB. 22/10, SULPHUR, 21/10, PULSATILLA, 20/10, CHINA 18/10, AMMON CARB 13/10, NUX VOM 23/9, BRYONIA 21/9, SEPIA 21/9, PHOSPHORUS 20/9, LYCOPODIUM 19/9, CANNABIS INDICA 8/5

HOMOEOPATHIC MANAGEMENT: FIRST PRESCRIPTION/S WITH FOLLOW UPS:

DATE	PROGRESS	MEDICINES	JUSTIFICATION
23-02-24	-	1. NUX VOMIC 200 4 dosages alternate days 2. CANNABIS IND 200 4 dosages alternate days (for one week)	1. UNIVERSAL ANTIDOTE (N.V.) 2. ISOTOPIC PRESCRIPTION considering causative modality (C.I.)
01-03-24	-Anxiety/Ghabarahat/Fear: Improving (+1) -Thinking Excessive: Improving (+2) -Night Fall: Improving (+2) -Sleep: SQ (Please let me sleep said by patient) -Appetite: SQ -Acidity/Piles/Stool: SQ -Allergic URTI: SQ -Skin: Lypoma /White patches: SQ	1. PASSIFLORA Q 60 drops with ½ cup of water at bedtime. (daily for two weeks)	1. SLEEP IS MORE CONCERNED.
16-03-2024	-Anxiety/ Ghabarahat / Fear: Improving (+2) -Thinking Excessive: Improving (+2) -Night Fall: Improving (+2) -Sleep: Improving (+2) -Appetite: Improving (+1) -Acidity/Piles/Stool: SQ -Allergic URTI: SQ -Skin: Lypoma\White patches: SQ	1. TUBERCULINUM 1M 1 Dosage stat 2. HYDRASTIS CAN Q 15 drops with ½ cup water twice a day. (daily for two weeks)	1. INTER CURRENT (TUB) 2. SPECIFIC INDICATION (ABDOMEN AND RECTUM) (H.C)
02-04-24	Anxiety/Ghabarahat/Fear: Improving (+2) -Thinking Excessive: Improving (+2) -Night Fall: Improving (+2) -Sleep: Improving (+2) -Appetite: Improving (+1) -Acidity/Piles/Stool: Improving (+2) -Allergic URTI: Improving (+2) -Skin: Lypoma\White patches: SQ	1. NUX VOMIC 200 1dosage alternate days 2. CANNABIS IND 200 1 dosage alternate days (for three weeks)	1. UNIVERSAL ANTIDOTE (N.V.) 2. ISOTOPIC PRESCRIPTION considering causative modality (C.I) (Decide to repeat it as mental state was SQ)
23-04-24	Anxiety/Ghabarahat/Fear: Improving (+3) -Thinking Excessive: Improving (+3) -Night Fall: Improving (+3) -Sleep: Improving (+2) -Appetite: Improving (+2) -Acidity/Piles/Stool: Improving (+2) -Allergic URTI: Improving (+2) -Skin: Lypoma\White patches: SQ	1. NUX VOMIC 200 1dosage alternate days 2. CANNABIS IND 200 1dosage alternate days 3. HYDRASTIS CAN Q 15 drops with ½ cup water twice a day. 4. PASSIFLORA Q 60 drops with ½ cup of water at bedtime (SOS) (for four weeks)	1. UNIVERSAL ANTIDOTE (N.V.) 2. ISOTOPIC PRESCRIPTION considering causative modality (C.I) (Decide to repeat it as mental state was improving gradually) 3. SPECIFIC INDICATION were stand still. (ABDOMEN AND RECTUM) (H.C) 4. Sleep improvement was stand still. (P.A)
26-05-24	Anxiety/Ghabarahat/Fear: Improving (+3) -Thinking Excessive: Improving (+3) -Night Fall: Improving (+3) -Sleep: Improving (+3) -Appetite: Improving (+3) -Acidity/Piles/Stool: Improving (+3) -Allergic URTI: Improving (+3) -Skin: Lypoma\White patches: SQ	1. THUJA 1M 1dosage stat 2. NUX VOMIC 200 1dosage alternate days 3. CANNABIS IND 200 1dosage alternate days 4. HYDRASTIS CAN Q 15 drops with ½ cup water Twice a day. 5. PASSIFLORA Q 60 drops with ½ cup of water at bedtime (SOS) (for two weeks)	1. To improve lipoma / white patches. (TH) 2. UNIVERSAL ANTIDOTE (N.V.) 3. ISOTOPIC PRESCRIPTION considering causative modality (C.I) (Decide to repeat it as mental state was improving gradually) 5. SPECIFIC INDICATION were stand still. (ABDOMEN AND RECTUM) (H.C)

			6. Sleep improvement was stand still. (P.A)
10-06-24	Anxiety/Ghabarahat/Fear: Improving (> +3) -Thinking Excessive: Improving (> +3) -Night Fall: Improving (> +3) -Sleep: Improving (> +3) -Appetite: Improving (> +3) -Acidity/Piles/Stool: Improving (> +3) -Allergic URTI: Improving (> +3) -Skin: Lypoma\White patches: (+2)	1. SACHRUM LACTIS 1 dosage per day (For four weeks) Advice follow up if needed.	1. Constant improvement was observed in all aspects more than 75 %.

*Improvement +1, +2, +3 & >+3 indicates improvement up to 25%, 50%, 75% & More than 75%.

MODIFIED NARANJO CRITERIA [9]:

It was applied on last follow up having score of 10, showing definite treatment outcome of given remedial agents.

PSYCHOMETRIC TESTS: (POST)

Hamilton Anxiety Rating Scale (HAM-A) [10]: 6 indicating improvement from Moderate-Severe type of an anxiety features to Normalcy.

LIMITATIONS:

In this case report Non reportorial approach was used to select medicines rather than reportorial approach yet characteristic generals were sufficient to follow Boennighausen reportorial way. So, its applicability can be assessed in future, if symptoms reappear/reverse or case demands.

DISCUSSION:

Homeopathy is a system of medicine which embraces the holistic approach in the treatment of sick. In homeopathy, detail case taking is done to elucidate the constitutional make-up of the patient and a single remedy is selected on the basis of totality of symptoms yet this case shows effectiveness of varieties of homeopathic prescriptions or strategies [12] [13] [14] [15] [16] like inter current [12], organ or location specific mother tincture [12], Iso- Homeopathic approach [12] based on non- reportorial medicines rather than reportorial based conventional constitutional homeopathic treatment. Homeopathy treatment is very commonly sought when patients see no hope in conventional system of medicines. The outcome of interest, was reduction in anxiety issues and associated complaints with it, which was successfully achieved while adhering to the basic fundamental principles of Homeopathy.

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DECLARATION OF PATIENT CONSENT:

The author certifies that he has obtained appropriate patient's consent. In the consent, the patient has given his consent for reporting his clinical information in the journal. The patient understands that his name and initials will not be published and due efforts will be made to conceal his identity, but anonymity cannot be guaranteed.

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Nil.

CONFLICTS OF INTEREST:

None declared

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