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ANXIETY DISORDERS AND HOMOEOPATHY

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1. ABSTRACT:

Anxiety disorder is the most common mental health illness as well as most frequently occurring diagnoses across all age group. Globally 284 million people experienced anxiety disorder in their life time. Homoeopathy treats the patient as whole not only disease. It increases the susceptibility of person to fight against illnesses. This is an article about Anxiety Disorders focusing on classification, etiology, general treatment, view of organon of medicine, anxiety disorder related rubrics & homoeopathic medicine.

KEYWORDS: ANXIETY DISORDER, AGORAPHOBIA, HOMOEOPATHY, APHORISM, REPERTORY, HOMOEOPATHIC MATERIA MEDICA.

2. INTRODUCTION:

2.1. ANXIETY DISORDERS: ^[1] ^[2]

Anxiety is characterized as diffuse, unpleasant vague sense of apprehension often accompanied by autonomic symptoms such as headache, perspiration palpitations, tightness in the chest, mild stomach discomfort and restlessness indicated by an inability to sit or stand still for long. Normal anxiety becomes pathological when it causes significant subjective distress or impairment in functioning of an individual. Anxiety disorders have the potential to interfere with a person's work, family and social life.

Anxiety disorders include disorders that share features of excessive fear and anxiety related behavioural disturbances.

2.2. CLASSIFICATION: ^[1]

- ♣ **Generalised Anxiety Disorder (GAD):** Excessive uncontrolled and irrational worry about everything like work, health, finance. The worry is associated with somatic symptoms including restlessness, fatigue, irritability, poor concentration and sleep disturbance which are difficult to control. Events of Excessive worry and anxiety persist at least for 6 months.
- ♣ **Specific Phobia (SP):** Fear and anxiety about a specific object or of situation that leads to avoiding of the fear inducing triggers. There are various types of phobias such as flying, heights, animal, natural environment, blood-injection-injury, situational and other situations.
- ♣ **Separation Anxiety Disorder:** Developmentally inappropriate and excessive fear and anxiety concerning separation from loved ones. There is constant anxiety and fear about harm coming to attachment figures and reluctance to go away from attachment figures as well as nightmares and physical symptoms of distress.

The fear, anxiety or avoidance is persistent, lasting at least 4 weeks in children and adolescents and minimum 6 months in adults.
- ♣ **Panic Disorder (PD):** Recurrent and unexpected panic attack that begin abruptly. A panic attack is an abrupt surge of intense fear or intense discomfort that reaches a peak within minutes, with these symptoms sweating, palpitations, chest pain, shortness of breath, fear of dying etc. Attack had been followed by at least for one month.

- ♣ **Agoraphobia:** Marked anxiety and fear about two or more of the following situations: -using public transportation, being in open spaces, being in enclosed places, standing in line or being in crowded, being outside of the home alone.

2.3. CAUSES OF ANXIETY DISORDER: [3]

Anxiety disorders are usually caused by combination of biological, psychological and social factors. They may develop as a result of major stressors such as death of loved one, divorce, loss of job, threat of death or mental / physical harm etc. Or it may arise because of unhelpful thoughts and negative thinking patterns as a result of learned behaviour. They are also appeared to be major genetic component as a number of disorders have been found to run in families.

2.4. GENERAL TREATMENT FOR ANXIETY DISORDERS

- **Assessment-**Make a diagnosis; detect any Co-morbid disorder.
- **General Measures-**Agree a clean plan, Psychotherapy, Problem solving techniques and relaxations.^[3,4]
- **Psychological Treatment-** Cognitive Behavioural Therapy

3. REPERTORY SECTION: [5]

In repertory, many rubrics related to anxiety, phobia (fear), panic attack, specific fear.

Some Rubrics are written below:

➤ MENTALS

- ANXIETY work inclination to work, with
- ANXIETY work manual after
- ANXIETY health, about
- ANXIETY money matters, about
- ANXIETY thoughts flying, with
- ANXIETY others, for loved persons, for
- ANXIETY chest, in
- FEAR falling, of height, from

- SUICIDAL disposition throwing himself from height, a
- FEAR animals, of (bat, birds, dogs, insects, mice, etc.)
- FEAR blood, of
- FEAR pins, pointed, sharp things, of
- FEAR driving him from place to place dyspnea, in spasms of chest, with
- FEAR crowd public places, of
- FEAR trains and closed places
- FEAR high places
- FEAR narrow place, in, claustrophobia trains and closed places, of
- FEAR alone, of being

4. ORGANON OF MEDICINE: [4]

Modern medicine has now come to an understanding that a disturbed mental health can produce many physical manifestations but Dr. Hahnemann described it many years ago in organon of medicine under aphorism number 225, that mental diseases like anxiety and worry can produce physical manifestations and also acts as maintaining cause for existing problems.

♣ APHORISM 225

There are, however, as has just been stated, certainly a few emotional diseases which have not merely been developed into that form of corporeal diseases, but which, in an inverse manner, the body being but slightly indisposed, originate and are kept up by emotional causes, such as continued anxiety, worry, vexation, wrongs and the frequent occurrence of great fear and fright. This kind of emotional diseases in time destroys the corporeal health, often to a great degree.

5. HOMOEOPATHY MANAGEMENT: ^[6] ^[7] ^[8]

The role of mental symptoms is very important in prescribing homeopathic medicines. They represent man as a whole and individualize the most similar remedy to be prescribed. Homoeopathy treats the patient as whole not only disease.

Following medicines are use as therapeutics:

- ◆ **ARSENICUM ALBUM:** This remedy can help with chronic anxiety, depression, and gastrointestinal symptoms.

- Fears of death.
- Fear of being left alone.
- Fear of solitude, of specters and of robbers, with a desire to hide oneself.
- Great fear, with cold sweat.

- ◆ **ACONITE:** This medicine can help those who have anxiety, great fear & worry.

- Great fear, anxiety, and worry accompany every ailment, however trivial. Anxiety always on beginning to urinate.
- A frequent desire to discharge urine, accompanied by anxiety and pain. Palpitation, with anxiety, fainting, and tingling in fingers.
- Anxiety respecting one's malady, and despair of a cure.

- ◆ **ARGENTUM NITRICUM:** It can help those who have anxiety about small spaces, heights, bridges, and personal health.

- Mental anxiety.
- Hurries restlessly to fulfill engagements, fears to be late when there is plenty of time.

- Apprehension when ready to go to church or opera, bringing on diarrhoea. Nightly nervousness, with heat and fullness in the head.

◆ **IGNATIA:** This medicine may help in depression or anxiety after sudden trauma or shock.

- Sadness and concentrated sorrow, with sighing.
- Irresolution; anxious to do now this, now that.
- Love of solitude. Anguish, especially in the morning on waking, or at night, sometimes with palpitation of the heart.
- Fearfulness, timidity.

◆ **LYCOPodium:** This can help those who have concerns due to responsibilities, which can become a fear of failure.

- Silent, melancholy, and peevish humour; despair of eternal salvation.
- Sad to hear distant music. Awe of men; the desire to be alone, or else aversion of solitude.
- Irritability and susceptibility, with tears.
- Irrascibility (Irritability).

◆ **NATRUM MURIATICUM:** This can help with chronic stress and mild depression.

- Melancholy, which prompts frequent repetitions for unpleasant memories, and is crying a lot; consolation <.
- Concern respecting the future.
- Anguish, sometimes during storms, but especially at night.

◆ **SEPIA:** This can help those who feel drained and unaffected.

- Grief and dejection with tears.
- Melancholy and moroseness.
- Fear of being alone. Extreme nervousness; sensitive to least noise.

- Apathy towards relationships.
- ◆ **SILICA:** Lowliness, sadness, and the disposition to weep & cry.
 - Inquietude and ill humor at the least provocations arising from excessive nervous debility.
 - The tendency to mispronounce words.
 - Fixed idea; The patient thinks only of the pins, is afraid of them, searched for them, and counts them carefully.
- ◆ **STRAMONIUM:** The principal range of this remedy is found in the mental affections.
 - Night terrors are arising due to anxiety.
 - Fear: losing own senses; that his lips would grow together; He will suffocate; of falling; everything is falling on him.

CONCLUSION:

Homoeopathy offers excellent results for anxiety disorders. The above therapeutics medicines are used frequently in anxiety disorder with good results. Homoeopathy treats the patient as whole not only disease. Other individualized homoeopathic medicines (similimum) can also be offer significant relief to the patients with anxiety disorder.

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