



ANXIETY DISORDERS AND ITS HOMOEOPATHIC APPROACH

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1. **Abstract:** Anxiety is a normal condition, but when it become disabling, causing distress and impairs overall functioning, it considered as anxiety disorder. Anxiety disorder is the most common mental health problem as well as most frequently diagnosed condition in clinical practice. According to Organon of Medicine, Homoeopathy treats the patient as a whole not the disease. Homoeopathic medicine is helpful to improve the immunity of body. This is an article about Anxiety disorders focusing on pathophysiology, classification, risk factors, clinical features general treatment & Homoeopathic medicine.

Keywords: Anxiety disorders, Homoeopathy, Homoeopathic medicine.

2. INTRODUCTION:

2.1. DEFINITION: Anxiety is a state of intense restlessness, foreboding, tension, and fear, occurring from an actual or perceived threat of imminent danger". ^[1]

Anxiety is the expression of uneasiness of mind. ^[2]

Anxiety is derived from a Latin word "anxietas" which means 'to choke, throttle, trouble, and upset'. ^[3]

Fear is always different from anxiety but mostly it is used interchangeably often. Fear is very different from anxiety; it is a feeling of threat due to the presence of a particular person, any situation or object. ^[4]

But there is no real bodily danger in anxiety.

2.2. PATHOPHYSIOLOGY:

Neurobiology: Anxiety disorders are caused by due to dysfunction of neurotransmitters and their receptors in brain. Serotonin, norepinephrine & gamma-aminobutyric acid are the neurotransmitters which involve in anxiety disorders.

- Serotonin neurotransmitter regulates the mood, impulses, sleep, aggressiveness, appetite, temp. of body & pain. Anxiety disorders cause due to hypo or hyper secretion of serotonin. ^[5]
- Norepinephrine regulates sleep, mood, fight response & blood pressure. Due to increase of norepinephrine neurotransmitter causes anxiety.
- GABA is a neurotransmitter which regulates sleep & relaxes the person. If the GABA level is decreased anxiety may caused. ^[6]

2.3. CLASSIFICATION: According to American Psychiatric Association (DSM-IV) there are some type of anxiety disorders are involved: ^[7]

- Separation anxiety disorders (SAD)
- School avoidance/ school refusal anxiety disorders
- Panic anxiety disorder
- Generalized anxiety disorder (GAD)
- Specific and social phobia
- Obsessive compulsive disorder (OCD)
- Post traumatic stress disorder (PTSD)
- Agoraphobia

2.4. RISK FACTORS: ^[8]

2.4.1. Demographic Variables:

- Sex – Female are more susceptible for anxiety disorder rather than male.
- Education – Anxiety disorder present more in lower educated persons rather than higher educated.
- Financial situation – Anxiety disorders found more in low household income or unsatisfactory financial situations.

2.4.2. Environmental Factors:

- Life events – If a person has experience of events of threat, tend to develop anxiety disorders.
- Person who experience puberty earlier are more likely develop anxiety disorder. ^[8]
- Relationship stress: It is common factor for anxiety disorders. ^[8]
- Pregnancy: Female faces mental & physical challenges during time of pregnancy, which may be a cause of anxiety disorder.
- Social factors: Domestic violence, addiction of alcohol in husband may be a cause of anxiety disorder in female during pregnancy. ^[9]

2.4.3. Cognitive factors:

- Cognitive vulnerabilities: In this, individual person thinks about themselves and their world.
- Anxiety sensitivity: It represents a threat of consequences of experiencing anxiety, such panic symptoms fear, mental incapacitation, and others noticing one's anxiety.

2.4.4. Genetic factors:

- Family genetics – If any person of family member having anxiety disorder than it increases risk of anxiety disorders.

2.5. CLINICAL FEATURES: ^[10]

EMOTIONAL SENSATIONS	<ul style="list-style-type: none"> ❖ Headache ❖ Nausea & vomiting ❖ Sweating ❖ Trembling ❖ stomach Pain ❖ Diarrhea 	<ul style="list-style-type: none"> ❖ Weakness ❖ Body ache ❖ Feeling shortness of breath ❖ Hot flushes or chills ❖ Increased blood
PHYSICAL SENSATIONS	<ul style="list-style-type: none"> ❖ Nervousness ❖ Worry ❖ Fear ❖ Irritability ❖ Insecurity 	<ul style="list-style-type: none"> ❖ Isolation from other ❖ Self consciousness ❖ Desire to escape ❖ Feeling that one is going to die etc
IMPAIRED COGNITIVE PROCESSES	<ul style="list-style-type: none"> ❖ Thinking & decision – making ability ❖ Perception of the environment 	<ul style="list-style-type: none"> ❖ Learning ability ❖ Memory and concentration

2.6. MEDICAL DISEASES WHICH HAVING ANXIETY-LIKE SYMPTOMS: ^[11]

- Cardiovascular diseases: Angina, arrhythmias, congestive heart failure (CHF), myocardial infarction (MI), supra ventricular tachycardia, mitral valve prolapsed.
- Endocrine and Metabolic diseases: Hyperthyroidism, hypoglycemia, Addison's disease, Cushing's disease, pheochromocytoma, electrolyte abnormalities, hyperkalemia.
- Nervous system: CNS tumors, dementia, migraine, pain, Parkinson's disease, seizures, stroke, multiple sclerosis, vertigo.
- Respiratory system: Asthma, pulmonary edema, embolus, pneumonia, chronic obstructive lung disease.
- Gastrointestinal: Crohn's disease, ulcerative colitis, irritable bowel syndrome.
- Others: HIV, systemic lupus erythematosus, anemias.

3. **HOMOEOPATHIC MANAGEMENT:** Homoeopathy always treat the patient not the disease, in homoeopathy we give an individualized homoeopathic medicine to the patient, which help us to treat the patient as a whole.

Homoeopathic therapeutics for Anxiety disorders:^{[12][13][14]}

1. **Aconitum Napellus:** Aconitum napellus is one of the best homeopathic remedies for intense anxiety attacks and for post-traumatic anxiety. It has a state of fear, anxiety. It also very helpful medicine in weakness of memory, restlessness, hypersensitivity after anxiety. Complaint of aconite come after fear, anxiety.
2. **Argentum Nitricum:** Other name of Argentum Nitricum is nitrate of silver. Very helpful medicine in case of where a person feels insecure after anxiety. Desire for sweet during time of anxiety. The person of argentum nitricum thinks that his understanding will & must fail. Person is nervous, fearful with impulse to jump out from window.
3. **Arsenicum Album:** This medicine is useful in acute as well as in chronic cases. Person of arsenic has great anguish & restlessness. Person worried about safety and security. Patient of arsenic is very much anxious, full of fear of death, restlessness compelling the patient change their location from one place to another. Anxiety of conscience, as if a crime had been committed.
4. **Calcarea Carbonica:** It is well suited remedy in case of anxiety with palpitation. Anxiety and mental work causes head hot. Person of calcarea is fatty, flabby & fair. It is well suited remedy when person who are scared of change and over-controlling. Excessive sweating comes after anxiety. Person of calcarea has some fear of animals, dark. Obstinate in nature with forgetful & get easily confused.
5. **Ignatia Amara:** Ignatia is very helpful medicine in the cases of anxiety & depression, which is caused after sudden trauma or shock. Person of ignatia become anguish, especially in morning or at night, sometime person has palpitation. Irresolution, very anxious does something now than after some time something other. Most of time has sad thoughts with moaning. Strong disposition to be frightened.
6. **Kalium Phosphoricum:** It is very helpful medicine to calm a person who is having anxiety. Person is very irritable, tearful; don't want to talk & depression. Person has extreme lassitude & depression. This medicine is deal with anxiety after grief or fright. Exhaustion after moderate mental effort. This medicine also treats fatigue, dullness & lack of energy caused by anxiety.
7. **Lycopodium Clavatum:** Person of lycopodium becomes anguish about epigastrium, with melancholy & disposition to weep after attack of anger or on an approach to other persons. Person has dread of men, wants' to be alone. Laugh if any person looks at her to say something serious.
8. **Natrium Muriaticum:** Natrium muriaticum has hurriedness, with anxiety & fluttering of heart. Anguish sometime during storm, especially at night. It is very helpful medicine in cases of chronic stress & depression. Consolation aggravates most of the complaint. Memory is weak with excessive forgetfulness. Very irritable in nature, timid personality.
9. **Sepia Officinalis:** This medicine help who become anguish & inquietude, with flush of heat especially in the evening & bed. Excessive nervous personality. Person has indifference to everything, even relation. Melancholy and moroseness. Has desire for company.

10. Stramonium: This medicine work of mental affection. Stramonium has sadness, with deadly anguishes with copious tears, especially at evening in bed. Anguish of conscience. Anxiety caused night terrors. Disposition of stramonium is inconsolable & susceptible to irritation by little things.

4. CONCLUSION:

Anxiety disorder is the most common mental health problem. Conventional system of medicine has limited scope in treating anxiety disorders. Common conventional medicine has anti depressive action. They only suppress symptoms but not cure root cause of disease. Homoeopathic medicine treats anxiety disorders without suppressing the symptoms. Therapeutic medicine which is given above has tremendous result in cases of anxiety disorders, but according to rule of homoeopathy, homoeopathy work on individualization which is very helpful to cure the patient who is suffering from anxiety disorders.

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