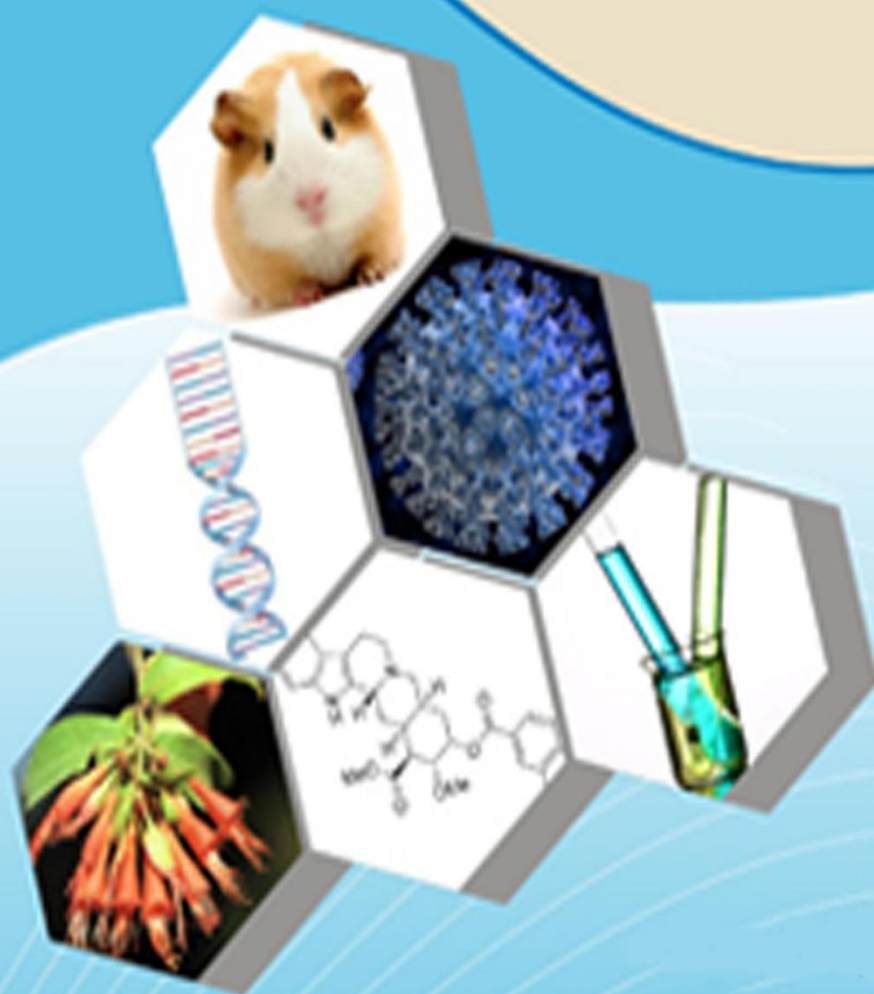




**ISSN : 2347-2251**

**Indo-American Journal of  
Pharma and Bio Sciences**



[www.iajpb.com](http://www.iajpb.com)

[iajpb.editor@gmail.com](mailto:iajpb.editor@gmail.com)  
[editor@iajpb.com](mailto:editor@iajpb.com)



---

## **In the treatment of anxiety disorders, homoeopathy plays a crucial role.**

**Dr. Sunil Jagannath Burase**

---

### **ABSTRACT**

Disruptions in behavior and an overwhelming sense of terror are hallmarks of anxiety disorders. There is a high degree of discomfort or functional impairment due to the symptoms.

---

### **INTRODUCTION**

Between fifteen and twenty percent of people who visit medical clinics suffer from anxiety disorders, the most common mental ailment in the general population. The subjective feeling of discomfort, dread, or foreboding known as anxiety may be a symptom of a

fundamental physical illness or an indicator of a primary psychiatric disorder. Mainly worrying about illnesses are categorized according on how long they last, how they progress, and whether or not they are caused by specific triggers.<sup>2</sup>

---

**Professor**

**Homoeopathic Medical College & Hospital, Jalgaon**

---

## TYPES OF ANXIETY DISORDERS

1. **Panic Disorder** - Debuts during the transition from youth to maturity.<sup>2</sup> Sudden, overwhelming panic episodes are a hallmark of panic disorder. Anxiety, pain, or a loss of control might strike unexpectedly during a panic attack.

even when there is no clear danger or trigger. Not everyone who experiences a panic attack will develop panic disorder.<sup>3</sup>

During a panic attack, a person may experience:

- Pounding or racing heart
- Sweating
- Trembling or tingling
- Chest pain
- Feelings of impending doom
- Feelings of being out of control

People with panic disorder often worry about when the next attack will happen and actively try to prevent future attacks by avoiding places, situations, or behaviours they associate with panic attacks. Panic attacks can occur as frequently as several times a day or as rarely as a few times a year.<sup>3</sup>

### 2. Generalized Anxiety Disorder

(GAD) - Generalized anxiety disorder (GAD) usually involves a persistent feeling of anxiety or dread, which can interfere with daily life. It is not the same as occasionally worrying about things or experiencing anxiety due to stressful life events. People living with GAD experience frequent anxiety for months, if not years.<sup>3</sup>

Symptoms of GAD include:

- Feeling restless, wound-up, or on-edge
- Being easily fatigued
- Having difficulty concentrating
- Being irritable
- Having headaches, muscle aches, stomachaches, or unexplained pains
- Difficulty controlling feelings of worry
- Having sleep problems, such as difficulty falling or staying asleep<sup>3</sup>

### 3. Obsessive-Compulsive

**Disorder(OCD):**

Obsessive-compulsive disorder (OCD) is an intriguing and often debilitating syndrome characterized by the presence of two distinct phenomena: obsessions and compulsions. Obsessions are intrusive, recurrent, unwanted ideas, thoughts, or impulses that are difficult to dismiss despite their disturbing nature. Compulsions are repetitive behaviours, either observable or mental, that are intended to reduce the anxiety engendered by obsessions.<sup>4</sup>

### 4. Post-traumatic Stress Disorder,

Repression and Memory Impairment Survivors of PTSD suffer from a persistent and aversive tendency to re-experience the traumatic event, as manifested by symptoms of

intrusion, dissociation and hyperarousal. These symptoms can include recurrently intrusive images or dreams, hallucinatory flashbacks, intense psychological distress (caused by symbolic re-exposure), blunted affect, social withdrawal, hopelessness, amnesia, avoidant behaviour, irritability, insomnia, hyper-vigilance and impaired concentration. PTSD by definition involves a pathological response to memories that are so traumatic as to be at once unforgettable (hence the intrusive symptoms) and intolerable to remember (hence the dissociation). It is currently unclear whether PTSD memory deficits derive from some (unidentified) neuropsychological sequelae of extreme stress exposure or are simply concomitant to prolonged symptoms of hyper-vigilance, emotional distress, or co-morbid depression. It is clear that PTSD is associated with significant pro-active interference in memory, such that survivors are impaired in their ability to encode and to retrieve new information. The second type of memory deficit in PTSD involves symptoms of

amnesia for, of, memories for the initial traumatic event. These symptoms represent a functional deficit in memory, such that the survivor is alternately confronted with emotionally disturbing recollections and unable to access the traumatic memory.<sup>4</sup>

## 5. Phobic Disorders -

Phobias are divided into three groups: Social phobia, specific phobia and agoraphobia.<sup>(5,6)</sup> Specific phobia (Simple or Isolated phobia) is characterized by an excessive unreasonable fear of specific object or situations that always occurs on exposure to the feared stimulus.<sup>7</sup>

There are several kinds of specific phobias. Five main types of specific phobias based on focus of apprehension are acrophobia (fear of high places), zoophobia (fear of animals), astraphobia (fear of thunderstorm), hemophobia (fear on seeing blood), traumatophobia (fear of physical injury).<sup>8</sup>

Agoraphobia is characterized by an irrational fear of being in places away from the familiar setting of home.<sup>9</sup>

The term -agoraphobia translates literally from Greek as -fear of market place and although many patients with agoraphobia are uncomfortable in shops and markets, their true fear is being separated from a source of security.<sup>10</sup>

## **Tools Used For Analysing Anxiety Disorder**

### **Hamilton Scale:** <sup>11</sup>

The HDRS (also known as the Ham-D) is the most widely used clinician-administered depression assessment scale. The original version contains 17 items (HDRS17) pertaining to symptoms of depression experienced over the past week.

Each item simply shows 5-point score - 0 (Absent) to 4 (severe).

### **Beck Anxiety Inventory Scale:** <sup>12</sup>

This is a widely used self-report inventory for current depression. The BDI includes both cognitive and physical symptoms of depression. The patient answers the 21 items of the BDI on a continuum of severity from 0, "I don't feel sad," to 3, "I am so sad or unhappy that I can't stand it." This instrument has adequate criterion validity and test-retest reliability and is useful for the general screening for depression in the elderly.

## **GENERAL MANAGEMENT AND TREATMENT** <sup>3</sup>

**Psychotherapy** - Psychotherapy or "talk therapy" can help people with anxiety disorders. To be effective, psychotherapy must be directed at your specific anxieties and tailored to your needs.

**Cognitive Behavioural Therapy** - Cognitive Behavioural Therapy (CBT) is an example of one type of psychotherapy that can help people with anxiety disorders. It teaches people different ways

of thinking, behaving, and reacting to situations to help you feel less anxious and fearful. CBT has been well studied and is the gold standard for psychotherapy.

Exposure therapy is a CBT method that is used to treat anxiety disorders. Exposure therapy focuses on confronting the fears underlying an anxiety disorder to help people engage in activities they have been avoiding. Exposure therapy is sometimes used along with relaxation exercises.

### **Acceptance and Commitment Therapy**

Acceptance and commitment therapy is another approach to treating anxiety problems. When it comes to destructive thinking, ACT is distinct from CBT. In order to alleviate pain and anxiety, it employs techniques including goal planning and mindfulness. There is less evidence on the efficacy of ACT than CBT since ACT is a more recent kind of psychotherapy.

## **Homoeopathy About Anxiety And Psychological Issues**

**Master Hahnemann** described 'Vital Force' in his Organon of Medicine as follows: — In the healthy condition of man the spirit like vital force, the dynamis that animates the material body, rules with unbounded sway and retains all the parts of the organism in admirable harmonious vital operation as regards both sensations and functions, so that our indwelling, reason-gifted mind can freely employ this living, healthy instrument for the higher

purposes of our existence.<sup>13</sup>

To add a few quotes by the pillars of homoeopathy namely Dr. Kent, Dr. Close, and Dr. Roberts. **Dr. Kent in his ‘Lectures on philosophy’** says “The man wills and understands; the cadaver does

not will and does not understand; then that which takes its departure is that which knows and wills. It is that which can be changed and is prior to the body. The combination of these two, the will and the understanding, constitute man; conjoined they make life and activity they manufacture the body and cause all things of the body. With the will and understanding operating in order, we have a healthy man. Then man is the will and the understanding, and the house which he lives in is his body.<sup>14</sup>

**Dr. Stuart Close in “The Genius of Homoeopathy”** echoes these thoughts: “Life is the invisible, substantial, intelligent, individual, co-ordinating power and cause directing and controlling the forces involved in the production and activity of any organism possessing individuality.<sup>15</sup>

“Health is 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.<sup>15</sup>

To top it all, a quote from **Dr. Roberts** “Principles and Art of Cure by

Homoeopathy: “No two individuals are alike. The development of the vital energy in one differs from that in another. Each one possesses a special personality and a special psychophysical construction which is determined by the interplay of hereditary tendencies and factors of disease.<sup>16</sup>

**THERAPEUTICS:**<sup>17,18, 19, 20</sup>

**1. Kali Phosphoricum:** Anxiety episodes may be debilitating, but this potassium phosphate can help. Those who are anxious, overly sensitive, insecure, easily irritated, or depressed might benefit from this. Coping with the after-effects of fear and loss is another benefit. Another physical symptom that this bio-chemical salt may alleviate is anxiety-related lethargy, dullness, and lack of energy.

**2. Aconite Napellus:** It is primary among which is to control anxiety. It also helps deal with the after-effects of anxiety such as memory weakness, restlessness, hypersensitivity, and spells of rage

A panic attack that comes on suddenly with very strong fear (even fear of death) may indicate this remedy. A state of immense anxiety may be accompanied by strong palpitations, shortness of breath, and flushing of the face.

**3. Argentum Nitricum:** When you’re anxious, you are likely to crave for something sweet and feel very hot. Both these are cyclic symptoms of

anxiety and can worsen the situation, if not dealt with. This relieves apprehension or stage fright accompanied by agitation and a feeling of hurriedness. A physical sign corresponding to this medicine is stomach aches with belching, due to slower digestion.

- 4. Arsenicum Album:** This works well for people who are worried about safety and security. If issues like health, money, and break-ins are the cause of your anxiety, this homeopathic remedy is ideal for you. It also helps deal with restlessness.

People who are deeply anxious about their health, and extremely concerned with order and security, often benefit from this remedy.

- 5. Calcarea Carbonica:** Well suited for people who are scared of change and over-controlling. Such people are also often afraid of animals and of the dark and get easily confused. This remedy is usually indicated for dependable, solid people who become overwhelmed from physical illness or too much work and start to fear a breakdown. A person who needs this remedy is often chilly and sluggish, has a craving for sweets, and is easily fatigued.

- 6. Pulsatilla** - Often express anxiety as insecurity and clinginess, with a need for constant support and comforting. The person may be

moody, tearful, whiny, even emotionally childish. Getting too warm or being in a stuffy room often increases anxiety. Fresh air and gentle exercise often bring relief. Anxiety around the time of hormonal changes (puberty, menstrual periods, or menopause) often is helped with Pulsatilla.

- 7. Lycopodium** - Feel anxiety from mental stress and suffer from a lack of confidence. They can be self-conscious and feel intimidated by people they perceive as powerful, Taking on responsibility can cause deep anxiety and fear of failure, although the person usually does well, once started on a task. Claustrophobia, irritability, digestive upsets with gas and bloating, and a craving for sweets are often seen when this remedy is needed
- 8. Phosphorus** - People who need this remedy are openhearted, imaginative, excitable, easily startled, and full of intense and vivid fears. Strong anxiety can be triggered by thinking of almost anything. Nervous and sensitive to others, they can overextend themselves with sympathy to the point of feeling exhausted and “spaced out” or even getting ill. They want a lot of company and

reassurance, often feeling better from conversation or a back-rub. Easy flushing of the face, palpitations, thirst and a strong desire for cold, refreshing foods are other indications of Phosphorus.

**9. Silicea** - Nervous, shy, and subject to bouts of temporary loss of confidence. Anxiety can be extreme when they are faced with a public appearance, interview, examination, or any new job or task. Worry and overwork can bring on headaches, difficulty concentrating, and states of exhaustion, oversensitivity, and dread. They often have low stamina

**Other Remedies:** Gelsemium , Ignatia Amara , Natrum muriaticum

**Role of Miasm**<sup>21, 22</sup>

Physical and mental health issues alike might find relief via homoeopathy. The field of preventative healthcare also makes use of it. Homoeopathy offers a more practical and practical approach to the medical treatment of mental health issues.

3	Irritability with anxiety	Irritability explodes into anger — the patient may bang the table and throw things and restlessness results.	Irritability with cruelty.
4	Sadness	Moaning	Lamenting
5	Nervous	Chaos = Syco-Syphilo-Psora	Madness = Syphilo-Syco-Psora
6	Lack of concentration and weakness of memory	Incoordination in concentration and absentmindedness	Total destruction of concentration; forgetfulness Dullness is expressed as a weakness in perception.
7	Wariness of life	Tendency to exploit everything from life	Loathing of life
8	Illusions	Delusions	Hallucinations and deliriums
9	Sadness and depression	Irascibility , rudeness and ill manners	Sentimental and closed-mouthed

**REFERENCES**

1. Online resources for mental illness. Health Organization of the World. The World Health Organization, accessed January 24, 2023. Accessible through: The World Health Organization publishes information sheets on mental diseases. Authors Fauci, A. S., Hauser, S. L., and Longo, D. The 19th edition of Harrison's Principles



Internal Medicine by L. 1. Jameson and J. L. Loscalzo. Published in New York by McGraw Hill

3. Disorders of anxiety [Online]. "National Institute of Mental Health" Source: [cited 2023Jan24] US Department of Health and Human Services. Visit: <https://www.nimh.nih.gov/health/topic/s/anxiety-disorders> for more information.

4. "Essentials of psychiatry" by Kay Jerald and Tasman Allan, published by John Wiley Sons Ltd in England in 2006, page 178.

5. Worldwide Health Organization. The International Classification of Diseases, Mental and Behavioural. Edition number ten. Published in 2007 by AITBS Publishers & Distributors in New Delhi.

6. The DSM-5, published by the American Psychiatric Association. The American Psychiatric Association, Washington, DC: 5th ed. 2013.

"Sadock's Synopsis of Psychiatry" by Sadock, Kaplan, Ruiz, and Sadock (BJ, VA, P.). 12th ed. Wolters Kluwer Private Limited, New Delhi, 2018 edition.

8. Options for treating certain phobias (Singh J, Singh J.). Journal of Basic Clinical Pharmacology, 2016;5:593-8.

Chapter 9: A Huja's Short Textbook of Psychiatry, Seventh Edition 1. Jaypee Brothers Medical Publishers (P) Limited, New Delhi, 2011.

10. Black DW, Andreason NC. Sixth Edition of the Introductory Textbook of Psychiatry. Publisher: CBS Publishers and Distributors Pvt. Ltd., New Delhi(2017).

11. Hamilton M. Creating a scale to measure major depressive disorder (11). Proceedings of the British Society for Clinical Psychology, 1967, 6(4), 278–296. In 1988, Beck, Epstein,

Brown, and Steer published a study. "An inventory for measuring clinical anxiety: Psychometric properties" . Chapter 56, Section 6, Pages 893–897, Journal of Consulting and Clinical Psychology. 0022-006x.56.6.893. doi:10.1037/0022-1896.3204199 (PMID)

13. Sarkar BK. The 6th edition of Hahnemann's Organon of Medicine. Page numbers 69–80 from M. Bhattacharya & Co. Private Ltd., Kolkata, India, 1980. Lectures on homoeopathic philosophy, J.T. Kent (2022). Publication House of Gyan, New Delhi.

15. The Homoeopathic Philosophical Giant: Lectures and Essays by Close, S. (2022). Gyan, New Delhi.

16. Roberts HA. Homoeopathy: A Manual of Treatment. Delhi, N.C. In 2010, 169–173 pages were published in India by Indian Books & Periodicals Publishers.

17 Boericke W. Homoeopathic Materia Medica and Repertory Pocket Manual. Version 9. Press of B. Jain Publishers (P) Ltd., New Delhi, 2009.

A Dictionary of Practical Materia Medica by J.H. Clarke (1888). Publ. by B. Jain Publishers, New Delhi, 1999.

Chapter 19 of Materia Medica of Homeopathic Medicines by Phatak (2007). Second edition by B. Jain Publishers (P) Ltd.

20. Therapeutic notes by H.C. Allen. Dipanwita, 1994, India.

21. Varghese TM, "Homoeopathic Medicines for the Reduction of Anxiety Symptoms," September 2017

22, Banerjea SK, Miasmatic prescribing, Second Extended Edition, New Delhi: Publishing House of B. Jain; November 5, 2017