

Effectiveness Of Homoeopathic Medicine In Cases Of Generalized Anxiety Disorders

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Abstract: Background: In today's era cases of Anxiety Disorders are increasing all over the world. The present study shows the efficacy of Homoeopathic Medicine in cases of Generalized Anxiety Disorders. Objective: To ascertain the Role of Homoeopathic Medicine in Management of Generalized Anxiety Disorders. Material And Methods: Purposive Sampling for research purpose will be done. Selection of the medicine will be according to concept of Method of Repertorisation. Selection of the potency and repetition was based on laws of Homeopathic Posology which is described in Organon of medicine. Result: In study mostly adults are more affected and acute cases are more present. Mostly higher potency was used. Conclusion: Our study has concluded the Great utility of Homoeopathic Medicine in finding the indicated medicines for cases of Anxiety Disorder. [Shah A Natl J Integr Res Med, 2021; 12(5): 55-57]

Key Words: Generalized Anxiety Disorder, Homoeopathy, Higher Potency.

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Introduction: Anxiety Disorders are among the most prevalent mental disorder in the general population. They include a group of conditions that share extreme anxiety as the principal disturbance of mood or emotional tone. Anxiety disorders are highly disabling conditions of adolescence that often do not remit, and increase the risk of depression, anxiety, substance, abuse and suicide in adulthood.

A meta-analysis of 13 psychiatric epidemiological studies¹ (Reddy and Chandrashekhara) with a total sample size of 33,572 subjects who met the following criteria; door to door survey, all age groups included and prevalence rate for urban and rural being available, yielded and estimated prevalence rate of 20.7%(18,722.7) for all neurotic disorders, which was reported to be highest among all psychiatric disorders. The weighed prevalence rates of different anxiety disorder were 4.2 % (phobia), 5.8% (GAD), 3.1 % (Obsession). This meta-analysis also reported that prevalence rate of all neurotic disorders were significantly higher in urban communities than rural, and all neurotic disorders were significantly high among females.

Generalized anxiety disorder (GAD)⁶ is an anxiety disorder characterized by excessive, uncontrollable and often irrational worry, that is, apprehensive expectations about events or activities. This excessive worry often interferes with daily functioning. Adults with generalized

anxiety disorder often worry about every day, routine life circumstances, such as possible job responsibilities, health and finances, the health of family members, misfortune to their children, or minor matters (e.g. doing household chores or being late for appointments). The worries associated with generalized anxiety disorder are more pervasive, pronounced and distressing, have longer duration and frequently occur without precipitants. The greater the range of life circumstances about which a person worries (e.g. finances, children's safety, job performances), the more likely his or her symptoms are to meet criteria for generalized anxiety disorder¹.

The essential characteristics of generalized anxiety disorder are sustained and excessive anxiety and worry accompanied by a number of physiological symptoms, including motor tension, autonomic hyperactivity, and cognitive vigilance.

The anxiety is excessive and interfere with other aspects of a person's life. This pattern must occur more days than not for at least 6 months. The motor tension is most commonly manifested as shakiness, restlessness, and headaches.

The autonomic hyperactivity is commonly manifested by shortness of breath, excessive sweating, palpitations, and various gastrointestinal symptoms. The cognitive vigilance is evidenced by irritability and the ease with which patients are startled.

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Dr. Samuel Hahnemann² in his Organon of Medicine classified these types of diseases in aphorism 210-230 under mental diseases and has given guidelines for their treatment. On attempting to treat; the selection of the dose becomes the most integral part of the process of making a homoeopathic prescription as the selection of remedy and often quit an important. A well selected remedy may fail; utterly or even do injury because of if properly not prescribed in proper potency and reputation...

The energy stored in the remedy in the potential form will have to be released in a manner suited to the delicate state of equilibrium that is represented by the patient and made known to us through signs and symptoms. The release of energy in a suitable form affected through the process of potentization³.

Hence a clinical study is undertaken based on principles of homoeopathy, the dose and the repetition in the cases of Generalized Anxiety disorder depending on the expression of the patient and the analysis done for the overall outcome of treatment.

Material & Methods: The study was performed in following ways: Type Of Study: Prospective qualitative. Method Of Sampling: Random sampling. 40 cases were randomly selected for the study from the patients suffering from generalized anxiety disorder.

1. Attending the OPD.
2. Case taking was done according to guidelines mentioned by Hahnemann in aphorism 83-104.
3. Totality of symptoms was formed on basis of Kent's Repertory⁴.
4. Selection of medicine in each case was based on the data such as etiological factors, qualified mentals, physical generals, concomitants, characteristic particulars, reportorial approach and clinical indications from different authorities.
5. The remedies were used in various potencies as per the requirement with necessary repetition.
6. Follow-up of each case was taken at interval of 7 or 15 days up to 6-8 months.
7. Response was analyzed into 3 criteria:
 - Cured: Sensation of well-being mentally and physically with disappearance of all the

symptoms for which the patient approached with-in period of study without recurrence.

- Improved: Decrease in intensity and / or frequency of presenting complaints with feeling of wellbeing.
- Status Quo: No change in presenting complaints.

Results: Distribution of cases according to Gender: In the study, out of 40 cases recorded, 24 were male and 16 were female contributing 60% and 40% respectively.

Age Distribution: 16 patients (40%) were between age group of 21-30 and 11 patients (27.5%) were between age group of 31-40 and the lowest in age group 11-20 were 2 patients (5%).

Distribution According To Comorbidity: Out of 40 cases in the clinical study of gad, the most common co-morbidity was other complain like skin disease, diabetes, hypertension etc. it was seen in 9 (22.5%) the next common clinical condition is depression seen in 3 (7.5%) case. out of 40 cases 1 (2.5%) case of gad has panic attacks and 27 (67.5%) cases are pure gad.

Distribution According To The Response Of The Treatment: Out of 40 cases in the clinical study of gad, maximum case file. 36 (90%) cases showed improvement and 4 (10%) cases were not improved.

Distribution According to Prescribed Medicine²: The clinical study on gad, show that remedies most frequently match to the totality of symptoms is natrum mur in 5 cases, phosphorus in 4 cases, lycopodium, calcarb, arg nit, sulphur and calcsilic irrespectively in 3-3 cases.

Discussion: From the total number of cases Most of the cases were of Generalized Anxiety disorder. Generalized anxiety disorders are found to be more prevalent in males (60%) than females (40%). Prevalence of GAD is more found in the age groups, 20 to 30 yrs. Amongst the GAD cases, pure GAD was (67.5%) ranked high and second was GAD with Depression (7.5%). Higher potencies seem to be efficacious in reducing the frequency and intensity of generalized anxiety disorder.

Majority of the patients included in this study group showed a significant improvement after

the homoeopathic treatment. The statistical scales used for the assessment of the effect of the treatment also showed significant improvement after the treatment. In the study 36 cases show improvement from higher potency while 4 cases are not improved.

Majority patient of the study are presenting with psora miasm i.e. 21 (52.5%) another 15 (37.5%) patients are from sycotic miasm. The clinical studies shows that the remedies more frequently matches to the totality of symptoms is Natrum Mur. in 5 cases and phosphorous in 4 cases.

The statistical data shows that 23 cases present 10 or less than 10 score. After score is more effective. GAD that is: 1. Constant Anxiety and Apprehension. 2. Fear. 3. Sleep disturbance. 4. Restlessness. 5. Interest in work. While 17 cases which have more than 10 after score will be more effective with higher potency.

Conclusion: After the research work it was concluded that homoeopathic medicine has shown the efficacy in the treatment of Anxiety Disorder. Homoeopathy contains many good Medicines which are helpful in cases of Anxiety Disorder. But for all this Good case taking, correct totality of symptoms, Selection of medicine and Selection of Proper potency is required.

However, further randomized controlled trials with a larger sample size and longer follow up duration are required to conclusively establish these findings.

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