

Managing Generalized Anxiety Disorder with Homoeopathic Medicine

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ABSTRACT

Homoeopathy shows promise in managing Generalized Anxiety Disorder (GAD) through individualized treatment based on symptom similarity. By utilizing repertorization, practitioners select specific remedies that match the patient's unique symptoms. This personalized approach can lead to significant improvements. The efficacy of homeopathic treatment for GAD has been evaluated using the Hamilton Anxiety Rating Scale (HAM-A), a widely recognized tool for measuring the severity of anxiety symptoms. Clinical observations suggest that patients experience notable reductions in anxiety levels following homeopathic treatment. The holistic nature of homeopathy, which considers physical, emotional, and psychological aspects, aligns well with the complex presentation of GAD, offering a complementary option to conventional treatments.

Keywords: Homoeopathy, Anxiety, Hamilton scale, Individualization

INTRODUCTION

One of the most commonly prevalent mental illnesses affecting young people is anxiety. Not only do anxious people find it difficult to stop worrying, but GAD (General Anxiety Disorder) also causes unpleasant physical symptoms including cramping in the stomach, excessive perspiration, trouble sleeping, tense muscles, nausea, and vomiting etc.^[1]

ADD, ADHD, OCD, depression, and other mental health conditions are frequently diagnosed in people who suffer from anxiety. Comorbidity with mental health diseases is highly prevalent, with most people who suffer from anxiety also having depression,

and vice versa. This is because the two mental illnesses frequently trigger one another.^[2]

In the world, they consider 4% of all years that a person is disabled, making them the sixth most common cause. Compared to males, ladies experience it more frequently. In 2010, 273 million people worldwide suffered from an anxiety illness.^[3]

An estimated 5.8% of Indians are estimated to have generalized anxiety disorder, according to a 2010 assessment of studies on anxiety disorders.^[4]

Excessive anxiety, fear, or worry that doesn't match the situation is a hallmark of anxiety disorders. Symptoms vary but can include

physical reactions like sweating, heart palpitations, nausea, and muscle tension, especially during panic attacks. Children may also show avoidance behaviour or have tantrums when faced with anxiety triggers. These symptoms are persistent and interfere with daily functioning, such as in school or social situations. Identifying triggers and understanding the context can help diagnose specific anxiety disorders^{[5][6]}

The majority of C.A.M. methods for G.A.D. have low efficacy and safety.^[18] Patients pursuing adjunct or alternative therapies may find success with multimodal interventions that emphasize self-care behaviours, according to a quasi-experimental pre- and post-test design. Furthermore, the study indicated that it provides backing for broadening the understanding and management of GAD by including CAM into already-existing cognitive-behavioural models^[7]

The Hamilton Scale is effective for evaluating Generalized Anxiety Disorder. It provides a comprehensive assessment, aiding in diagnosis and treatment planning for individuals experiencing symptoms of anxiety. Among the first rating tools to gauge the intensity of perceived anxiety symptoms was the Hamilton Anxiety Rating Scale (HAM-A, often known as HARS) [1], which was developed in 1959. This grading system, which has been translated into Cantonese, French, and Spanish, is still in use today and is regarded as one of the most common. For more recently developed scales, it has served as a standard.^[8] The popularity of utilizing complementary and alternative medicine (CAM) therapies as a treatment option for anxiety disorders is steadily growing. Anxiolytic impact was found to favour homoeopathy over placebo in a little but positive direction. In the future, a conclusive trial seemed possible.^[9]

PATIENTS INFORMATION

A 38-year-old woman presents with considerable anxiety related to her health and finances. His ailment has been plaguing him for five or six years, but for the last four

months, it has been more regular. His symptoms included perspiration, palpitations during rest, crying, and anxiety about trivial matters. Constipation since early childhood following ineffective efforts to pass stool.

HISTORY OF PRESENT ILLNESS

The patient was reportedly in good health until approximately four months ago. She is a graduate from a well-known institute. After marriage, she had to leave her job, which significantly affected her emotionally, although she was unable to express her feelings adequately. Over the past four months, she has become increasingly worried about her future and financial stability, particularly because her family is in debt. These concerns have led to the development of sleeplessness and anxiety. The patient's husband works in a private company and is the sole breadwinner for the family, which adds to her stress regarding their financial situation. As her anxiety about financial matters and fear of poverty grew, she also developed significant anxiety about her health. Concurrently, she began experiencing worsening constipation, for which she now takes laxative medication daily. These symptoms have progressively worsened over the past four months, impacting her overall well-being.

PHYSICAL GENRALS

The patient reports having a good appetite and consumes approximately 8-10 glasses of water per day. She has a particular craving for spicy food and an aversion to sour food. Her sleep pattern is disrupted; she often stays up late due to persistent thoughts and occasionally experiences disturbed sleep when these thoughts become overwhelming. She does not report any specific recurring dreams. Perspiration occurs all over her body. She experiences constipation characterized by hard stools and ineffectual straining. Her urination frequency is 5-6 times per day, without any reported difficulty. The patient describes herself as feeling chilly.

Past History

The patient has no history of any significant diseases in the past.

Family History

The patient's father has a history of hypertension.

MENTAL GENERAL

The patient was born and raised in a middle-class family. In her childhood, she was a shy and happy person. As she grew up, she became very ambitious about her career. She is highly sensitive, with even small things affecting her deeply. Financial issues irritate her significantly, often leading to quarrels with her husband about not being able to continue her job after marriage. She experiences anger when she feels hurt. The patient is also troubled by tremendous anxiety regarding financial matters, her health, and her future. This pervasive anxiety impacts her daily life and emotional well-being, exacerbating her stress and contributing to her physical symptoms such as insomnia and constipation.

DIAGNOSTIC ASSESSMENT-

The patient underwent an assessment for Generalized Anxiety Disorder (GAD) using the Hamilton Anxiety Rating Scale (HAM-A). This scale evaluates the severity of a patient's anxiety based on 14 parameters, including both psychic and somatic symptoms. The assessment measures factors such as anxious mood, tension, fears, insomnia, cognitive functioning, and physical symptoms like gastrointestinal disturbances.

Each parameter is rated on a scale from 0 (not present) to 4 (severe), with the total score ranging from 0 to 56. Higher scores indicate greater anxiety severity. In this patient's case, significant scores were noted in areas such as anxious mood, tension, fears related to financial and health issues, sleep disturbances, and gastrointestinal symptoms like constipation. These findings suggest a moderate to severe level of anxiety, consistent with Generalized Anxiety Disorder, warranting further therapeutic intervention and management.

PHYSICAL EXAMINATION-

Built and Nourishment: The patient appears well-built and nourished.

Height: 5 feet

Weight: 62 kilograms

Pallor: No signs of pallor observed.

Cyanosis: No cyanosis noted.

Clubbing: Absence of clubbing.

Jaundice: No jaundice observed.

Tongue: Clear and normal.

Lymphadenopathy: No palpable lymphadenopathy.

Vital Data:

- **Pulse:** 86 beats per minute.
- **Blood Pressure:** 130/80 mmHg.
- **Temperature:** 98.6°F.
- **Respiratory Rate:** 18 breaths per minute.

Overall, the physical examination reveals a well-nourished individual with normal vital signs and no apparent abnormalities in the general physical assessment.

| Sr no | symptoms | Yes/no |
|-------|--|--------|
| 01 | Excessive anxiety and worry- which is uncontrollable about number of events or activities occurring more days at least 6 months. | |
| 02 | Anxiety associated with atleast 3 (or more) of the following six symptoms- | |
| | a. restlessness | yes |
| | b. easily fatigue | Yes |
| | c. irritability | Yes |
| | d. muscle tension | |
| | e. sleep disturbance | Yes |

| | | |
|----|---|-----|
| 03 | These mentals& physical symptoms cause clinically significant distress or impairment in social, occupational, or other areas of functioning | Yes |
| 04 | The disturbance is not attributable to physiological effects of substance or another medical condition | Yes |

ANALYSIS AND EVALUATION OF SYMPTOMS

| S.no | Symptoms | Analysis |
|------|--|------------------|
| 1. | Fear poverty | mental general |
| 2. | Indolence | mental general |
| 3. | Irritability | mental general |
| 4. | Anxiety about health | mental general |
| 5. | anxiety about future | mental general |
| 6. | Sleeplessness | physical general |
| 7. | Late awake | physical general |
| 8. | Hard Stool | physical general |
| 9. | Constipation with ineffectual urging and straining | physical general |

REPERTORIZATION CHART

| Patient Name: Mrs. S.D.M, Age: 38 yr, Gender: Female | | | | | | | | | | | | | | | |
|--|-----------|---------|----------|-----------|---------------|----------|---------|-----------|-----------|----------|-----------|----------|---------|----------------|---------|
| Remedy | Nu x-v | Se p | Ca lc | Sul ph | Na t- m | Ph os | Br y | Cau st | Gra ph | La ch | Na t-c | Pu ls | Co n | Ni t- ac | S il |
| Totality | 34 | 34 | 33 | 33 | 32 | 32 | 31 | 31 | 31 | 31 | 30 | 30 | 30 | 30 | 29 |
| Symptoms Covered | 9 | 9 | 9 | 9 | 9 | 9 | 9 | 9 | 9 | 9 | 9 | 9 | 8 | 8 | 9 |
| [Complete] [Mind]Fear: Poverty, of: | 3 | 3 | 3 | 1 | 1 | 1 | 4 | 1 | 1 | 1 | 1 | 2 | 0 | 0 | 1 |
| [Complete] [Mind]Indolence, aversion to work: | 4 | 4 | 3 | 4 | 4 | 4 | 3 | 3 | 4 | 4 | 4 | 3 | 4 | 4 | 3 |
| [Complete] [Mind]Irritability: | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 |
| [Complete] [Mind]Anxiety: Health, about: | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 3 |
| [Complete] [Mind]Anxiety: Future, about: | 3 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| [Complete] [Sleep]Sleeplessness: | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 |
| [Complete] [Sleep]Waking: Late: | 4 | 4 | 4 | 4 | 3 | 4 | 2 | 4 | 4 | 3 | 3 | 3 | 3 | 3 | 3 |
| [Complete] [Stool]Hard: | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 3 | 4 | 4 | 4 |
| [Complete] [Rectum]Constipation: Urging: Ineffectual urging and straining: | 4 | 4 | 3 | 4 | 4 | 3 | 3 | 4 | 3 | 4 | 4 | 4 | 4 | 4 | 4 |

DISCUSSION

In this case report, we meticulously gathered the totality of symptoms encompassing the patient's mental, emotional, and physical aspects. Utilizing the Complete Repertory, we repertorized the symptoms and obtained the top three remedies: Nux Vomica, Sepia, Calcarea Carb and Sulphur. These remedies were selected based on their high scores and alignment with the patient's symptom profile. After careful consideration, Nux Vomica emerged as the most appropriate remedy with a score of 16/7 in the repertorial chart. Taking into account the patient's

individualized characteristics and the specific nature of her symptoms, Nux Vomica 0/1 was dispensed as the chosen remedy. This decision reflects a personalized approach to homeopathic treatment, tailoring the remedy selection to address the patient's unique symptomatology and promote holistic healing.

PRESCRIPTION-

- 1) Nux vomica 0/1, 10 doses in 75 ml aqua dist alternate day for 10 days-once in day.
- 2) Sac lac 30-4 pill bd for 15 days

Follow up after 15 days.

| S. No | Date | Symptoms | Prescription |
|-------|------------|---|--|
| 1 | 21/11/2023 | Anxiety is still present Constipation improved Sleeplessness is present | Nux vomica 0/2, 15 doses in 100 ml aqua distBD for 15days. Sac lac 30-4 pill bd for 15 days |
| 2 | 6/12/2023 | Slightly anxiety is reduced Ineffectual urging is present Sleep is well | Nux vomica 0/3, 15 doses in 100 ml aqua distOD for 15 days- Sac lac 30-4 pill bd for 15 days |
| 3 | 21/12/2023 | Anxiety is reduced Constipation improved | Nux vomica 0/4, 8 doses in 100 ml aqua distOD alternate days for 8 days- Sac lac 30-4 pill bd for 15 days |
| 4 | 6/1/2024 | No fresh complaints | Nux vomica 0/4, 8 doses in 100 ml aqua distOD alternate days for 8 days- Sac lac 30-4 pill bd for 15 days |
| 5 | 23/1/2024 | No fresh complaints | Sac lac 30-4 pill bd for 15 days |

Assessment of Hamilton Anxiety Rating Scale

| Sr no | Symptoms | Yes/no |
|-------|---|--------|
| 01 | Excessive anxiety and worry- which is uncontrollable about number of events or activities occurring more days at least 6 months. | No |
| 02 | Anxiety associated with atleast 3 (or more) of the following six symptoms- | No |
| | a.restlessness | yes |
| | b. easy to fatigue | Yes |
| | c.irritability | Yes |
| | d.muscle tension | No |
| | e. sleep disturbance | Yes |
| 03 | These mentals& physical symptoms cause clinically significant distress or impairment in social, occupational, or other areas of functioning | yes |
| 04 | The disturbance is not attributable to physiological effects of substance or another medical condition | yes |

CONCLUSION

In conclusion, homoeopathic medicine has shown significant efficacy in treating Generalized Anxiety Disorder when adhering to the principles outlined in the Organon of Medicine. By considering the totality of symptoms, individualizing treatment based on the patient's unique characteristics, and selecting remedies that resonate with the patient's mental, emotional, and physical state, homoeopathy offers a holistic approach to healing. The case study demonstrates the success of this approach, where the careful repertorization led to the selection of Nux Vomica and subsequently improved the patient's condition. This underscores the importance of applying homoeopathic principles comprehensively for effective management of Generalized Anxiety Disorder.

Declaration by Authors

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