



EFFICACY OF LM POTENCY IN CASE OF GENERALISED ANXIETY DISORDER

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ABSTRACT Homeopathic medicine is being explored as a treatment for Generalized Anxiety Disorder (GAD), which involves excessive worry about daily life. Individualized homeopathic remedies aim to stimulate the body's natural healing and have shown potential in reducing anxiety symptoms and improving quality of life with minimal side effects. However, the evidence is mixed, and more rigorous clinical trials are needed to confirm these benefits. Homeopathy offers a promising complementary therapy for GAD but should be used alongside conventional treatments and under professional supervision.

KEYWORDS : Anxiety, Homoeopathy, Symptom, scale.

INTRODUCTION-

Generalized Anxiety Disorder (GAD) is a prevalent and debilitating condition characterized by excessive worry and tension. The Anxiety and Related Disorders Interview Schedule for DSM-5 provides guidelines for diagnosing GAD in children, emphasizing the differentiation of anxiety symptoms from behaviors related to Autism Spectrum Disorder^[1]. The interview process involves assessing the severity of worries, control over worry, physical symptoms, and impairment in functioning to meet diagnostic criteria for GAD^[2]. Additionally, research on GAD highlights various factors contributing to the disorder, such as emotional, information processing, interpersonal, and biological aspects, as outlined in the Contrast Avoidance Model, offering insights for treatment and future research directions^[3]. Understanding these facets of GAD is crucial for accurate diagnosis and effective management of this condition.

Generalized Anxiety Disorder (GAD) treatment in homeopathy has shown promising results in improving symptoms and quality of life for individuals suffering from this condition. Studies have highlighted the effectiveness of individualized homeopathic remedies like Lycopodium and Sulphur in reducing anxiety levels and enhancing social, occupational, and familial functioning^{[4][5]}. Homeopathy offers a holistic approach to treating GAD by understanding the individual's history, selecting appropriate remedies, and incorporating psychotherapy for complete healing^[6]. Research comparing homeopathic treatment with cognitive behavioral therapy in adolescents with GAD demonstrated positive outcomes, with a higher percentage of patients showing recovery and improvement in the homeopathy group^[7]. These findings suggest that homeopathy can be a valuable alternative for managing GAD, offering safe and effective treatment options for individuals seeking natural remedies.

Generalized Anxiety Disorder (GAD) is a prevalent psychiatric condition associated with decreased quality of life and disability, often assessed using tools like the Hamilton Anxiety Rating Scale (HAM-A)^[8]. The HAM-A has been criticized for including items assessing depressive symptoms, leading to the development of alternative measures like the DSM-5 Anxious Distress Specifier Interview (DADSI) for anxiety assessment in depressed patients^[9]. Studies have shown that the HAM-A and DADSI have different underlying factor structures, with the DADSI demonstrating stronger associations with anxiety and somatic symptoms compared to depressive symptoms on the HAM-A^[9]. Additionally, research has explored the role of antioxidants like Vitamin A, C, and E in GAD, indicating that patients with GAD have lower levels of these antioxidants and supplementation can lead to reduced anxiety scores and increased antioxidant levels, suggesting a potential adjuvant therapy for stress-induced psychiatric disorders^[10].

PATIENTS INFORMATION-

A 42-year-old male suffers from fear and anxiety, particularly related to his son's health and future concerns. Symptoms include restlessness, sweating, mouth dryness, difficulty concentrating, and sudden,

unexplained fear. He feels distressed by negative news, worries about his daughter, and encounters with psychiatric patients, with symptoms worsening gradually over 1.5 years, intensifying in the last 25 days.

HISTORY OF PRESENT ILLNESS-

Approximately 1.5 years ago, the patient was in good health, but began experiencing anxiety and fear triggered by late-night phone calls, especially from his son, who has a history of asthma. This anxiety worsened after his daughter had an asthmatic episode at her hostel 25 days ago, leading to increased anxiety, sweating, restlessness, and dry mouth. He is also anxious about his business and fears developing a psychiatric condition like his neighbor. Although his sleep is disrupted by these worries, his financial situation is stable, and his relationship with his wife is unaffected.

FAMILY HISTORY-

Father – diabetic, Mother- hypertensive,
Brother – diabetic, son- asthma

PHYSICAL GENERAL-

Appetite: good
Thirst: 8-10 glasses / day
Craving: sweet
Aversion: coffee
Sleep: Disturbed
Perspiration: normal
Stool: once/day. No issues.
Urine: 5-6 time/day, no difficulty
Thermals: chilly

PHYSICAL EXAMINATION-

Height: 5ft 7 inch
Weight: 73kg
Pallor: no
Cyanosis: no
Clubbing: no
Jaundice: no
Tongue: clear
Lymphadenopathy: no

VITAL DATA:

Pulse: 80/min.
B.P.: 136/82 mmhg
Temperature: 98.6 F
Respiratory Rate: 20/min.

ANALYSIS AND EVALUATION OF SYMPTOMS

S.no	Symptoms	Analysis
1.	Sympathetic	mental general
2.	anxiety, apprehension esp at night with restlessness	mental general

3.	fear bad news	mental general
4.	Craving for sweets.	physical general
5.	Aversion from coffee	physical general
6.	sleep-disturbed,	physical general
7.	Thermally – chilly	physical general
8.	anxiety <night	physical general

REPERTORIALIZATION- Zomeo software is used for case repertorization in homeopathy

Repertorisation Sheet - Zomeo Pro															
Remedy	Ca lc	Nat -m	Ch in	L yc	Sul ph	Nu x-v	Ph os	Nat -c	Ign	Pul s	Rhu s- t	Cal c- s	Car b- v	Mer c	Arg - n
Totality	13	11	10	10	10	9	9	8	8	8	8	7	7	7	7
Symptoms Covered	5	6	5	5	4	5	5	5	4	4	4	4	4	4	3
[Kent] [Mind]Anxiety:Night:	2	2	2	1	2	1	2	1	2	3	2	2	2	2	1
[Kent] [Mind]Sympathetic:	0	2	0	1	0	2	3	2	2	1	0	0	0	0	0
[Kent] [Mind]Bad news, ailments from:	3	2	1	0	2	0	1	0	2	1	0	0	0	0	0
[Kent] [Mind]Restlessness, nervousness:	3	2	2	3	3	2	1	2	2	3	3	2	2	3	3
[Kent] [Stomach]Aversion:Coffee:	3	2	2	2	0	3	2	1	0	0	1	1	1	1	0
[Kent] [Stomach]Desires:Sweets:	2	1	3	3	3	1	0	2	0	0	2	2	2	1	3

DISCUSSION- In homeopathy, case analysis focuses on the totality of symptoms, meticulously evaluating the patient's physical, mental, and emotional states. Using Zomeo software, symptoms are cross-referenced with the repertory to select a remedy that closely matches the patient's unique profile. Natrum Muriaticum is chosen for cases with deep-seated grief, thirst for salty foods, and significant weight loss despite a good appetite. Following Hahnemann's principles in the Organon of Medicine, the remedy is individualized, with the dosage (posology) tailored to the patient's sensitivity and symptom severity to ensure effective treatment.

PRESCRIPTION-

Natrum muriaticum 0/1, 10 doses in 75 ml aqua dist alternate day for 10 days-once in day.

Sac lac 30-4 pill bd for 15 days

FOLLOW UP-

S.No	Date	Symptoms	Prescription
1	17/01/24	-Anxiety present but reduced. -sleep disturbed.	1) Natrum muriaticum 0/1, 10 doses in 75 ml aqua dist Twice in a week 2) Sac lac 30-4 pill bd for 15 days
2	02/02/24	Anxiety and fear have decreased, sleep has improved, and night-time call anxiety is reduced due to reassurance about his son.	1) Natrum muriaticum 0/1, 10 doses in 75 ml aqua dist Twice in a week 2) Sac lac 30-4 pill bd for 15 days
3	20/02/24	-Anxiety significantly gone about son & bad news. -Sleep is well.	1) Natrum muriaticum 0/1, one doses in 75 ml aqua dist SOS 2) Sac lac 30-4 pill bd for 15 days

4	11/03 /24	-Anxiety is much reduced, sleep is well & good, interest in work,	1) Sac lac 30-4 pill bd for 15 days
5	15/04/24	no anxiety, no fear generals good.	1) Sac lac 30-4 pill bd for 15 days

CONCLUSION-

Based on the totality of symptoms, the patient remains under observation with regular follow-ups. He is doing well and has shown significant improvement, being completely free from undue anxiety. Continued monitoring ensures that his condition remains stable and any potential issues are promptly addressed. The overall progress is positive, and the treatment appears effective in alleviating his anxiety. Further follow-ups will help maintain this progress and ensure long-term well-being.

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