



LM POTENCY: A HOMEOPATHIC APPROACH TO CONQUERING GENERALIZED ANXIETY DISORDER

Homoeopathy

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ABSTRACT

Aim: This case study aims to evaluate the effectiveness of homeopathic treatment in curing generalized anxiety disorder (GAD) using LM potency. **Materials and Method:** A 23-year-old male patient presented with generalized anxiety disorder for 8 months. Symptoms included fear of future misfortune and a hollow sensation in the upper abdomen during anxiety episodes. Based on individualized case analysis and repertorization using Phatak's repertory, Arsenicum Album was selected and administered in LM potency following the principles of homeopathy. **Results:** The patient showed significant improvement in both mental and physical symptoms, with complete resolution of anxiety over time. **Conclusion:** This case demonstrates the effectiveness of homeopathic treatment in LM potency for curing GAD.

KEYWORDS

Anxiety, Generalized anxiety disorder, Homoeopathy, Symptom, Hamilton anxiety rating scale.

INTRODUCTION-

Generalized Anxiety Disorder (GAD) is a prevalent mental health condition characterized by excessive and uncontrollable worry about various aspects of life, including health, finances, and family. It affects approximately 20% of adults annually and can lead to significant distress and impairment in daily functioning. Diagnosis requires symptoms to persist for at least six months, including physical manifestations like muscle tension and sleep disturbances.^[1] Prevalence of generalized anxiety disorder (GAD) in children and adolescents is 2.6%. Significant predictors of GAD include age, sex, mother's history of psychiatric hospitalization, mother's education, and residence.^[2] Generalized Anxiety Disorder (GAD) is classified under the International Classification of Diseases (ICD-11) as a prevalent psychiatric condition characterized by excessive, uncontrollable worry and anxiety not linked to specific stressors. The ICD-11 guidelines enhance diagnostic accuracy and clinical utility compared to ICD-10, with clinicians reporting improved clarity and applicability in diagnosing GAD.^[3] The ICD-11 code for Generalized Anxiety Disorder (GAD) is 6B00.

Patients Information-

A 23-year-old male patient presented to the OPD with generalized anxiety disorder, experiencing symptoms for the past 8 months.

History Of Present Illness- The patient reports persistent anxiety characterized by a fear of impending misfortune or something going wrong in the future. During episodes, the anxiety first manifests as a hollow sensation in the upper abdomen, followed by heightened distress.

Past History-

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

Family History-

Mother- hypertensive,

Physical General-

Appetite: good
Thirst: 8-10 glasses / day
Craving: Milk
Aversion: Not specific
Sleep: Disturbed due to anxiety
Dreams: not specific
Perspiration: normal

Stool: once/day. No issues.

Urine: 5-6 time/day, no difficulty

Thermals: chilly

Physical Examination-

Built and nourishment: well build & nourished.

Height: 5ft 7 inch

Weight: 65kg

Pallor: no

Cyanosis: no

Clubbing: no

Jaundice: no

Tongue: clear

Lymphadenopathy: no

Vital Data:

Pulse: 84/min.

B.P.: 129/82 mmhg

Temperature: 98.6 F

Respiratory Rate: 18/min.

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

Repertorization-

Phatak repertory is used for case repertorization for efficient case analysis and prescription.

synergy		Ans.	Puls.	Gen.	Stom.	Card.	Menc.	Nat-m.	Accon.	Calc.	Ign.	Post.
Total		1	1	1	1	1	1	1	1	1	1	1
Rubrics		1	1	1	1	1	1	1	1	1	1	1
Kingdom		1	1	1	1	1	1	1	1	1	1	1
Phatak - Phatak repertory; Stomach; anxiety, emotions, felt, in(7)		2	2	2	2	2	2	2	2	2	2	2
Phatak - Phatak repertory; Epigastrium; anxiety, at(4)		2	2	2	2	2	2	2	2	2	2	2
Phatak - Phatak repertory; Cravings; milk(12)		2	2	2	2	2	2	2	2	2	2	2
Phatak - Phatak repertory; Fear, anxiety, fright; future, misfortune, evil foreboc(22)		2	2	2	2	2	2	2	2	2	2	2

DISCUSSION-

In this case, the patient presents with anxiety about future misfortune, felt primarily as a hollow sensation in the upper abdomen. Using Phatak's repertory, we find anxiety about the future, fear of impending misfortune, and sensations in the epigastrium pointing toward Arsenicum Album. Following the principles of the Organon of Medicine, we chose Arsenicum Album due to its affinity for such mental and physical symptoms. The remedy was administered in 50

millesimal potency (LM potency), beginning with a low dose to minimize aggravations. Posology was carefully followed, adjusting the dose gradually based on the patient's response, in line with homeopathic philosophy.

Prescription-

Arsenic album 0/1, 8 doses in 75 ml aqua dist alternate day for 15 days.

Sac lac 30-4 pill bd for 15 days

Follow up after 15 days

Follow Up-

S.No	Date	Symptoms	Prescription
1	17/01/24	-Anxiety reduced -Generals good, sleep disturbed.	1) Arsenic album 0/1, 8 doses in 75 ml aqua dist in alternate day-15 days 2) Sac lac 30-4 pill bd for 15 days
2	02/02/24	-Improved -Anxiety is reduced. -Sleep is well.	1) Sac lac 30-4 pill bd for 15 days
3	20/02/24	-Anxiety significantly gone	1) Sac lac 30-4 pill bd for 15 days
4	11/03 /24	-Anxiety is much reduced, sleep is well	1) Sac lac 30-4 pill bd for 15 days
5	15/04/24	no anxiety, No new symptoms.	1) Sac lac 30-4 pill bd for 15 days

CONCLUSION-

In this case study, a patient with generalized anxiety disorder (GAD) was treated using homeopathic medicine in LM potency. Over the course of treatment, the patient exhibited a marked reduction in anxiety symptoms, including decreased frequency and intensity of panic attacks, improved sleep quality, and enhanced overall well-being. The positive outcome suggests that homeopathic medicine in LM potency can be an effective treatment option for GAD. However, further research with larger sample sizes and controlled studies is necessary to confirm these findings and establish standardized treatment protocols. This case highlights the potential of homeopathy in managing anxiety disorders.

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