



A COMPARATIVE STUDY OF INDICATED HOMOEOPATHIC MEDICINE AND INDICATED HOMOEOPATHIC MEDICINE WITH BACH FLOWER REMEDY (RED CHESTNUT) IN THE MANAGEMENT OF ANXIETY IN BOTH SEXES AND ALL AGE GROUPS.

Homeopathy

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ABSTRACT

Background: Anxiety is a prevalent mental health issue impacting individuals of all ages and genders. Conventional treatments like medication and therapy are common, but there's growing interest in holistic, personalized approaches like Bach flower remedy. **Objective:** To evaluate the efficacy of Homoeopathy combined with Bach Flower Remedy, Red Chestnut, in reducing anxiety, its intensity, and identifying commonly prescribed Homoeopathic medicines for anxiety cases. **Materials And Methods:** Participants of both sexes and varying ages were divided into two groups: Group A (n=23) received only Indicated Homoeopathic Medicine, and Group B (n=23) received it combined with Bach Flower Remedy (Red Chestnut). Anxiety levels were measured using the State Trait Anxiety Inventory Form Y (STAI) Scale at baseline and after 6 months. Treatment efficacy was analyzed using unpaired t-tests to compare anxiety reduction across groups. **Results:** Both treatments effectively reduced anxiety, but combination therapy showed superior improvement (91.30%) and significantly lowered anxiety intensity. Statistical analysis (t-value: -3.54, p-value: 0.00096) confirmed its efficacy. A significantly higher proportion of patients in the combination therapy group experienced a shift from moderate/high to low anxiety levels. **Conclusion:** Combination therapy demonstrated superior efficacy in reducing anxiety compared to Homoeopathy alone. Integrating Bach Flower Remedy with Homoeopathy provides a promising approach to integrative therapy for holistic anxiety management. Further studies with larger samples and diverse populations are recommended to confirm these findings.

KEYWORDS

Anxiety, Homoeopathy, Red Chestnut, STAI, Mental Health, Integrative therapy

INTRODUCTION

Anxiety is a widespread issue affecting individuals across all demographics, exacerbated by modern life's complexities and pressures^[1]. Due to side effects, ineffectiveness, or personal preference, conventional treatments and other therapies may not be suitable for everyone.^[2] In spite of Conventional treatments, there's growing interest in holistic, personalized approaches such as Homoeopathy and Bach flower remedies^{[3][4]}. Both homeopathy, based on Samuel Hahnemann's principle of "like cures like," and Bach flower remedies, developed by Dr. Edward Bach, are holistic therapies that treat the person as a whole.^[4] Indicated homeopathic medicine is chosen based on a patient's complete symptom profile-physical, emotional, and mental-adhering to the principle of similarity. Bach Flower Remedies, like Red Chestnut, address emotional imbalances such as anxiety. Combining the two may offer a synergistic effect, treating both the overall symptom picture and the specific emotional aspects of anxiety.^{[5][6]} Red Chestnut was specifically selected for its reputed ability to address concerns regarding others' welfare, which is a common aspect of anxiety^[7]. Integrating Bach flower medicine and homeopathy creates a synergistic healing approach that targets the emotional causes of physical symptoms, promoting overall well-being.^[8] It is the complementary system of medicine i.e. it doesn't disturb the action of other medicines if given alongside^[9]. These remedies help to reduce all unwanted mental aggravations of the symptoms without causing any harm to the patient. Bach Flower Remedies help to treat patients with a variety of clinical diagnoses and also with varied mental states^[10]. Red Chestnut promotes emotional well-being by helping individuals balance their concern for loved ones with a sense of calm assurance. This remedy supports peace of mind, compassion, and a healthy balance, which in turn can trigger the body's natural healing processes and improve overall well-being.^[11]

MATERIALS AND METHODS

Study Design:

This study was a comparative study conducted over a period of six months at OPD levels. The sampling method used was simple random sampling. The ethical clearance was obtained from the Institutional Ethical Committee (IEC) before the initiation of the study.

Eligibility Criteria:

This study included individuals of all ages and genders with anxiety, diagnosed based on symptoms in at least two of the following domains: cognitive (worry, doubt, overanalysis), emotional (tension, restlessness, nervousness), physical (accelerated heartbeat), and behavioral (avoidance).^[12] Individuals with severe anxiety disorders, comorbid psychiatric conditions, severe medical illnesses, a history of substance abuse were excluded. Those taking anxiety medications were also not included in the study.^[13]

Intervention:

46 patients with anxiety were randomly assigned to two groups after providing informed consent and undergoing a detailed homeopathic case-taking.

Participants were divided into two groups: Group A (n=23) received an individualized homeopathic medicine, while Group B (n=23) received the same homeopathic medicine along with the Bach Flower Remedy, Red Chestnut. Treatment selection for both groups was done considering the totality of symptoms and patient susceptibility. RADAR OPUS software was used for analysis and medicine prescription.

Monitoring And Assessment:

Patient progress was monitored through follow-ups. The **STAI FORM Y scale** was used to measure anxiety levels at the start of the study and after the sixth follow-up to evaluate the effectiveness of the interventions.

Assessment And Outcome Measures:

Anxiety levels were assessed using the State Trait Anxiety Inventory- (STAI Form Y) scale^[14] at baseline and after six months of treatment. The scores were analyzed to determine the intervention's effectiveness, with pre- and post-treatment comparisons revealing significant changes in anxiety levels.

Statistical Analysis And Result

Observations obtained were anxiety scores of patients from 2 groups

with 2 treatments, hence unpaired t test^[15] was applicable. The statistical analysis confirmed a significant difference between the two groups, with a p-value of approximately 0.00096 ($p < 0.05$) and a t-value of -3.54, allowing for rejection of the null hypothesis. An independent t-test revealed that the combination of Indicated Homoeopathic Medicine with Bach Flower Remedy (Red Chestnut) was significantly more effective in managing anxiety than Indicated Homoeopathic Medicine alone. This indicated strong evidence supporting the enhanced efficacy of the combination therapy.

Table No. 1 Improvement Status Of The Patients

Sr. No.	Grade Of Improvement	Indicated Homoeopathic Medicine :-		Indicated Homoeopathic Medicine + Bach Flower Remedy	
		Patients	%	Patients	%
1.	Improved	17	73.91 %	21	91.30 %
2.	Not Improved	06	26.08 %	02	8.69 %



Fig No. 1 Improvement Status Of The Patients In Both Treatment Groups

Table No. 2 Gender Distribution Among Treatment Groups

GENDER	TOTAL NUMBER
MALE	11
FEMALE	35
TOTAL	46

Maximum cases of Anxiety were observed in

Female patients i.e. 35 cases (76.0 %) in comparison to

Male patients i.e. 11 cases (23.91 %).

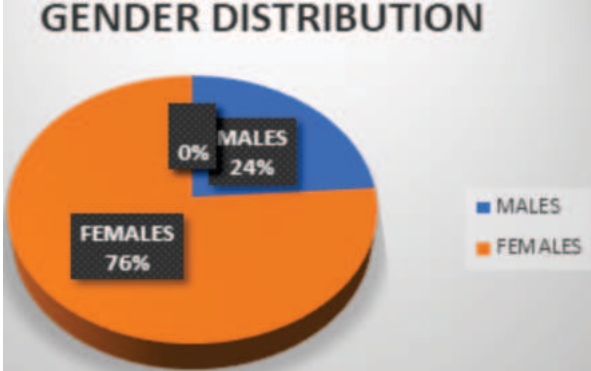


Fig No. 2 Gender Distribution Among Treatment Groups

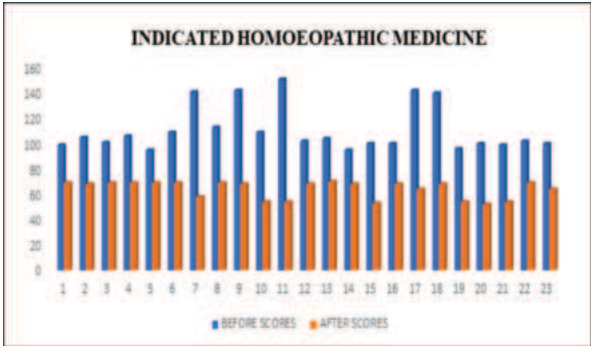


Fig No. 3 STAI Scores Of All Patients Before And After The Administration Of Indicated Homoeopathic Medicine

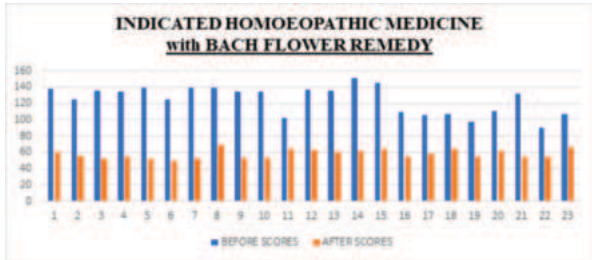


Fig No. 4 STAI Scores Of All Patients Before And After The Administration Of Indicated Homoeopathic Medicine With Bach Flower Remedy

With respect to our primary objective-to evaluate the efficacy of Homoeopathy with Bach flower remedy treatment in the management of Anxiety results are as Homoeopathy with Bach flower remedy has improved percentage of **91.30 %** is more effective in the management of Anxiety than applying Homoeopathy alone with improved percentage of **73.91 %** respectively. According to the distribution of **commonly prescribed homeopathic medicines** for anxiety cases and their respective percentages. **Phosphorus, Ignatia, and Calcarea carb** each account for the highest usage, with a prescription rate of **15.38 %**.

Table No. 3 Comparison Of Improvement Levels In Both Treatment Group

Sr. No.	Study Group	Status	Levels Of Improvement	Number Of Patients	%
1.	Indicated Homoeopathic Medicine	Improved	High To Moderate	1	4.34 %
			High To Low	10	43.47 %
			Moderate To Low	6	26.08 %
		Not Improved	High To High	1	4.34 %
			Moderate To Moderate	5	21.74 %
2.	Indicated Homoeopathic Medicine With Bach Flower remedy	Improved	High To Moderate	0	0 %
			High To Low	7	30.43 %
			Moderate To Low	14	60.86 %
		Not Improved	High To High	0	0 %
			Moderate To Moderate	2	8.69 %

The combination therapy (Homoeopathic Medicine + Bach Flower Remedy) yields better outcomes overall, particularly for patients with moderate anxiety, where improvement rates are higher (60.86% vs. 26.08% in the standalone therapy). The combination therapy achieved an **improvement rate of 91.30%**, compared to **73.91%** for Indicated Homoeopathic Medicine. Furthermore, it excelled in reducing anxiety intensity, with **60.86% of patients transitioning from moderate to low anxiety**, and no patients remaining in the high anxiety category. Conversely, the Indicated Homoeopathic Medicine group shows improvement in **43.47% of patients from high to low anxiety** and **26.08% from moderate to low anxiety**, but a higher proportion of patients (21.74%) remained at moderate levels, and **4.34% stayed at high anxiety levels**. The study sample predominantly comprised females (**35 women versus 11 men**), highlighting gender distribution in anxiety management research. Overall, the findings emphasize that integrating **Bach Flower Remedy with Homoeopathy** significantly enhances anxiety reduction outcomes, making combination therapy a highly effective approach for holistic anxiety management.

DISCUSSION

This study investigated the effectiveness of homeopathic medicine alone versus a combination of homeopathic medicine and Bach Flower Remedy (Red Chestnut) in reducing anxiety. Forty-six participants were divided into two groups, with anxiety levels measured at baseline and after six months using the State-Trait Anxiety Inventory (STAI Form-Y).

Statistical analysis revealed a significant difference between the two groups. Both approaches were effective in reducing anxiety, but the combination therapy demonstrated superior results, with a 91.30% improvement rate compared to 73.91% for homeopathic medicine alone. The combination treatment also significantly reduced the intensity of anxiety, with 60.86% of patients transitioning to low anxiety and none remaining in the high-anxiety category. In contrast,

the homeopathic-only group had fewer patients move to low anxiety and some remained in moderate or high-anxiety categories.

This study found that adding the Bach Flower Remedy (Red Chestnut) to homeopathic treatment improved anxiety and overall health. The results suggest these non-invasive therapies are effective, especially for women, who have a higher rate of anxiety. Despite challenges like varied treatments and patient self-reporting, the significant reduction in anxiety scores suggests that integrative approaches may offer enhanced benefits.

CONCLUSION

The study evaluated the effectiveness of Indicated Homeopathic Medicine alone and the combination of Indicated Homeopathic Medicine with Bach Flower Remedy (Red Chestnut) in reducing anxiety levels in patients. Both treatments were found to be effective, with the combination therapy showing superior efficacy. The combination therapy provided long-term relief, reducing anxiety across physical, mental, and psychological dimensions, ultimately improving patients' quality of life. The study suggests that integrating multiple complementary therapies may offer a more comprehensive approach to anxiety management.

Scope Of Further Research

Future studies should include more diverse populations to ensure the generalizability of findings regarding the impact of Bach Flower Remedies and homeopathy on anxiety. Long-term follow-ups and comparative studies with conventional treatments can provide more personalized approaches.

Conflict Of Interest - No Conflict of Interest

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