



Usefulness of Individualized Homoeopathic Medicine in General Anxiety Disorder

¹Dr Deepika Shishodia, ²Dr Manisha Bhatia, MD (Hom)

¹M.D. (PGR) (Hom.) Psychiatry

²HOD, Department of Psychiatry

Swasthya Kalyan Homoeopathic Medical College & Hospital, Jaipur.

ABSTRACT

Generalized Anxiety Disorder is characterized as the anxiety that is generalized and persistent but not restricted to, or even strongly predominating in, any particular environmental circumstances. A 21 years old male patient with GAD was treated with homoeopathic medicine *Lycopodium clavatum*. It shows homoeopathy has positive role in the treatment of GAD.

INTRODUCTION

Generalized Anxiety Disorder is characterized as the anxiety that is generalized and persistent but not restricted to, or even strongly predominating in, any particular environmental circumstances (i.e. it is "free-floating"). The dominant symptoms are variable but include complaints of persistent nervousness, trembling, muscular tensions, sweating, lightheadedness, palpitations, dizziness, and epigastric discomfort. Fears that the patient or a relative will shortly become ill or have an accident are often expressed.

Childhood anxiety occurs in about 1 in 4 children at some time between the ages of 13 and 18 years. The median age at onset is 11 years. However, the lifetime prevalence of a severe anxiety disorder in children ages 13 to 18 is approximately 6%. General prevalence in children younger than 18 years is between 5.7% and 12.8%. The prevalence is approximately twice as high among women as among men.

This case was taken from a **survey** which was conducted in **2022**. It was done for the assessment of the stress in medical students with the help of **Perceived Stress scale**.

However, surveys suggest that homeopathy is quite frequently used by people suffering from anxiety. If shown to be effective, it is possible that homeopathy may have benefits in terms of adverse effects and acceptability to patients.

A CASE STUDY

Preliminary data

Date - 19/12/2022

Registration-no.- 62054

Patient Name- Mr. R.M

Age/ Sex- 21/M

Socio-economic status- Middle class

Occupation- Medical Student

Religious/ Nationality- Hindu/ Indian

Hometown Address- Pratap Nagar, Jaipur

Dietary Habit- Veg

Chief Complaints

LOCATION	SENSATION	MODALITIES	CONCOMITANTS
MIND O- Gradual D- 1.5 Years P- Progressive	-Loneliness ⁺³ - Leftout Feeling ⁺³ - Overthinking ⁺³ - Lack of confidence ⁺³ - Palpitation ⁺³ - Ghabrahat ⁺² - Fear ⁺² - Anger with irritation ⁺³ - Lack of interest ⁺³ - Sweating ⁺² - Shivering ⁺²	< Crowd, When alone, > After abusing ⁺³	-

Associated complaints

LOCATION	SENSATION	MODALITIES	CONCOMITANTS
HEAD O- Gradual D-2020 P- Progressive	- Pain ⁺³	< Overthinking	-

Past History

- ❖ Typhoid - 9th Standard , 12th standard
- ❖ Chickenpox - 11th Standard
- ❖ Head injury - 7th Standard

Family History

- ❖ Grandfather- DM,
- ❖ Mother- Asthma, Shivering during anger

Parents/Mother's Obstetrics History

- ❖ Not Confirmed

Developmental Landmarks

- ❖ Milestone on time

Physical Generals

Appearance	Slight fair complexion, brown eyes	Perspiration	Normal , more on forehead
Appetite	3 meals/ Day	Tongue	-
Thirst	3 Litre/ Day	Sleep	Sound sleep
Desire	Warm food	Dream	Relative's Death
Aversion	-	Thermal	Towards Hot
Craving	Sweet+3	Bathing habit	Regular
Stool	N, Satisfactory	Sexual function	-
Urine	N, D4-5, N0-2	Menstrual function	-
Any food/ medicine allergy / drug history	N.S		

Life Space

A fair complexion, brown eyes 21 years male came to the OPD. He was born & brought up at Fatehpur (Rajasthan).

His family consists of Grandfather, father, mother, younger brother, 2 uncles, 2 aunts, 3 younger cousins.

He was pampered, obstinate child during childhood and was good in sports. He was attached with grandfather. His demand was also fulfilled ahead of time. His father is a businessman and also involved in politics. He has done his schooling from Fatehpur till 10th class. He did his 11th & 12th from Sikar.

He scored 90% in 10th and 69% in 12th. In 2020, he shifted to Jaipur for study and took admission in BHMS.

He was happy in Fatehpur with his old friends. He easily mixed up with people and having lots of friends. In Jaipur, he could not make so many friends.

There is a history of breakup in 2020. He was serious for that girl and now there is disappointment after the breakup because he could not move on properly.

Now, he is in a relationship since 1 year but not attached with the present GF. He is short tempered and anger is violent & uncontrollable. He beats people during anger and sometimes punch on wall. Sometimes, he harm himself and take revenge during anger.

He said that he does not get importance from his friends and also there is a feeling of being used.

He cannot tolerate sunlight and tight clothes. He likes to play cricket, love to listen music and writing shayari.

Observation

When the patient came in for the first time during case taking, he was very shy and there was no confidence level. As soon as patient felt comfortable he become overconfident and started boasting.

Mental Status Examination

1. Appearance and behaviour	1. Slight fair complexion, brown eyes, smiling face, sitting on chair
2. Motor activity	2. Normal
3. Speech	3. Normal & Soft
4. Mood	4. Normal
5. Affect	5. Normal
6. Thought	6. Delusion
7. Perception	7. Normal
8. Cognition	8. Attentive, Good memory
9. Insight	9. Good insight
10. Judgment	10. Good

DIAGNOSIS

General Anxiety Disorder

ICD - Code (F41.1)**DIAGNOSTIC REASONING**

1. Excessive anxiety and worry (apprehensive expectation), occurring more days than not for at least 6 months, about a number of events or activities (such as work or school performance).
2. The person finds it difficult to control the worry.
3. The anxiety and worry are associated with three or more of the following six symptoms (with at least some symptoms present for more days than not for the past 6 months).
 - Restlessness or feeling keyed up or on edge
 - Being easily fatigued
 - Difficulty concentrating or mind going blank
 - Irritability
 - Sleep disturbance (difficulty falling or staying asleep, or restless unsatisfying sleep)
4. The anxiety, worry, or physical symptoms cause clinically significant distress or impairment in social, occupational, or other important areas of functioning.

CASE ANALYSIS**Analysis of Symptoms**

< Overthinking

> Music

<When alone

< Crowd

> After abusing

Lack of confidence

Feeling of guilt

Desire sweet

Desire warm food

Perspiration on head

Dreams of death of loved one

Evaluation of symptoms

Mental	Physical	Particular
Loneliness	Desire- Sweet	Head pain
Lack of confidence	Perspiration- Head	Dreams of death of loved one
Leftout feeling		
Feeling of guilt		
Anger with irritation		
> Music		
> Overthinking		
Anger violent		
< When alone		
< Crowd		

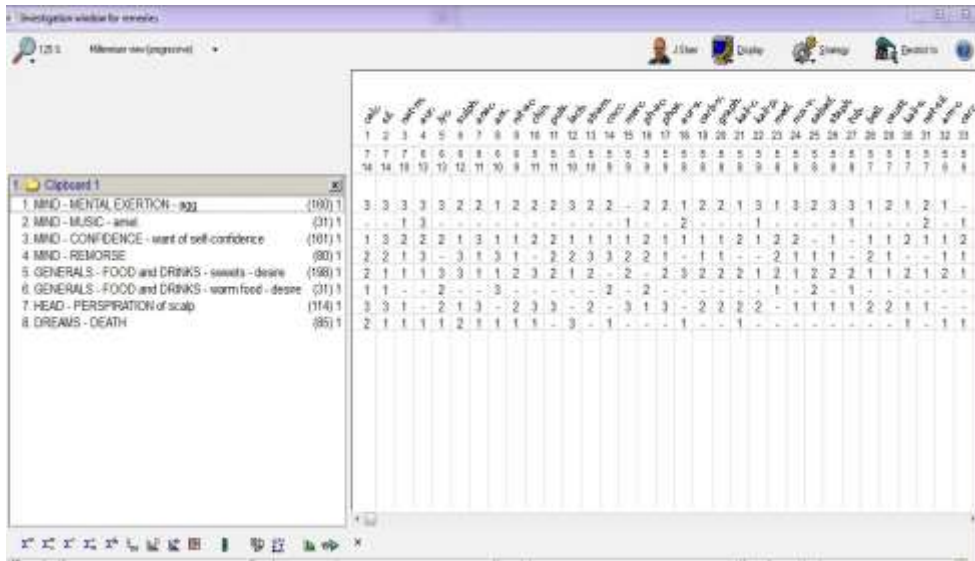
Repertorial Totality

1. MIND- Mental exertion- aggravation
2. MIND- Music- amelioration
3. MIND- Confidence- want of self confidence
4. MIND- Remorse
5. GENERALS- Food & drink- sweet- desire
6. GENERALS-Food & drink- warm food- desire
7. HEAD- Perspiration- scalp
8. DREAMS- Death

Repertorial Result

1. Calcarea 7/14
2. Silicea 7/14
3. Nat. Mur 7/10
4. Aur. Met 6/13
5. Lycopodium 6/13

REPERTORIAL SHEET



Reason behind selection of medicine

Lycopodium- Manipulation, Lack of confidence, Irritation, A/F grief, thermal- hot, Anger violent.

Treatment Plan

Homoeopathy Medicine and counselling

PRESCRIPTION

R_x

Lycopodium 1 M / 1 Dose/ Stat

FOLLOW UPS

Date	Remedy response	Interpretation	Prescription	Reason	Expectation
20/12/2022	Forsaken feeling- 30% ↓ Palpitation & ghabrahat - SQ Anger & Irritation level- ↑	Better	R _x 1. Lyco 1M / Stat 2. Rii 30/BD X 15 Days	Repeat medicine for better result	There should be relief
20/1/2023	Headache - SQ Headache only < overthinking while fighting Anger & Irritation- SQ Forsaken	Worse	R _x 1. Lyco 1M / Stat X 15 Days	Complaints getting worse, need to repeat the medicine	Complaints should be better in next f/U

	feeling- SQ				
6/2/2023	Headache - 90% ↓ Anger controlled Forsaken feeling - ↓	Better	R _x 1. Lyco 1M / Stat X 15 Days	Partially acting medicine	Complaints should be better
27/2/2023	Overthinking- SQ Appetite- Normal	Better	R _x 1. Saclac 200/ Stat X 15 Days Rx Lyco	Medicine acting properly	-
16/3/2023	All complaints - 70% ↓ No new complaints PG- Normal	Better but new complaint appeared	1M/ Stat X 15 Days	New complaint appeared , need to repeat dose	Complaint should be relief
27/3/2023	All complaints - 90% ↓ Headache- ↓ New complaint- Swelling on arms, abdomen O/E- Painless, Fixed with skin, pea shaped	No change	Rx Lyco 1M/ Stat X 15 Days	Need to repeat medicine	There should be change in the symptoms
17/4/2023	Headache- ↓ Swelling on arms and abdomen- SQ	Better	Rx Saclac 200/ Stat X 15 Days	Medicine acting	Complaint should be better
21/4/2023	Headache- absent Swelling on arms and abdomen- 20% ↓ PG- Normal	No change	Rx 1. Thuja 200/1D/ HS 2.Lyco 1M/ HS weekly 3. Saclac 200/ 5 doses X 15Days	Medicine not acting properly, need to give intercurrent medicine	There should be relief

CONCLUSION

Patient came to the OPD with the symptoms of GAD. *Lycopodium clavatum* 1M was given to him on the basis of his constitution. There was relief in the the symptoms. Two scales were applied in the patient. First one was the Perceived Stress Scale which was used during screening with the score of 29 and Second scale (Student Stress Inventory Scale) was applied pre and post treatment. There was changes in the score, pre score was 73 and post treatment was 46