

To Study the Role of Homoeopathy in Generalized Anxiety Disorder in Females having Mental Suppression of Emotions

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Abstract: *Generalized anxiety disorder (GAD) is an anxiety disorder characterized by excessive, uncontrollable and often irrational worry about everyday things that is disproportional to the actual source of worry. Females are more prone to anxiety disorders than men. When a person is not able to express her emotions freely, it is bound to happen then that person is suppressing her emotions. The suppression of disease condition leads to difficult to treat cases in later stages. The aim of the intended work was to study the role of homoeopathy in generalized anxiety disorder in females having mental suppression of emotions. This exploratory study was conducted for a time period of 18 months on a sample size of 50, consisting of females of 18 – 60 age group suffering from generalized anxiety disorder. The homeopathic remedies were administered. The cases were followed up every month. The potency and dose varied according to the need of the case. Results – Out of 50 cases, 64% (32 cases) showed remarkable improvement, 32% (16 cases) showed improvement which ranged from mild to moderate improvement, whereas only 4% (2 cases) showed no improvement at all. Conclusion – This study has shown the role of homoeopathy in generalized anxiety disorder in females having mental suppression of emotions and have a statistically significant impact on the improvement of patient's complaints.*

Keywords: anxiety, suppression, mind, emotions, homoeopathy, Natrum muriaticum, Arsenicum album

1. Introduction

Anxiety may be defined as a painful emotional experience with cognitive, somatic, emotional and behavior involvement giving rise to over concern leading to panic or severe fear, which may be real or imaginary and maybe related to present, past or future. ^[1] Females are more prone to anxiety disorders than men.

Short term, mild to moderate anxiety, is a normal reaction to stressors in daily life and can help people to recognize, and more effectively deal with everyday stressful situations such as starting a new job or answering an exam. Generalized anxiety disorder (GAD) is an anxiety disorder characterized by excessive, uncontrollable and often irrational worry about everyday things that is disproportional to the actual source of worry. There is no specific age of onset.

Most patients with the disorder report that they have been anxious as long as they can remember. ^[2]

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Diagnostic criteria as per DSM 5 (Diagnostic and statistical manual of mental disorders – edition 5) -

- 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 individual 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 having been present for more days than not for the past 6 months):

- a) Restlessness or feeling keyed up or on edge.
 - b) Being easily fatigued.
 - c) Difficulty concentrating or mind going blank.
 - d) Irritability.
 - e) Muscle tension.
 - f) 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.
 - 5) E. The disturbance is not attributable to the physiological effects of a substance (e. g., a drug of abuse, a medication) or another medical condition (e. g., hyperthyroidism).
 - 6) The disturbance is not better explained by another mental disorder (e. g., anxiety or worry about having panic attacks in panic disorder, negative evaluation in social anxiety disorder [social phobia], contamination or other obsessions in obsessive - compulsive disorder, separation from attachment figures in separation anxiety disorder, reminders of traumatic events in posttraumatic stress disorder, gaining weight in anorexia nervosa, physical complaints in somatic symptom disorder, perceived appearance flaws in body dysmorphic disorder, having a serious illness in illness anxiety disorder, or the content of delusional beliefs in schizophrenia or delusional disorder). ^[3]

Causes of GAD

Exact cause is not known but the below factors contribute to the development of GAD – Genetics, Emotions such as mental trauma, stressful events, loss of love or job, death of loved ones, divorce etc., Personality of a person – some people are prone to over worry, Brain chemistry (role of neurotransmitters). ^[3]

Suppression can be defined as displacement of already existing symptoms to a more important organ. ^[4] When a person is not able to express her emotions freely, it is

bound to happen then that person is suppressing her emotions.

The suppression of disease condition leads to difficult to treat cases in later stages. It is important to take proper history of the patient to ascertain if there has been any kind of suppression in the past by artificial means or by suppression of emotions which will help in the selection of the simlimum.

It is given in 5th & 6th edition of organon of medicine written by Dr. S Hahnemann in aphorism 210 - 230. In aphorism 215, Dr. Hahnemann defines the so - called mental disorder as physical diseases in where there is derangement of the mind & disposition peculiar to an individual is increased while the physical symptoms decline in strength. The mental symptoms attain foremost striking one - sidedness.^[5]

Psora is the root cause of all mental diseases and the dominant miasm in all anxiety disorders. Anxiety and fear are psoric in origin by most stalwarts, including Hahnemann.^[5]

2. Materials and method

The study has been conducted on the patients of OPD/IPD and Peripheral dispensaries of Sri Guru Nanak Dev Homoeopathic College & Hospital, Ludhiana.

Intervention

Patients fulfilling the eligibility criteria were enrolled for clinical assessment and the homoeopathic intervention. Medicine was given in 30ch, 200ch, Or 1M potency as per the prescribing totality. The medicines were repeated depending on the potency and complaints of the patient in accordance with the principles of homoeopathy.

Inclusion Criteria

- Females opting for homoeopathic mode of treatment for generalized anxiety disorder.
- Patients who followed the guidelines strictly.
- Patients willing to participate in the study.
- Patients complying with regular follow - ups.

Exclusion Criteria

- Patients who did not follow the guidelines strictly and were not willing to participate in the study.
- Patients having the advanced stages of anxiety disorder and depression.
- Patients having advanced pathology and hormonal problems.
- Patients having suicidal tendencies and doing substance abuse.
- Patients with any chronic diseases.
- Pregnant females.

Selection tool

Drug was acquired from standard pharmacy (SBL Uttarakhand) & was stored as per rules of Homoeopathic Pharmacopoeia. Medicines were stored in Sri Guru Nanak Dev Homoeopathic Medical College and Hospital, Ludhiana, Punjab. Freshly prepared powder dose was used

for dispensing purpose. Log no. & Batch no. was maintained.

Brief of procedures

- **Medicines** - medicines were prescribed on the basis of symptom similarity and after confirmation with the Materia Medica.
- **Placebo** - it was given in the form of Sugar of milk & globules which were given along with the remedy.
- **Declaration** - was given that the drug used was not harmful to human beings. The said remedy is already available in the Homoeopathic literature, well proved on healthy human beings and is harmless, having no side effects.

3. Results

To elucidate the role of Homoeopathy in Generalized Anxiety Disorder in Females having Mental Suppression of Emotions 50 cases were taken into the study. 64% (32 cases) showed remarkable improvement, 32% (16 cases) showed improvement which ranged from mild to moderate improvement, whereas only 4% (2 cases) showed no improvement at all after receiving homoeopathic treatment. Each patient was given most similar homoeopathic remedy according to her symptoms. On analyzing 50 cases, it is seen Natrum muriaticum was prescribed in 10 cases, Arsenicum album in 9 cases. Phosphorus and Pulsatilla in 5 cases each. Calcarea carb, Argentum nitricum, Ignatia and Sepia in 3 cases each. Staphysagria and Aconitum napellus in 2 cases each. Sulphur, Gelsemium, Causticum, Carcinosis and Nux vomica in 1 case each.

4. Discussion

Homoeopathy proves to be an effective method of treatment in generalized anxiety disorders due to suppression of emotions as it emphasizes not only treating signs and symptoms but also treating the patient on holistic basis. So not only it reduces the anxiety but also make the individual to feel better in other areas of functioning.

Statistical analysis has been performed with the help of paired T - test for assessing the role of Homoeopathy in Generalized Anxiety Disorder in Females having Mental Suppression of Emotions using number of symptoms present before and after the treatment.

Paired T - test was conducted to assess the Importance of Mental symptoms in the selection of simlimum in various illnesses. Null hypothesis (H0) was stated as "Homoeopathy does not play an effective role in Generalized Anxiety Disorder in Females having Mental Suppression of Emotions". The result showed that the value of critical t is greater than the than the tabulated value in t - table at df = 49 at confidence level 95% at 0.05 i. e., 2.0096, which is statistically significant. Thus, the null hypothesis (H0) is being rejected and the alternate hypothesis (H1) that is "Homoeopathy plays an effective role in Generalized Anxiety Disorder in Females having Mental Suppression of Emotions" is being accepted.

5. Conclusion

Selecting the remedy by giving prime importance to the mental symptoms seems efficacious in this study. The homoeopathic medicines given by giving the most consideration to the mental symptoms showed statistically significant improvement in managing cases of Generalized Anxiety Disorder using Paired T - test at confidence level 95% and the Null Hypothesis (H₀) is being rejected and the Alternate Hypothesis (H₁) Homoeopathy plays an effective role in Generalized Anxiety Disorder in Females having Mental Suppression of Emotions is being accepted. This study has proven the role of homoeopathy in generalized anxiety disorder in females having mental suppression of emotions.

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