

A Classical Homeopathic Perspective on Anxiety Disorder: An Integrative and Individualized Approach with Repertorial Insights

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Abstract :

Anxiety disorder is a globally prevalent mental health condition that can impair functioning and emotional stability. Homeopathy offers a holistic, individualized approach, focusing on the totality of symptoms rather than isolated complaints. This article reviews the Classical Homeopathic Perspective on Anxiety, outlines commonly indicated remedies, and integrates Repertorial rubrics that guide remedy selection. Incorporating Repertory analysis enriches precision in prescribing and strengthens clinical outcomes.

Keywords:

Anxiety disorder, Homeopathy, Repertory, Rubrics, Individualization, Holistic treatment.

Introduction:

Anxiety is characterized by persistent worry, nervousness, or fear that is disproportionate to actual circumstances. Common in modern society, anxiety disorders affect over 264 million people globally. While pharmacological treatments offer symptomatic relief, they may not address the underlying cause or constitution of the individual. Classical Homeopathy treats anxiety not as a diagnosis but as a unique expression of inner disharmony.

Homeopathic Philosophy and Anxiety -

In Homeopathy, the mental and emotional state is paramount. Hahnemann emphasized the importance of the mind in disease expression, and modern practitioners uphold this view by giving priority to mental generals during case-taking. Anxiety, fear, and anticipation are explored deeply to understand the patient's constitution, temperament, and causative factors.

Repertorial Rubrics Related to Anxiety -

From Kent's Repertory, Synthesis Repertory, and Complete Repertory, several rubrics are crucial in the evaluation of anxiety cases:

1. Mind – Anxiety – General

Remedies: Acon., Ars., Arg-n., Gels., Lyc., Phos., Kali-p.

2. Mind – Anxiety – Anticipation, from

Remedies: Arg-n., Gels., Lyc., Sil., Calc.

3. Mind – Fear – Death, of Remedies: Acon., Ars., Phos., Calc.

4. Mind – Anxiety – Health, about

Remedies: Ars., Nux-v., Phos., Ign., Kali-c.

5. Mind – Anxiety – Night

Remedies: Ars., Acon., Sulph., Nat-m., Puls.

6. Mind – Restlessness – with anxiety

Remedies: Acon., Ars., Rhus-t., Coff.

7. Mind – Company – Desire for, ameliorates

Remedies: Ars., Puls., Phos.

These rubrics help refine remedy selection and can be adapted to Repertory software (e.g., RADAR, Mac Repertory) for case analysis.

Commonly Indicated Remedies for Anxiety -

1. Aconitum Napellus -

Sudden panic, fear of death, restlessness

Rubric: Mind – Fear – Death, of

2. Argentum Nitricum -

Anticipatory anxiety, impulsiveness, diarrhea from nervousness

Rubric: Mind – Anxiety – Anticipation, from

3. Gelsemium Sempervirens -

Exam fear, trembling, weakness, mental dullness

Rubric: Mind – Fear – Public appearances, of

4. Arsenicum Album -

Health anxiety, fastidiousness, desire for company

Rubrics: Mind – Anxiety – Health, about; Mind – Restlessness – with anxiety

5. Kali Phosphoricum -

Mental exhaustion, weak nerves, sensitivity to stress

Rubric: Mind – Anxiety – Night

Clinical Application: Case-Taking and Individualization

A thorough case history includes mental state, fears, dreams, modalities (what aggravates/ ameliorates), and concomitant symptoms (e.g., palpitations, sleep disturbances). Repertorization can help narrow down remedy choices, but final prescription must align with the totality and the patient's constitution.

Conclusion:

The integration of Repertorial tools with Classical Materia Medica enables a precise and individualized approach to anxiety disorders in Homeopathy.

Remedies such as *Argentum nitricum*, *Gelsemium*, and *Arsenicum album* are frequently effective when selected based on the totality of symptoms. Continued clinical documentation and comparative studies can strengthen Homeopathy's evidence base in treating anxiety.

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