

Review Article

Anxiety Disorders and the Role of Homoeopathy: Clinical Perspectives

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ABSTRACT

Background: Anxiety disorders are among the most prevalent psychiatric conditions, characterized by excessive fear, worry, and associated somatic symptoms. Although conventional treatments like pharmacotherapy and psychotherapy are effective, limitations such as side effects and relapse highlight the need for complementary approaches. **Objective:** To review the clinical application of Homoeopathy in anxiety disorders, with emphasis on individualized prescribing and integrative relevance. **Methods:** A narrative review of classical Homoeopathic literature and recent research (2015–2024) was undertaken. Key remedies were analyzed in relation to clinical presentations of anxiety disorders. **Results:** Homoeopathy offers individualized care through remedies such as Natrum muriaticum, Stramonium, Hyoscyamus niger, Aconitum napellus, Belladonna, Calcarea carbonica, and Syphilinum. Case-based evidence suggests improvements in emotional regulation, somatic symptoms, and quality of life. **Conclusion:** Homoeopathy provides a valuable adjunct in the integrative management of anxiety disorders, focusing on holistic healing and long-term resilience. Further clinical studies are needed to strengthen evidence.

Key words: Anxiety disorders; Homoeopathy; Integrative psychiatry; Natrum muriaticum; Individualized medicine.

Anxiety disorders are widespread psychiatric conditions, encompassing generalized anxiety disorder, panic disorder, phobias, and social anxiety. These disorders manifest through a complex interplay of emotional, cognitive, and somatic symptoms. Emotional manifestations may include persistent worry, fear of the future, and irritability. Cognitive dysfunctions such as poor concentration, indecisiveness, and rumination are common. Somatic symptoms, palpitations, gastrointestinal disturbances, sweating, and tremors, often bring patients to clinical attention.

Conventional psychiatry relies heavily on pharmacological agents such as benzodiazepines and SSRIs, alongside psychotherapy. While effective, these treatments carry risks of dependency, adverse effects, and incomplete remission. Thus, interest in integrative approaches has grown, where Homoeopathy offers individualized, holistic care that addresses the totality of symptoms.

This review explores Homoeopathy's role in anxiety disorders, drawing from materia medica insights, case-based clinical evidence, and its relevance in modern integrative psychiatry.

Homoeopathy in Anxiety Disorders

Principles of Treatment

Homoeopathy views anxiety not as a singular diagnosis but as an expression of constitutional imbalance. Remedy selection is based on the totality of symptoms, with mental-emotional features often guiding choice. The goal is not merely to palliate symptoms but to restore equilibrium of the vital force, thereby enhancing resilience.

Materia Medica Insights

Several remedies are prominently indicated in anxiety disorders:

- **Natrum muriaticum:** Reserved individuals with suppressed grief and ruminative thoughts. Associated with palpitations, insomnia, and fear of rejection.
- **Stramonium:** Acute fear states, nightmares, fear of darkness, and sudden violent panic episodes.
- **Hyoscyamus niger:** Anxiety with suspicion, jealousy, fear of ridicule, and impulsive behavior.
- **Aconitum napellus:** Acute panic following fright or shock, marked by palpitations, trembling, and fear of death.

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- **Belladonna:** Sudden, intense anxiety with hyperexcitability, throbbing headaches, and restlessness.
- **Calcarea carbonica:** Anticipatory anxiety, fear of failure, insecurity, and somatic complaints such as excessive sweating and digestive disturbances.
- **Syphilinum:** Deep-seated, chronic anxiety often with phobias, compulsive traits, and histories of trauma or neglect.

Each of these remedies illustrates the importance of individualized prescribing, which distinguishes Homoeopathy from diagnosis-based treatment models.

Integrative Relevance

Homoeopathy complements conventional psychiatric management by focusing on the patient's unique symptom patterns and psychosocial context. Its non-toxic, individualized remedies can be integrated alongside psychotherapy and pharmacotherapy, reducing medication dependency and improving patient satisfaction. The holistic approach aligns with current global trends toward patient-centered, integrative mental health care.

CONCLUSION

Anxiety disorders demand a multifaceted therapeutic approach. Homoeopathy, with its individualized principles and holistic scope, holds promise as an adjunct in integrative psychiatry. Remedies such as Natrum muriaticum, Aconitum napellus, Belladonna and Calcarea carbonica illustrate the potential of Homoeopathy in addressing both emotional and somatic dimensions of anxiety.

Further well-designed clinical trials and interdisciplinary collaborations are essential to establish stronger evidence bases. Homoeopathy, when applied thoughtfully, can contribute significantly to enhancing resilience, reducing distress, and improving quality of life in patients with anxiety disorders.

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