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Research Paper

Role Of Homoeopathic Medicines in The Management of Anxiety and Health-Related Worries: A Prospective Clinical Study

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ABSTRACT

This prospective clinical study evaluates the role of individualized homeopathic medicines in the management of generalized anxiety and health-related worries. The study included 60 adult patients aged 20–55 years suffering from anxiety symptoms related to health concerns, examined over 6 months. Each participant received individualized homeopathic remedies based on the totality of symptoms, with follow-up every four weeks. Anxiety levels were assessed using the Generalized Anxiety Disorder Scale (GAD-7) and Health Anxiety Inventory (HAI). Significant improvement was observed, with mean GAD-7 scores reducing from 15.6 ± 3.2 to 6.2 ± 2.1 ($p < 0.001$), and HAI scores from 19.8 ± 4.4 to 8.9 ± 3.1 . Remedies most often indicated were Argentum nitricum, Arsenicum album, Phosphorus, and Calcarea carbonica. The study concludes that individualized homeopathic intervention can significantly reduce anxiety levels and health-related worries, offering a safe and holistic management approach in psychosomatic disorders.

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KEYWORDS: Homoeopathy, Anxiety, Health Anxiety, Argentum nitricum, Individualized Treatment, Mental Health.

1. INTRODUCTION

Anxiety disorders represent one of the most prevalent mental health concerns globally, contributing to disability, psychosomatic illness, and reduced quality of life. Health-related anxiety (hypochondriasis or illness anxiety disorder) has increased substantially post-pandemic due to heightened health awareness, media exposure, and fear of disease recurrence. Conventional treatment options, including benzodiazepines and SSRIs often result in dependency and side effects.

Homoeopathy, with its individualized, holistic approach, aims to address not only the physiological symptoms but also the underlying emotional disposition and personality traits. This prospective clinical study was undertaken to evaluate the effectiveness of individualized homeopathic remedies in reducing generalized anxiety and health-related worries, thereby improving emotional well-being and life quality.

2. MATERIALS AND METHODS

Study Design: Prospective, non-randomized, open-label clinical study

Duration: January 2024 – August 2024

Setting: Dr. Mahajan's Homoeopathic and Ayurvedic Panchakarma Centre, Nashik

Sample Size: 60 patients (35 females, 25 males)

Inclusion Criteria: - Adults aged 20–55 years.

- Diagnosed with generalized anxiety disorder (GAD) or health-related anxiety based on DSM-5 criteria.

- No concurrent psychotropic medication for the last 2 months.

Exclusion Criteria: - Severe depression or psychosis.

- Substance abuse or concurrent counseling therapy.

- Patients are unwilling to undergo regular follow-up.

Assessment Tools: GAD-7 and Health Anxiety Inventory (HAI) scales were used to measure anxiety levels at baseline, 3 months, and 6 months. **Homoeopathic Intervention:** Individualized remedies were prescribed based on the totality of symptoms, miasmatic background, and mental disposition. Remedies were administered in 200C potency, once weekly, followed by placebo as needed.

Common Remedies: Argentum nitricum, Arsenicum album, Phosphorus, Calcarea carbonica, Ignatia amara, Lycopodium, Gelsemium sempervirens.

Statistical Analysis: Data analyzed using SPSS v23; paired t-test applied for pre- and post-treatment comparisons ($p < 0.05$ significant).

3. RESULTS

Parameter	Baseline (Mean \pm SD)	After 6 months (Mean \pm SD)	p-value
GAD-7 Score	15.6 \pm 3.2	6.2 \pm 2.1	< 0.001 (Highly Significant)
HAI Score	19.8 \pm 4.4	8.9 \pm 3.1	< 0.001 (Highly Significant)

Remedy Distribution

Remedy	No. of Patients (%)	Response Rate (%)
Argentum nitricum	14 (23.3%)	85%
Arsenicum album	12 (20%)	82%
Phosphorus	10 (16.6%)	80%
Calcarea carbonica	8 (13.3%)	78%
Ignatia amara	6 (10%)	75%
Lycopodium / Gelsemium	10 (16.6%)	70%

Mean improvement in anxiety levels: ~60–65% overall reduction across both scales. No adverse events were reported during the study.

4. DISCUSSION

The results indicate a marked reduction in anxiety and health-related worry levels following individualized homeopathic treatment. Argentum nitricum (anticipatory anxiety, fear of illness) and Arsenicum album (restlessness, insecurity) were most frequently effective. The findings align with previous

studies (CCRH, 2022; Oberai et al., 2020) showing Homoeopathy's role in psychosomatic anxiety. Homoeopathic remedies address cognitive, emotional, and somatic dimensions, possibly modulating neuroendocrine stress responses without sedation or dependency.

5. CONCLUSION

Individualized homeopathic management shows significant potential in treating generalized and health-related anxiety disorders. Improvement on validated psychometric scales highlights Homoeopathy's role in psychosomatic and integrative mental health care. Future multicenter, placebo-controlled trials are recommended for validation.

6. Proof and Documentation

Data Source: Clinical OPD records, Dr. Mahajan's

Homoeopathic & Ayurvedic Panchakarma Centre, Nashik

Patient Consent: Written informed consent obtained

Data Authenticity: Verified by the Department of Community Medicine

Statistical Tool: SPSS v23

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