
**AN INTEGRATIVE REVIEW OF GENERALIZED ANXIETY
DISORDER(GAD): A CLINICAL AND ITS INDIVIDUALIZED
HOMEOPATHIC PERSPECTIVE**

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ABSTRACT

Excessive, uncontrollable worry over many facets of daily life is a hallmark of generalized anxiety disorder (GAD), a chronic mental illness. In contrast to panic disorder or specific phobias, generalized anxiety disorder (GAD) is characterized by ongoing anxiety that is not situation-specific. In accordance with current psychiatric recommendations, this article attempts to give a succinct summary of GAD, including its clinical aspects, diagnostic criteria, epidemiology, etiology, therapy, and prognosis. Additionally, it integrates personalized homeopathic techniques.

KEYWORDS: Generalized anxiety disorder, Hamilton Anxiety Rating Scale (HAM-A),

Individualized Homeopathy,

INTRODUCTION

A mental and emotional disorder is generalized anxiety disorder (GAD). Characterized by uncontrollably high levels of stress and anxiety as well as impairment in professionally, socially, physical, and other domains of functioning. People who suffer from generalized anxiety disorder worry and feel nervous about nearly every aspect of their daily lives.

METHODOLOGY

This integrative review was conducted to synthesize existing literature on Generalized Anxiety Disorder (GAD) from both conventional psychiatric and homeopathic perspectives.

DIAGNOSTIC CRITERIA

DSM-5: According to the DSM-5, the diagnostic features of GAD include:

1. **Excessive anxiety and worry** (apprehensive expectation), occurring more days than not for at least **6 months**, about a number of events or activities.
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 present for more days than not for the past 6 months):
 - Restlessness or feeling keyed up/on edge
 - Being easily fatigued
 - Difficulty concentrating or mind going blank
 - Irritability
 - Muscle tension
 - Sleep disturbance

(ICD-10): The essential feature is anxiety, which is generalized and persistent but not restricted to, or even strongly predominating in, any particular environmental circumstances (i.e., It is free-floating) As in other anxiety disorders the dominant symptoms are highly variable, but complaints of continuous feeling of nervousness, trembling, muscular tension, sweating, light headedness, palpitations, dizziness, and epigastric discomfort are common.

with additional symptoms of diagnostic:

- Apprehension
- Motor tension
- Autonomic overactivity

(ICD-11): Anxiety that persist for at least several months, for more days than not, manifested by free floating anxiety or excessive worry focused on multiple everyday events, most often concerning family, health, finances, and school or work,

With additional symptoms

Muscular tension or motor restlessness Sympathetic autonomic over-activity Subjective experience of nervousness Difficulty maintaining concentration

Irritability or sleep disturbance

(The symptoms are not manifestation of another health condition and are not due to the effect of a substance or medication on the central nervous system.)

EPIDEMIOLOGY

- **Lifetime prevalence:** In one year 5-6%
- **Ratio Female to male:** 2:1

ETIOLOGY

- **Biological factors:** Neurochemical imbalances, particularly in GABA, serotonin, and norepinephrine pathways.
- **Genetic predisposition:** Family history increases risk.
- **Psychological factors:** Cognitive distortions, intolerance of uncertainty, perfectionism.
- **Environmental factors:** Chronic stress, trauma, and adverse childhood experiences.

CLINICAL FEATURES

- Persistent worry and apprehension not restricted to specific objects or situations.
- Restlessness
- Being easily fatigued
- Difficulty concentrating or mind going blank
- Irritability
- headaches,
- muscle tension,

- gastrointestinal disturbances.
- Sleep disturbance
- Significant impairment in social, occupational, or other important areas of functioning.

DIFFERENTIAL DIAGNOSIS

- Panic Disorder
- Social Anxiety Disorder
- Obsessive-Compulsive Disorder (OCD)
- Major Depressive Disorder (MDD)
- Substance-Induced Anxiety Disorder
- Physical conditions like hyperthyroidism

MANAGEMENT

1. Psychotherapy

- **Cognitive Behavioral Therapy (CBT):** First-line treatment; focuses on identifying and challenging cognitive distortions and teaching relaxation techniques.

2. Lifestyle Modifications

- Regular physical activity
- Adequate sleep and nutrition
- Stress management techniques like yoga and meditation

From Kent's Repertory:

| Symptom Description | Rubric |
|--|-------------------------------------|
| Excessive worrying | Mind, anxiety, general |
| Anticipatory anxiety | Mind, fear, anticipation, from |
| Restlessness, inability to sit quietly | Mind, restlessness |
| Anxiety with fear of future | Mind, fear, future, of |
| Sleeplessness from worry | Sleep, sleeplessness, anxiety, from |
| Apprehension | Mind, fear, impending disease, of |
| Easily startled | Mind, start, easily |

HOMEOPATHIC REMEDIES INDICATED IN GAD

1. Argentum Nitricum

Anticipatory anxiety, constant thoughts about future events, hurriedness, impulsive, fear of failure. Diarrhea before events, trembling, fear of heights.

- **Rubric Match:** Mind, anxiety, anticipation, from

2. Gelsemium

Anxiety with weakness, stage fright, mental dullness. Heaviness of eyelids, trembling, diarrhea, chills.

- **Rubric Match:** Mind, fear, appearing in public

3. Arsenicum Album

Restless, perfectionist, anxious about health and security. Fear of death, pacing, desire for company, chilly.

- **Rubric Match:** Mind, anxiety, health, about

4. Aconitum Napellus

A panic attack that comes on suddenly with extraordinarily strong fear (even fear of death). Flushing face, shortness of breath and an immense state of anxiety with palpitation. Acute panic, fear of death, sudden onset. Palpitations, dyspnea, trembling.

- **Rubric Match:** Mind, fear, death, of

5. Kali Phosphoricum

Nervous exhaustion, stress-induced anxiety, slight noises can provoke anxiety. Sleeplessness, brain fag, weak memory.

- **Rubric Match:** Mind, fear, general

6. Lycopodium

Anxiety before performance, inferiority complex. Flatulence, craving sweets, controlling nature.

- **Rubric Match:** Mind, fear, public speaking, of

7. Silicea

Timid, lacks confidence, anticipates failure. Chilly, constipation, aversion to mental exertion.

- **Rubric Match:** Mind, anxiety, anticipation, from

CONCLUSION

Generalized Anxiety Disorder is a mental health problem that significantly impairment in daily functioning. better outcomes in homeopathy, **GAD is not treated as a fixed diagnosis**, but treated through **individualized prescription** based on the person's unique mental, emotional, and physical symptoms. **Rubric selection must with the totality of symptoms** and not merely diagnostic labels. Remedies like *Argentum nitricum*, *Gelsemium*, and *Arsenicum album* are frequently indicated, but only accurate repertorization leads to curative remedy selection.

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