
HOMOEOPATHIC MANAGEMENT OF GENERALIZED ANXIETY DISORDER WITH PULSATILLA NIGRICANS – CASE REPORT

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ABSTRACT:

Background: Generalised anxiety disorder (G.A.D.) is characterised by excessive, pervasive and uncontrollable worry. G.A.D. is a chronic and recurrent disorder with a low rate of remission with a considerable impact on quality of life. There is a scarcity of literature published on homoeopathy on G.A.D. This case report illustrates an improvement without recurrence of a G.A.D. case treated exclusively with homoeopathic medicine. **case**

summary: A case of 44 years female with the complaints of anxiety and palpitation for the past 7 years was managed with individualized homoeopathic medicine. Case history, general and mental symptoms, repertorization, and miasmatic evaluation were undertaken. Severity

of anxiety was assessed using Hamilton anxiety rating scale. Treatment was initiated with pulsatilla nigricans 1M potency, along with supportive measures. Follow-up was documented over 4 months. **Results:** she was free of symptoms from the 4th months of treatment. she was functionally and socially improved, as reflected in the Hamilton Anxiety Rating Scale and there was no relapse during homoeopathic treatment. **Conclusion:** homoeopathic treatment showed a positive result in the treatment of G.A.D. It brought about considerable improvement in the patient's social, occupational and familial life without any adverse effects.

KEYWORDS: Generalized Anxiety disorder, GAD, Hamilton Anxiety Rating Scale, Homoeopathy, pulsatilla nigricans.

INTRODUCTION

A common mental health disease, generalised anxiety disorder (GAD) is marked by constant, uncontrollable worry and fear ⁽¹⁾. Normal anxiety becomes pathological when it causes specific subjective distress or interferes with an individual's ability to function ⁽²⁾. Symptoms include restlessness, easily fatigued, difficulty concentrating or going blank, irritability, tight muscles, sleep disturbance, etc ⁽³⁾. The process by which an individual considers, and responds to either internal or external stimuli is collectively referred to as the ego. An individual with a healthy ego is in adaptive equilibrium with their internal and external environments. A person develops chronic anxiety if their ego is malfunctioning and the consequent imbalance persists long enough. A conflict results from an imbalance, whether it is internal—between the person's instincts and conscience—or external—between the demands of the outside world and the person's ego. Internal conflicts are intrapsychic or intrapersonal, whereas external disputes are typically interpersonal ⁽⁴⁾.

PATIENT INFORMATION

A 44 years old female patient came to our OPD with a complaint of anxiety and palpitation for the past 7 years which is associated with numbness of hands and feet. Her complaints were getting worsen even over small matters, while performing duties, thinking about her children, and during mental exertion.

HISTORY OF PRESENTING COMPLAINTS

A 44 years old female patient came to OPD with a complaint of anxiety and palpitation for the past 7 years. Her complaints were initially started in the year 2018 during pregnancy, at

which time she felt lonely as no one was there to take care of her. Since then, she has developed persistent anxiety and nervousness even over small matters. Her complaints become worse while performing duties, thinking about her children, and during mental exertion. She also has irritable towards her younger son activities. She also reports numbness of the hands and fingers while get anxious. Additionally, she has been suffering from headache for the past 1 year, which radiates to the right ear and neck. A feeling of heaviness in the head is present, aggravated by cold exposure, mental exertion, and noise. There is no familial history of psychiatry illness. So far, the patient has not taken any treatment for this complaint.

PHYSICAL GENERALS.

She has decreased appetite, disturbed sleep and passes stool at 2 days once. Her thermal inclination was chilly. Among food habits, she had a desire for spicy and an intolerance to cold foods. She has scanty flow, regular menses.

PHYSICAL EXAMINATION.

The patient was dark-complexioned, with moderate built, and appeared well-groomed. Her clinical parameters were: blood pressure 130/90 mm of Hg, pulse rate 94 beats/min, respiratory rate 18 breaths/min, weight 60 Kg, height 160 cm and body mass index 23kg/m². Nothing abnormal was detected during physical examination.

LIFE SPACE INVESTIGATION

The patient was born and brought up in Tirunelveli, where she enjoyed a happy childhood and performed well in her studies. She is very sensitive in nature, easily moved to tears if scolded even slightly, and was always very close to her mother. She loves travelling and has a strong desire to be cared for by others. Later she became a teacher, and in 2007 she got married. After marriage, she became worried about not being able to conceive, and in 2017 she underwent IVF treatment. In 2018 she became pregnant with twins. Throughout this period, her husband was never supportive; he cared only for his family members especially his sisters, neglected her needs and even resorted to beating her if she opposed or questioned him. That time she used to cry when she was alone. During her pregnancy she felt lonely, with no one to take care of her. She delivered twin male children by caesarean section, but within three months of delivery her mother suddenly passed away due to cardiac arrest, which caused her deep grief. Since then, she has remained anxious even about small matters,

and whenever her husband scolds the second children, because her second kid was diagnosed as ADHD. So that he worried about him and become anxious.

MENTAL STATUS EXAMINATION

1. **Appearance and behaviour:** Well dressed, well groomed, co-operative, rapport was established, maintained normal posture and eye to eye contact. psychomotor activity was normal.
2. **Speech:** Rate & Volume: normal
3. **Volume & Tone:** normal
4. **Flow & Rhythm:** normal
5. **Mood and Affect:** Mood was happy
6. **Affect** was appropriate to mood
7. **Thought:** No Suicidal thought and Content of thought – normal
8. **Perception:** No perceptual abnormality.
9. **Cognition:** Consciousness, oriented to time, place and person, Recent, remote and immediate memory are intact, concentration was difficult, intelligence was good, sustained attention and abstract thinking was good.
10. **Insight:** Grade 6
11. **Judgement:** Test and social judgement was good

DIAGNOSTIC ASSESSMENT

According to the symptoms of the patient and based on ICD-10 criteria this case was diagnosed as [F41.1] generalised anxiety disorder and it was assessed using HAM-A eating scale with the score of 33. Primary symptoms of anxiety may last more days usually several weeks to several months. Which includes continuous feeling of nervousness, muscular tension, headaches, palpitation, epigastric discomfort are common. It is more common in women than men and often related to environmental stress ⁽⁵⁾. Common psychiatric disorders such as panic disorder, phobia, obsessive-compulsive disorder and post-traumatic stress disorder were excluded from the study ⁽⁶⁾.

Differential Diagnosis

Anxiety is commonly underlying lot of physical and mental health disorders. Some conditions that should be ruled out for anxiety disorder, include: Obsessive Compulsive Disorder (OCD), Panic Disorder social Anxiety Disorder ⁽⁷⁾.

ANALYSIS AND TOTALITY OF THE SYMPTOMS.

The symptoms narrated by the patient and attendant, as well as the symptoms observed by the physician, were considered for the analysis. These were: Anxiety and nervousness over small matters, easily irritable, palpitation, difficulty in concentration, constipation, numbness of hands and fingers while getting anxiety, headache extending to ears, spicy desire, intolerance to cold foods.

The totality of the case was constructed and repertorized to find out the most suitable remedy. The symptoms considered for the totality were: consolation amelioration, company desire, worried after got beaten by her husband, desire spicy, intolerance to cold foods, headache extending to ears. The complete Repertory was used for repertorization using ZOMOE software. [figure 1]

Repertorisation Sheet - Zomeo Pro																
Physician N [REDACTED] 25																
Remedy	Puls	Phos	Lyc	Ars	Sep	Nux-v	Bry	Hep	Merc	Stram	Nat-m	Ign	Sulph	Carc	Arg-n	
Totality	16	15	14	13	12	11	11	11	11	11	10	10	10	9	9	
Symptoms Covered	6	5	5	5	5	4	3	3	3	3	5	4	4	5	4	
[Complete] [Mind]Consolation, sympathy:Amel.:	4	3	0	1	0	0	0	0	0	4	1	3	0	1	0	
[Complete] [Mind]Company:Desire for:	3	4	4	4	3	3	4	4	4	4	1	3	1	3	4	
[Complete] [Mind]Sadness:Domestic affairs, about:	1	0	0	0	3	0	0	0	0	0	0	0	0	0	0	
[Complete] [Generalities]Food and drinks:Spices, condiments, piquant, highly seasoned food:Desires:	3	4	1	3	1	3	3	3	0	0	3	0	4	3	1	
[Complete] [Generalities]Food and drinks:Cold:Drinks:Agg.:	4	3	4	4	4	4	4	4	4	3	4	3	4	1	3	
[Complete] [Generalities]Food and drinks:Warm:Food, cooked food:Desires:Hot:	0	0	4	1	0	0	0	0	0	0	0	0	0	0	0	
[Complete] [Head]Pain, headache:Extending to:Ears:	1	1	1	0	1	1	0	0	3	0	1	1	1	1	1	

Figure 1: reportorial chart.

THERAPEUTIC INTERVENTION

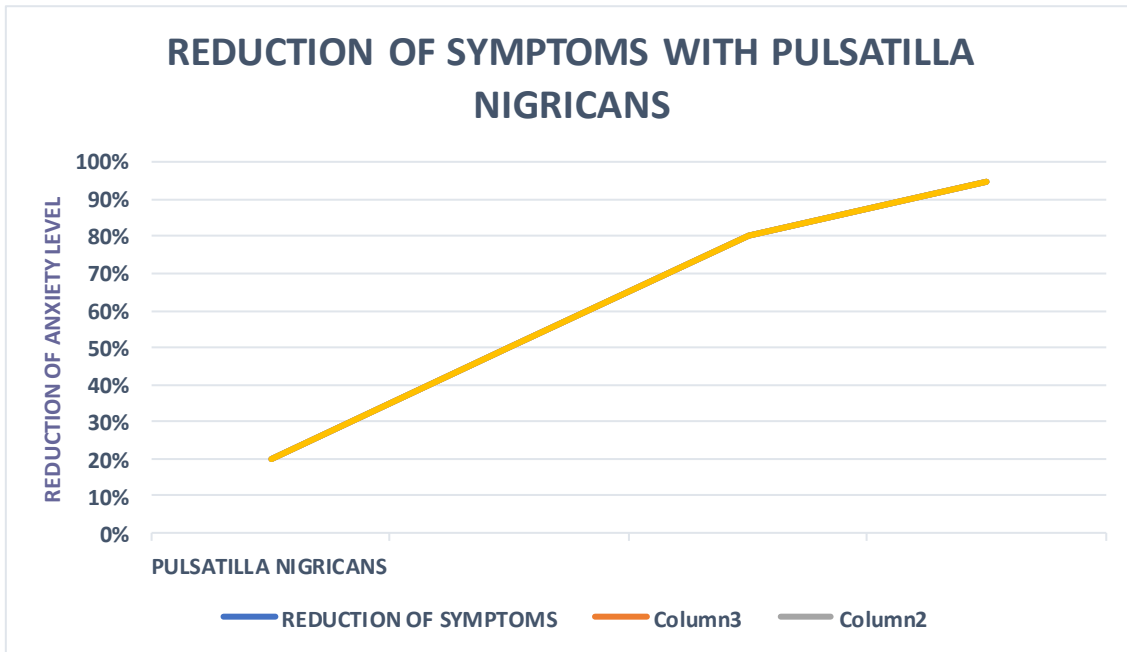
A totality of symptoms was constructed and the symptoms includes, consolation ameliorates her, desire for company, worried after beaten by her husband, desire hot foods, spicy foods, intolerance to cold foods, headache extending to ears. After repertorizing the case **pulsatilla nigricans 1m/ 2 dose [HS] 15 days once** was prescribed on 10/02/2025. Based on Kent lectures of homoeopathic materia medica, Boerick’s materia medica and Allen’s keynotes symptoms of pulsatilla nigricans which is suited for this case are she is tearful, sadness, company of opposite sex is a dangerous, complaints associated with stomach disturbances ⁽⁸⁾. Highly emotional, neuralgic headache ⁽⁹⁾. Nervousness intensely felt, restlessness, sleep disturbed ⁽¹⁰⁾.

[TABLE 1] FOLLOW UP

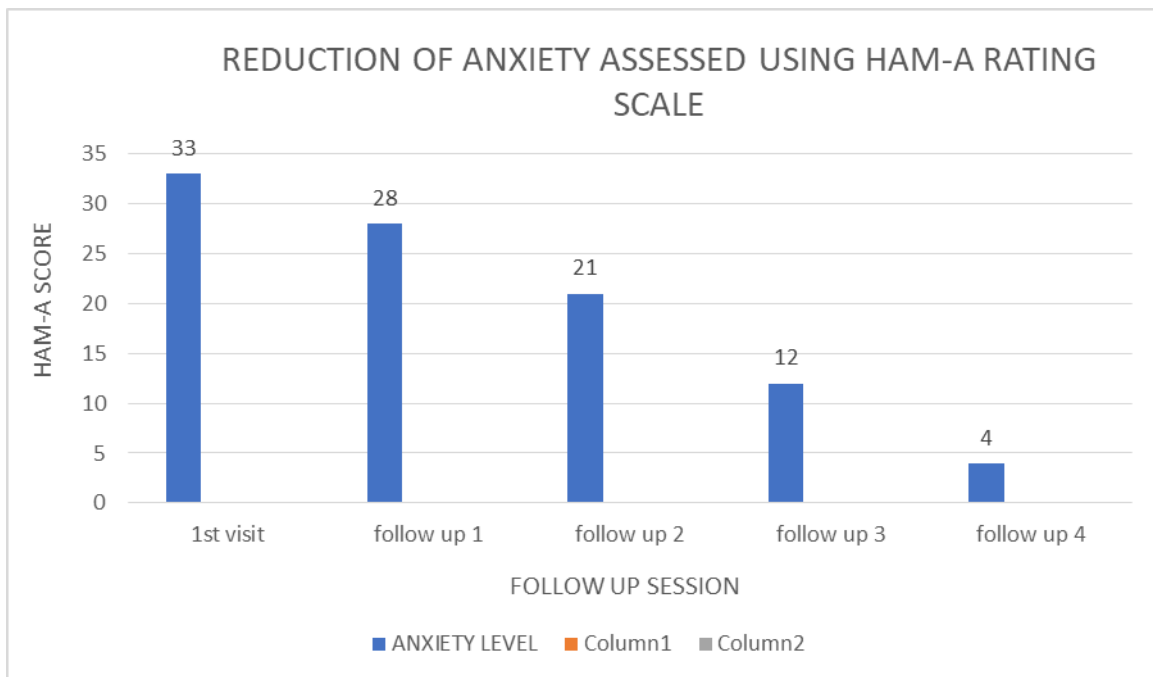
S. NO	DATE	SYMPTOMS	PRESCRIPTION	HAM-A SCORE
1	14/03/2025	Complaints reduced 20% Headache slightly reduced. generals: appetite decreased, other generals are normal	RX Sac lac / 2 dose [HS] 15 days once	28
2	10/04/2025	Complaints reduced at 50% No new complaints appear generals: all generals are normal.	RX Sac lac / 2 dose [HS] 15 days once	21
3	13/05/2025	Complaints reduced at 80% Generals are good	RX Sac lac / 2 dose [HS] 15 days once	12
4	15/06/2025	Complaints reduced 95% no new complaints appear. Generals are good	RX Sac lac / 2 dose [HS] 15 days once	04

DISCUSSION

It is a great challenge for the homoeopathic physician to manage Generalised anxiety disorder patient with regular follow-ups because the patients are unconvinced, easily upset and do not completely agree to the instructions of one physician. The only possible way out is by detailed first prescription and keen observation of the patient as a whole. To bring a great result in G.A.D. with homoeopathy, the guidelines advised by our master Dr Samuel Hahnemann in the third aphorism of Organon of Medicine were followed. The patient was treated with pulsatilla, an individualised homoeopathic medicine, based on emotional cause, pre-morbid characteristics, presenting symptoms and physical generals and in the follow up sac lac was prescribed. The symptoms were reduced 20% to 95% [chart 1]. The initial score of HAM-A was 33 which gradually reduced to 4 by the last follow-up [chart 2].



[CHART 1] REDUCTION OF ANXIETY LEVEL AFTER PRESCRIBING WITH PULSATILLA NIGRICANS.



[CHART 2] REDUCTION OF ANXIETY ASSESSED USING HAM-A RATING SCALE

CONCLUSION:

Pulsatilla nigricans was chosen based on the totality of the symptoms and act as an individualized homoeopathic medicine is found to be successful in this case of Generalized

anxiety disorder along with overall health improvement in the patient. This case has shown the importance of individualized homoeopathic remedy selection in psychiatric illness and also showing the role of homoeopathic treatment in managing the anxiety state.

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