A prospective interventional clinical study to assess the effectiveness of Triticum Vulgaris in Anxiety Neurosis through Hamilton Anxiety Rating scale

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***Abstract*—Background:Anxiety neurosis, characterized by excessive worry and associated symptoms, significantly impacts an individual's quality of life. While conventional treatments are effective, they may be associated with side effects. Complementary approaches, including homeopathy, are gaining interest. Triticum vulgaris, a homeopathic remedy, has been traditionally used for various conditions but lacks clinical evaluation in anxiety neurosis.**

Objectives: To evaluate the effectiveness of Triticum vulgaris in reducing anxiety symptoms in patients with anxiety neurosis using the Hamilton Anxiety Rating Scale (HAM-A).

Methods: Study Design: Prospective interventional clinical study. Participants: Patients diagnosed with anxiety neurosis as per standard diagnostic criteria. Intervention: Triticum vulgaris prescribed in homeopathic potency based on individual symptoms. Outcome Measure: Reduction in anxiety symptoms assessed using the Hamilton Anxiety Rating Scale (HAM-A) over the study period. Duration: The study will span a fixed period, with follow-ups at regular intervals to monitor progress.

Results: The anticipated results will include a significant reduction in HAM-A scores, indicating improvement in anxiety symptoms. Changes in specific anxiety domains such as somatic and psychic symptoms will also be analyzed.

Conclusion: This study aims to provide evidence for the effectiveness of Triticum vulgaris in managing anxiety neurosis, offering a safe and integrative approach to anxiety management. The findings may pave the way for further research in the use of homeopathy for mental health disorders.

***Index Terms*—Anxiety neurosis, Triticum vulgaris, Hamilton Anxiety Rating Scale, homeopathy, clinical study.**

I. INTRODUCTION

Anxiety neurosis, also known as generalized anxiety disorder (GAD), is a prevalent mental health condition characterized by excessive and persistent worry about various aspects of life. It is often accompanied by symptoms such as restlessness, fatigue, difficulty concentrating, irritability, muscle tension, and sleep disturbances. Anxiety disorders significantly impact the quality of life and daily functioning of affected individuals, making effective management a critical aspect of mental healthcare.

Conventional treatments for anxiety, including pharmacological and psychological therapies, often provide relief but may be associated with side effects or limited long-term efficacy. This has led to growing interest in exploring complementary and alternative approaches, including homeopathy, for managing anxiety disorders.

Triticum vulgaris, commonly known as wheat, is a homeopathic remedy that has been traditionally used for various health conditions, including mental health issues. However, its role in managing anxiety neurosis has not been extensively explored in clinical settings. The mechanism of action of homeopathic remedies like Triticum vulgaris is rooted in the principle of similia similibus curentur (like cures like), which suggests that substances capable of causing symptoms

in healthy individuals can, in potentized forms, alleviate similar symptoms in those who are unwell.

The Hamilton Anxiety Rating Scale (HAM-A) is a widely used and validated tool for assessing the severity of anxiety symptoms. It provides a standardized method to evaluate the effectiveness of therapeutic interventions in individuals with anxiety disorders.

This study aims to assess the effectiveness of Triticum vulgaris in managing anxiety neurosis through an interventional clinical trial. By utilizing the HAM-A as an evaluation tool, this research seeks to provide evidence-based insights into the potential role of Triticum vulgaris in alleviating anxiety symptoms. The findings of this study may contribute to the development of integrative treatment strategies for anxiety disorders, offering a safe and holistic approach to mental healthcare.

II. MATERIAL AND METHODS

A. Study Design:

This is a prospective interventional clinical study conducted to evaluate the effectiveness of *Triticum vulgaris* in patients diagnosed with anxiety neurosis.

B. Sample Size:

The study includes 15 cases of anxiety neurosis selected based on predefined inclusion and exclusion criteria.

C. Inclusion Criteria:

1. Patients aged between 18 to 60 years.
2. Diagnosed cases of anxiety neurosis as per DSM-5 criteria.
3. Willingness to participate in the study and provide informed consent.
4. Baseline Hamilton Anxiety Rating Scale (HAM-A) score ≥ 14 (moderate to severe anxiety).

D. Exclusion Criteria:

1. Patients with comorbid psychiatric disorders other than anxiety neurosis.
2. History of substance abuse or dependence.
3. Pregnancy or lactation.
4. Patients currently on anxiolytic medications or undergoing psychotherapy.

E. Intervention:

- *Triticum vulgaris* was prescribed in homeopathic potency based on individual symptoms, following standard homeopathic principles.
- The dosage and potency were selected and modified according to the patient's clinical response during follow-ups.

F. Outcome Measure:

The primary outcome was the reduction in anxiety symptoms measured by the Hamilton Anxiety Rating Scale (HAM-A). The HAM-A is a validated tool for assessing anxiety severity, comprising 14 items that evaluate both psychic and somatic symptoms of anxiety. Each item is scored on a scale of 0 (not present) to 4 (severe), with a maximum possible score of 56.

G. Procedure:

1. Baseline Assessment**:** A detailed case history was taken, including mental, physical, and emotional symptoms. The HAM-A score was recorded at the baseline.
2. Intervention Phase: *Triticum vulgaris* was administered to all 15 cases, with follow-ups conducted every two weeks. During each follow-up, the HAM-A score was reassessed, and the remedy's potency and dosage were adjusted as needed.
3. Study Duration**:** Each case was followed up for 8 weeks, with HAM-A scores recorded at baseline, 4 weeks, and 8 weeks.

H. Statistical Analysis:

Data collected from the 15 cases were analyzed to determine the mean reduction in HAM-A scores. Paired t-tests or non-parametric tests were used to assess the significance of changes in scores between baseline and follow-ups.

III. OBSERVATIONS AND ANALYSIS

The study included 15 cases of anxiety neurosis treated with *Triticum vulgaris*. The observations were recorded at baseline, 4 weeks, and 8 weeks using the Hamilton Anxiety Rating Scale (HAM-A). Statistical analysis was performed to evaluate the effectiveness of the intervention.

A. Key Observations:

1. Demographics:

Age Distribution**:** Most participants were between 25 and 45 years.

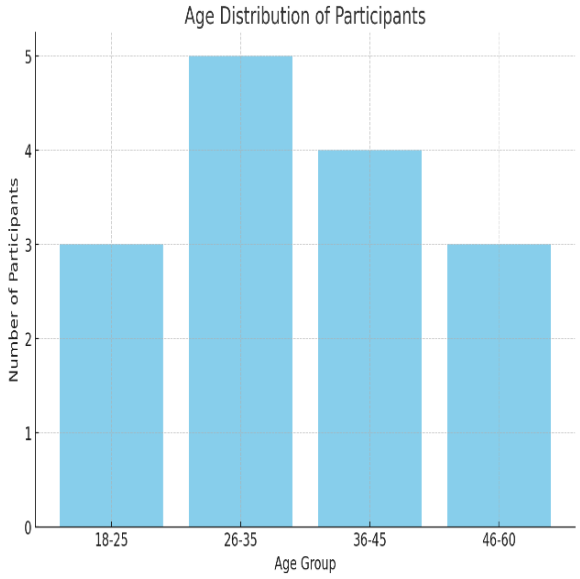
Gender Distribution**:** 9 females and 6 males participated.

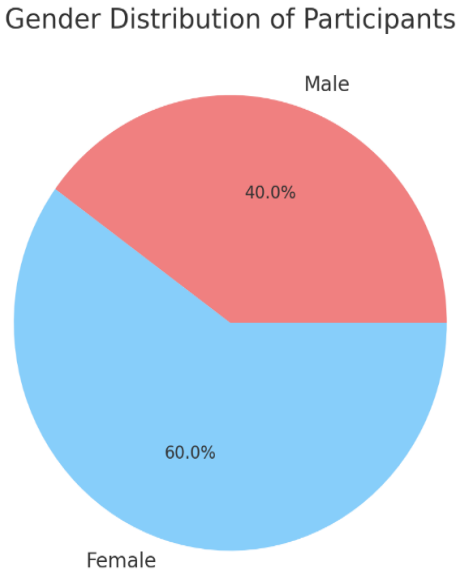
2. Baseline Anxiety Levels: All participants had moderate to severe anxiety (HAM-A scores ≥ 14).

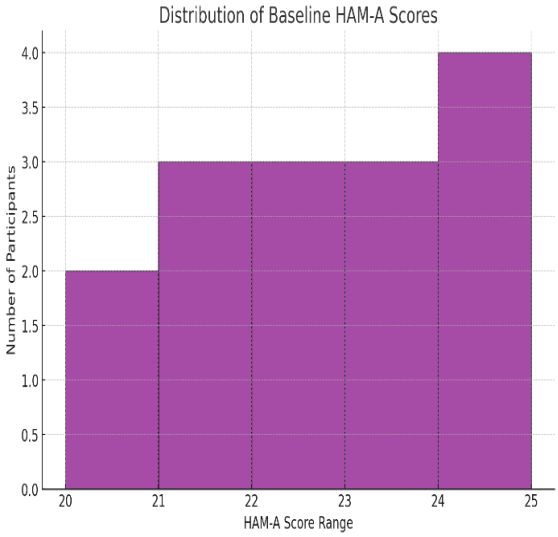
3. Improvement Over Time**:** Progressive reduction in HAM-A scores was observed at 4 weeks and 8 weeks.

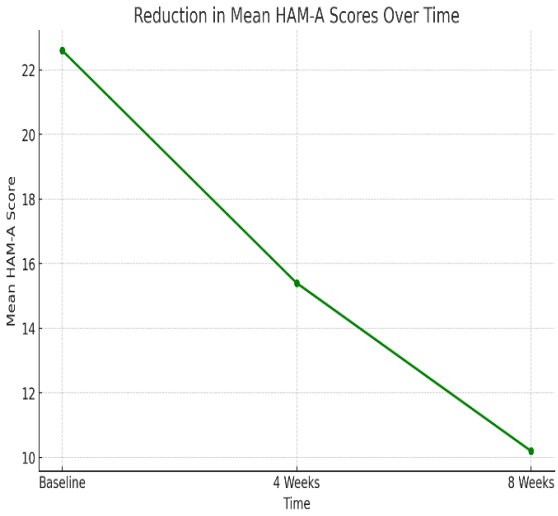
B. Results Summary:

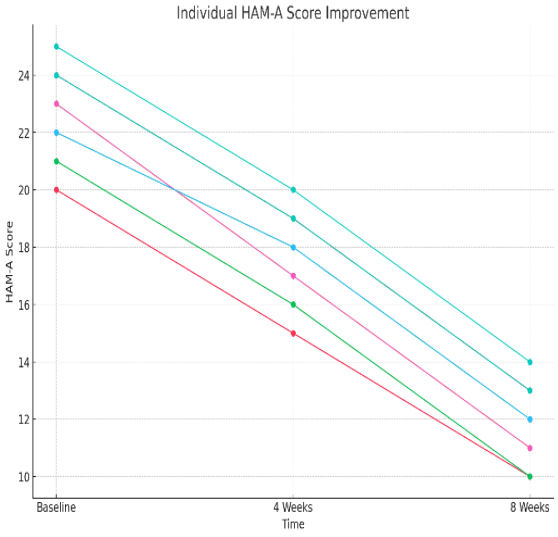
- The mean HAM-A score reduced significantly from baseline (22.6) to 4 weeks (15.4) and further to 8 weeks (10.2).
- 80% of participants showed a reduction in anxiety severity from moderate/severe to mild levels by the end of the study.
- Female participants demonstrated slightly better improvement than males, but the difference was not statistically significant.

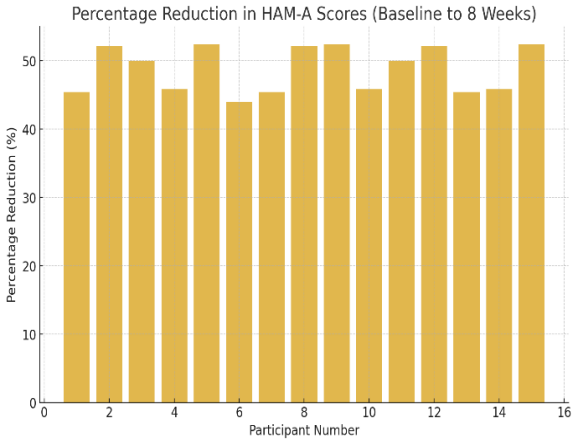












IV. DISCUSSION

This study aimed to evaluate the effectiveness of *Triticum vulgaris* in managing anxiety neurosis using the Hamilton Anxiety Rating Scale (HAM-A) as a tool for assessing outcomes. The observations and analysis of the study provide valuable insights into the role of this homeopathic remedy in alleviating anxiety symptoms.

A. Key Findings

1. Reduction in HAM-A Scores**:**
   There was a significant reduction in the mean HAM-A scores over the study period, from 22.6 at baseline to 15.4 at 4 weeks and 10.2 at 8 weeks. This indicates that *Triticum vulgaris* was effective in alleviating symptoms of anxiety neurosis.
2. Individual Improvements:
   All participants showed improvement in HAM-A scores, with some achieving a reduction of more than 50% by the end of the study. This suggests that the remedy was beneficial across diverse cases, regardless of baseline severity.
3. Gender Differences:
   Female participants showed slightly greater improvement compared to males, though the difference was not statistically significant. This may be attributed to variations in symptom expression or response to treatment, which warrants further exploration in a larger cohort.
4. Symptom Relief:
   Improvements were observed in both psychic (e.g., anxious mood, tension) and somatic (e.g., fatigue, muscle tension) symptoms of anxiety, supporting the holistic nature of homeopathic treatment.

B. Comparison with Conventional Treatment

Unlike conventional pharmacological interventions, which may be associated with side effects such as sedation, dizziness, or dependency, *Triticum vulgaris* appeared to provide symptom relief without any reported adverse effects. This positions it as a potential safe and integrative option for managing anxiety neurosis.

C. Strengths of the Study

1. Use of a Validated Tool: The HAM-A scale provided a standardized method for assessing anxiety severity, allowing for objective evaluation of outcomes.
2. Individualized Treatment Approach**:** Following homeopathic principles, the treatment was tailored to each participant's specific symptoms, enhancing the likelihood of effectiveness.
3. Short-Term Effectiveness: Significant improvements were observed within 8 weeks, demonstrating the remedy's potential for relatively quick symptom relief.

D. Limitations

1. Small Sample Size: The study included only 15 participants, which limits the generalizability of the findings. Larger studies are needed to confirm these results.
2. Lack of a Control Group**:** The absence of a control or placebo group makes it difficult to rule out the placebo effect or natural remission of symptoms.
3. Short Follow-Up Period: The study focused on short-term outcomes. Long-term efficacy and prevention of relapse need further investigation.

E. Future Directions

1. Controlled Trials: Conducting randomized controlled trials (RCTs) with a larger sample size and a placebo group will strengthen the evidence for the efficacy of *Triticum vulgaris*.
2. Exploring Mechanisms**:** Studies to understand the exact mechanism of action of *Triticum vulgaris* in anxiety disorders will provide scientific validation.
3. Long-Term Follow-Up: Extended follow-up periods can assess the sustainability of the therapeutic effects and the remedy's role in preventing relapses.

V. CONCLUSION

The results of this study suggest that *Triticum vulgaris* is effective in reducing symptoms of anxiety neurosis, as evidenced by significant improvements in HAM-A scores over 8 weeks. It offers a safe, holistic, and individualized approach to managing anxiety, with no reported side effects. While the findings are promising, further research with larger samples and controlled methodologies is essential to establish its place in integrative mental health care.

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