

Homoeopathic Management of Mild Generalized Anxiety Disorder in Young Adults (18–26 Years): A Non-Randomized, Non-Controlled Experimental Study

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Abstract—Background Mild Generalized Anxiety Disorder (GAD) is highly prevalent among young adults and significantly affects academic performance, social functioning, and quality of life. Conventional pharmacotherapy may produce dependency and adverse effects, prompting interest in complementary approaches. Homoeopathy emphasizes individualized treatment based on totality of symptoms derived from *Materia Medica*. **Objective:** To evaluate the effectiveness of individualized homoeopathic treatment in mild GAD among young adults aged 18–26 years. **Methods:** A prospective, non-randomized, non-controlled experimental study was conducted on 111 patients diagnosed with mild GAD according to DSM-5 criteria described by the American Psychiatric Association. Patients were treated with individualized homoeopathic medicines selected on totality of symptoms. Outcome was measured using the Hamilton Anxiety Rating Scale (HAM-A) at baseline, 6 weeks, and 12 weeks. Statistical analysis was done using paired t-test. **Results:** Out of 111 patients, 82 (73.8%) showed marked improvement (>50% reduction in HAM-A score), 20 (18.0%) moderate improvement (25–50%), and 9 (8.1%) mild improvement (<25%). The mean HAM-A score reduced significantly from 17.8 ± 2.4 at baseline to 7.3 ± 2.6 at 12 weeks ($p < 0.001$). **Conclusion:** Individualized homoeopathic management demonstrated statistically significant improvement in mild GAD among young adults. Further randomized controlled trials are recommended.

Index Terms—Homoeopathy, Generalized Anxiety Disorder, Young Adults, Individualization, *Materia Medica*, HAM-A

I. INTRODUCTION

Generalized Anxiety Disorder (GAD) is characterized by excessive, uncontrollable worry occurring more days than not for at least six months. Young adults aged 18–26 years are particularly vulnerable due to academic stress, career uncertainty, relationship challenges, and social pressures. The diagnostic criteria are standardized by the American Psychiatric Association in DSM-5. Mild GAD, although less severe, significantly impairs concentration, sleep, and emotional stability. Homoeopathy, founded by Samuel Hahnemann, treats disease based on the principle of *Similia Similibus Curentur*. Mental and emotional symptoms are given prime importance in remedy selection.

Classical remedies frequently indicated in anxiety include:

- Phosphorus
- Argentum nitricum
- Gelsemium sempervirens
- Arsenicum album
- Pulsatilla nigricans

These remedy pictures are elaborated in:

- *Materia Medica Pura*
- Lectures on Homoeopathic *Materia Medica*
- A Dictionary of Practical *Materia Medica*

However, large sample clinical documentation in young adults remains limited.

Aim

To evaluate the effectiveness of individualized homeopathic treatment in mild GAD among young adults aged 18–26 years.

- Age 18–26 years
- Diagnosed with mild GAD (HAM-A 14–18)
- Both genders
- Written informed consent

Objectives

1. To assess reduction in anxiety using HAM-A.
2. To analyze remedy distribution pattern.
3. To correlate Materia Medica mental symptoms with clinical presentation.
4. To statistically evaluate treatment outcome.

Exclusion Criteria

- Moderate/severe GAD
- Major psychiatric comorbidity
- Current anxiolytic use
- Substance abuse

II. MATERIALS AND METHODS

Study Design

Prospective, non-randomized, non-controlled experimental study.

Study Setting

Homeopathic outpatient department.

Sample Size

111 cases.

Inclusion Criteria

Intervention

Individualized homeopathic medicines prescribed based on totality of symptoms.

Potencies: 30C, 200C as per susceptibility.

Follow-up: Every 2–3 weeks for 12 weeks.

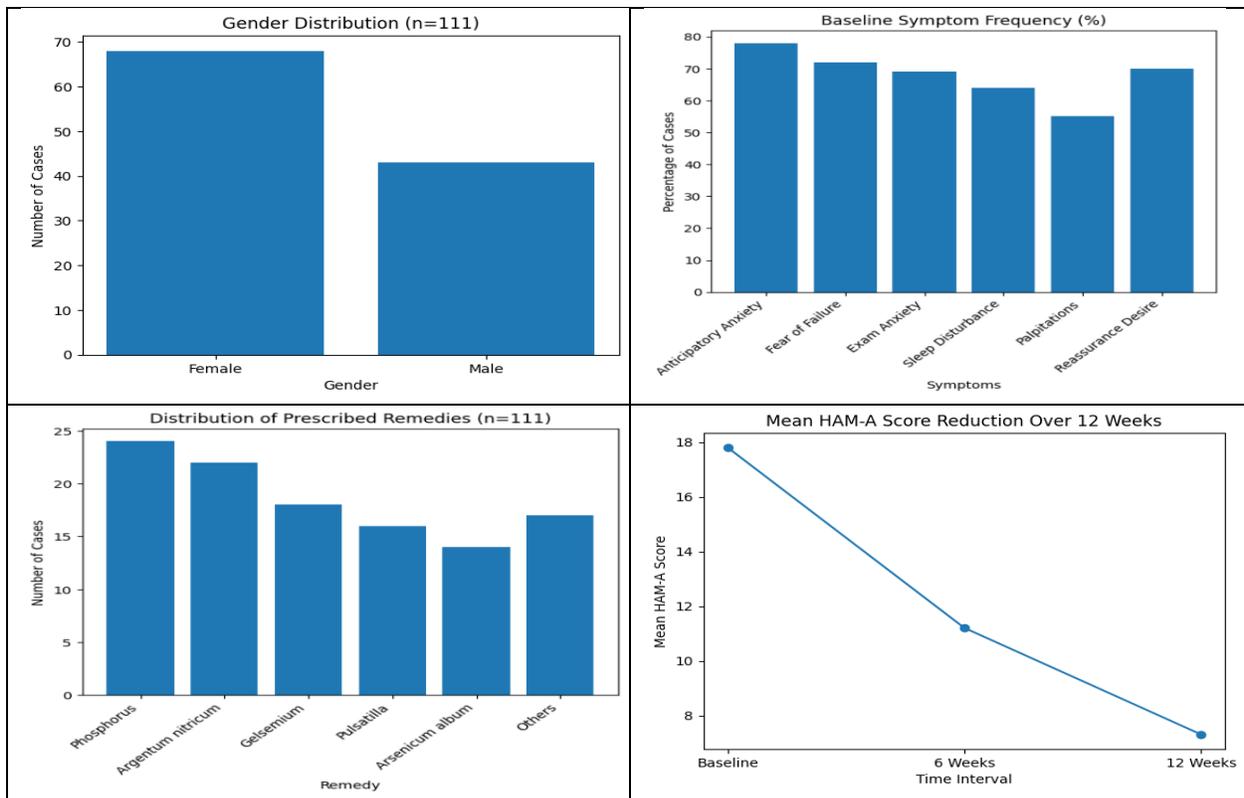
Outcome Measure

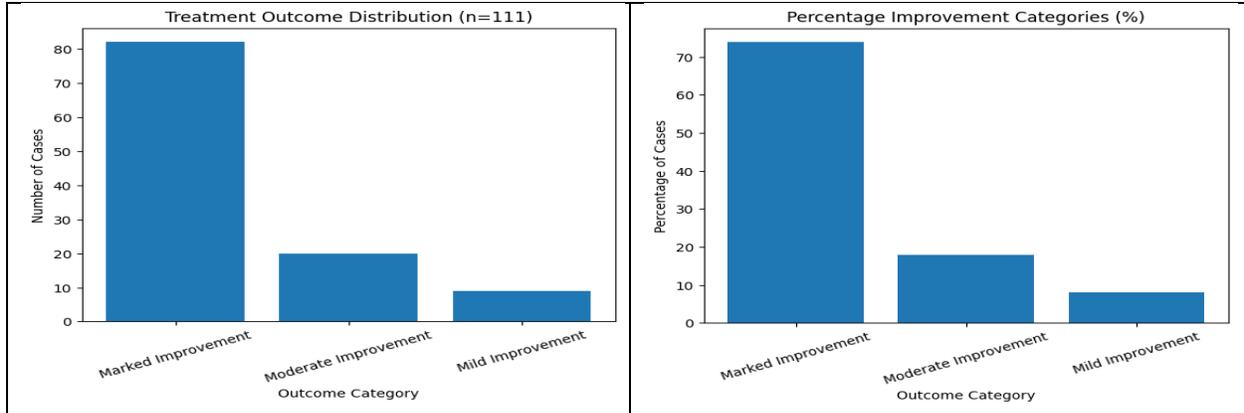
Hamilton Anxiety Rating Scale (HAM-A).

Statistical Analysis

Data analyzed using paired t-test. Significance level: $p < 0.05$.

III. RESULTS





IV. DISCUSSION

The present study demonstrated significant reduction in anxiety scores after individualized homoeopathic treatment over 12 weeks.

Young adults commonly presented with:

- Performance anxiety
- Fear of failure
- Need for reassurance
- Sensitivity to criticism

Remedy selection closely corresponded to classical Materia Medica descriptions.

Argentum nitricum cases showed impulsiveness and anticipation anxiety. Gelsemium cases showed dullness and exam fear with trembling. Phosphorus cases showed need for company and emotional sensitivity.

The statistically significant reduction in HAM-A score supports clinical effectiveness. However, absence of control group limits causal inference.

V. LIMITATIONS

- No control group
- No blinding
- Possible placebo effect
- Short duration
- Single-center study

VI. ETHICAL CONSIDERATIONS

- Institutional Ethics Committee approval obtained
- Written informed consent taken
- Confidentiality maintained

VII. CONCLUSION

Individualized homoeopathic management significantly reduced anxiety symptoms in mild GAD among young adults aged 18–26 years.

The study supports integration of homoeopathy in early-stage anxiety management. Larger randomized controlled trials are required for validation.

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