

Role Of Individualized Homoeopathic Medicines in the Management of Anxiety Disorders with Special Reference to Argentum Nitricum: A Prospective Observational Study

Dr. Deepak B. Deshmukh¹, Dr. Anil Galagali², Dr Gururaj Patil³,

Dr. Chandramohan Ramchandra Indapure⁴

¹*Principal Professor & HoD, Department of Physiology, Mauli Homeopathic college & Research Institute, Tondar Tq. Udgir Dist. Latur*

²*Professor, Department of Repertory, Gandhi Natha Rangaji Homoeopathic Medical College, Solapur*

³*Professor, Department of Physiology and Biochemistry, Gandhi Natha Rangaji Homoeopathic Medical College, Solapur*

⁴*Professor & HoD Department of Surgery, Gandhi Natha Rangaji Homoeopathic Medical College, Solapur.*

Abstract—Background: Anxiety disorders are among the most common psychiatric illnesses affecting quality of life. Homoeopathic Materia Medica provides numerous remedies for anxiety states, among which Argentum nitricum occupies an important place due to its characteristic anticipatory anxiety and impulsive nature. **Objective:** o evaluates the role of individualized homoeopathic medicines with special reference to Argentum nitricum in the management of anxiety disorders.

Materials and Methods: A prospective observational study was conducted on 30 patients diagnosed with anxiety disorders. Cases were prescribed individualized homoeopathic medicines based on totality of symptoms and followed for six months. Outcome measures included frequency of anxiety attacks, sleep disturbances, palpitations, restlessness, and overall clinical improvement.

Results: Twenty-four patients (80%) showed marked to moderate improvement. Argentum nitricum was the most frequently prescribed medicine. Significant reduction was observed in anxiety symptoms and associated complaints.

Conclusion: Individualized homoeopathic medicines, particularly Argentum nitricum, demonstrated beneficial effects in anxiety disorders and improved quality of life.

Index Terms—Anxiety disorder, Homoeopathic Materia Medica, Argentum nitricum, Individualization, Constitutional remedy.

I. INTRODUCTION

Anxiety disorders are characterized by excessive worry, fear, restlessness, irritability, and autonomic disturbances. According to WHO, anxiety disorders affect millions of people worldwide and are more common among women and young adults.

Homoeopathic Materia Medica describes numerous remedies for anxiety states, including:

- Argentum nitricum
- Arsenicum album
- Gelsemium sempervirens
- Aconitum napellus
- Kali phosphoricum
- Ignatia amara

Argentum nitricum is characterized by anticipatory anxiety, impulsiveness, fear of heights, hurriedness, and gastrointestinal disturbances associated with anxiety.

The present study aimed to evaluate the role of individualized homoeopathic medicines in anxiety disorders with special reference to Argentum nitricum.

II. MATERIALS AND METHODS

Study Design: Prospective observational study.

Study Duration: 6 months.

Sample Size: 30 patients.

Inclusion Criteria

- Age 18–60 years.
- Clinically diagnosed anxiety disorders.
- Both sexes.

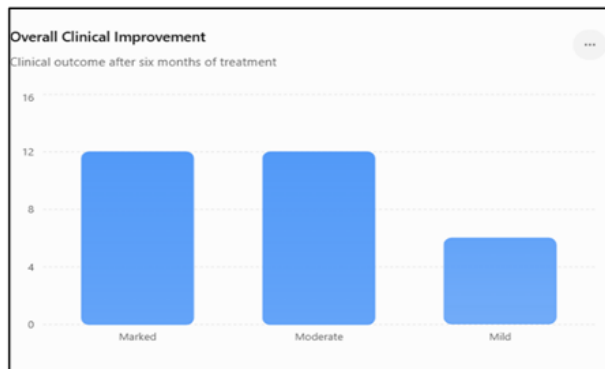
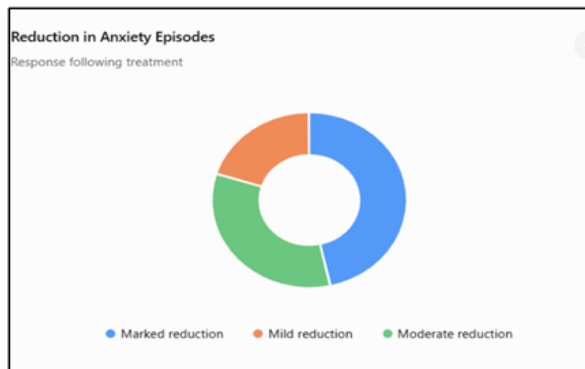
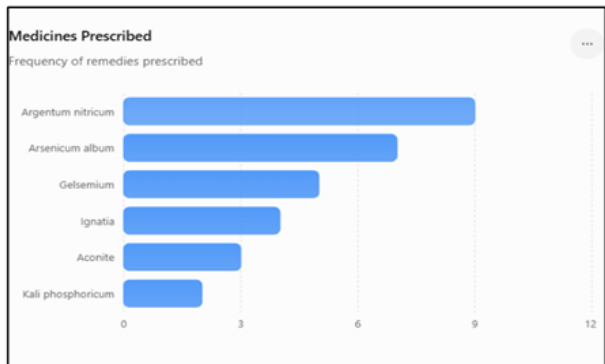
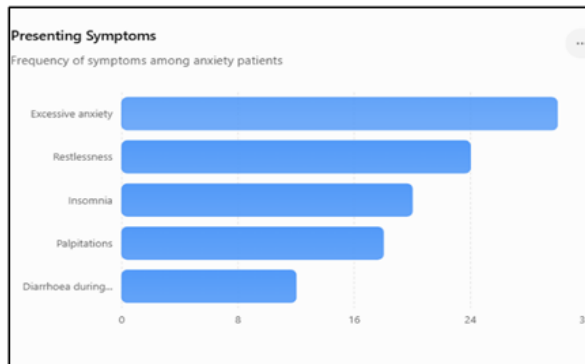
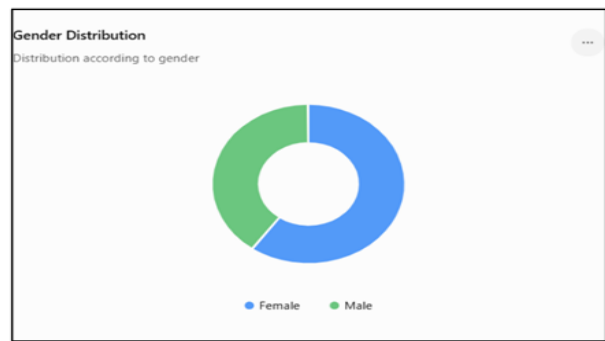
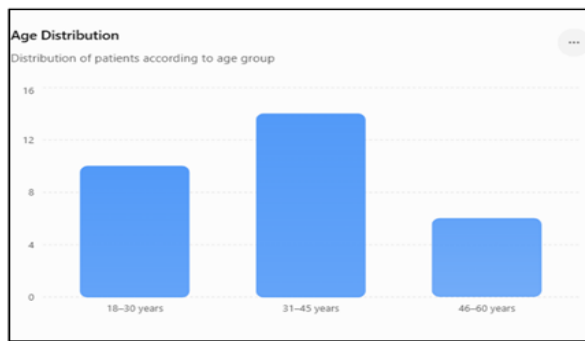
Exclusion Criteria

- Severe psychiatric illnesses.
- Substance abuse.
- Psychotic disorders.
- Patients receiving electroconvulsive therapy.

Assessment Parameters

1. Frequency of anxiety episodes.
2. Sleep disturbances.
3. Palpitations.
4. Restlessness.
5. Gastrointestinal symptoms.
6. Overall clinical improvement.

III. OBSERVATION AND RESULTS



Statistical Analysis

Chi-square test showed statistically significant improvement.

$\chi^2 = 11.96$
 P-value = 0.003
 (p < 0.05)

IV. DISCUSSION

The majority of patients belonged to the age group of 31–45 years, with females constituting 60% of the study population. Excessive anxiety and restlessness were the predominant complaints.

Argentum nitricum was prescribed most frequently due to characteristic symptoms such as anticipatory anxiety, impulsiveness, fear of heights, and diarrhoea from emotions. Arsenicum album and Gelsemium were also commonly indicated remedies.

At the end of six months, 80% of patients exhibited marked to moderate improvement. The findings support the clinical applicability of Homoeopathic Materia Medica in anxiety disorders and emphasize the importance of individualization.

Limitations

- Small sample size.
- Absence of control group.
- Subjective assessment criteria.
- Short follow-up period.

Summary

1. Thirty patients with anxiety disorders were studied.
2. Females constituted 60% of cases.
3. Majority belonged to the age group 31–45 years.
4. Argentum nitricum was the most frequently prescribed medicine.
5. Eighty percent of patients showed marked to moderate improvement.
6. Statistical analysis revealed significant improvement ($p < 0.05$).

V. CONCLUSION

Individualized homoeopathic medicines with special reference to Argentum nitricum demonstrated encouraging results in the management of anxiety disorders. Homoeopathic Materia Medica provides a rich therapeutic resource for individualized prescribing and may improve quality of life in affected patients. Further randomized controlled studies with larger sample sizes are recommended.

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