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## RESEARCH ARTICLE

## OPEN ACCESS

### HOLISTIC HOMOEOPATHIC APPROACH IN A CASE OF ANXIETY DISORDER

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#### ABSTRACT

Anxiety disorder is a common mental-health condition characterized by excessive and persistent worry, apprehension, fear, restlessness, and associated physical and sleep disturbances. This article presents a case-based holistic homoeopathic approach to anxiety disorder, emphasizing individualized case taking, mental and physical generals, characteristic symptoms, miasmatic assessment, repertorial analysis, and follow-up. The case demonstrates how the totality of symptoms may be considered in remedy selection. The repertorial totality was analyzed using commonly used homoeopathic repertorial rubrics, with *Arsenicum album* emerging as the leading remedy in this illustrative case. This case report is presented for academic purposes; anxiety disorders should also receive appropriate evidence-based psychological and/or medical assessment and treatment.

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## INTRODUCTION

Anxiety is a normal emotional response to perceived threat or stress. When anxiety becomes excessive, persistent, difficult to control, and associated with significant functional impairment, it may constitute an anxiety disorder. Symptoms may include excessive apprehension, fear, restlessness, irritability, difficulty concentrating, fatigue, disturbed sleep, palpitations, sweating, gastrointestinal complaints, and a feeling of impending danger. A holistic homoeopathic approach considers the patient as a whole rather than focusing exclusively on the diagnostic label. Case taking includes the presenting complaints, mental generals, physical generals, characteristic modalities, maintaining factors, personal history, family history, and relevant constitutional features. Repertorization can then be used as an aid to organize the symptom totality and assist in remedy selection.

## CASE PROFILE

A 32-year-old female presented with complaints of persistent anxiety for approximately two years. The patient experienced excessive concern regarding her health and repeatedly feared that she might develop a serious illness or die suddenly. She reported difficulty falling asleep, frequent waking during the night, restless sleep, and fatigue on waking. Her anxiety increased when she remained alone and when she noticed minor bodily sensations. She was described as fastidious, apprehensive, restless, and mentally exhausted.

## PRESENTING COMPLAINTS

- Persistent anxiety and apprehension
- Excessive anxiety about health
- Fear of death
- Restlessness
- Difficulty falling asleep
- Frequent awakening at night
- Fatigue after sleep
- Irritability

- Excessive concern about minor problems
- Mental exhaustion

## PHYSICAL GENERALS

**Appetite:** Normal

**Thirst:** Frequent; prefers small quantities of water at a time

**Thermal reaction:** Ambithermal

**Sleep:** Difficult to fall asleep; frequent waking; unrefreshing sleep

**Dreams:** Fearful and anxious

**Urine:** Scanty

**Stool:** Satisfactory

## MENTAL GENERALS

- Anxiety about health
- Fear of death
- Restlessness
- Fastidiousness
- Irritability
- Anguish over small matters
- Excessive apprehension
- Feeling mentally exhausted
- Difficulty relaxing
- Persistent anticipation of something going wrong
- Fearful dreams
- Tendency to repeatedly think about health-related problems

## PERSONAL AND FAMILY HISTORY

The patient reported a family background in which anxiety-related complaints and chronic constitutional complaints were present. There was no significant history of substance abuse. Relevant personal, menstrual, sleep, dietary, and psychosocial history should be recorded during complete case taking.

## CLINICAL FINDINGS

The principal clinical condition identified in the case was:

### ANXIETY DISORDER WITH INSOMNIA

A complete psychiatric and medical assessment is important to exclude conditions that may mimic or aggravate anxiety, including thyroid disorders, medication or substance effects, cardiopulmonary disease, anemia, sleep disorders, and other psychiatric conditions.

## MIASMATIC BACKGROUND

From a classical homoeopathic perspective, the predominant background in this illustrative case may be considered **anti-psoric**, with psoric features reflected by anxiety, apprehension, restlessness, fear, and heightened sensitivity. The miasmatic interpretation is used here as a traditional homoeopathic framework and should not be considered a scientifically established mechanism of anxiety disorder.

## REPERTORIAL TOTALITY ON THE FIRST VISIT

The following characteristic symptoms were selected for repertorization

- Mind – Anxiety – about health

- Mind – Fear – death
- Mind – Restlessness
- Mind – Fastidious
- Mind – Anguish – about trifles / small things
- Sleep – Sleeplessness
- Dreams – Fearful

## REPERTORY SHEET

### Illustrative repertorial analysis based on commonly used Kent/Synthesis-style rubrics

| Rubric                    | Ars  | Phos          | Acon          | Nux-v    | Gels     | Nat-m    |
|---------------------------|------|---------------|---------------|----------|----------|----------|
| Anxiety about health      | 3    | 3             | 2             | 2        | 1        | 2        |
| Fear of death             | 3    | 3             | 3             | 1        | 2        | 1        |
| Restlessness              | 3    | 2             | 2             | 2        | 1        | 1        |
| Fastidious                | 3    | 1             | 1             | 3        | 0        | 2        |
| Anguish over small things | 2    | 1             | 2             | 2        | 1        | 1        |
| Sleeplessness             | 2    | 2             | 2             | 2        | 2        | 1        |
| Fearful dreams            | 2    | 2             | 2             | 1        | 1        | 1        |
| Overall correspondence    | High | Moderate-High | Moderate-High | Moderate | Moderate | Moderate |

**Leading remedy:** *Arsenicum album*

**Important:** The table above is an academic/illustrative repertory sheet, not a direct screenshot or numerical output from repertory software. Exact remedy grades can vary according to the repertory edition, rubric wording, and software used.

## HOMOEOPATHIC ANALYSIS

The prominent features considered in remedy differentiation were:

- Marked anxiety concerning health
- Fear of death
- Restlessness accompanying anxiety
- Fastidious nature
- Anguish over comparatively small matters
- Mental exhaustion
- Sleep disturbance associated with anxious thoughts

The combination of anxiety about health, fear of death, restlessness, fastidiousness, and mental exhaustion gives *Arsenicum album* a strong correspondence within the selected repertorial totality. Other remedies such as *Phosphorus*, *Aconitum napellus*, *Nux vomica*, *Gelsemium*, and *Natrum muriaticum* may appear in repertorization and should be differentiated according to the complete individual symptom picture.

## PRESCRIPTION

### Illustrative case prescription

**Arsenicum album 200C** – prescribed as per the individualized case assessment. The potency, repetition, and dosing schedule should not be generalized to every patient. In actual clinical practice, prescribing requires professional assessment, appropriate diagnosis, monitoring, and consideration of concurrent conventional treatment.

## FOLLOW-UP

| Date       | Symptoms / Progress                                                                                                            | Prescription                                                                          |
|------------|--------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| 02/08/2026 | Persistent anxiety about health, fear of death, restless sleep and frequent waking. Mentally exhausted.                        | <i>Arsenicum album</i> 200C – individualized prescription                             |
| 06/08/2026 | Anxiety reduced; fear of death less prominent. Sleep improved with fewer awakenings. Patient reported feeling mentally calmer. | Observation / placebo or further individualized management according to case response |
| 08/08/2026 | Marked improvement reported. Sleep more settled and refreshing. Restlessness reduced. Patient felt fresher after sleep.        | Follow-up and observation                                                             |

## RESULTS

Following the reported individualized homoeopathic management, the patient showed improvement in anxiety-related symptoms, restlessness, and sleep disturbance during the observation period.

Because this is a single case, improvement cannot establish that homoeopathy was responsible for the outcome. Anxiety symptoms can fluctuate naturally and may also respond to psychological, behavioral, social, or conventional medical interventions.

## DISCUSSION

Anxiety disorder involves interaction between psychological, biological, behavioral, and environmental factors. A comprehensive assessment is therefore important before attributing symptoms to a single cause. The holistic homoeopathic approach emphasizes individualization. Instead of selecting a medicine solely from the diagnostic name “anxiety disorder,” the case is analyzed according to the patient's characteristic mental and physical symptoms. In the present illustrative case, anxiety about health, fear of death, restlessness, fastidiousness, and anguish over minor matters were given greater importance during repertorization. *Arsenicum album* was selected because these features showed a relatively strong correspondence with its traditional materia-medica picture. Repertorization should be regarded as an aid to clinical reasoning rather than an automatic method of prescribing. The final assessment should consider the complete case, differential diagnosis, red-flag symptoms, treatment history, and patient preferences.

## CONCLUSION

The case illustrates a holistic, individualized approach to anxiety disorder, incorporating detailed case taking, mental and physical generals, miasmatic assessment, repertorial analysis, remedy differentiation, and follow-up. In this illustrative case, *Arsenicum album* showed the closest correspondence with the selected symptom totality. Further well-designed clinical research is required to determine the effectiveness of homoeopathic treatment for anxiety disorders. Patients with significant anxiety, suicidal thoughts, severe functional impairment, panic symptoms, or other concerning features should receive appropriate mental-health evaluation and evidence-based care without delay.

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