

MANAGEMENT OF ANXIETY THROUGH BEHAVIORAL THERAPY AND NATURAL MEDICINES

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INTRODUCTION

Anxiety is the most common psychiatric symptom in clinical practice and anxiety disorders are the commonest disorders found in 15 to 20 percent of patients. These are more common in industrially advanced countries. Anxiety disorders have harmful effects upon physical and mental health. They also impair functional ability and quality of life. The causes of anxiety in modern life are uncertainty, insecurity, time pressures, relationship problems and fears of inadequacy.

A little anxiety is good in the way that it helps us focus on the task at hand and the body also channels its resources to meet the demands of the job. All of us experience milder forms of anxiety - stress, worry or tension - but when these symptoms collect (or are denied), they can quickly build up to a crescendo. This kind of an anxiety can be severely incapacitating.

People who suffer from anxiety tend to experience physical symptoms such as palpitations, tremors, sweating, gastrointestinal discomfort, diarrhoea, muscle tension, shortness of breath, blushing and confusion. The first step in diagnosing an anxiety disorder is to rule out a physical cause: asthma, diabetes, seizure disorder, inner ear problems and hypothyroidism can all produce symptoms associated with anxiety.

We may be tempted to carry on with anxiety when we are having it for a longer period. There are many natural methods to cure panic attacks. Doctors often recommend anti anxiety medicines along with Benzodiazepines. Depression is commonly associated with anxiety and panic attacks hence antidepressants are also sometimes prescribed. These medicines are proven to cure anxiety but they are actually concealing the possibility of panic attacks.

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The real problems with these medicines are that they do not treat the cause of panic attacks. The use of Benzodiazepines for a longer time can result in addiction. There is no guarantee that these medicines can make free from panic attack.

Psychiatric medications treat mental disorders. Sometimes called psychotropic or psychotherapeutic medications, they have changed the lives of people with mental disorders for the better. Many people with mental disorders live fulfilling lives with the help of these medications. Without them, people with mental disorders might suffer serious and disabling symptoms.

Some people have side effects when they start taking these medications. Most side effects go away after a few days and often can be managed successfully. People who are taking antipsychotics should not drive until they adjust to their new medication.

The modern medicine lacks a holistic approach in its treatment for the anxiety disorders. In spite of various advances, the medicines for anxiety in modern medicine are not curative in nature. A risk of dependency is also associated with them.

Keeping in view the above limitation of modern medicines and the adverse effects of their medications, an attempt was made to show the effectiveness of anti-miasmatic constitutional Homoeopathic medicines to give relief to anxiety patients and there by improving their quality of life.

Case studies:

Case: 1

A lady aged about 43 yr. came on 03/12/2010. She had the complaints of gastritis having pain in epigastric region since 2 months. Pain was burning type and aggravated in empty stomach, by taking cold food but ameliorated by taking warm food. There was eructations and burning in chest and vomiting of food after eating. She was having anxiety when alone in evening. She was anticipating fear of everything. She had sleeplessness and irritability due to anxiety. She had other functional histories normal. She had chronic cold and asthmatic attack sometimes. She had desire for sweet things and warm food. There was nothing relevant family history of this anxiety conditions.

Basing upon these presenting complaints and generalities Arsenicum album was selected as the medicine of choice because all these mental symptoms are covered by this.

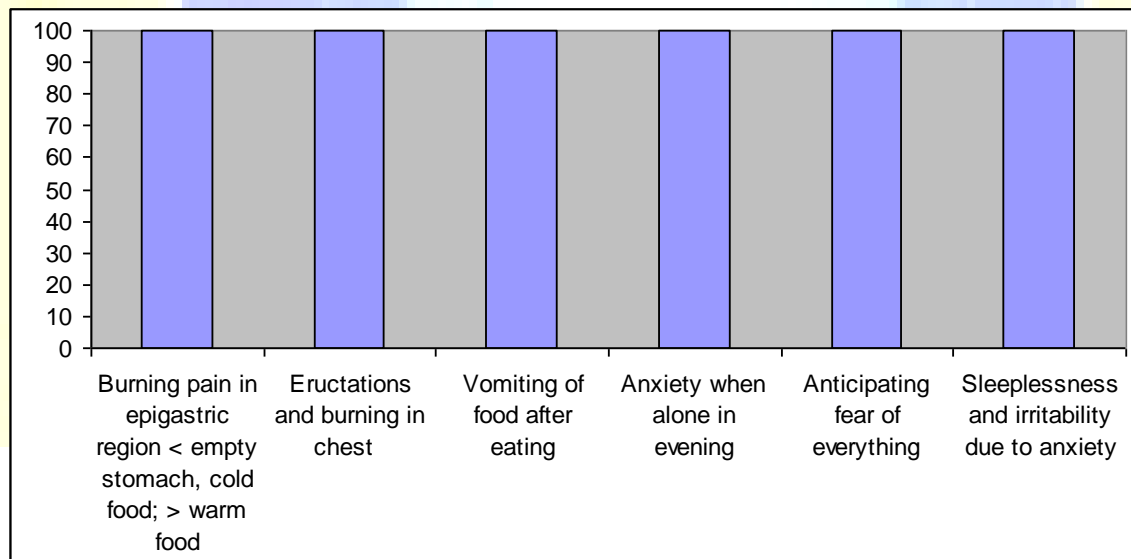
List of symptoms:

1. Burning pain in epigastric region < empty stomach, cold food; > warm food
2. Eructations and burning in chest
3. Vomiting of food after eating
4. Anxiety when alone in evening
5. Anticipating fear of everything
6. Sleeplessness and irritability due to anxiety

First prescription on 3/12/2010:

Rx

Ars. alb 200 / 1 dose to be taken in empty stomach in morning



Follow up

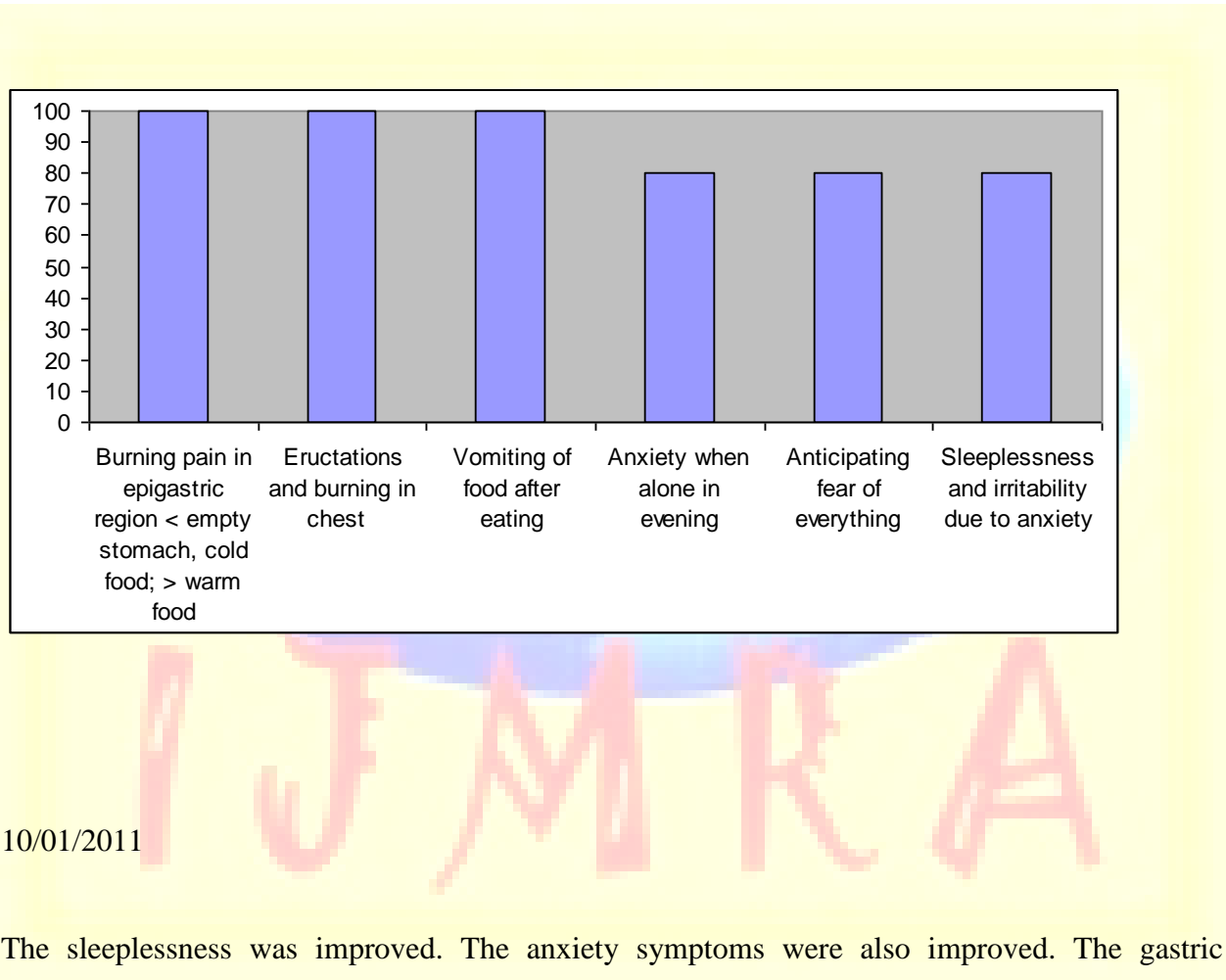
10/12/2010

The patient was feeling somewhat better in mental sphere, but there was no improvement in the other physical symptoms.

The same medicine was continued in millesimal potencies.

Rx

Ars. alb 0/1 (2 pills in 2 ounce of distilled water with 20 drops of rectified spirit in 16 fractional doses to be taken once daily in empty stomach in morning)

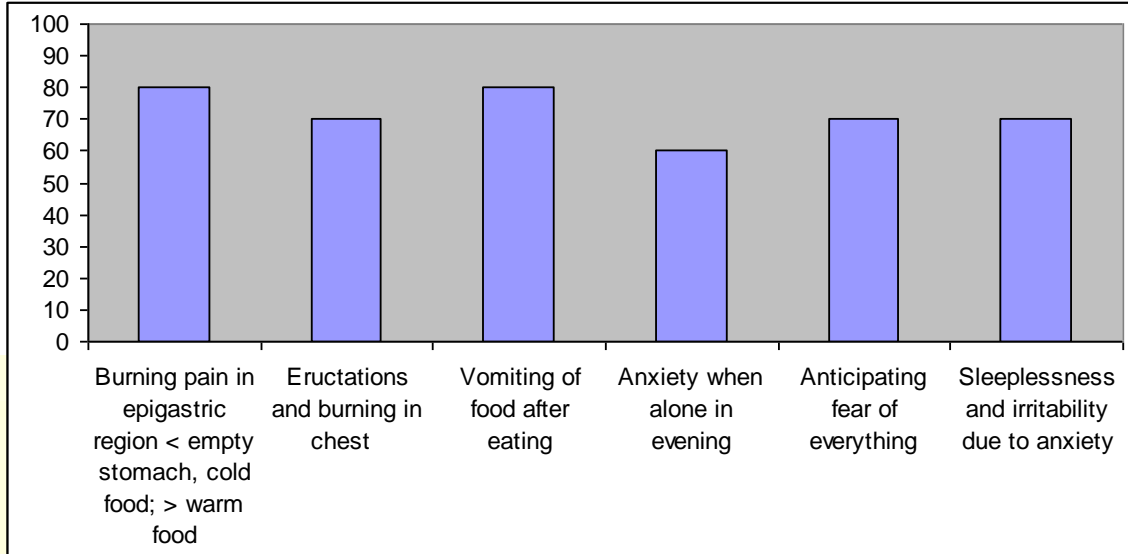


10/01/2011

The sleeplessness was improved. The anxiety symptoms were also improved. The gastric symptoms were also improving.

Rx

Ars. alb 0/2 (2 pills in 2 ounce of distilled water with 20 drops of rectified spirit in 16 fractional doses to be taken once daily in empty stomach in morning)



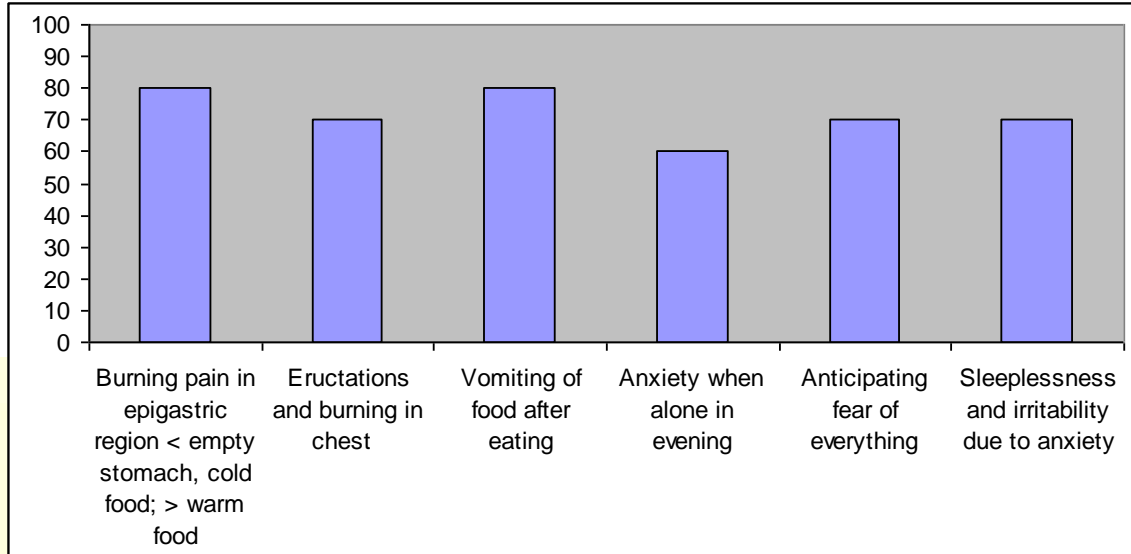
14/02/2011

There was no further change in mental sphere. Now one dose of Sulphur was given as intercurrent remedy to abolish the psoric miasm because the patient had chronic cold and the mental disease is itself of psoric origin (as per Organon of Medicine). From next day onwards Ars. alb was continued in higher millesimal potency.

Rx

Sulphur 200/1 dose to be taken in empty stomach in morning

Ars. alb 0/3 (2 pills in 2 ounce of distilled water with 20 drops of rectified spirit in 16 fractional doses to be taken once daily in empty stomach in morning)

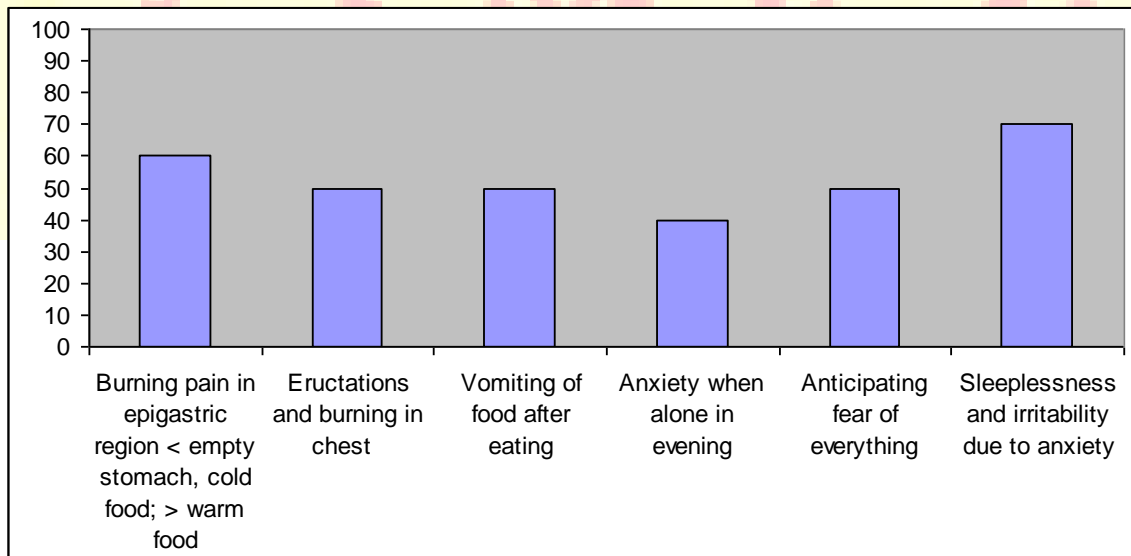


11/03/2012

The anxiety condition of the patient was improved. The intensity of the mental symptoms was decreased. The patient was feeling better. The gastric symptoms were also improving. But the sleeplessness was not improving further.

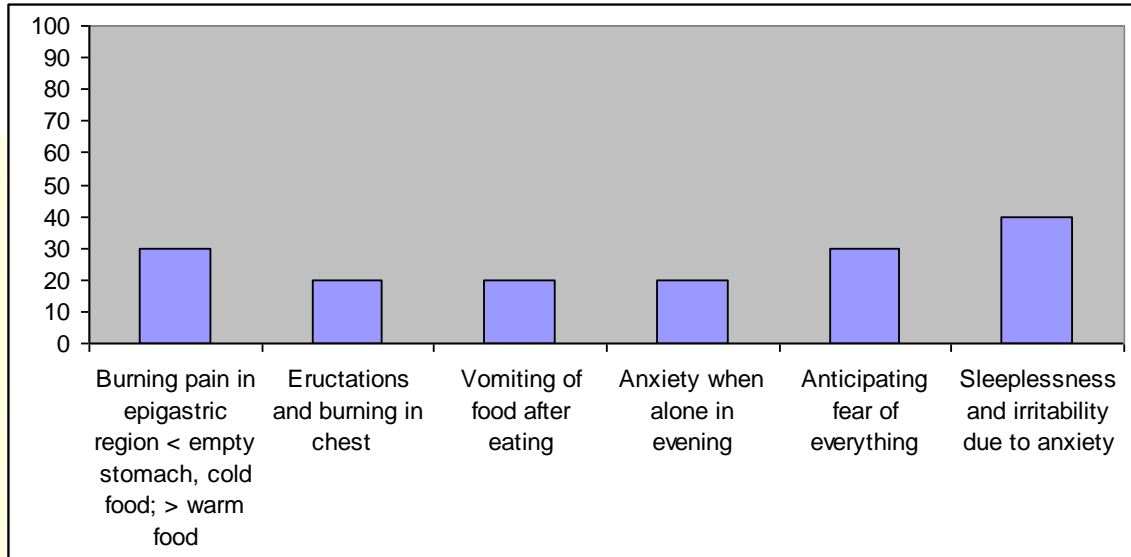
Rx

Ars. alb 0/4 (2 pills in 2 ounce of distilled water with 20 drops of rectified spirit in 16 fractional doses to be taken once daily in empty stomach in morning)



13/04/2011

There was improvement in all symptoms.



The same medicine was continued up to 0/8 millesimal potency and after that the patient was kept on placebo for 2 months to see any relapse of the condition. But there no relapse of the mental conditions after discontinuation of the medicine.

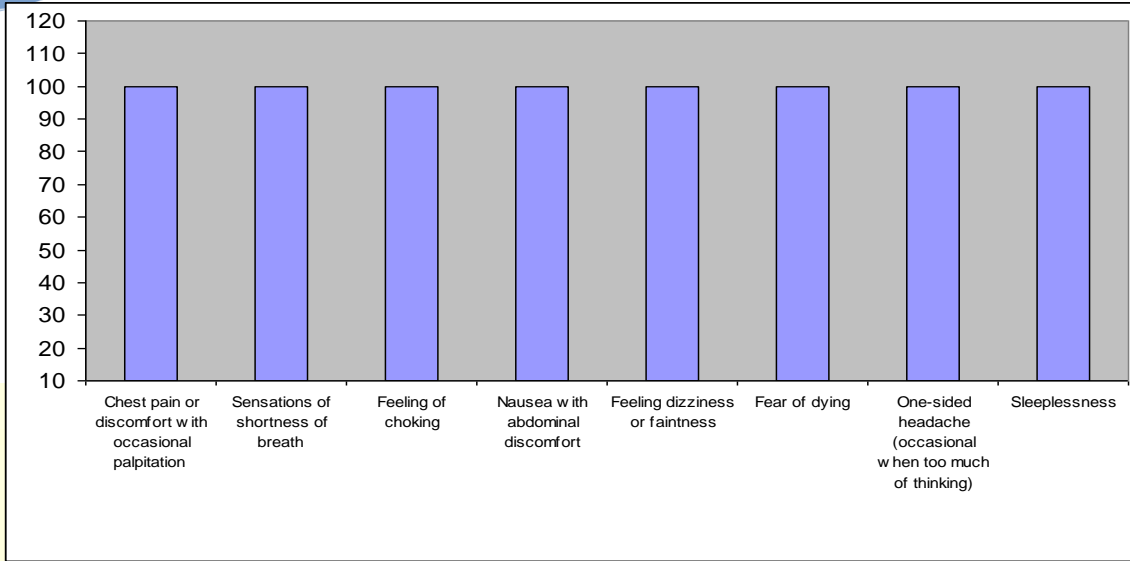
Case – 2

A female aged about 50 came with following complaints on 10/07/2010.

1. Chest pain or discomfort with occasional palpitation
2. Sensations of shortness of breath
3. Feeling of choking
4. Nausea with abdominal discomfort
5. Feeling dizziness or faintness
6. Fear of dying
7. One-sided headache (occasional when too much of thinking)
8. Sleeplessness

All the above complaints started before 4 months. On further investigation the patient had no past history of any heart disease. She had normal functional histories. Blood pressure was 130/86 mm of Hg, pulse rate was 88/min. ECG was normal (already done). The female was a chilly patient and there was desire for salt and cold food and sour things.

From the investigation reports which were done a short time previously there were no significant pathological changes in related organs. So from the complaints of the patients it was analyzed that this was a case of anxiety. So taking account into the complaints the patient was prescribed with **Phosphorous 0/1** (2 oz in liquid form in 16 doses – 1 dose daily in empty stomach in morning).



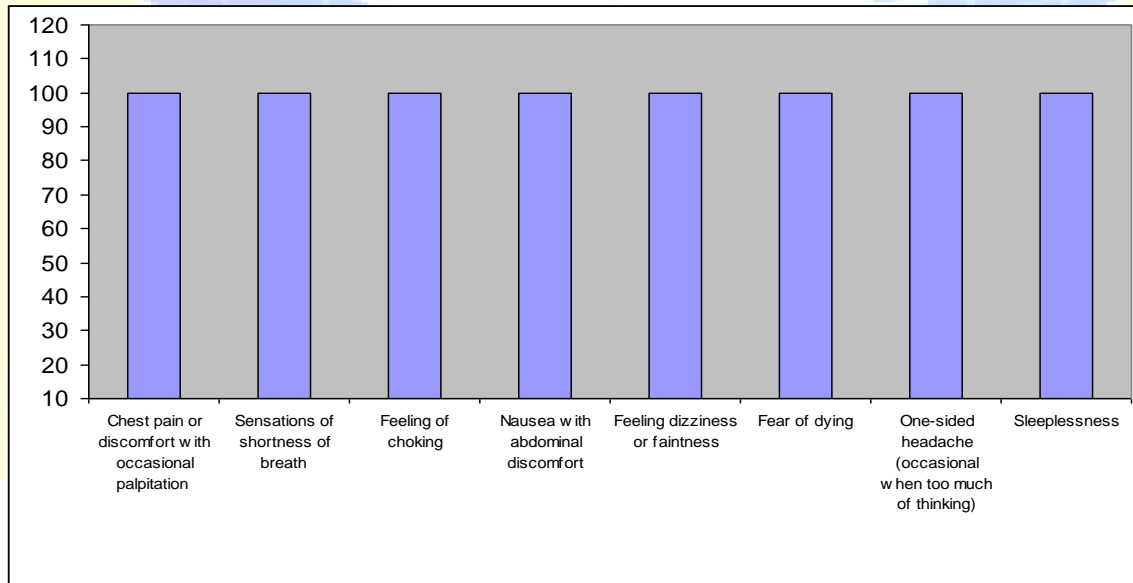
Follow up:

30/07/2010

There was no improvement of the complaints.

Rx

Phos. 0/2 in same repetition

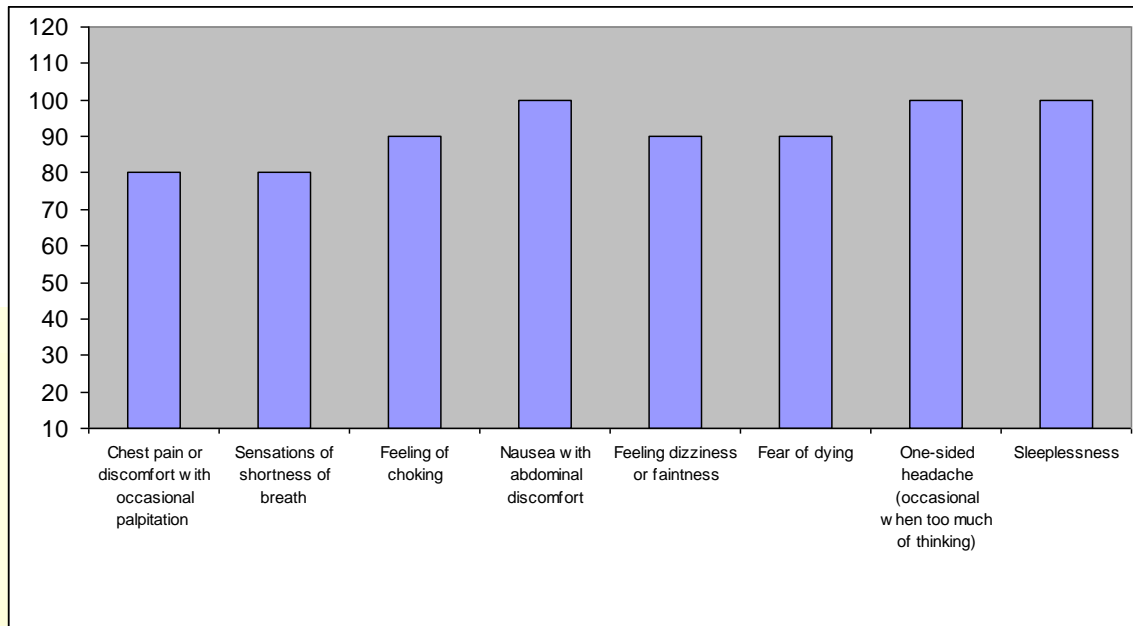


20/08/2010

There was improvement in anxiety symptoms. But other complaints were standstill.

Rx

Phos. 0/3 and 0/4

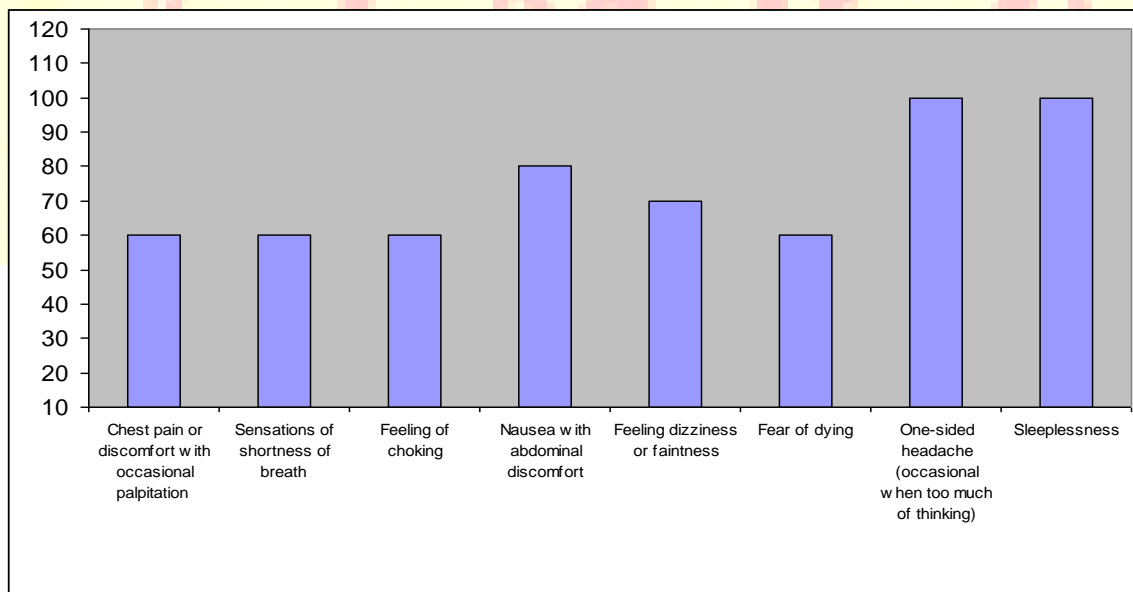


30/09/2010

Chest pain with occasional palpitation was there. The intensity of feeling of choking and shortness of breath was slightly reduced. There was no abdominal discomfort and nausea. Headache and sleeplessness not improved.

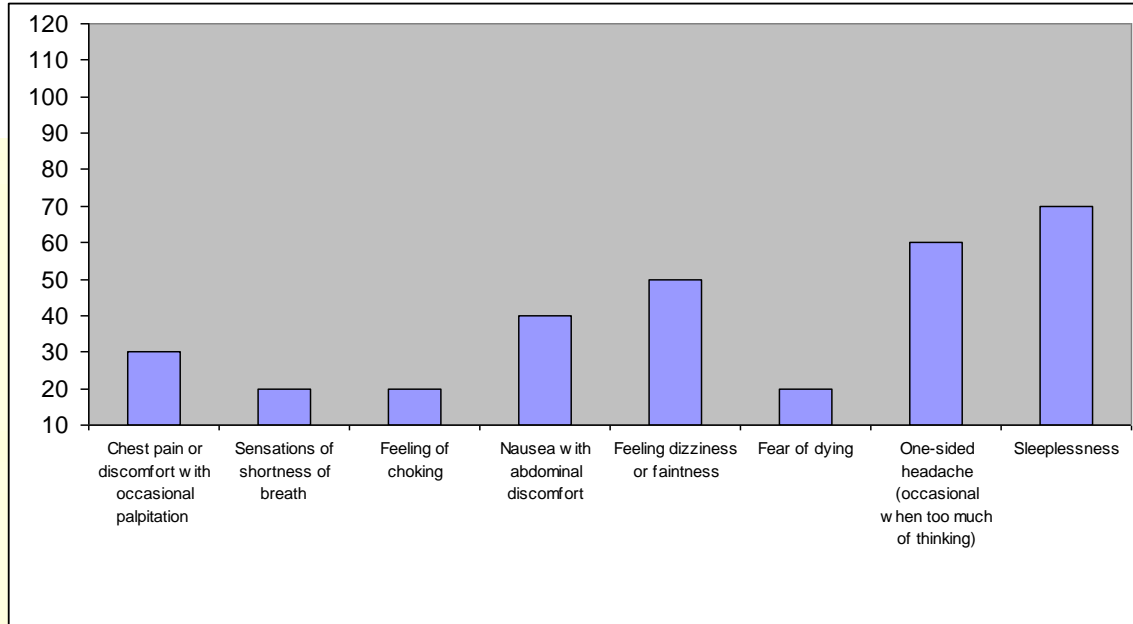
Rx

Phos. 0/5 and 0/6



03/11/2010

The patient was improving. The patient was advised to continue the same medicine due to continued amelioration in the complaints.



The patient continued the same medicine up to 0/12 and she was feeling relief from the anxiety complaints with improvement in headache and sleeplessness.