



## Efficacy of Polychrest Homeopathic Medicines in Generalised Anxiety Disorder

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### Abstract

Generalised anxiety disorder is a very common psychiatric disease which is very common nowadays. Adults as well as youth and even children are seems to be suffering from it throughout the world. It is characterized by hopeless, worried, helpless, guilty, Shakiness or twitching, Fatigue, irritable, and restlessness. **Objective:** To know the efficacy of polychrest homeopathic medicines in treatment of generalised anxiety disorder. **Methodology:** Total 30 patients suffering from Generalised anxiety disorder were included for study and were prescribed homeopathic medicines on the basis of constitution and totality of symptoms. For this study, the subjects were selected from the OPD of Sri Ganganagar Homeopathic Medical College and Hospital, Sri Ganganagar, as per inclusion and exclusion criteria. **Result:** Out of 30 patients suffering from generalised anxiety disorder, 16 patients showed marked improvement in their complaints. 10 patients showed mild improvement. No improvement was seen in 4 patients. **Conclusion:** In my study, homoeopathic medicines are found to be very effective in treating generalised anxiety disorder.

**Key Word-** Generalised anxiety disorder, Homoeopathic Polychrest Medicines, Psychiatry.

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### INTRODUCTION

Generalized anxiety disorder is a common condition. It is characterised by an insidious onset in the third decade and a stable, usually chronic course which may

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or may not be punctuated by repeated panic attacks (episodes of acute anxiety). It should last for at least a period of 6 months for a diagnosis of generalised anxiety disorder to be made; reasonable estimates for its 1-year prevalence range from 3 to 8 percent. The ratio of women to men with the disorder is about 2 to 1, but the ratio of women to men who are receiving inpatient treatment for the disorder is about 1 to 1. The disorder usually has its onset in late adolescence or early adulthood, although cases are commonly seen in older adults.<sup>4</sup>

#### **Difference between Fear and Anxiety:**

It is distinguished from fear, which is an emotional response to a perceived threat. Additionally, fear is related to the specific behaviors of escape and avoidance, whereas anxiety is related to situations perceived as uncontrollable or unavoidable. Fear and anxiety were said to be differentiated in four domains: duration of emotional experience, temporal focus, specificity of threat, and motivated direction. Fear was defined as short-lived, present-focused, geared towards a specific threat, and facilitating escape from threat while anxiety was defined as long-acting, future-focused, broadly focused towards a diffuse threat, and promoting caution while approaching a potential threat.

#### **Clinical Features:**

- **Motor Tension-** The motor tension is most commonly manifested as shakiness, restlessness, and headaches.
- **Autonomic Hyperactivity-** The autonomic hyperactivity is commonly manifested by shortness of breath, excessive sweating, palpitations, and various gastrointestinal symptoms.
- **Cognitive Vigilance-** The cognitive vigilance is evidenced by irritability and the ease with which patients are startled.<sup>9</sup>

#### **MATERIAL & METHODS -**

**Population/Sample:** Patients coming to OPD for generalised anxiety disorder taken into consideration after thorough case taking. Sample of 30 patients taken on basis of first come first serve from OPD and IPD of Sri Ganganagar Homoeopathic Medical College, Hospital and Research Institute, Sri Ganganagar Rajasthan.

**Age and Sex:** Patients of all ages and both sexes considered.

**Study Design:** Observational study

**Repertory:** Repertory to be used according to the case/study.

**Remedy Selection:** Remedies were selected after repertorization and confirmation by Materia Medica.

**Investigation:** All necessary investigations will be done at this institute. If special investigations are needed,

patients may be referred to higher laboratories at the cost of the patient without any reimbursement.

**Null Hypothesis (H<sub>0</sub>):** Homoeopathic polychrest medicines are not effective in cases of Generalised Anxiety Disorder (H<sub>0</sub>)

**Alternate hypothesis (H<sub>1</sub>)** - Homoeopathic polychrest medicines are effective in cases of Generalised Anxiety Disorder (H<sub>1</sub>)

**Inclusion Criteria:**

- 30 patients of generalised anxiety disorder included after receiving informed consent with proper case taking Performa considered for the study.
- Patients of all age groups and both sexes.
- Patients complying with regular follow up for at least 6 months.

**Exclusion criteria:**

- Patients with other systemic disorders along with generalised anxiety disorder.
- Patients having any debilitating disease along with generalised anxiety disorder.
- Patients suffering with other Psychiatric disorder.
- Patients who cannot express fairly.

**Statistical Analysis**

Paired t- test is used as a statistical tool.

**Calculation of Student t-test:**

**Table 1: Calculation for Paired T-Test**

Mean Difference (D)	Standard Deviation (SD)	Standard Error Mean (SE)	t-Value
$(\sum d)/n$	$\sqrt{[(\sum d^2)-\{(\sum d)^2/n\}]/(n-1)}$	$SD/\sqrt{n}$	$D/SE$
687/30	$\sqrt{[(22185)-\{(687)^2/30\}]/(29)}$	$223/\sqrt{30}$	23/41
23	223	41	0.560

**Table 2: Conclusion of Paired T-Test**

p-Value	Standard 't' value for two tails	Calculated 't' value	Conclusion
0.05	1.699	0.560	Reject Null hypothesis
0.01	2.462		
0.001	3.396		

**RESULT**

The detailed statistics are given in master chart and analysis of same is given in “Data Analysis” part given earlier.

The following results were drawn from the study-

1. GAD in different age groups was encountered more in age group of 30-40 years i.e. 10 cases (33.33%) and 6 cases (20%) in age group of above 20-30 years and 5 cases (17%) in age group of 18 years. 5 cases (16.67%) patients belong to age group 10-19 years and 40-49 years, minimum number of patients that is 4 cases

(13.33%), belong to age group 50-60 years. The incidence of anxiety disorders thus is higher in age group 30-39 years as there is maximum amount of Anxiety level in these years.

**Table No. 3 Showing Age Incidence of generalised anxiety disorder in Study Group of 30**

Age-Years	Number of Cases	%
10-19	5	16.67
20-29	6	20
30-39	10	33.33
40-49	5	16.67
50-60	4	13.33
Total	30	100

2. GAD, the amount of male and female patients came to be same – 15 cases (50%) were males and 15 cases 50% were females i.e. ratio of male: female is 1: 1.

**Table No. 4 Representation of data according to gender of the patients**

Sex	Number of Cases	%
Male	15	50
Female	15	50
Total	30	100

3. Most frequent prescriptions included Arsenicum Album 8 cases (26.67%),

Argentum Nitricum 7cases (23.34%), Natrium muriaticum 4 cases (13.34%), Gelsemium sempervirens 4 cases (13.34%) and Pulsatilla 2 cases (6.67%).

4. Lesser used polychrest medicines of the study were Kalium phosphoricum 1 case (3.34%), Naja tripudians 1 case (3.34%), Ignatia amara 1 case (3.34%), Apis mellifica 1 case (3.34%) and Cantharis vesicatoria 1 case (3.34%).

**Table No. 5 Representation of data according to Medicine used**

Remedy	Patients	
	Number	%
Argentum Nitricum	7	23.34
Arsenicum Album	8	26.67
Kalium phos.	1	3.34
Naja tripudians	1	3.34
Pulsatilla pratensis	2	6.67
Natrium mur.	4	13.34
Gelsemium semp.	4	13.34
Ignatia amara	1	3.34
Apis mellifica	1	3.34
Cantharis vesi.	1	3.34
Total	30	100%

5. **Assessment of Outcome of Treatment:** Marked improvement was observed in 16(53.33%) patients, Mild improvement was observed in

10 (33.33%) patients, No improvement was seen in 4 (13.33%) patients.

**Table No. 6** Showing distribution according to Effect of treatment with homeopathic polychrest Medicine in Patients Suffering from GAD

Effect of Treatment	Patients	
	Number	%
Marked – Status % > 50%.	12	40
Moderate Status % 30 – 49 %.	7	23.33
Mild Improvement – Status % 1 – 29 %.	9	30
Status quo – No change in Status %.	1	3.34
Worse – Increase in symptom staging.	1	3.34
Total	30	100%

Hence it is proved that Polychrest Homoeopathic medicine play an important role in treatment of Generalised Anxiety Disorder.

**Habitat-** Incidence of generalised anxiety disorder condition were reported maximum number of cases i.e. 17 cases (57%) were observed from urban areas whereas 13 cases (43%) were from rural areas.

## CONCLUSION

This study clearly indicates the efficacy of Polychrest Homoeopathic medicine in improving the cases of Generalised Anxiety Disorder, although the study was conducted with a small sample size and over a small follow up period. Positive results i.e. benefitting around 90% cases (50% marked improvement and 40% moderate improvement) were achieved in anxious patients by applying homoeopathic principles. The findings are encouraging to open avenues for further studies on generalised anxiety disorder. The study showed that homoeopathic polychrest medicine has good scope in the treatment of Generalised anxiety disorder and there is decrease in the intensity and progress of the symptoms of generalised anxiety disorder. Secondly, homoeopathic medicines have very less amount of medicinal substance as compared to allopathic system of medicine due to which the organism is not brought under the negative influence of any drug thereby used. Homoeopathic medicines, therefore, have this profit over the medication used by the dominant school of medicine.

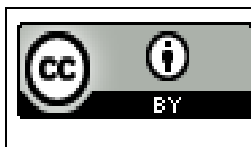
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