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ORIGINAL ARTICLE

SCOPE OF HOMOEOPATHY IN THE TREATMENT OF ANXIETY DISORDERS SPECIALLY KALI GROUP OF REMEDIES

Satya Sharan Gupta¹, Jaswinder Kaur²

¹Ph. D. Scholar, ²Supervisor, Sri Ganganagar Homoeopathic Medical College Hospital & Research Institute, Sri Ganganagar

Abstract

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Key Word- Anxiety, Miasm, Kali group, Beck Anxiety Symptoms Score, Single-blind, Fear.

Corresponding Author:-

Satya Sharan Gupta, Ph. D. (Hom.), Scholar, Tantia University Sriganganagar, Rajasthan .

Anxiety is a psychological and physiological state characterized by cognitive, somatic, emotional part. It is a generalized mood condition that can occur without identifiable triggering stimulus. Individuals manifest both physical and mental symptoms leading to significant distress or impairment. **Objective:** To evaluate the outcome of Kali group of Homoeopathic medicine by analyzing the improvement in the Anxiety Disorder with the help of Beck Anxiety scales. **Methods:** Single blind, Randomized clinical trial without controlled group was conducted at OPD of Sriganganagar Homoeopathic Medical College Hospital and Research Institute, Tantia University Sri Ganganagar, Rajasthan. A total of 100 patients suffering from anxiety disorder were randomly selected for study. On basis of individual peculiarities of patient's kali group of homoeopathic medicine prescribed. The assessment was done at Pre and Post-treatment using Beck anxiety inventory scale and statistical test dependent 2 sample T-test used at significance level <0.5 . **Results:** Total 100 (n) participants analyzed after study, at beginning of study mean of Beck Anxiety score (pre) was 43.59 ± 6.82 and after study Mean of Beck Anxiety score (post) was 22.96 ± 6.12 . T Test calculated value was 33.96 at significance level 0.05, corresponding p value was <0.0001 so alternate hypothesis was accepted because p value is less than 0.05. **Conclusion-** The result of this study shows that kali group homoeopathy medicine have effective role in management of anxiety disorder.

INTRODUCTION

Anxiety is a psychological and physiological state characterized by cognitive, somatic, emotional part. It is a generalized mood condition that can occur without identifiable triggering stimulus. Individuals manifest both physical and mental symptoms leading to significant distress or impairment. Anxiety disorders are one of the most prevalent and highly comorbid psychiatric conditions.

Anxiety is an emotion characterized by feelings of apprehension, fear, tension, anxious thoughts, and physical symptoms such as palpitations, sweating, feelings of stress, and increased blood pressure. Anxiety disorders are a group of mental disorders characterized by powerful feelings of worry, anxiety, or fear that are strong enough to interfere with one's daily activities. Anxiety disorders are the most prevalent psychiatric disorders and are associated with a high burden of illness. Anxiety disorders are often underdiagnosed and undertreated in primary care. Treatment is indicated when a patient shows marked distress or suffers from complications resulting from the disorder. The global burden of anxiety disorders represents 10.4% Disability-adjusted life years.

The exact cause of Anxiety Disorders is unknown. However, several risk factors like Family history of

depression or Anxiety disorder, Childhood abuse, Low self-esteem, Female sex, the White race, Environmental stress, Drug withdrawal, or misuse are associated with the onset of anxiety disorders.

Recently in COVID 19 pandemic people suffer from severe anxiety disorder and panic state. Anxiety can be managed with lifestyle modifications, behavioral therapies, medications, or combinations based on the severity and distress in an individual. Physical exercise, relaxation techniques, correct breathing techniques, psychotherapy, cognitive behavioral therapy, dietary adjustments like restricting alcohol intake and caffeine.

Previous study shows that homoeopathic therapy can be an effective method to treat anxiety and depression disorders. Homoeopathy is a system of medicine that has a unique etiological consideration in terms of miasms. Psora is the root cause of all mental diseases and the dominant miasm in all anxiety disorders. Anxiety and fear are considered to be psoric in origin by most stalwarts.

Homoeopathy can be a safe and effective alternative or adjunctive to the conventional system in managing anxiety disorders. Kali group of homoeopathic medicine have a lot of mental symptoms and use in psychiatric disorder. Kali group of medicine acts on nerves and Central nervous System effectively. There are

more than 40 remedies in kali group which are used for different ailments. But the core or the basic theme of all kali salts remains the same.

OBJECTIVES

- To evaluate the outcome of Kali group of Homoeopathic medicine by analyzing the improvement in the Anxiety Disorder with the help of Beck Anxiety scales.
- Treatment of Anxiety disorders patients with special emphasis on Kali Group of Homoeopathic Medicines.
- To cure the individual – not only in terms of the presenting disease picture but also avoid complications due to Anxiety Disorder.

HYPOTHESIS

- **Null Hypothesis (H₀)** - There is no significant difference in between pre and post Beck Anxiety Score in case of Anxiety Disorder. It means Kali group of medicine have no significant role in management of Anxiety Disorder.
- **Alternate Hypothesis (H₁)** - There is significant difference in between pre and post Beck Anxiety Score in case of Anxiety Disorder. It means Kali group of medicine have significant role in management of Anxiety Disorder.

MATERIAL AND METHODOLOGY

Study Design- Experimental study, Single centered, Single blind, Randomized clinical trial without controlled group.

Study Setting- This study was single centered study, conducted at OPD/IPD of Sri Ganganagar Homoeopathic Medical College Hospital and Research Institute, Sri Ganganagar, Tanta University, Sri Ganganagar, Rajasthan.

Case Definition- Case selected as per DSMV (Diagnostic and Statistical Manual of Mental Disorder) 4/5 criteria and ICD 10 code F41

Study Duration-The Study was conducted within 1.6 yrs.

Sampling Method and Sample Size- Probability method of Simple random sampling (SRS) was used for selection of sample from population. Total 100 cases were selected by simple random sampling method from study center OPD of Sri Ganganagar Homoeopathic Medical College Hospital and Research Institute, Sri Ganganagar.

Blinding – Single Blind Study, so patient does not know they take which medicine.

InclusionCriteria:

- ✓ Patient of all age group and both sexes were taken for study.
- ✓ 100 cases as per the case definition were taken up on the basis of the first come first serve.

- ✓ Patient selected from various socio-economic strata.
- ✓ Patient complying with regular follow up.

Exclusion Criteria:

- ✓ Symptoms associated with any other disease condition.
- ✓ All medico-legal cases will be excluded.
- ✓ Patient who are having any complication.
- ✓ Patients who were not cooperate during treatment.
- ✓ All the cases that did not fulfill the standard case definition.
- ✓ Patient without written consent.
- ✓ Immuno-compromised patient.

Intervention- Each cases study in details, proper case taking, individualization and form totality of symptoms. Each case prescribes Homoeopathic medicine from kali group as per totality of case.

Informed Consent document : Take prior to beginning of study.

Assesment method- Beck anxiety scale used for asses the progress of cases. When patient enroll for study at that time pre assesment taken and after that 6 month again post study assesment was taken, and compare both score.

Ethical clearence : Institutional Ethics Committee of Tantia University, Sri Ganganagar was approved study protocol prior to beginning of study.

Record of work: Case taking Proforma as per Organon of Medicine and Psychiatry used along with Beck anxiety score

Repertory: Repertory used according to the need of case.

Remedy selection: Remedy was selected by totality of symptoms and individualizing features of patients.

Placebo: Placebo was prescribed as per indicated in Organon of Medicine as per posology.

Source of remedy: Pharmacy of Sri Ganganagar Homœopathic Medical College, Hospital and Research Institute, Sri Ganganagar.

Remedy application: Potency selection, application and repetition of medicine(s) were done according to the need of case and as per posology.

Medicine Dispense- Medicine had given in globules no. 40 through oral route.

Investigation: All necessary investigations were done at this institute. If special investigations are needed, patients may be referred to higher laboratories.

Statistical Test/Tools - 2 sample dependent T –test used for analysis of study at 0.05 level of significance. Micorosoft excell, Social science calculator used for calculation, Data prasant in form of graph and table as per need.

Expected outcome: as per improvement of symptoms of patients.

- **Marked-** When more than 75% improvement of symptoms of patients
- **Moderate-** When more than 50% improvement of symptoms.
- **Mild-** When more than 25% improvement of symptoms.
- **Status Quo-** No Improvement.
- **Drop Out-** Patient leaves the case in between study.

Brief Procedure- 100 cases selected as per case definition by simple random sampling method from OPD/IPD of Sri ganganagar Homoeopathic Medical College Hospital and research Institute, Sri Ganaganagar, Rajasthan. Explain to the Patient pros and cons of study, if they are agree then take informed consent document and begins study as per direction of Homoeopathy, proper case taking, make totality of symptoms, prescribe appropriate Kali group medicine to patient, patient does not know they take which medicine so this study was single blind study. Beck anxiety scale was used for assesment of anxiety pre and post study. After completion of study analyses was done and draw the conclusion.

RESULT

Total 100 (n) participant analyzed after study, at beginning of study mean of Beck Anxiety score (pre) was 43.59 ± 6.82 and after study Mean of Beck Anxiety score (post) was 22.96 ± 6.12 . It shows that Kali group of homoeopathic medicine

show good response in treatment of Anxiety Disorder. T Test calculated value was 33.96 at significance level 0.05, corresponding p value was <0.0001 so alternate hypothesis was accepted because p value is less than 0.05. Incidence of anxiety disorder in male is more than female, 66 male and 34 female patients were participated. Out of 100, 69 cases were belonging from age group 30-60 yrs, 29 cases below 30 yrs and 2 cases from above 60 yrs. were participated. Incidence of anxiety disorder is more in age group 30-60 yrs. In this study 55 cases from rural area and 45 cases from urban area were participated. 34 cases from Upper and Lower Socioeconomic class and 32 cases from middle socioeconomic class, so no definitive conclusion drawn in respect to SE class. Kali carb and kali phos was most commonly used medicine during study. In 31 cases Kali carb was used, in 27 cases Kali phos, 16 cases kali brom, 9 cases causticum was used respectively. Psora miasm were most dominant miasm found during study. Out of 100 cases 35 cases show marked improvement, 48 cases shows moderate improvement and 17 cases shows mild improvement after study.

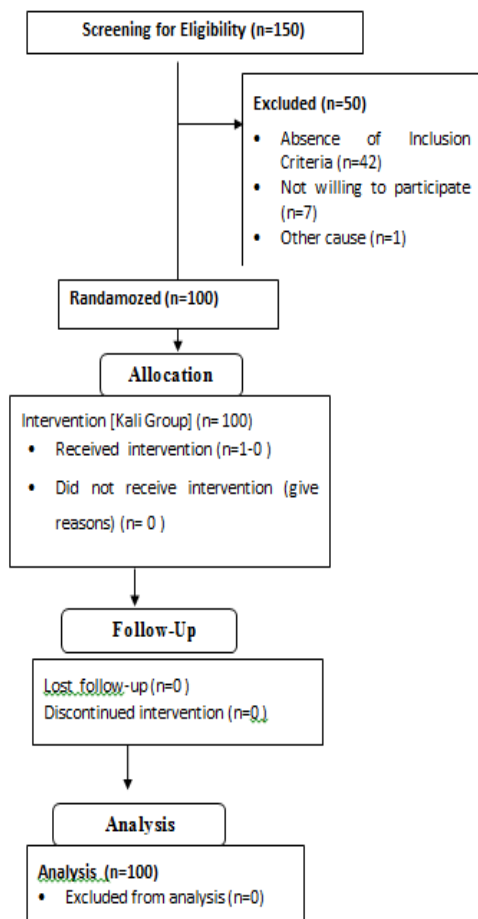


Fig 1 Study Flow Diagram

OBSERVATION

Following observation were observed after completion of study-

Gender Distribution -

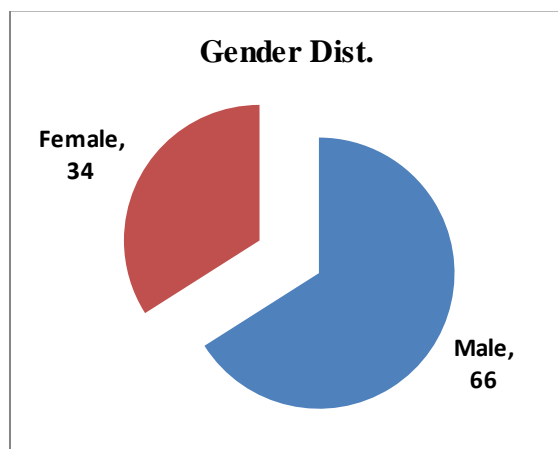


Fig. no. 3 Pie Diagram of Gender Distribution

Pre Mean ± SD	Post Mean ± SD	T cal	D F	T tab at p=0.05	P Vall ue	Remar k
43.59± 6.82	22.96± 6.12	33.93	99	1.987	<0.001	Signif icant

Fig no. 2 T Test Reslt

Age Distribution

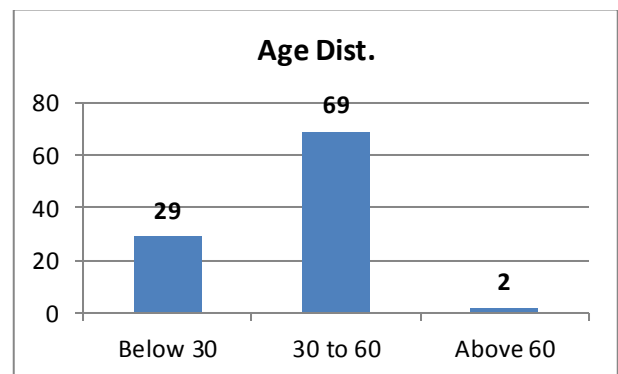


Fig no. 4 Bar Diagram of Age Distribution

Habitat

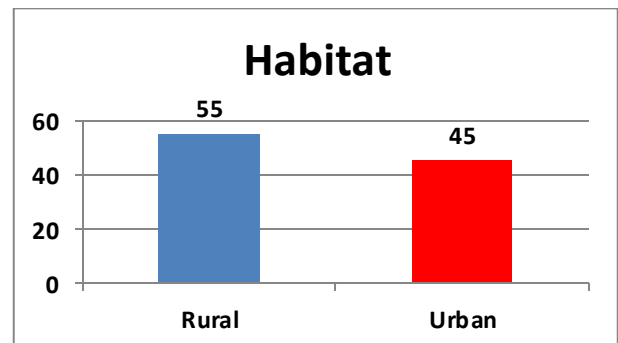


Fig no 5 Bar Diagram of Habitat

Socio-Econmic Status of Patients

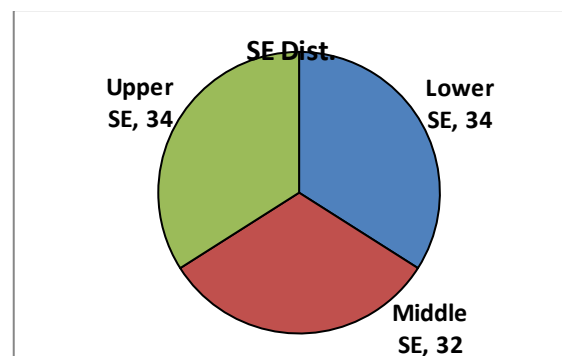


Fig no. 6 Pie Diagram of Socio-Economic

Medicine Used During Treatment

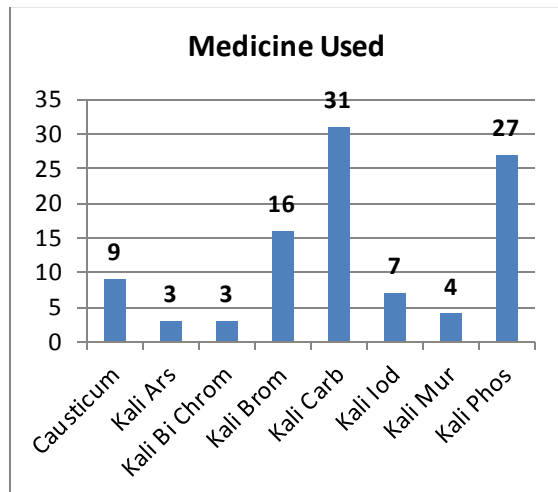


Fig no. 7 Bar Diagram of Medicine used During Treatment

Pre and Post Beck Anxiety Score

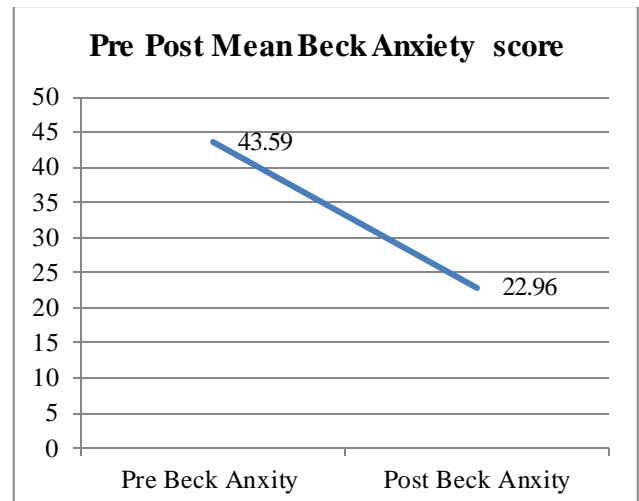


Fig no. 10 Pre Post Mean Beck Anxiety Score

Dominant Miasm During Study-

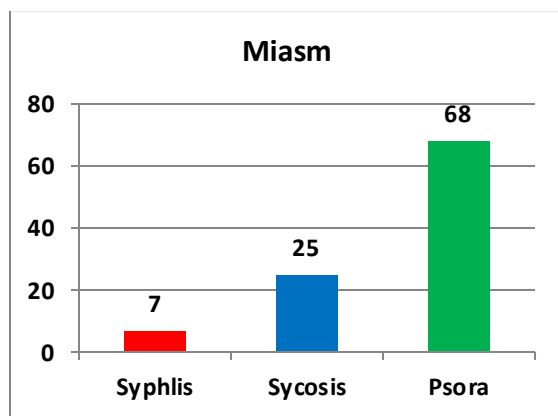


Fig no.8 Bar Diagram of Dominant Miasm

Result after Treatment

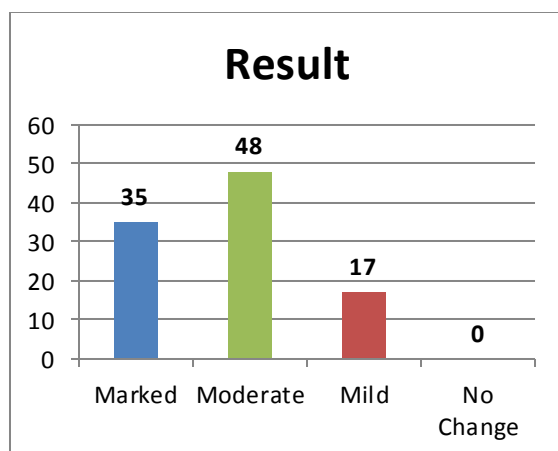


Fig 9 Bar Diagram of Response

CONCLUSION

Following conclusion drawn after concluding the study-

1. Kali group of homoeopathic medicine effective in management of cases of anxiety disorder.
2. In my study incidence of Anxiety disorder is more in male than female.
3. During study out of 100, 69 cases were belonging from age group 30-60 yrs, 29 cases below 30 yrs and 2 cases from above 60 yrs. were participated. Incidence of anxiety disorder is more in age group 30-60 yrs.
4. Anxiety disorder is does not depend on habitat of patients.
5. In Study 34 cases from Upper and Lower Socioeconomic class and 32 cases from middle socioeconomic class, so no definitive conclusion

drawn in respect to SE class. All class people affected by anxiety disorder.

6. In kali group Kali carb and kali phos was most commonly used medicine during study. In 31 cases Kali carb was used, in 27 cases Kali phos, 16 cases kali brom, 9 cases causticum was used respectively.
7. Psora miasm were most dominant miasm found during study.
8. Out of 100 cases 35 cases show marked improvement, 48 cases shows moderate improvement and 17 cases shows mild improvement after study.

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