

Utility Of Synthesis Repertory In The Treatment Of anxiety Disorders: A Prospective Interventional Study

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Abstract: Background: Anxiety is a psychological and physiological state characterized by cognitive, somatic, emotional, and behavioral components. These components combine to create an unpleasant feeling that is typically associated with uneasiness, apprehension, fear, or worry. Anxiety is a generalized mood condition that can often occur without an identifiable triggering stimulus. Objectives of the Study were Utility of Synthesis repertory in the treatment of anxiety disorders, to study the Clinical aspect of this repertory and to see the efficacy of Homoeopathy in treatment of anxiety disorders. Material And Methods: The subjects were taken from the O.P.D and peripheral centers of Baroda Homoeopathic Medical College. Cases were screened after fulfilling the inclusion as well as exclusion criteria. The diagnosis was made on the basis of strong clinical presentation. A totality of symptoms was erected in each case and a remedy was selected for each case after referring Homoeopathic Materia Medica, after following up cases the inferences were drawn by analysis of the outcome. Result: Maximum prevalence of Anxiety Disorder was noticed in the age groups of 20 - 30 yrs and 30-40 yrs. There was significant difference in the incidence of anxiety disorder according to the sex. Out of 30 cases, 23 were males (76.67%) and 7 were females (23.33%). There is 90% case is of GAD while 6.66% cases is of OCD and 3.33% cases is of panic disease. The maximum prevailing co-morbidity is Depression, seen in 16.66% of cases, whereas, Panic attacks is seen only in 1 (3.33%) case. Out of 30 case, 83.30 % cases are improve while 6.66% cases are left out and 10% cases as it is. Conclusion: From the analysis of the above results obtained it is obvious that the Homoeopathic drugs are very effective in the treatment of anxiety disorder. All the cases were repertorized in synthesis 9.1 for obtaining the constitutional remedy. Synthesis is one of the latest repertories, the rubrics are well represented which makes the Repertorization easier and quicker with reliable results

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Introduction: Anxiety is a basic emotional expression which all of us experience in day-to-day life, everybody knows what it's like to feel anxious-the tension you feel when your boss is angry and the way your heart pounds if you are in danger. Nobody on this earth is free from it and experiences it to greater or lesser degree.

All of us have anxiety of different kind that at times lead us to perform well. In most of the instance, we channelize this nervous energy into performance and anxiety vanishes the moment the task is accomplished. In some instance anxiety can be incapacitating and hinders the normal working capacity of an individual such anxiety saps us and does not allow us to take

right decision and needs to be treated. Anxiety is caused by multiplicity of factor and gives rise to multiplicity of effects which are clinically detectable. The importance of the mental symptoms has been talked of in homoeopathy from very inception of the science master Hahnemann was quite forthright and unambiguous about this aspect vide aphorism 211, 212 and 213 of the 6th edition of the Organon of medicine. Different person expresses various shades of anxiety in different circumstance. Unfortunately various shades of anxiety are often lumped together like 'Anxiety future about' or 'anxiety family about' etc. The repertory does have specific rubric that covers anxiety in many fine shades.

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Review of literature: The anxiety disorder makes up one of the most common groups of psychiatric disorders. The national co-morbidity study reported that one of four people met the diagnostic criteria and that there is a 12-month prevalence rate of 17.7 percent. Women (30.5 percent lifetime prevalence) are more likely to have an anxiety disorder than are men (19.2 percent lifetime prevalence). It is fairly uniform across all culture.

High rate in low socio-economic status and education level. Highly common in unemployed persons and home makers. Certain phobias and generalized anxiety disorder are common in students. Anxiety disorders are amongst most prevalent psychiatric conditions in most of the population studied. Anxiety disorder also may increase the rate of cardiovascular related mortality. Hence clinician in psychiatric and other specialty must make proper anxiety disorder diagnosis rapidly and initiate treatment. Types of anxiety disorders

- Generalized anxiety disorder (GAD)
- Social anxiety disorder.
- Phobias.
- Panic disorder.
- Agoraphobia
- Obsessive compulsive disorder (OCD).
- Post-traumatic stress disorder (PTSD)

As a Homoeopath, we need to determine the source, nature and manner in which anxiety evolves. Kent has mentioned about almost 204 remedies. It is useless to consider all remedy for rubric of anxiety, so qualified mental has to use for differentiation. Anxiety involves from 'past' into 'present'. In addition, its expression in relation to surrounding. Anxiety is caused by many factors and gives rise to multiplicity of effect. So it is necessary to understand the each and every aspect of patient for homoeopathic management. For treatment of anxiety disorder by homoeopathy we have to take full case i.e. patient's physical, mental and particular part is very important.

Synthesis repertory is the product of continuous teamwork with superb technology. It is the printed version of RADAR (Rapid aid to drug aimed research) computer program. This repertory has set a new standard by adding many information and continuous verification by its users. It is last among all repertories. It is

enlarged version of sixth American edition of Kent's repertory. It contains all its rubric and remedies. This repertory has been improved qualitatively in structure and language to make it more comprehensible and to facilitate easy reference at time of need.

Material & Methods:

Project site: Baroda Homoeopathic Medical Hospital material utilised for study: Specially designed case records for the study. Synthesis 9.0 repertory from RADAR software.

Methods of collecting data: Case taking has been done according to guidelines mentioned by Dr. Hahnemann in aphorisms 83-104 & specially designed format for study. Cases where anxiety comes with anxiety as a characteristic symptoms, will be taken up for study. All cases will be recorded and processed in the standardized case record. The symptoms of anxiety through standard textbooks of normal psychology and psychiatry. All cases will be repertories in synthesis 9.1 repertory and the results analyzed. The synthesis 9.0 repertory will be studied to get rubric related to anxiety expressed as symptoms. The meaning of these rubrics will be studied. The remedy spectrum in the 30 cases will be elicited & compared in this light.

Inclusion criteria: Cases belonging to all age group. Cases which have receive other modes of treatment in the past but with partial or no relief. Cases which have other mental or physical symptoms that have aroused out of anxiety.

Exclusive criteria: Cases with simultaneous other modes of treatment. Cases with Somatopsychic symptoms i.e. physical illness giving rise to mental symptoms.

Results: 30 cases with diagnosis of "Generalized anxiety disorder" (20 cases of pure GAD, 4 cases of GAD with Depression and 1 case of GAD with Panic attacks and 2 cases of OCD) were taken up for the study and all the cases were followed up to a minimum of 6-9 months. (Table 1 & 2)

Patients are included in the study is up to age of 75yrs. Maximum prevalence was noticed in the age groups of 20 - 30 yrs and 30-40 yrs. There was significant difference in the incidence of GAD according to the sex. Out of 30 cases 23 were males (76.67%) and 7 were females 23.33%.

The major clinical features showed by these cases in GAD were Anxiety anticipatory, fear of unknown things, fear of being alone, fear of animals, lack of concentration palpitation during anxiety, tremors, restlessness sleeplessness due to anxious mood or due to flow of thoughts, fear of people, increased sweating. In patient with associated depression there was poor concentration, sadness, loss of interest in work Other physical symptoms such as fullness of abdomen, loss of appetite, constipation, pain in chest, breathlessness were also found with the features of anxiety.

Out of 30 cases selected, all cases required constitutional remedy. The most frequency of use of potency was 200th potency in 25 of the case out of 30 is around 83% which was found effective.

Table 1: Distribution Of Different Shades Of Anxiety In 30 Patients

Shades Of Anxiety	No Of Cases	Percentage
Anticipatory anxiety	23	76.66
Anxiety health about	10	33.33
Anxiety future about	7	23.33
Anxiety family about	8	26.66
Anxiety financial	2	6.66
A/F anticipation	2	6.66
A/F anxiety	5	16.66
Somatisation of anxiety	19	63.33
Anxiety leading to fears	3	10
Anxiety conscience of	2	6.66
Anxiety with compulsive thoughts	2	6.66
Anxiety work about	2	6.66

Table 2: Distribution Of Medicine Prescribed In 30 Patients

Remedy	No Of Cases	Percentages
Argentum Nitricum	3	10
ArsenicumAlbum	3	10
AurumMetallicum	1	3.33
CalcareaCarbonicum	4	13.33
Causticum	1	3.33
Ignatia	1	3.33
Phosphorus	4	13.33
Sulphur	1	3.33
Lycopodium	4	13.33
Natrum Muriaticum	4	13.33

Natrum Phosphoricum	1	3.33
Silicea	1	3.33
Staphysagria	1	3.33
Calcarea Silica	1	3.33

Discussion: For exploring utility of synthesis repertory in the anxiety disorder in this task, anxiety disorder was studied from the 30 cases of both sexes, various occupation, different age group. This anxiety was found to be hidden behind other emotions, in somatic complaints, at subconscious level i.e. in dreams. Some of the cases were having anxiety as a chief complaints where as in some cases anxiety produced somatic complaints in other cases.

Some of the cases were having chief complaints that were originated from anxiety, where as some cases had anxiety as a dispositional quality present in mind of patients throughout his life. So, the conclusion part of the observations that were made after studying 30 cases of anxiety are as follows. The number of cases covering anxiety which were analyzed on the basis of age factor, it was found that 20-30yrs is the most vulnerable period for anxiety cultivate in the mind. 20-30yrs of age group as all responsibilities are needed to be taken up in this age only, so can lead to anxiety about future, anxiety about exams, which may lead anxiety enter in the life.

The Psychiatric disorder that were found in the initial two decades of life may suggest that whether there is any role of genetic factors that may lead to such disorders. After this group there comes 30-40yrs age group where anxiety about health, anxiety about financial matter are the common anxieties. Continuous this anxiety produce the various manifestation of anxiety disorders. Another observation that was made to differentiate cases based on sex state that male ration in cases is 23 while female part is 07. This may conclude that males are more prone to harbor anxiety disorder easily. The recommendation that can come up here can be that it can be studied further what are such common factors which precipitate anxiety in these age groups.

How society, family, occupation are responsible for the development of anxiety disorder. Repertory used in these cases was synthesis which may conclude about easy handling of this repertory and the number of subrubric present

under anxiety, which explore the shades of anxiety up to the finer level. It was found that out of these 30 cases most of the cases had qualified symptoms and few of them had characteristic modalities and physical generals.

So most common approach taken in these cases was Kent's approach. It was found that out of 30 cases were 4 cases of Cal. Carb, 4 Cases of Phosphorus, 4 cases of Lycopodium and 4 Cases of Nat. Mur. These remedies were mostly used. Most of patients had an anticipatory anxiety followed by anxiety about health and anxiety about family. It was found that with help of Homoeopathic Medicine out of 25 cases (83.33%) cases were improved and 2 cases (10%) were as it is (status quo) and 10% cases were left out.

Conclusion: Repertory is mean and not an end in itself. Repertorization helps to come to group of remedies. Final court is materia medica and so you have to go back to materia medica after Repertorization. This is seen in most of the cases.

All the cases were repertorized in synthesis 9.1 for obtaining the constitutional remedy. Synthesis is one of the latest repertories, the rubrics are well represented which makes the repertorization easier and quicker with reliable results. This task helped in getting familiar with computer repertory available now a day.

Familiarity with rubric of mind increased so that now its not needed to search for similar word if any rubric is difficult to find thus search made easy. From an analysis of the above results obtained from this study it is very obvious that, Homoeopathic medicines are quite effective in the treatment of Anxiety Disorder.

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