

Exploring the Prevalence and Impact of Anxiety Disorders in Young Adults and its Homoeopathic Management

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ABSTRACT

Generalized Anxiety Disorder (GAD) is defined as excessive anxiety and worry about several events or activities most of the time. The worry is difficult to control and affects day to-day activities and relationships. The symptoms include excessive worry which is difficult to control, restlessness, fatigue, poor concentration, irritability, muscle tension, insomnia, marked distress and impairment in normal functioning. Around 18% of Indian population is estimated to be suffering from GAD at some point in their life with prevalence rate ranging from 3% to 6 % according to Indian Psychiatric Society. Hence it is the need of the hour to find a course of treatment which manages our body despite the stressful lifestyle. We report 2 cases of anxiety of two individuals with completely different life stories and symptoms who got cured with Homoeopathy.¹

Keywords: Anxiety, Homoeopathy, Kali brom, Nat mur

INTRODUCTION

Generalized Anxiety Disorder (GAD) is defined as excessive anxiety and worry about several events or activities most of the time. The worry is difficult to control and is

associated with somatic symptoms, such as muscle tension, irritability, difficulty sleeping and restlessness. The worry usually involves a broad range of things – simple everyday activities, finances, health, relationships, and the things which other people easily do are catastrophic for patients with GAD. They are unable to prioritize and finish the essential work in hand leading to more and constant anxiety. The worry is excessive, difficult to control and does not allow the person to function normally. The symptoms include excessive worry which is difficult to control, restlessness, fatigue, poor concentration, irritability, muscle tension, insomnia, marked distress and impairment in normal functioning. Around 18% of Indian population is estimated to be suffering from GAD at some point in their life with prevalence rate ranging from 3% to 6 % according to Indian Psychiatric Society. Hence it is the need of the hour to find a course of treatment which manages our body despite the stressful lifestyle.¹

MATERIALS & METHODS

We report 2 cases of anxiety which has different aspect and action on different individual, where one person gets anxiety and the presentation is pain in chest and heaviness on the chest, throat pain and patient gets remedy and got completely

cured whereas the other patient who gets anxiety and the presentation is having difficulty in breathing and dreams of as if someone is strangulating her, she got homoeopathic medicine and got completely cured.

Case no. 1

Preliminary Data:

Name : ABC
 Age : 32 Yrs
 Sex : Male
 Religion : Muslim
 Occupation : Businessman
 Address : Noida
 Date of Case taking : 24th April 2023

Chief Complaint:

A 30-year-old male patient came with the complaint of palpitations and heaviness in chest along with laboured breathing and increased heart rate for the past 2.5 years post COVID. He also complained of nausea and reduced appetite along with the complaint. The Patient also complaints of nausea, gagging reflex, sour watery liquid in the mouth every morning along with burning sensation in the chest.

The patient also complains of frequent pain in the throat along with swallowing difficulty with no fever for many years.

LOCATION	SENSATION	MODALITIES	CONCOMITTANT
Chest For 2.5 Years Sudden Onset	Palpitations Heaviness Difficulty in breathing Increased Heart Rate	< Morning3+ < Stress at work3+ < When alone3+	Nausea Reduced appetite Weight Loss Tiredness Disturbed sleep
Throat Since many years	Pain Difficulty in swallowing No Fever	< Night3+	Loss of voice

History of Chief Complaint:

Patient reported that the complaint started in October 2020 when he was working in Saudi Arabia post recovering from COVID 19. He was living by himself. The symptoms started suddenly after having a stressful conversation with his employer regarding work and finances where the patient felt nauseous and heaviness in the chest along with palpitations and difficulty in breathing.

Post this episode, he complained of nausea every morning which took a few hours to settle. He felt constant heaviness in the chest, on and off difficulty in breathing and recurrent palpitations and increased heart rate. The complaint started after COVID 19. He felt constant tiredness, fatigue, loss of appetite and weight loss.

There was no history of any heart related complaints and blood pressure was documented to be normal every time. Chest

x-ray, blood tests and cardiac check-ups were all normal.

He was diagnosed with anxiety and depression and was prescribed clonazepam and SSRIs.

Past History:

COVID 19 in Aug 2020
 Anaemic since childhood.

Family History:

Mother: Depression. On medication.

Physical Generals:

Appetite : Reduced since the symptoms started.
 Thirst : Reduced. 1 L a day
 Desires : NA
 Aversions : NA
 Intolerance : Banana, cabbage – Acidity
 Lactose Intolerance as a child

Perspiration : Not significant.
Stool : Normal. Once a day.
Urine : No change. 4-5 times during the day
Sleep : Sleeps through since on Anti-depressants. Before was disturbed.
Dreams : Nothing
Significant
Thermal Reaction : Chilly
Sexual Functions: : Reduced libido, No erection

Mental Symptoms:

Irritable but reserved. Does not show his emotions to outside world. Keeps to himself.

At Home, either shouts or gives silent treatment. Nothing in between.

Life Space:

The Patient had an uneventful childhood surrounded by family members and relatives. He moved to Saudi Arabia in 2019 for work. He got COVID 19 in first wave. Few days after recovering, he started feeling nauseous along with palpitations & heaviness in the chest. This happened after an argument over finances by his employer. All tests were normal. He frequently started getting palpitations and difficulty breathing. He was tired all the time with reduced appetite and thirst. He has disturbed sleep. He couldn't fall asleep and kept waking up at night. He didn't feel like working and was unhappy and stressed all the time. He felt unfocused and confused at work. It became difficult for him to live alone so he came back to India and consulted a doctor. The doctor diagnosed him with anxiety and depression and put him on medication. The medicines helped him, but it reduced his libido and had no erection. He was engaged at that time and wanted to postpone his wedding. His then fiancée and now wife supported him, and they got married. The condition did not get better. Doctor gave him Viagra. The erection improved but not his libido.

At present the patient experiences lack of sleep, restlessness, very frequent crying spells, reduced appetite and weight loss. He worries about money and finances all the time even though he is making good money. He constantly worries what if he loses in business. He feels irritable all the time and is quiet and solemn. He constantly feels like walking. He is on Anti-depressants and Anti-anxiety medication which is helping him but not completely. His wife reported that he shouts and cries in his sleep and grinds his teeth in sleep.

General Physical Examination:

The Patient is mentally conscious and aware with time place and person.

Thin built

Weight – 56.6 kgs

Blood Pressure – 110 /70

Afebrile at the time of examination.

Systemic Examination

NAD

Provisional Diagnosis:

Generalised Anxiety Disorder

Totality of Symptoms:

Lack of focus and confusion at work with anxiety

Fear of Losing business

Restlessness better by movement

Dreams – Shouting in sleep.

Grinding teeth in sleep.

Reduced libido

No erection

Anaemic

First Prescription:

Kalium bromatum 10M. single dose at bedtime

SL 200. TDS for 1 month

Mind – Dullness, sluggishness, difficulty in thinking and comprehending.

Mind – Delusion, poor he will become

Mind – Shrieking, shouting, screaming – sleep during – grinding of teeth

Male- Sexual desire, erection without

FOLLOW - UP

S No.	DATE		PRESCRIPTION
1.	23-05-2023	Heart heaviness reduced by 70% but still there. It gets better by the evening. Nausea better. Appetite better Breathlessness, tired feeling, pain in legs. Agitation is still there. Mood not better. Erection got better but not there again for a week. Weight – 58 kgs	Kali brom 10M. One dose SL200. TDS for a month
2.	09-06-2023	I am better. Anxiety and sadness very little. Irritability and crying spells have reduced. Morning sadness is still there but time has reduced. No urge. No erection. Sleep disturbed. Keep waking up Dreams have reduced. Weight 58.5 Kgs	Kali brom 10M 0-0-2 * 3 days SL 200. TDS for a month. Reduce SSRI from 10mg to 7.5 mg
3.	14-07-2023	After reducing SSRI dosage, for first few days, I was anxious again. Was restless, irritable with crying spells. But after 10 days, it started to get better. We had intercourse once. I had delayed ejaculation. Dreams frequency reduced. Not shouting in sleep and not grinding teeth. Dreams are there but not causing discomfort and anxiety. But I think I am status quo for the past week. Weight 59.5 kgs.	Kali brom 10M 0-0-2 * 3 days. SL 200. TDS for a month
4.	17-08-2023	I feel I am slowly getting better. Had ups and downs this month but the intensity has reduced by 50 %. One dream that I am not prepared for exams which had gone away has resurfaced. All symptoms are there but intensity and frequency have reduced by 50 %. Intercourse was much better. Ejaculation happened. We want to have a baby now. Anger spells have reduced. I was scared to drive. After 3 years I attempted to drive and was okay. 60 Kgs	Kali brom 10M 0-0-2 * 3 days SL 200. TDS for 1 month. Reduce SSRI from 7.5 mg to 5 mg.
5.	20-09-2023	Every time I reduce my medicines, for first few days I have symptoms. I repeated the dosage in between on my own. Then I got better. Weight – 60.2 Kgs	Kali brom 10M 2 pills once now and repeat after 15 days SL 200. TDS * 1 Month
6.	23-10-2023	Had an argument with wife. Got a panic attack after that in the middle of the night. Agitation. Restlessness. I took one dose and slept. Morning was better. Little sadness prevailed this month, but intensity was 30% earlier but it was there, and it bothered me. I didn't feel like having intercourse this month. I had 2-3 arguments this month. Weight – 61 Kgs.	Kali brom 10M 0-0-2 * 3 days. SL 200. TDS for 1 month.
7.	21-11-2023	No anxiety this month. But sexual desire was less. I had intercourse twice in the month with prolonged ejaculation. Mood over all good. Weight – 61.2 Kgs	SL 200 TDS for 1 Month Reduce SSRI from 5 to 3.5 mg
8.	24-01-2024	I have good news. Wife is pregnant. I am happy and stressed but no anxiety or palpitations.	SL 200. TDS for 1 month. Make SSRI alternate days.

		Desire for intercourse is still low but able to ejaculate last we had intercourse.	
9.	11-03-2024	Stomach feels full and bloated sometimes. Nausea sometimes. Palpitations almost gone. Desire better. Appetite better. 1-2 weird dreams but can't remember. I went to see my doctor. He stopped my SSRIs.	SL 200. TDS for 1 Month
10.	14-05-2024	I am fine.	SL 200

Case no. 2

Preliminary data: -

Name of patient: XYZ
Sex: Female
Age: 18 years

Religion: Hindu
Occupation: Student
Diet: Vegetarian

Chief Complaint: -

Location	Sensation	Modality	Concomitant
Respiratory system For the past 3 months	Difficulty in breathing Heaviness on the chest Feel a pressure on the chest	< While studying < Tension for exam < Talking to somebody about it	

History of chief complaints: -

Patient was completely well until 3 months back, when she suddenly started with the complaints of difficulty in breathing and heaviness on the chest. She also feels a pressure on the chest which increases whenever she starts studying especially physics, and when thinking about exams. She feels better by talking to somebody about it.

Past history: - Nothing significant

Family history: - Father - Diabetes mellitus. On both allopathic and homoeopathic medication.

Mother - Gastric complaints

Surgical history: - nothing significant

Menstrual history: - Cycle – Irregular, flow is profuse, lasts for 6 to 7 days
Dark clotted blood, no other complaint before, during and after.

Physical Generals: -

Appetite: 2 to 3 times, regular, feel hungry
Thirst: 2 – 3 litres for cold water
Craving: Spicy food⁺⁺ and salty things
Aversion: Bread
Sleep: 7-8 hours, refreshing sleep

Thermal: Likes winter season, likes to bathe in cold water, wants fans always

Urine: 5-6 times/day, no difficulty

Stool: 1 to 2 times/day, no hard stools and satisfactory

Dreams: For the past 3-4 months sees a recurrent dream almost every day.

Some unknown person is coming to kill her, and she is trying to escape, running here and there and at last that unknown person catches her and tries to strangulate her and she feels that she is not getting breathe.

Mental Generals:

- Introverted⁺⁺
- Doesn't feel better even when someone is trying to console her⁺
- Listens to everyone and then cries when she is alone when no one is watching⁺⁺
- Feels angry about her present illness and feels that she should not give the exam because she will fail if she gives the exam. Till now, she never failed in any exam.
- Fear that if she fails, she will not be able to get up again.

Examination: -

General Physical Examination: -

Pallor – Present⁺⁺
 No signs of cyanosis, clubbing, icterus,
 Oedema and Lymphadenopathy
 Temperature: - 98 F
 Respiratory rate – 18/min
 Pulse – 80/min
 BP – 122/78 mm of Hg

Totality of symptoms: -

1. Introverted
2. Brooding feeling
3. A/F anxiety, fear
4. Consolation aggravation
5. Hot patient
6. Craving – spicy food and salty
7. Aversion - Bread in any form

Systemic Examination: -

RS: NVBS heard, no added sound
 CVS: S1 and S2 heard, no murmur
 GIT: No organomegaly, bowel sound heard
 CNS: No abnormality detected

Prescription: -

Ignatia 200 - 2 doses (One dose today and to be repeated on the 3rd day)
 SL TDS for 10 days

Provisional Diagnosis: - Generalised Anxiety Disorder

Follow up: -

Date	Symptoms	Prescription
12/01/19	No changes in the complaints	Ignatia 1M 2 doses (to be taken every 5 th day) SL for 10 days
20/01/19	Not much changes in the complaints Difficulty in breathing present and dreams still coming everyday	Nat mur 200 3 doses (to be taken every 3 rd day) SL for 10 days
30/01/19	Slight changes in the complaints Patient is able to study and able to concentrate	SL for 10 days
8/02/19	Difficulty in breathing is reduced But still the dream is coming everyday	SL for 7 days
15/02/19	No changes in the complaints	Nat mur 1M 2 dose SL for 7 days
22/02/19	No difficulty in breathing Patient is able to study and concentrate No dreams	SL for 5 days
27/02/19	No symptoms Feels relax and more concentrated towards studies	SL for 10 days
7/03/19	No symptoms	SL for 15 days
25/03/19	No symptoms	Medicine stopped

RESULT

Both the cases show the effect of Individualized Homoeopathic medicine on patients with different life circumstances and different physical symptoms. After a detailed case taking, an appropriate Homoeopathic medicine was prescribed and followed through recovery.

No age group is free from this disorder. Individualized Homoeopathic medicines are able to reduce the anxiety levels and help to deal with the ongoing stress in a better manner improving quality of life of individuals.

DISCUSSION

The incidence of anxiety related disorders is on a rise owing to stress due to various professional, personal and social reasons.

Declaration by Authors

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