

## A RESEARCH STUDY INDICATING HOMOEOPATHIC MEDICINE WITH BILIOUS TEMPERAMENT ACTS WELL ON GENERAL ANXIETY DISORDER

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### Abstract

**Background :** General anxiety disorder is the most commonly mental health disease. It affects nearly 3.6% of the Indian population. It is a chronic health concerns and the patient suffers throughout their life. These patients have a constant , uncontrollable worrying and thoughts. The general anxiety disorder is categorized as the anxious temperamental types by many previous studies. When patients are treated with homoeopathic potencies it is based on distinctive mental and physical signs and symptoms. Every drug has a particular affinity for certain type of mental and physical disposition. In this research the homoeopathic medicines that had bilious temperamental disposition showed better results in general anxiety disorder in patients.

**Methods and Methodology:** In this prospective clinical research study 100 subjects were randomly selected with general anxiety disorder diagnosed with GAD -7 SCALE under the DSM-5 classification. Out of 100 patients 53 were men and rest women. Based on totality of symptoms and individualization of the case these cases were given selected similum.

**Results:** In the study majority of the patients (54%) with general anxiety disorder showed improvement with homoeopathic medicines with bilious temperament 44% were given homoeopathic medicines with melancholic/nervous mental disposition and 2% results were seen with prescribed homoeopathic medicine of sanguinous mental disposition.

**Conclusion:** Homoeopathic medicine with bilious temperamental disposition works more effectively in patients with general anxiety disorder.

**KEYWORDS:-** General anxiety disorder, temperament, bilious temperament, homoeopathy.

### INTRODUCTION

In recent times the number of people suffering from general anxiety disorder has increased many folds. General anxiety disorder (GAD) as per DSM V is classified as a mental & behavioural disorder that is characterized by excessive and uncontrollable thought and worrying which affects the daily

functioning of the individual. In India, anxiety disorders account for almost 18% of the total population and are the most prevalent mental health issue. The most prevalent kind of anxiety illness, generalized anxiety disorder (GAD), affects 6.8 million adults in India, or 3.1% of the country's total population. Persistent and excessive concern about a range of topics, including money, job, family, and health, are hallmarks of generalized anxiety disorder (GAD). Anxiety can be difficult for people with GAD to control, and it frequently gets in the way of their everyday lives. GAD symptoms include agitation, tenseness in the muscles, difficulties concentrating, feeling restless or tense, and disturbed sleep. Both emotional and physical issues may arise from these symptoms. Anxiety-provoking circumstances may be avoided by those with GAD, or they may learn coping techniques. In conventional medicines Selective serotonin reuptake inhibitors (SSRIs) are a class of antidepressant that are typically prescribed first to these patients. The mechanism of action of this kind of drug is to raise serotonin levels in the brain. Serotonin and noradrenaline reuptake inhibitors (SNRIs) are an alternative class of antidepressant that may be offered if SSRIs are ineffective in treating anxiety. The brain produces more noradrenaline and serotonin when these kinds of medication are administered. If a patient doesn't respond well with SSRIs or SNRIs, pregabalin may be recommended. This drug, an anticonvulsant, has been shown to be helpful in managing anxiety in addition to being used to treat diseases like epilepsy. One class of sedative that is occasionally used as a temporary remedy for really severe anxiety is benzodiazepines. This is due to the fact that they start to reduce symptoms 30 to 90 minutes after taking the drug. The most common benzodiazepine that is prescribed to you is diazepam. Benzodiazepines can't be used for extended periods of time, despite the fact that they are quite effective at treating anxiety symptoms. This is due to the fact that using them for more than four weeks can induce addiction. After this point, benzodiazepines likewise begin to lose their effects. Benzodiazepines are often administered for no more than two to four weeks at a time due to these reasons. The allopathic medications have a strong side effects and prolong use can make the patient drug dependent. Here in homoeopathy can have an edge as the medicines are made through the process of trituration and succussion through which the molecular property of the drug is reduced but its qualitative action as drug is amplified the kinetic energy in succussion and mechanical energy in trituration is transformed and stored as potential. This is consistent with the physics

equation of  $E=Mc^2$  which states that energy can neither be created nor can it be destroyed, it only changes from one form to another. It is highly likely that the mechanical energy transferred during the drug potentiation process causes the drug particles to shrink in size. On the other hand during the process of succession nano bubbles are produced as a result of extreme high forces and temperature. The transition of the drugs into ultra diluted homeopathic medicine make them safer, increases their bioavailability, enhances their reactivity and adsorptive capability resulting in adaptive changes that are similar to hormesis. Hence these minute homeopathic pills acts as nanomedicine that harnesses the ability to cure without drug dependency and adversities from over drugging.

The foundation of homeopathy is individualization, or the idea that each person is unique. The way that one acts, thinks, behaves, and responds to the environment is unique. Understanding the person's constitution—that is, his physical and mental makeup—is essential to individualizing them. A person's temperament plays a significant role in their personality. The temperament plays a crucial part in homeopathic prescription since it tells us about each person's unique predilection inclinations and fundamental personality traits. It is clear from a number of clinical studies that temperament has a role in similimum selection. A person's temperament is a unique blend of their physical, psychological, and ethical characteristics that collectively mold their personality and impact their actions, emotions, and thoughts. Homeopathic literature holds that every individual is unique and that no two people are alike. Their physical and psychological characteristics, how they respond to stimuli, and how they think are all distinct. A person's temperament plays a significant role in their constitution since homeopathic medicine places a high value on it. Since homeopathy is a holistic technique, the patient is treated by selecting a similar. The selection of similimum is based on the fundamental idea of individualization. Since every person is unique, treating each patient and achieving healing requires a unique approach by understanding a person's temperament and constitution. Constitution is more about the person's physical attributes, likes, dislikes, desires, aversions etc. In Homeopathic materia medica each medicine has a particular affinity to one or more than one temperamental disposition. The material medica describes the drug picture that includes the drug's chemical composition, pathogenesis, constitution make up, temperamental dispositions, generalities modalities and relationship with other drugs. Hence we find that there are various ways in which clinicians can get to individualisation of the case. One of the methods is through temperamental evaluation as well. In actuality, people often display traits from multiple temperaments, but one or the other will typically predominate. The four traditional temperament types are choleric, phlegmatic, sanguine, and melancholic.

1. Sanguine: A sanguine person is typically upbeat, joyous, composed, self-assured, sensible, well-liked, and fun-loving. He is easily taught and obedient. Willing to oblige, he yields to superiors with ease. For someone with this temperament, an impression quickly gives way to the next, and so on. This is because their attention span is short. Views, like moods and resolutions, can shift quickly.
2. Melancholic: The melancholic temperament is slow to react to stimuli and is challenging to arouse; nevertheless, after several hits, the response becomes powerful and long-lasting. Loves to be alone and can be very productive when engaging in solitary hobbies such as writing, drama, analytics, fine arts, crafts, and crafts. The temperament of the melancholic is passive. Therefore, the individual with such a temperament is slow, despondent and pessimistic.
3. Choleric: – Choleric individuals are extroverted “leader” types who, in terms of control, have a high need to control others but a low tolerance for others controlling them. They are dynamic, self-motivated leaders who can set their sights on a goal and pursue it relentlessly until success is achieved. He is a strong-willed person who acts swiftly and decisively and who picks up complex ideas and techniques with ease. These people are restless, easily annoyed and irritable.
4. Phlegmatic: Phlegm is rarely, and if it is, only mildly, aroused emotionally. The impressions you get typically fade quickly and leave no lasting effects. Positive traits of phlegmatic people include their slow but focused work pace, their resilience to illness, misfortune, and insults, and their general composure. This research was carried out on patients suffering with GAD with homeopathic drugs. The study was aimed to see the efficacy of homeopathic medicine in purely psychical anxiety disorder so that these patients can be prevented from taking conventional medicines. However this study turned out to show a compelling relationship between the homeopathic medicine that were prescribed to the patient through individualisation of the case in general anxiety disorder to that of their temperamental disposition. The medicines with bilious temperament were more prominently prescribed in the trial.

## **METHOD & METHODOLOGY**

In the clinical research study total 100 patients were randomly enrolled in the age group of 18yrs to 80yrs who were diagnosed with GAD. The study was undertaken after getting an ethical clearance from ethical committee of research at Parul University. The patients were taken from Parul Institute of Homeopathy and research ,Parul University Vadodara Gujarat India by taking their consent. The inclusion criteria for selecting the patients were the patients needed to exhibit any of the 3 symptoms out of the 6 illustrated in DSM 5 for GAD included excessive thoughts/worrying, restlessness, irritability, fatigued, lack of concentration and disturbed sleep patterns, occurring more days than not for more than 6 months. These patients were solely having anxiety related disorder due to psychological cause, in order to ensure this in the trial patients with somatic disorders along with GAD were ruled out of the prospective clinical study. Those patients who were already on conventional medicines were eliminated from the trial. The exclusion criteria included removing patients diagnosed with social anxiety, panic disorders, phobias and other traumatic related mental health issues. The diagnosis made not only through symptoms but also through self questionnaire GAD scale 7 for more objectivity to the research work. GAD scale 7 were administered to patients, anyone scoring more than 10 on the scale were included in the study. After thorough scrutinisation 100 GAD patients were interviewed as per homeopathic case taking format. The

format was the template for making totality of the case. The totality of symptoms includes all those physical and mental symptoms that are unique, peculiar and individual to the case. Later these symptoms were repertorised for selection of the remedy, the remedy selected were administered in potency 200CM and above reason being these were purely psychological issues that according to Organon of Medicine Aphorism § 221 Dr.Hahnemann recommends that mental illness should be treated with higher potencies.

#### GAD SCALE 7

Over the last two weeks,how often have you been bothered by the following problems?	Not at all	Several days	More than half the days	Nearly every day
1.Feeling nervous,anxious,or on edge	0	1	2	3
2.Not being able to stop or control worrying	0	1	2	3
3.Worrying to much about different things	0	1	2	3
4.Trouble relaxing	0	1	2	3
5.Beings or estless that it is hard to sit still	0	1	2	3
6.Becoming easily annoyed or irritable	0	1	2	3
7.Feeling afraid,as if something awful might happen	0	1	2	3

Source: Primary Care Evaluation of Mental Disorders Patient Health Questionnaire (PRIME-MD-PHQ). The PHQ was developed by Drs. Robert L. Spitzer, Janet B. W. Williams, Kurt Kroenke, and colleagues. For research information, contact Dr. Spitzer at ris8@columbia.edu. PRIME-MD® is a trademark of Pfizer Inc. Copyright© 1999 Pfizer Inc. All rights reserved.

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#### Scoring GAD-7 Anxiety Severity

This is calculated by assigning scores of 0, 1, 2, and 3 to the response categories, respectively, of “not at all,” “several days,” “more than half the days,” and “nearly every day.”

GAD-7 total score for the seven items ranges from 0 to 21.

- 0–4: minimal anxiety
- 5–9: mild anxiety
- 10–14: moderate anxiety
- 15–21: severe anxiety

#### RESULT

The result of this clinical prospective study was to see the correlation between the temperamental disposition of patients suffering from general anxiety disorder and the temperament affinity of the homoeopathic medicine. The patients were treated with homoeopathic medicines after individualization of the cases. Out of the 100 patients 54 were males and 46 were females. The improvement was seen in 97 cases 2 left the treatment and 1 had shown status quo. In all the 100 patients that were selected it was seen that the constitutional remedy that came up after individualization of the cases were the following NuxVomica, Lycopodium, Arsenic Album, Silicea, Ignatia, Kalium Phosphoricum and Arnica Montana. The medicines were given in 200CM, 1M, and 10M potencies and with every increasing potencies the number of repetition of the doses were reduced. This was in accordance with the cardinal principles of homoeopathy that are law of similia, simplex and minimum. In the research study out of 100 patients, 24 patients were administered Lycopodium, 21 patients were given Arsenic Album, 18 were treated with Nux Vomica, 13 were prescribed Sulphur, 11 patients were given Silicea and Ignatia was administered to 8 patients. It was found that in only 2 patients Arnica montana and in three patients Kali phosphoricum came up as a constitutional remedy. Out of the eight medicines three were having affinity for bilious temperament. The medicines were Nux vomica, Lycopodium and Sulphur. Four of them were having melancholic temperamental disposition. These remedies were Silicea, Arsenic album Kalium Phosphoricum and Ignatia Amara. Arnica Montana had predisposition towards sanguinous temperament. None of the medicines that were prescribed in the study came up with phlegmatic mental predisposition. In the research study it was clearly indicated that most of the patient almost 55 of them who were treated for GAD were given homeopathic remedies after thorough individualization of the case were bilious in temperament disposition. Rest of 43 patients were prescribed Homeopathic medicines that were profoundly melancholic in temperamental makeup. The remaining 2 patients in the study were given Arnica Montana which is more sanguinous in its temperamental characteristics.

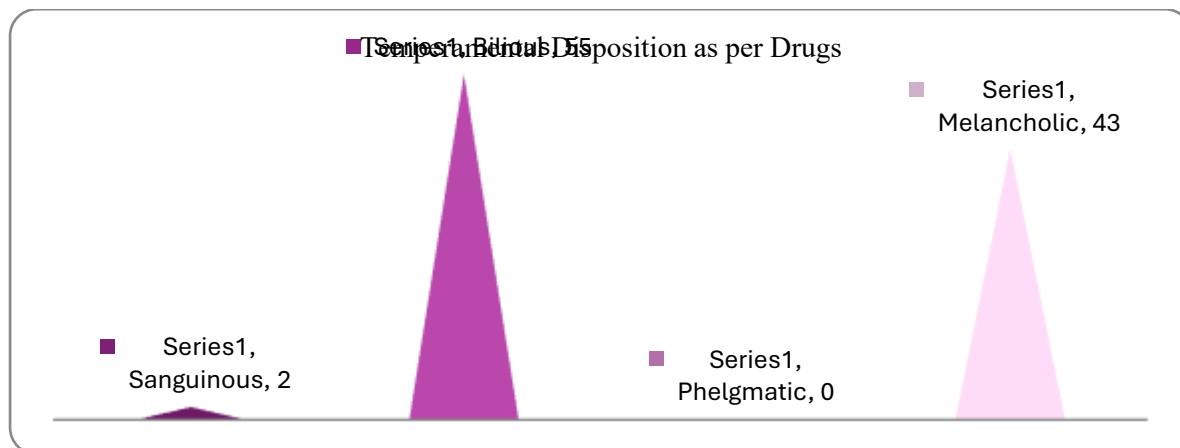


Chart 1) The study indicates that most of the patients almost 55 patients who were treated for GAD were given homoeopathic medicine with bilious temperament showed good results, 43 were prescribed homoeopathic medicines with melancholic temperament and 2 were on medicine that was sanguinous.

## CONCLUSION

The study revealed that the patients suffering from general anxiety disorder had shown improvement with the administration of homoeopathic medicine in higher potencies. The study also indicated that general anxiety disorder has an apprehensive, despondent and pessimistic persona which is seen predominantly in females whereas the males who suffered from anxiety disorder had temperamental disposition of anger, restlessness and irritability. The medicines that have shown good results in the study are Nux vomica, Arsenicum Album, Silicea, Ignatia, Lycopodium and Sulphur. The study clearly showed that medicines like Nux Vomica, lycopodium and Sulphur had shown significant improvement in patients' anxiety levels. On correlating the temperamental disposition of the patients suffering from GAD with that of the constitution homoeopathic medicine prescribed it was found that these drugs had affinity towards bilious temperament. Even medicines like Arsenicum Album and silicea are also considered to akin to the bilious temperament apart from being melancholic in disposition. The study will help in understanding the general anxiety disorder in a new light. It promises a new approach towards treating the cases with temperamental disposition. Further studies are needed to validate the concept of temperamental prescription in GAD with homoeopathy.

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