

HOMOEOPATHIC MANAGEMENT OF ANXIETY DISORDERS: A HOLISTIC AND INDIVIDUALIZED APPROACH

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ABSTRACT

Anxiety disorders constitute a significant proportion of global mental health morbidity, affecting quality of life and functional capacity. While conventional treatment includes pharmacotherapy and psychotherapy, limitations such as adverse effects and poor compliance have encouraged exploration of complementary systems of medicine. Homoeopathy, based on the principle of individualization and holistic assessment, offers a patient-centered approach to anxiety disorders. This review discusses the clinical features of anxiety, outlines the homoeopathic perspective, and presents commonly indicated remedies supported by classical homoeopathic literature.

KEYWORDS: Anxiety disorders; Homoeopathy; Complementary medicine; Mental health; Individualization.

INTRODUCTION

Anxiety can show up in many ways. Odds are you've felt it at some point maybe through panicky breathing, a heart pounding in your chest, a sleepless night, a constant sense of dread, or getting stuck in endless loops of worry. If some of that sounds familiar, you're not alone — many people experience anxiety at times. But if these experiences are frequent, intense, or affecting daily life, it may be worth paying attention to them. It anchors the protective biological response to danger that boosts heartbeat and breathing, pumping oxygenated blood to your muscles as your body prepares to fight or flee. In small doses, anxiety can even be helpful. It can motivate you to study hard for an exam and help you avoid potentially risky situations. A certain level of anxiety can be beneficial, but problems arise when the systems that regulate anxiety become imbalanced, causing us to respond too strongly or in situations where there is no real threat.

Clinically, anxiety is defined as a state of persistent fear, worry, and inner tension, often accompanied by physical symptoms such as sweating, restlessness, palpitations, or muscle tension. When these symptoms become excessive, persistent, and disproportionate to the actual situation, they are classified as anxiety disorders. According to the World Health Organization and its International Classification of Diseases, 11th Revision (ICD-11), anxiety disorders fall under the category of mental, behavioural, or neurodevelopmental disorders and include conditions such as generalized anxiety disorder, panic disorder, agoraphobia, specific phobias, and social anxiety disorder. ICD-11 emphasizes that these disorders are marked by excessive fear and anxiety, along with related behavioural disturbances, leading to significant distress or impairment in personal, social, or occupational functioning.

Homoeopathy conceptualizes anxiety as a disturbance of the vital force, manifesting across mental, emotional, and physical planes, requiring individualized therapeutic intervention.

PATHOPHYSIOLOGY

Anxiety is underpinned by the brain's stress-response circuitry. When a threat is perceived, the amygdala (the brain's fear center) rapidly activates the hypothalamus, which in turn triggers the sympathetic "fight-or-flight" response. This leads to the release of stress hormones (adrenaline and cortisol) from the adrenal glands, producing classic physical symptoms (e.g. racing heart, rapid breathing, muscle tension). Chronic or repeated activation of this stress system causes adaptive changes – for example, sustained high cortisol and sympathetic tone can alter neuronal circuits, making the amygdala more reactive and the

prefrontal cortex less able to regulate fear. In fact, chronic stress “causes brain changes that may contribute to anxiety”. Neurotransmitter imbalances also play a role: typically, inhibitory GABA signaling and serotonin levels are reduced in anxiety, while excitatory systems (noradrenaline) are heightened. These neuroendocrine and neurochemical changes explain why anxiety often involves both heightened vigilance and difficulty calming down.

CLINICAL FEATURES

Anxiety disorders present with a mix of psychological and somatic symptoms.

Psychological symptoms: Persistent, uncontrollable worry or fear, restlessness, irritability, and difficulty concentrating.

Physically, individuals often exhibit somatic symptoms such as muscle tension, palpitations, sweating, tremors, rapid heartbeat or breathing, gastrointestinal upset (nausea, diarrhea), and sleep disturbances. Often patients describe a constant sense of “what-if” or impending doom that interferes with daily activities. For example

Psychological/Cognitive: Excessive worry about multiple concerns, tension, agitation, poor concentration and irritability.

Somatic: Palpitations or tachycardia, sweating, trembling, muscle tightness, shortness of breath, gastrointestinal distress, fatigue and insomnia.

SOCIETAL AND ENVIRONMENTAL INFLUENCES

Modern life factors can exacerbate anxiety. In particular, younger generations have seen sharply rising anxiety rates. Newsweek (May 2025) reports U.S. anxiety among 18–29-year-olds nearly tripled between 2019 and 2023 (from 8% to 22%). Experts link this surge to lifestyle and technological changes. Gen Z (born 1997–2012) spends many hours daily on smartphones and social media. A key phenomenon is “doomscrolling”: the compulsive consumption of negative news feeds. Surveys show over half of Gen Z regularly doomscroll, and this constant exposure to distressing news can activate the stress response and increase anxiety levels. In effect, each swipe of negative content triggers fleeting dopamine hits but perpetuates worry, creating an anxious cycle. Broader environmental stressors also impact anxiety. The COVID-19 pandemic, economic uncertainty, and social upheavals have been called “perfect triggers” for heightened anxiety. Another major factor is climate change anxiety. Surveys show that around 60% of 16–25-year-olds are very worried about climate

change, with nearly half reporting that this worry affects their daily functioning. Such “eco-anxiety” can manifest as panic, obsessive thoughts or insomnia about future environmental threats. Even urban living conditions contribute: WHO notes that rapid urbanization—with crowding, noise, pollution and limited green space—is linked to higher rates of anxiety and other mental disorders.

DIAGNOSIS

Diagnosing an anxiety disorder is based on clinical criteria. For instance, generalized anxiety disorder (GAD) is defined by DSM-5 as at least 6 months of excessive, hard-to-control worry about multiple areas of life, accompanied by three or more symptoms such as restlessness, fatigue, difficulty concentrating, muscle tension or sleep disturbance.

Homoeopathic Perspective

Homoeopathy offers a holistic understanding of the patient, in which each individual is treated as a whole and the medicine is tailored according to individual characteristics. Anxiety is evaluated in relation to emotional triggers, personality traits, physical generals, and constitutional makeup. Homoeopathic management of anxiety aims to address the manifestations of anxiety by identifying the individual’s constitutional susceptibility and underlying causative factors, thereby supporting emotional balance, adaptive coping, and overall mental and physical well-being. Remedy selection is guided by the law of similars, the totality of symptoms, and the miasmatic background. Below are the specific indications of anxiety considered for homoeopathic evaluation and management.

Homoeopathic Medicines Commonly Indicated in Anxiety Disorders

S.no.	Remedy	Characteristics Symptom
1	Rhus Toxicodendron	Anxiety: alone, when: as if she were alone & all about were dead & still.
2	Angustura vera	Anxiety: awake, as if she would never get again, when in bed.
3	Bryonia alba	Anxiety of whole body, compel to do something.
4	Gelsemium Sempervirens	Anxiety after cheerful, careless mood.
5	Argentum Metallicum	Anxiety as if clothing got too tight when walking outdoors.
6	Ambra Grisea	Anxiety conversations from.
7	Ferrum met & Chelidonium	Anxiety as if committing a crime.
8	Lycopodium	Anxiety death prepares farewell messages.
9	Rhus tox	Anxiety death about with loss of strength.

10	Cimex lectularius	Anxiety drinking after.
11	Carbo vegetabilis	Anxiety on closing eyes .
12	Aconite	Anxiety drinking after but better by drinking cold water.
13	Spongia	Anxiety; faint: as if she were going to faint.
14	Belladonna	Anxiety: fly away, no peace anywhere, as if she must fly away.
15	Lachesis	Anxiety future about with disgust of life.
16	Natrum Muriaticum	Anxiety hurriedness with.
17	Natrum Muriaticum	Palpitations, anxiety & sadness.
18	Kali carb	Anxiety hungry when.
19	Pulsatilla, Mag carb & Rhus tox	Anxiety house in better in open air.
20	Sabina	Anxiety irritability with.
21	Nux vomica	Anxiety irritability with and inclination to commit suicide but afraid to die.
22	Iodum	Anxiety: if he doesn't eat.
23	Natrum Muraticum	Anxiety; Hematemesis
24	Nux Vomica	Anxiety by flatulent distention.
25	Causticum	Anxiety with Gastric headache.
26	Natrum Sulphuricum	Anxiety in Diabetes.
27	Petroleum	Anxiety about his family which he left behind on a short journey, increase until he becomes inconsolable towards evening.
28	Aconite napellus	Anxiety Hemoptysis.
29	Silicea	Anxiety himself about.
30	Kali Carb	Anxiety when Hungry.
31	Cannabis indica	Anxiety Menorrhagia.
32	Sabina	Anxiety Metrorrhagia.
33	Calcarea Flourica	Anxiety money matters about.
34	Lyssinum	Anxiety with Headache.
35	Anacardium orientale	Anxiety Stupidity.
36	Ignatia Amara	Anxiety cannot speak.
37	Tabacum	Anxiety better by weeping.
38	Berberis vulgaris	Anxiety bed in.
39	Mezerium	Anxiety with neuralgia.

DISCUSSION

Homoeopathic management of anxiety focuses on long-term restoration of emotional balance rather than symptomatic suppression, in accordance with the principles outlined in Organon of Medicine. As described in Aphorisms §3, §5, and §7, anxiety is viewed as a manifestation of an underlying disturbance of the vital force, particularly at the mental and emotional plane (§210–§230). A person's fundamental need is to live a healthy and happy life. The internal effects of homoeopathic medicine individualize each patient based on their constitution. In all respect, mental health is paramount; if the mind is in good shape, so is the body, and person leads a healthy life. In homoeopathic medicine, we treat the patient, not the ailment, and this

is also how our medicines are prescribed. Individualized homoeopathic treatment aims to strengthen the organism's adaptive capacity and restore harmony between mind and body. The system offers significant potential for assisting a person in controlling stress & anxiety.

CONCLUSION

Homoeopathy offers a holistic, individualized, and patient-centered approach in the management of anxiety disorders. Homoeopathic treatment is constitutional treatment that have been shown to be the most effective because they act on a profound psychological level. They aid in gaining strength to handle life's daily stresses.

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