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Utility of anxiety rubric from synthesis repertory in Modern Era

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Abstract

Today's world is full of worries concern with daily works, personals affairs and business. These worries lead to anxiousness or uneasiness felt by the individuals. These mental's will present in form of expressions. As Kent and Dr. Hahnemann said, get the mental's first. You will get similimum easily and a near one. Mind has three parts as said by Dr. Kent. Those are WILL, INTELLECT, & EMOTION. In these parts of mind the so called modern world has more of will and tones of intellects with lacking in emotions which are very much important part of mind. In this emotion, one must give importance to emotion. It is concern with is anxiety without no one is leaving. But each and every one will either tries to suppress or get used it and leaves within the shackles. Anxiety is reactivity of body to co-relate with the situation like getting ready for exam. Anxiety has to do with trying to keep the lid on what is stirred up inside us. Anxiety which is occurs due to sudden excitement. Everyone knows what stress is? you will feel a sense of anxiety before your 1st day. When boss is angry, your heart will race. Stress motives you to take action. It will prepare you for threatening situations you to study harder for exams & keep you awake when giving presentations.

Anxiety is part of today's life which will be seen with the disease or which will be leads to the alimenting cause for the same. So in today's area its importance must be considered in concern with homoeopathy. As homoeopathy is based on law of individualization. So much written about anxiety and anxiousness of an individual. When its characterized appearance gives us and near similimum which helps to get cure in any major minor disease.

We have many more remedies given below under the rubric anxiety as well as in material medica so I am going to explore rubric anxiety with the remedies under it. As well I will try to shows the significance in clinical practice with the utility in solving the cases.

A skillful artist wills nothing without good tools in his hands, so same things wail happens with the homoeopath. A homoeopath will effective unless and until his tool is reliable i.e. repertory.

So I was in search in of best repertory to help me out to study the rubric anxiety, in this context I came across a repertory known as Synthesis Repertory. Which is most updated, vast and authentic. This repertory content major no. of remedies till date. So I choose this repertory to work with it.

I feel I got succeed in studying this vast rubric anxiety in practice and conformation with case records. Let us study the rubric anxiety with its different shades and varieties of expressions with it will enrich our knowledge or repertory with practical application of anxiety as a rubric.

Keywords: Anxiety, synthesis repertory, homoeopathy, mental health

Introduction

According to Kathopensha Sutra the human body is like a giant Bodhi tree with its roots above the head & its branches below the head. If roots are healthy, the trunk will be healthy & it will continue to exist as long as the roots are healthy. Any disharmony with roots make person sick. Here the roots are compared with the mind of the person. Person labeled as dead even if his heart is working and brain become dead. So brain occupies upper most position in the body, always keep his supremacy. As nucleus controls, all function in the cell, same thing happen with human body. Body with mind responsible for all illness and physical sufferings.

The great master Hahnemann has said, Mental symptoms should be given priority i.e. got to the roots first. Today's life seems to be a race, everyone engaged in getting ahead. To compete this race & achieve desirable goal. Person became restless physically as well as mentally till he achieves his target. In general it can help you cope up with people who can't cope without worrying about their health fineness, family, work school. Daily life becomes a cycle of worry, fear & dread. As a result anxiety can take over a person emotion and affect their daily life.

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Development of mind: Emotions occurs when will is swayed or hindered. Those emotions have sub-divided into feeling & passion.

Expressions of Emotions: Joy - Stress - Anger - Sadness - Love - Fear → Anxiety

Anxiety: Anxiety has to do with trying to keep the lid on what is stirred up inside us. Anxiety which occurs due to sudden excitement. It can help in Cope up in general people who worry more than usual are more like to experience anxiety. The more intelligent a person is the less, likely they are to suffer for anxiety. People who like to be secure tend to feel more secure and therefore less stressed than those who lack social approval.

Positive anxiety: A minimal amount of anxiety can be beneficial esp. when handled carefully. Everyone has an optimal level of anxiety, which can augment the performance. Going beyond this level will cause the performance to deteriorate.

About Synthesis Repertory: I selected this repertory because, I was in the search of repertory which is more efficient, reliable containing more rubrics, remedies, the repertory on which you can rely upon. Synthesis is near a static book, but eternal words written for future generations, recorded in its pages. It is certainly not a design "Sent in stone" but is intended to serve as a living document. Synthesis constant process of revision, analysis & interpretation. Synthesis represents fusion of past and present. It combine time tested historical discoveries of Homeopathy with new discoveries of today and future homeopaths. The most important aspect of networking is that quality is not sacrificed for quantity. Interrogative medicine is the most advanced treatment in the world of Homeopathy medicine. Synthesis is used in over 70 countries and available in English, German, French, Italian, Portuguese, Dutch & Spanish. Synthesis is adaptable in book and electronically (RADAR). While synthesis is excellent as a book, its true strength and spirit lies in its ability to be adopted to the needs & decisions of individual homeopath. This work archives and exceeds that goal in the PC version of synthesis.

Need for study of this topic: Globalizations had led to rapid, industrializations & urbanizations in developing countries, such as India. This globalizations leads to anxiety Disorders, making an average person yet more anxiety over anxiousness. Being close to Sanskrit anger 'meaning burning charcoal. To anxious, to have anxiety is to be angry within or without In short to quarrel with yourself & with other's with the world, with your destiny & your gods. I think the main seat of disease is mind. I think body is not diseased; mind of the individual is diseased. If we remove this disease from his mind then you reach your goal very easily. Anxiety is expression & one of the part of emotion. Kent has given high importance to the emotions while forming totality. And Synthesis Repertory follows Kentian philosophy so, I selected Synthesis Repertory to explore the Anxiety rubric. This vastest rubric the mind section with more bulk of rubrics & remedies. There are no such

effective medicines on other system of medicines as best as homeopathy which acts on this path. Remember – "You are the problem. You are the very solutions".

Review of literature

"Devil lives in restless mind," as a saying in rural community since ancient days, which is coming true now and then in almost 90% of patients of this so called modern era. Anxiety (also known as stress or worry) is a psychological and physiological condition that includes physical, emotional, cognitive and behavioral symptoms. The root of the word anxiety is "trouble or problem". Anxiety causes feelings of fear, anxiety, worry and panic, together with or without psychological distress. Anxiety is considered a reaction to stress factors. It can help people solve difficult problems by enabling them to cope with them.

Anxiety Neurosis: The term Anxiety neurosis was first used by Sigmund Freud 1895. It is disorder characterized by chronic, Unrealistic anxiety often punctuated by actual attacks of anxiety or panic precipitated. By emotional stress. The patient experiences a subjective sense of terror a hunting dread of some nameless & immediate catastrophe.

Signs of Anxiety include: Restlessness, Trouble concentrating, Difficulty falling or staying asleep, Tense muscles, Irritability, Fatigue, Feeling edgy all the time.

Anxiety Meaning

- 1. According to Psychiatry- M.S. Bhatia:** Unpleasurable emotional state associated with Psycho physiological conflict in contrast to fear, the danger or threat in anxiety is unreal
 - 2. According to Dorland Dictionary:** Anxiety is a feeling of anxiety or apprehension that usually occurs in association with an impending disease or thought of disease. Anxiety can occur at different times of the day, after eating or drinking a certain thing, when alone, together with other physical and mental discomforts, in relation to financial, economic problems or in a certain environment. But if you're experiencing anxiety, it can often have negative effects, making you unable to cope and disrupting your daily life. Anxiety is much more than a neurological disorder. And it often runs in families. Generalized anxiety disorder (GAD) is a state of worry, often excessive, about the possibility of harm. It's about your health, finances, family or work. It is more common in women than men and is often seen in relatives of affected individuals.
- Anxiety:** We know that tranquilizing drugs helps to elevate anxiety. Another clue pointing to biological factors is the growing evidence that heredity plays at least some role in the anxiety disorder. Anxiety disorders are attributed to inner conflict & unconscious impulses. - *Dr. Bakshi*

The first super giant rubric. It means concern, care, suspense, uneasiness. Usually anxiety is indefinite, without a definite object, just being afraid in certain conditions, without knowing why. -*Dr. G. Koklenberg.*



Other conditions related to the Anxiety: Restlessness, anxious, anguish, apprehension, worry & fear all expressions presented of human emotions & closely related to the Anxiety. Also we must know those related conditions related or close to the Anxiety.

Anxious: Angere (Latin) = To press tightly, to choke, to oppress, to strangle. 12 State of being anxious, uneasy, regarding something doubtful, solicitous, concern, solicitous desire for a thing to do, troubled in mind about some uncertain event, distressed, worried.

Anguish: Anguisse (French), Angustia (Latin) = straits, strait, distress, choking. It is amplified scale of anxiety, excruciating or oppressive, bodily or mental sufferings, pain and agony, a tormenting experience, a torture.

Apprehension: Apprehendere (Latin) = to lay hold of, Anticipation of something adverse, evil foreboding, impending disaster, fear, dread

Worry and anxiety: Anxiety and stress - Anxiety is related to a specific situation. For example, an exam, a meeting, financial difficulties. Anxiety is a state of mind. While anxiety is caused by objective problems, anxiety is caused by emotional problems. Specific, dangerous, rapidly destructive and dangerous situations. Feelings of fear and dread. It is easy to get attached to certain things

Anxiety and fear: Unlike fear, anxiety is not caused by the current situation that can be seen, but by certain situations that people need

Anxiety is usually caused by people. Inner well-being is not caused by external stimuli, but by internal stimulation. Most people are not aware that the situation they are in is bothering them. Anxiety differs from fear in that it is a response to an external danger; the threat of anxiety is unknown,

Fright: Sudden fear, Alarm, Violent terror, Effects of fright are long termed & long felt.

Shock: Violent shake, Loss of composer, Condition of prostration of voluntary and involuntary functions

Mind-anxiety: *Abrot. Acet-ac. ACON. acon-c. Acon-f. act-sp. adam. Adon. Aeth. aether agar. agar-ph. Agath-a. agn. arge-och. aids. ail. alco. All-c. all-s. allox. aloë Alum. Alum-sil. alumn. Am-c. am-m. Ambr. Aml-ns. amyg. Anac. androc. ang. anh. ant-ar. Ant-c. Ant-t. apis aq-mar. aran. aran-sc. Arg-met. ARG-N. arge-pl. Arn. ARS. Ars-h. ARS-I. ARS-S-F. arum-m. arund. asaf. Asar. aspar. astac. aster. atis. atra-r. atro. Atro-s. AUR. aur-m-n. AUR-S. avic. bacls-10. bar-act.*

Bar-c. bar-i. Bar-m. BELL. benz-ac. berb. BISM. bit-ar. blum-o. bond. Borx. both-a. BOV. brass-n-o. brom. brosgau. brucel. BRY. bufo buni-o. but-ac. buth-a. CACT. cadm-s. cain. calad. CALC. calc-act. CALC-AR. calc-br. Calc-f. calc-i. CALC-P. CALC-S. calen. calth. CAMPH. CANN-I. cann-s. Canth. caps. Carb-an. CARB-V. Carbn-o. CARBN-S. carc. card-b. Cardios-h. Carl. carneg-g. cartl-s. Casc. cassia-s. Castm. caul. CAUST. cedr. Cench. cent. Cham. Chel. CHIN. Chinin-ar. Chinin-s. chir-fl. chl. chl. Chlor. Cic. cic-m. cimid. Cimx. cina cinnb. cinnm. cist. clem. cob-n. coc-c. coca Coca-c. Cocc. coch. cod. Coff. coff-t. colch. coli. Coloc. CON. Convo-s. corn. corn-s. cortico. cot. croc. Crot-c. Crot-h. crot-t. cub. culx. Cupr. Cupr-act. cupr-ar. cupr-s. cur. cycl. cygn-be. cypr. cystein-l. cyt-l. der. DIG. digin. dioxi. diph. diphtox. Dream-p. Dros. dulc. Dys. elaps elat. Elec. ephe-si. ergot. euon. eup-per. Euph. euph-c. euph-re. falco-pe. Ferr. Ferr-ar. Ferr-i. Ferr-m. ferr-ma. ferr-p. fil. Fl-ac. Form. formal. franz. fum. fuma-ac. galla-q-r. galv. gamb. Gels. ger-i. germ-met. gins. glon. goss. gran. Graph. grat. grin. Guaj. guare. haem. haliae-lc. halo. hed. Hell. hell-f. helo-s. Hep. hip-ac. hist. hura Hydr-ac. hydrog. hydroph. Hyos. Hyper. hypoth. Ictod. Ign. indg. inul. IOD. ip. irid-met. ix. jab. Jal. Jat-r-c. kali-act. KALI-AR. kali-bi. kali-br. KALI-C. kali-chl. Kali-i. kali-m. Kali-n. KALI-P. KALI-S. kali-sil. Kalm. ketogl-ac. kiss. kreos. kres. lac-c. Lac-e. lac-h. lac-lup. Lach. lact. lact-v. lat-m. Laur. lec. Led. levo. Lil-t. limest-b. lip. lipp. Lith-c. lob. lol. loxo-lae. loxo-recl. luna LYC. Lyss. M-ambo. M-arct. m-aust. Mag-c. mag-f. Mag-m. Mag-s. maias-l. manc. mand. mang. mang-act. mang-p. med. medul-os-si. medus. melal-alt. meny. Merc. Merc-c. merc-n. merc-ns. merc-s-cy. merc-sul. MEZ. mill. mim-p. miml-g. morg. morg-g. morg-p. morph. mosch. mukul Mur-ac. murx. mygal. myos-a. naja NAT-AR. NAT-C. Nat-m. nat-ox. Nat-p. Nat-s. neon nicc. NIT-AC. nit-s-d. nitro-o. Nux-m. Nux-v. nyct. oci-sa. oena. ol-an. ol-j. olib-sac. olnd. Op. Orig. orot-ac. oscilloc. osm. Ox-ac. oxal-a. paeon. pall. pant-ac. par. Petr. petr-ra. Ph-ac. phel. PHOS. physala-p. pilo. pin-s. pitu. pitu-p. plac-s. plan. Plat. Plb. pneu. podo. pop. positr. pot-e. propr. pseuts-m. PSOR. ptel. PULS. puls-n. pyrid. Pyrog. querc-r. rad-br. ran-a. ran-b. ran-s. raph. rat. Rauw. reser. rheum rhod. rhus-g. RHUS-T. ribo. rosm. Ruta Sabad. Sabin. sacch. sal-ac. sal-al. sal-fr. Samb. sang. sars. scut. SEC. sel. Seneg. Sep. Sil. sin-n. sinus. sol Spig. Spong. squil. Stann. staph. still. Stram. streptoc. strom-c. stroph-s. stry. suis-em. suis-hep. suis-pan. sul-ac. sul-i. sulo-ac. SULPH. sumb. suprar. syph. Tab. tanac. taosc. tarax. Tarent. tax. tax-br. tep. ter. teucr. thea Ther. thiam. thioc-ac. thiop. Thuj. thyreotr. tong. trach. Tritic-vg. tub. tub-m. v-a-b. Vac. valer. Vanil. vario. VERAT. Verat-v. verb. verin. vero-o. vesp. viol-o. viol-t. vip. visc. wies. wildb. xan. Zinc. zinc-act. zinc-m. zinc-p. zinc-s.

Aims and Objectives

The utility of rubric Anxiety & its sub-rubrics from Synthesis Repertory in clinical practice.

Material and Methodology

- Theoretical study:** I was explored this topic from different textbook, reference book, Software and journal. Importance of Rubric Anxiety from Synthesis Repertory.
- Clinical study:** Clinical study conducted during period of educations at Dr. J.J. Magdum Homoeopathic

Medical College & Modi hospital Jaysingpur.

3. **Sampling procedure:** Patient of above 12yr of age group and different communities shall be taken for study comparison of different cases. Case recording was done according to standard format of case taking according to different of totality of case.
4. **Selections of drug & Remedy:** On the basis of reportorial totality and result of repertorization, after material medica and using law of similimum.
5. **Dose and strength of drug (posology):** Selection of potency according to standard criteria for selecting the potency. Potency and doses varies from patient to patient.
6. **Preparation and administrations of the drug:** Medicines manufactured by standard homoeopathic pharmacy as per the norms of homeopathic pharmacopoeia are used in required potencies. It was administered orally in liquids or pills forms.
7. **Storage:** Storage as per the rules of Homoeopathic Pharmacopoeia.
8. **Declaration:** It was declared that the drug in study are not harmful to human being and consent of patient considered for study was taken.
9. **Inclusive criteria:** Patient of above 12 yr. of age's group of both the sexes having acute & chronic complaints.
10. **Exclusive criteria:** Cases of neonates, infants & children bellow the age of 12yr & pathological advance cases, unconscious, comatose patient.
11. **Problem definitions & resolution:** Diagnosis on basis of routine investigation, examination as per case requirement. As person detail case taking as per case Performa will be done.
12. **Follow up criteria:** Depending upon the relief of anxiety & its related complications. Other general mental level.
13. **Investigation:** Depending upon the case requirement.
14. **Criteria of assessment:** As per prognosis of cases i.e.,
 - **Recovered:** no any symptom seen in follow up.
 - **Improved:** feeling better up to the 50% & improvement still persist.
 - **Not improved:** Cases that not improved at all or there is no relief.

Observation – Study Design

Table 1: Distribution of Cases as per Age Group A

Sr. No.	Age Group	No. Of Cases	Percentage
1	15-35	9	30%
2	36-55	16	53%
3	56-85	5	17%

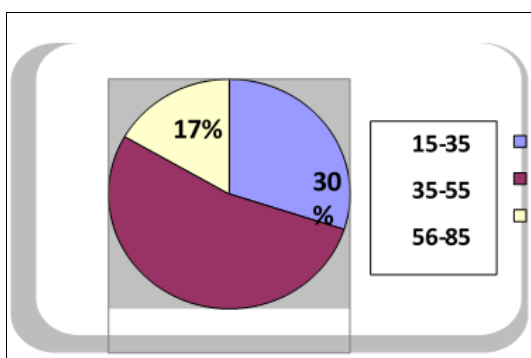


Table 2: Distribution of Cases as per Sex Group B

Sr. No.	Sex	No. Of Cases	Percentage
1	Male	13	43.34%
2	Female	17	56.67%

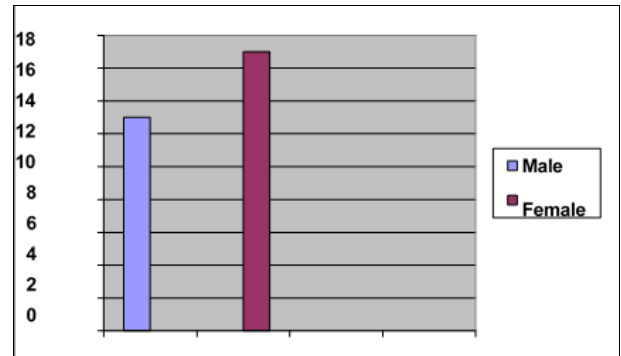


Table 3: Distribution of Cases as per Acute and Chronic Group C

Sr. No.	Types Cases	No. Of Cases	Percentage
1	Acute	3	10%
2	Chronic	27	90.5%

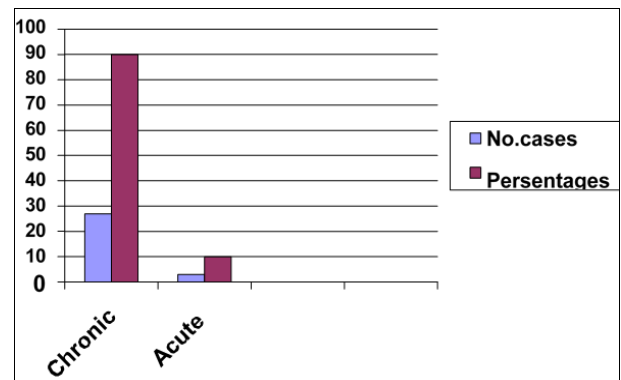
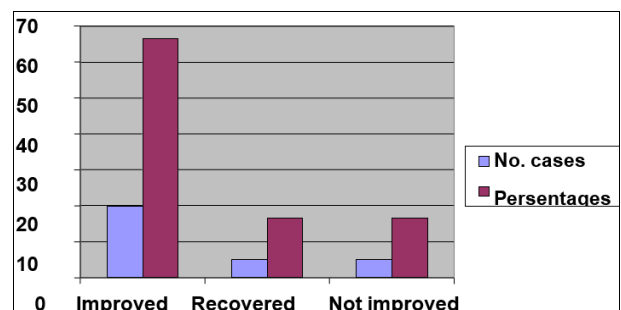


Table 4: Result obtained after giving medicine by using Rubric anxiety from synthesis repertory Group C

Sr. No.	Result	No. of Cases	Percentage
1	Improved	20	66.33%
2	Recovered	05	16.67%
3	Not Improved	05	16.67%



Discussion

Anxiety has 215 sub rubrics with its different shades. As well to study this rubric I felt the most genuine and updated repertory as present should be taken i.e. SYNTHESIS repertory. This was done under the repertory of anxiety with predominant remedies o among 491 total remedies. This materia medica which will help us to get the exact anxiety differentiation at finer level while prescription. During the preparation of the materia medica of major remedies I have made the separate list of rubric anxiety with its sub rubric to

fulfill my last but not the least aim which was to show the utility of rubric Anxiety & its sub-rubrics from Synthesis Repertory in clinical practice. Overall I did the task to accomplish to get full detail study of rubric anxiety with finer materia medica of major remedies which will helpful to get similitum.

Summary and Conclusion

Anxiety is a part of emotional modern life. In this modern area of speed all are in hurry to get complete our job. In this process very less time will get to speak few words. In Homoeopathy, the mystified union of mind, body and the spirit that work together to make up man thus constitute the wholeness. The study of human being in totality involves getting major emotional disturbances. so in science anxiety (also called panic) is a state of mental and physical tension that concerns the body, mind and emotions, wisdom and character. Anxiety is considered a response to stress factors. It can help people cope by encouraging them to solve difficult problems. Too much stress can be classified as anxiety. Working with Synthesis Repertory, I come to know that this repertory in which vast no. of rubrics & remedies are covered. Different shades of anxiety in rubric form we can study through this repertory. This authentic & most reliable repertory on which we can really easily, which holds most popular base philosophy i.e. kention philosophy on which it is based. It is most updated repertory till now. So during my study I tried to find out how exactly anxiety develops with its different shades. All these sub rubrics are very useful in getting the exact emotional disturbances. In all signs anxiety available is 70-80% available then other major emotion as bases to develop other major emotional disturbances. Because all other emotions will be get polished by modern society training but anxiety will leaks even though they get trained or suppressed.

So overall I got a wonderful opportunity to study the rubric anxiety and able to observe it in patients. This Article is helpful to me for getting me the final group of remedies. Anxiety is not inborn character of individual and will not get easily at attention when vitality leaks through it will get to our attention. So to conclude I found that anxiety are inseparable part of mind. This anxiety nature will get exaggerated or seen when individual get diseased and as a homoeopath we should take the in account for formation of totality to achieve greater result in disease so called incurable. The result of treatment of the study reveals that there is broad scope in the treatment of any disease where physician able to get anxiety with other emotions. In the observation we see more no. of female's shows, anxiety in relation with males that is of 57%. As well as anxiety nature is seen more in age group above 36-55 age groups in that more above 40 years age. These results are encouraging and made the physician more enthusiastic to study gestures in details. I conclude with the word that, this is the beginning of the study will has to complete with others though. Here our job gets started as a humble Homoeopath...

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