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Understanding the rubric “fear” in homoeopathic repertory: A clinical study based on Dr. J. T. Kent’s repertory (revised by Dr. Ramanlal P. Patel)

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Abstract

Fear (Bhaya in Sanskrit) is a universal human emotion that arises from perceived threats and is vital for survival, yet when excessive, it can lead to psychological imbalance. In homoeopathy, mental rubrics such as “Fear” play a crucial role in constructing the totality of symptoms and selecting the appropriate remedy. This study aimed to assess the clinical significance of the rubric “Fear” from Dr. J. T. Kent’s Repertory (Revised by Dr. Ramanlal P. Patel) and its role in remedy selection and patient outcomes. Thirty patients presenting with fear and related complaints were treated with individualized constitutional homoeopathic medicines based on their totality of symptoms, with remedies guided by the rubric “Fear” and its sub-rubrics from Kent’s Repertory. Weekly follow-ups were conducted to evaluate progress through symptomatic and emotional improvement. Among the thirty patients, twenty-eight (93%) demonstrated marked improvement in fear-related symptoms and overall well-being, with the highest incidence of such complaints found in individuals aged 6–19 years. The findings affirm that the rubric “Fear” from Kent’s Repertory (Patel’s revision) is a clinically reliable and valuable tool for homoeopathic case analysis, enhancing remedy accuracy and promoting holistic patient recovery.

Keywords: Fear, homoeopathy, phobia, Kent’s repertory, totality of symptoms

Introduction

Fear is a primitive yet essential emotion that ensures survival. The Sanskrit term *Bhaya* denotes fear—a natural reaction to perceived danger. While beneficial in moderation, excessive or irrational fear can result in psychological disturbances, anxiety, and phobias. In homoeopathy, understanding the patient’s emotional state is vital. According to Dr. Samuel Hahnemann, the *state of the mind and disposition of the patient* is one of the most characteristic features for individualization. The rubric “Fear” and its sub-rubrics in *Dr. J. T. Kent’s Repertory* (revised by Dr. Ramanlal P. Patel) serve as an important guide for selecting the similimum.

This clinical study was undertaken to assess the role of the rubric *Fear* in the reportorial totality and to evaluate its practical application in homoeopathic case management.

Aims

1. To study the clinical significance of the rubric “Fear” in homoeopathic case analysis.
2. To evaluate the practical utility of *Dr. Kent’s Repertory (Revised by Dr. R. P. Patel)* in cases where fear is a prominent symptom.

Objectives

1. To understand the meaning, scope, and sub-rubrics of *Fear* in Kent’s Repertory.
2. To assess the role of *Fear* in constructing totality of symptoms.
3. To evaluate the clinical outcomes of patients treated using the rubric *Fear* in remedy selection.
4. To analyze the incidence of fear across various age and gender groups.
5. To correlate physiological and psychological aspects of fear with homoeopathic philosophy.

Materials and Methods

Study Design

A prospective, open, observational clinical study was conducted on thirty patients presenting with fear and associated complaints.

Selection of Patients

Patients were selected according to inclusion and exclusion criteria after detailed case taking, mental evaluation, and necessary investigations.

Inclusion Criteria

- Patients above 6 years of age.
- Functional disturbances (acute or chronic) where *fear* was a significant symptom.

Exclusion Criteria

- Irreversible pathological changes where homoeopathy has limitations.
- Patients receiving active treatment for malignancy.
- Cases of severe psychiatric disorders (e.g., schizophrenia, mania).

Intervention

Each patient was treated constitutionally based on the totality of symptoms. Remedies were selected using the

rubric Fear from *Kent's Repertory (Patel's Revision)*. Potency and repetition were individualized depending on age, vitality, and response to treatment. Auxiliary measures were given when required.

Follow-up and Assessment

Patients were reviewed weekly or according to their convenience. Progress was evaluated on the basis of improvement in fear intensity, general health, and emotional stability.

Data Analysis

The results were analyzed descriptively, considering the number of patients improved versus not improved in different age and sex groups.

Results

Observations

30 patients were studied during period of one year and treated with using *rubric anxiety*. In all the experiments, the patients of experimental group treated using *rubric anxiety* showed considerable progressive response whereas the patients from placebo group did not showed any progress except two cases, while the cases where *rubric anxiety* was used showed much better improvement in more than 93% of cases.

Table 1: Showing age, sex wise distribution and improvement of patients after treatment.

Age in Years	Male		Female		Total No. of Patients	Percentage
	Improved	Not improved	Improved	Not improved		
06-19	5	-	8	-	13	43.33
20-35	3	-	5	1	9	30.00
36-60	3	1	4	-	8	26.66

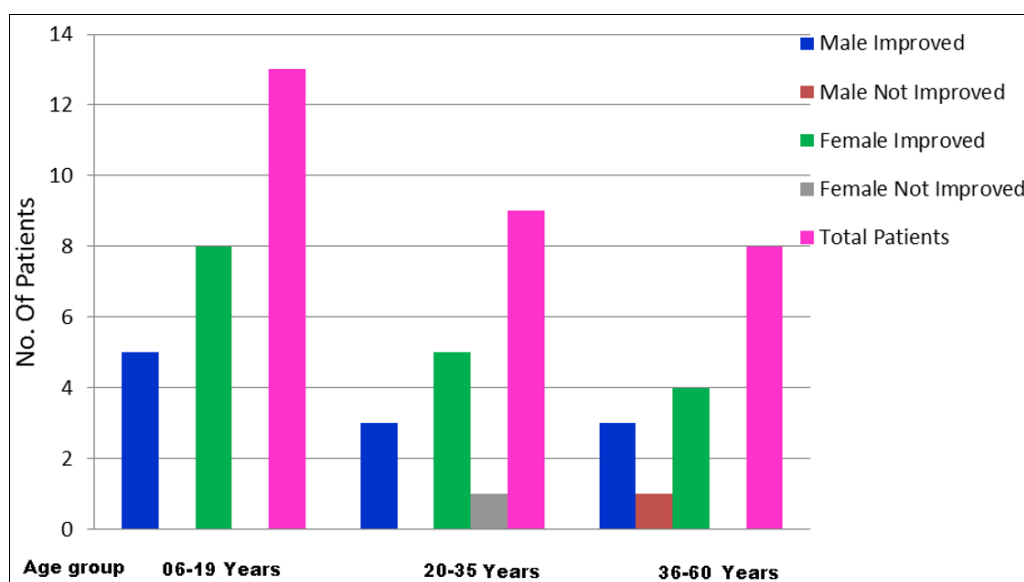


Fig 1: Plotted age groups, sex, and improvement after treatment against no. of patient.

Discussion

The present study reaffirms that the *rubric Fear* from Kent's Repertory (revised by Dr. R. P. Patel) is a dependable and clinically significant rubric in homoeopathic case analysis. The improvement rate of 93% demonstrates that individualized homoeopathic treatment based on mental rubrics yields effective results without adverse effects. The frequent occurrence of fear among younger patients

suggests developmental and environmental influences contributing to emotional sensitivity. The holistic nature of homoeopathy, which addresses both mental and physical spheres, enables patients to achieve deeper and more lasting recovery.

The study also highlights that repertorization using mental rubrics like *Fear* helps refine remedy selection, especially when physical symptoms are less prominent

Conclusion

The rubric “*Fear*” holds major importance in constructing totality and in accurate remedy selection.

Clinical observation confirms that patients treated with homoeopathic remedies selected using this rubric showed notable improvement in emotional balance and overall health.

This study validates that *Dr. J. T. Kent's Repertory*, as revised by *Dr. Ramanlal P. Patel*, remains a valuable and practical tool for modern homoeopaths in understanding and managing emotional disorders such as fear and phobia.

Conflict of Interest

Not available.

Financial Support

Not available.

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