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Anxiety neurosis in pediatric treated by homoeopathic Similimum ignatia: A case study

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Abstract

Everyone feel anxious sometimes, but people with anxiety disorders often experience fear and worry that is both intense and excessive. These feeling are typically accompanied by physical tension and other behavioral and cognitive symptoms. They are difficult to control, cause significant distress and can last a long time if untreated. Anxiety disorder interferes with daily activities and can impair a person's family, social and school or working life ^[1]. Mild levels of anxiety can be beneficial in some situations. It can alert us toward dangers and help us prepare and pay attention. Anxiety disorders are the most common mental disorders ^[2]. There are several types of anxiety disorder but here Separation Anxiety Disorder is seemed to be patient is suffering with. A person with Separation Anxiety Disorder may be persistently worried about losing the person closest to him, may be reluctant or refuse to go out or sleep away from home or without that person, or may experience nightmares about separation. Homoeopathy is an excellent science in treating mental diseases and disorders where counselling is the key for understanding patient and disease affecting patient as whole. Homoeopathy serves a best sweet pills treatment compared from those of antidepressive and other antipsychiatry medications which are difficult to consume by Pediatric patients.

Keywords: Anxiety neurosis, pediatric, homoeopathy, similimum, ignatia

Introduction

Anxiety is a normal reaction to stress. Anxiety disorder affects nearly 30% of adult at some point in their lives ^[2].

Anxiety: A state of psychic distress characterized by fear, apprehension, and physiological arousal. The term Anxiety is usually defined as a diffuse, vague, very unpleasant feeling of fear and apprehension. The anxious individual also shows combination of the following symptoms: rapid heart rate, shortness of breath, diarrhoea, sweating, sleeplessness, frequent urination and tremors.

Anxiety Disorder: The disorder is characterized by feeling of vulnerability, apprehension, or fear. There are several different kinds of anxiety disorders, including ^[1]:

Table 1: Types of Anxiety Disorder

Generalized anxiety disorder	Persistent and excessive worry about daily activities or events
Panic disorder	Panic attacks and fear of continued panic attacks
Agoraphobia	Excessive fear, worry and avoidance of situations that might cause a person to panic or feel trapped, helpless or embarrassed
Social anxiety disorder	High levels of fear and worry about social situations that might make the person feel humiliated, embarrassed or rejected
Separation anxiety disorder	Excessive fear or worry about being separated from people with whom the person has a deep emotional bond
Specific phobias	Intense, irrational fears of specific objects or situations that lead to avoidance behaviour and significant distress
Selective mutism	Consistent inability to speak in certain social situations, despite the ability to speak comfortably in other settings, primarily affecting children

Separation anxiety disorder

Individuals with separation anxiety disorder are fearful and anxious about separation from attachment figures to an extent that is developmentally not appropriate.

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Children with Separation Anxiety Disorder may have difficulty being in a room by themselves, going to school alone, are fearful of entering new situations, and cling to and shadow their parents' every move. To avoid separation, children with Separation Anxiety Disorder may fuss, scream, throw severe tantrums, or make suicidal gestures.

Sign and Symptoms

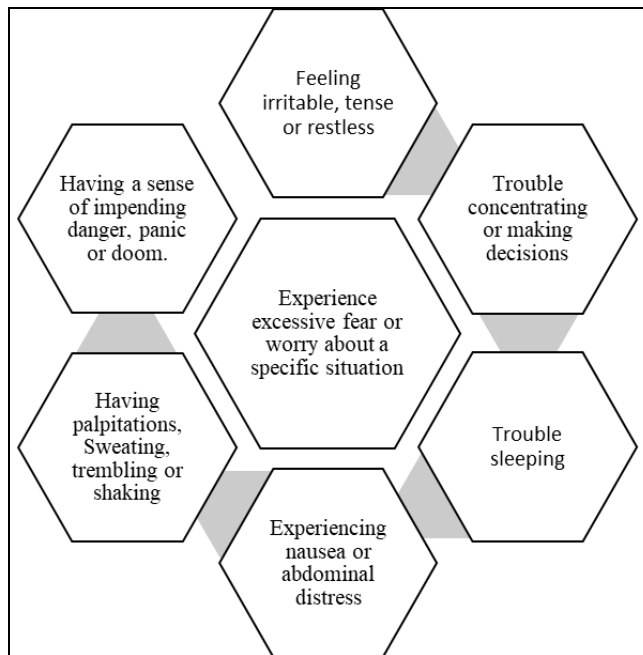


Fig 1: The diagram illustrates key symptoms of anxiety, including excessive worry, restlessness, physical distress, difficulty concentrating, and sleep disturbances.

Anxiety disorders increase the risk for depression and substance use disorders as well as the risk of suicidal thoughts and behaviours.

Case report

An Eight-year-old female patient came with parents with a complaint of stomachache and nausea, with breathlessness occurring on and off since 3-4 years, on general and systemic examination there were no physical findings found, also abdomen was soft and normal with no history of worms, respiratory examination-normal, no any other present or past history other than chief complaint presented. (Case was started with details from parent with in between patient additions to the parent narration) Mother-She is having problem with Sibling. Feeling she is not given attention. Patient-You keep loving him not me (when he does something you praise him but when I do the same thing you don't praised me) Patient- my Sibling (brother) is wrongly taking my name. Mother-She feels not being loved. She gets hurt by grandmother (Dadi) talks (like brother is so fair she is not that much fair), also over other things when Dadi compares her with brother (male and female child comparisons). Hobbies: drawing, art and craft, Example of situations when she got hurt (Incident-1); Patient has done some craft work mother told; what useless thing you have made and asked her to do all this craft work only on Sunday, Patient got hurt. Also, when her mother scolds her in front of everyone, when patient hugs her mother and mother don't hug her first, gets hurt. Constantly complaining about little

matters why mom did this. (Incident-2): Mother is now not allowing me to sleep with them she is allowing brother, earlier when brother was not there I was sleeping with my parents.

Mother-Usually, she loves her brother but she gets jealous. She doesn't demand anything but after her younger brother birth, she feels all attention is been given to him. She feels every love is for her younger brother, not for her. (Patient-To Homeopath) Feels her mother doesn't love her, loves only younger brother (weeps while telling) she is very close to mother (Before 1-2 years she was badly beaten by her mother, she feels she is not being loved). After weeping/While weeping desire solitude (goes in room wants to be alone), >consolation (mother calls, play- she like that) Mother-When mother-father fights patient feels she is the reason for fight (she wants to leave home) Mother in anger beats herself that makes her cry, she had seen her mother therefore she also tries to beat herself (In anger she hits herself with slipper, also when anger suppressed, she writes in diary and cries out). Feels as if not being loved-that's why making situation for getting attention like;

Example 1: Breathlessness like -asthma but nothing actually, physically healthy.

Example 2: Praising younger brother than she starting hitting herself

Feels nobody is good in school and no one is soft hearted therefore she doesn't have any friend.

Mother-Once when travelling in car, if noise occurs, she wakes up, if somebody touches her, she wakes. Also, if she is having any problem she doesn't speak up. Fear of dark. Conscious about her look, other's opinion.

Mother-After death of father-in-law, parents told her not to cry that's why she cries alone in toilet (she was close to her grandfather); before everything started, she was crying at every situation over little matters. (Even while communicating with Dr., She started weeping while history being taken from her as well as her mother)

Mother/History: She wanted to study (for Neet exam) but got married, got pregnant; her IPR with in laws were good but later came to know true color of in-laws, she felt depressed during pregnancy. She uses to ignore and remove her frustration on her children.

Past History: Acute breathlessness (all reports were normal), recurrent stomachaches with no history of worms, etc. for which missed school many times, Mother -she is Timid(shyness+++ and fearful by nature (she easily gets scared-fear darkness and ghost, alone of being), Motion sickness < while riding in a car,>open air (open window feels better)

Personal History

Appetite: (earlier; 3-4 times short baby meals) Decreased (earlier 1-1/2 roti, now-1 roti hardly)

Desire: sour +++, strawberry, cherry, broccoli

Aversion: Milk++

Thirst: < 1 liter /day

Stool: Constipated- hard stool/day

Dreams: fearful (mother scolded her, mother has beaten her, father has scolded mother)

Sleep: While sleeping she holds mother hand always, then

only she can sleep
Perspiration: palms cold and wet, whole body++

Operative procedure and Past history: Renal calculi
Family History

Grandfather(paternal): DM, HTN/Dead	Grandfather(maternal): DM/Alive
Grandmother(paternal): DM, HTN/Alive	Mother: Anxiety disorder(depression)/Alive

Thermal: Chilly
Repertorial totality

Kent approach was used (repertorization was done from Synthesis repertory)

1 MIND - GRIEF - silent - love; from disappointed

2 MIND - JEALOUSY - children - newborn gets all the attention; when the

3 MIND - REPROACHING oneself •

4 MIND - TRIFLES - important; seem

5 MIND - WEEPING - trifles, at

6 GENERALS - FOOD and DRINKS - milk - aversion

7 GENERALS - FOOD and DRINKS - sour food, acids - desire

Remedies	ΣSym	ΣDeg	Symptoms
ign.	7	12	1, 2, 3, 4, 5, 6, 7
nat-m.	6	11	1, 3, 4, 5, 6, 7
aur-m-n.	5	7	1, 3, 5, 6, 7
sep.	5	7	3, 4, 5, 6, 7
con.	5	6	3, 4, 5, 6, 7
ph-ac.	4	7	1, 3, 6, 7

Prescription

Ignatia Amara 1M * OD * 7 days

SL * 4BD * 7 Days

Table 1: Follow up

Date	Symptoms	Prescription
02-09-2023	Breathlessness better (after last medicine, didn't occurred-any episode). On observation looking happy as compared to earlier. Weeping decreased (patient was scold-she wept but didn't hit herself like earlier). In Afternoon-After school (Easy Satiety today ate egg-feels nauseating after eating-this is occurring since 3-4 years). Irritability as it is. Generals -Normal (no change)	Ignatia 1 M *OD* every alternate day * 7 dose SL * 4BD * 15 Days
16-09-2023	Now as compared to earlier remaining happy. She is rebelling and absent minded now, Irritability increased. Weeping decreased, Anger (if anybody touches her things she gets angry) (what is there in me, why nobody is becoming my friend, if they become then, they leave me) Timidity and Fear as it is. Nausea < Before meals as it is. Forgetfulness as it is. Now she is fighting with others and answering. Overthinking decrease. Sleep: better. General-Normal (no change)	Ignatia 1M *OD* every 4 th day) *4 dose SL*4BD* 15 days Calceria Phos 6x *4TDS* 1 Month
30-09-2023	Irritability decreased. Now staying happy. Did new friendship. Anger and weeping decreased. Laziness, does not want to work. Appetite- decreased. General-Normal	Ignatia 1M *OD* 4 dose every 4 th day SL * 4BD * 1 month
04-11-2023	Irritability decreased. Laziness as it is. Getting Angry sometimes. Stool-constipated. Appetite: decreased. General-Normal Pt-70-80% better	Ignatia 1M *OD* 4 dose every 4 th day SL * 4BD * 1 month
09-12-2023	Irritability increased. Anger decreased. Laziness decreased. Stool-no constipation, General-Normal.	Ignatia 1M * OD* 1 dose SL * 4BD * 1 month
27-1-2024	Irritability better. Now making new friends. Laziness better. Want to cry when mother complaint about her. Nausea after taking food better. Sleep-better. Appetite-Increased General-Normal	SL * OD*1 Dose SL * 4BD * 1 month

Ignatia: Mentally, the emotional element is uppermost, and coordination of function is interfered with. Hence it is the chief remedy for hysteria. It is especially adapted to nervous temperament-women of sensitive, easily excited nature, dark, mild disposition, quick to perceive, rapid in execution. Rapid change of mental and physical condition, opposite to each other. Great contradictions. Alert, nervous,

apprehensive, rigid, trembling patient who suffer acutely in mind and body, at the same time made worse by drinking coffee. The superficial and erratic character of its symptoms is most characteristic. Effects of grief and worry. Hiccough and Hysterical Vomiting.

Mental: Changeable mood; introspective; silently brooding.

Melancholic, sad, tearful. Not communicative. Sighing and sobbing. After shocks, grief, disappointment

Stomach: All-gone feeling in stomach; much flatulence; hiccough. Cramps in stomach; worse slightest contact. Averse to ordinary diet; longs for great variety of indigestible articles. Craving for acid things. Sinking in stomach relieved by taking deep breath ^[3].

Discussion

Homoeopathy is a beautiful system of Medicine which treat the patient as whole. Homeopathy understand the patient and its problem, there are certain cases which comes with some different problems but actually they are having some other actual problem which patients even don't understand and are unaware; for which they are supposed to be treated. Here also, a complete different pediatric case of Anxiety Neurosis has been treated with homoeopathic similium Ignatia which shows uniqueness of Homoeopathy Treatment and keen understanding of Homoeopath.

Conflict of Interest

Not available

Financial Support

Not available

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