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The efficiency of homoeopathic constitutional medicines in the management of neurotic disorders

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Abstract

Neuroticism is characterized as a propensity for fast excitement when invigorated and slow unwinding from excitement, particularly with respect to pessimistic profound excitement. Neuroticism comes from "neuro" a Greek word for nerve.

Neuroticism is the quality attitude to encounter pessimistic impacts, including outrage, nervousness, reluctance, peevishness, profound unsteadiness, and sadness.

In this study 30 subjects of both sexes -male and female between 20 - 50 years of age with neuroticism were selected based on the big 5 personality test. Then their case was taken in detail and constitutional medicines were given. Then based on the assessment criteria subjects were categorized into improved, not improved and recovered.

Here different disorders related to neurotic personality, physical and mental conditions in relation to neurotic disorders were studied. Effect of homoeopathic constitutional medicines in neurotic disorders were also studied.

Keywords: Neuroticism, big 5 personality test, homoeopathy, constitutional medicines

Introduction

A review was directed on the point - "Event of hypochondriac and tension issues in rustic younger students and the job of actual activity as a technique to help their treatment" by Branch of Physiology, Division of Pediatrics Muscular health, College of Clinical Sciences, Poznan, Poland .School nervousness has turned into a typical issue in youngsters and adolescents. The study comprised of 123 young ladies and 117 young men living in country areas of Wielkopolska. A poll was given assessing family status, family connections, school circumstance, substantial side effects connected with being at school, and the recurrence of actual activity. The concentrate on demonstrated that more young ladies were impacted with masochist disorders. The improvement of substantial and close to home aggravations in youngsters might be related with unpredictable family and school connections and low physical movement.

A review was directed on the subject - Neuroticism and post-horrible pressure issue: A meta-insightful study. The targets of this study were to gauge the size and bearing of the relationship among neuroticism and PTSD, and to dissect the impact of various mediator factors on impact size. Methods: A precise survey and a meta-examination were completed. The quest for studies was led in Medline, IME, Psc INFO, Excursion Data set, and Google Researcher, until October 2012. A hand search was likewise completed and principal specialists were contacted. Out of 96 expected articles, 34 satisfied the incorporation measures (9,941 members). The mean impact size was $r = 0.371$ (95%CI: 0.327 and 0.414). Distribution predisposition was disposed of as a danger. A prescient model was explained with three factors (detailing of identity, age, and kind of sample). Conclusion: Neuroticism can be considered as a gamble factor for PTSD in individuals who have been presented to a horrendous mishap. These discoveries are important for creating preventive mediations and medicines.

A review was led on the point-Character and head pains: Discoveries From Six Forthcoming Studies. The present review analyzed the relationship between character characteristics and simultaneous and episode headaches. Methods: Members (n = 34,989), matured 16to 107 years were from the Midlife in the US study, the Midlife in Japan study,

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6th Wellbeing and Retirement Study, the Wisconsin Longitudinal Review Graduate and Kin tests, and the Longitudinal Web Review for the Sociologies. Segment factors, character qualities, and cerebral pains were evaluated at benchmark. Cerebral pains were evaluated again 4 to just about 20 years later. Conclusions: The current review gives powerful proof that neuroticism and contemplation are risk factors for migraines in simultaneous and planned examinations across numerous partners.

4) A concentrate on the subject - Depression comparable to sex and orientation articulation among Swedish septuagenarians: Results from the H70 study. A cross-sectional populace based example of 70-year-olds from The Gothenburg H70 Birth Accomplice Study (n = 1203) was analyzed in 2014-16. Information were gathered utilizing mental assessments and organized surveys, including the Positive-Negative Sex-Job Stock to evaluate orientation articulation. Gloom was analyzed by the Indicative and Factual Manual of Mental Issues standards, and side effect trouble was surveyed with Montgomery Åsberg Sadness Rating Scale (MADRS). We tracked down that orientation articulation was related to both sadness and weight of burdensome side effects. More in particular, we observed that womanliness was related to more significant levels of gloom, independent of organic sex. Moreover, manliness and bisexuality were related with lower levels of depression.

5) A concentrate on the point - Uneasiness, misery, and stress in light of the Covid: Illness 19 pandemic was led by Ladies' Exploration Community, College of Focal Oklahoma, Oklahoma, USA. Objective: The goal of the review was to decide the condition of uneasiness, melancholy, and stress present in the general public during the improvement of the 2019 Covid pandemic. Mixed strategies study; a three-segment poll was created which included socioeconomic, insights, feelings, and ways of behaving connected with the 2019 Covid pandemic, and two profound appraisal psychometric tests. The extents and certainty time periods factors were determined and thought about utilizing the Chi-square test. Results: Over 40% of the subjects introduced a few level of uneasiness and 41.3% sorrow; the extent of stress was < 30%. Of the subjects who experienced tension, 18.6% additionally had moderate-to-very extreme despondency or stress. Conclusion: There are personal markers got from the 2019 Covid pandemic in close to half of the review populace. The ID also, opportune treatment of these states could diminish the mental effect due to 2019 Covid.

These studies shows that neurotic disorders are mainly common in females and headaches are common in this personality trait.

Materials and Methods

Materials

Source of data

The OPD, IPD (Mijar, Moodbidri), Peripheral OPD, Alva's Homoeopathic Medical College and Hospital, and camps run by Alva's Homoeopathic Medical College, Mijar, will serve as the study's subjects.

Methods

Sampling

Selection of sample size: Minimum 30 cases

Sample technique: Purposive sampling

Cases will be recorded using a pre-structured, standard format.

Through observation and interviewing techniques, the cases are documented in accordance with a holistic approach.

Inclusion criteria

- Age groups between 20 - 50 years
- Both sexes
- Patients who are willing to take part in the study and sign written
- Informed consent.

Exclusion criteria

- Age group below 20 years and above 50 years
- Patients with chronic systemic diseases
- Patient who are under medication from other system of medicine

Study design

- Purposive selection of 30 cases with neurotic personality trait is assessed using Big 5 personality test questionnaire on patients at Alva's Homoeopathic Medical college and hospital OPD, IPD, and medical camps
- The case history will be taken using standard case format to find out the constitutional similitum for the case.
- The case will be recorded by interview technique, questionnaire, and observation

Diagnostic criteria

- Neuroticism is assessed by using Big 5 personality test scale
- Other Neurotic disorders are assessed by Clinical Presentations.

Table 1: Assessment criteria

SL. NO	Symptoms	Absent	Mild	Moderate	Severe
1	Stressed Out Easily	0	1	2	3
2	Negative thoughts	0	1	2	3
3	Disturbed	0	1	2	3
4	Mood Swings	0	1	2	3
5	Irritable	0	1	2	3
6	Associated Complaints	0	1	2	3

Recovered: 0-6

Improved: 7-12

Not Improved: 13-18

For the assessment, the patients following three criteria are fixed

- **Recovered:** Subjects relieved of symptoms without recurrence of symptoms
- **Improved:** The cases in which changes in the condition

Not improved: The cases in which the rehas been no change in the condition even after the treatment.

Results

In the study, 20 subject suffered with generalized anxiety disorder, 4 subjects with depression and 6 subjects with phobia.

Physical conditions related to neurotic disorders were headache (in 30 subjects), High blood pressure (2),

Diarrhoea (1) and insomnia (7).

Mental conditions related to neurotic disorders were stress, negative thoughts, irritability, mood swings and disturbed mind.

Neurotic disorders were common in the age group 20-25 and females (23) were more prone to this trait.

24 cases recovered, 2 improved and 4 not improved.

Natrummur and pulsatilla were more effective in this personality traits.

Discussion

The subject for the review will be enlisted from the OPD, IPD (Mijar, Moodbidri), Peripheral OPD of Alva's homeopathic medical college and hospital and camps led by Alva's homeopathic medical college according to consideration standards.

A sum of 30 cases were kept in pre-organized case record design. The cases were analyzed in light of clinical presentation and big five personality test. Then the cases were investigated and the totality was raised. Medicines were chosen after repertorization and concerning *Materia medica*.

- In this study of 30 cases of neurotic disorder, 77% were females and 23% were males. Neurotic disorders are more prevalent in females.
- Different disorders seen under neurotic personalities are generalized anxiety disorder-20 cases, Depression-4 cases and Phobia- 6 cases.
- Physical complaints related to neurotic disorders are mainly headache present in all the 30 cases, 1 case with diarrhoea, 7 cases with insomnia and 2 cases with high blood pressure.
- Out of 30 cases, neurotic disorders are more likely to occur in people between the ages of 20 and 30. 2 instances from the 30-35-year age range, 15 cases from the 20-25-year range, 1 case from the 35-40-year range, and 2 cases from the 40-50-year range
- Among the 30 cases of neurotic disorders, 80% people got recovered, 7% were improved and 13% were not improved.
- The prescription of constitutional medicine was made for the 30 instances of neurotic illnesses. Natrum mur was prescribed in six cases, Pulsatilla in eight, Phosphorus in five, Nux vomica in one, Calcarea carb in two, Sepia in two, Arsenic album in four, Argentum nitricum in one, and Bryonia in one.

According to my investigation, homoeopathic constitutional medication significantly reduced all neurotic diseases. In this study, there was a reduction in the symptoms of neurotic illnesses.

Conclusion

This study shows us the efficiency of homoeopathic constitutional medicines in neurotic disorders. The value of this study is that subjects have recovered and improved from neurotic disorders. This study reveals that people can rely on homoeopathy as an alternative treatment for such disorders. With such treatment personal satisfaction and physical and mental wellbeing will be enormously improved.

One the significant finding of this study is that it exhibits that individuals not just vary in their normal degree of condition of neuroticism, but likewise in the degree to which their degree of neuroticism shifts across

circumstances and time (i.e, character fluctuation) and in the degree to which they are pulled back to their neuroticism gauge subsequent to having digressed from it. This is a significant finding since it shows that singular distinctions by the way one by and large behaves, feels, and thinks just catch part of one's character.

The results show a general improvement and recovery in symptoms of neurotic disorders the frequency, severity and intensity in each patient. The subjects were recovered both from the mental and physical symptoms that they were suffering daily. The study showed that stresses out people are more prone to neurotic disorders like anxiety disorder, depression etc. Even a small matter can have a big effect on their lives.

The study shows that more than 80% of the cases has been recovered with homoeopathic constitutional medicines. The medicines had to be repeated in different ways based on the vitality of each individuals. The study also showed more females were affected with neurotic disorders

Homoeopathy system has great methods to treatment asphere of a person the another system of medicine. Homoeopathic mode of treatment is based on individualization and treats effectively without adverse effect and serves the suffering humanity in a better way. Homeopathy regards the patient in general and it decreases the force, forestalls the further re-event and accordingly works on the personal satisfaction.

Conflict of Interest

Not available

Financial Support

Not available

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