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## A case series on efficacy of individualized homoeopathic medicine in the management of anxiety, depression and stress disorder using DASS 21

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### Abstract

Homoeopathy gives a great importance to psychological health both in the treatment of physical as well as mental ailments. In today's world of competition and survival, people are unaware and irresponsible in maintaining their mental well-being, leading to deeper pathological conditions arising due to neglected anxiety, depression and stress. This case series assessed the DASS 21 severity score of the patients who presented with corporeal ailments. Cases were selected from the OPD/IPD of SKHMC, Kulasekharam, Tamil Nadu. They were prescribed individualized homoeopathic medicines. All cases showed marker improvement both in symptomatology as well as DASS 21 score assessed pre and post treatment. Homoeopathy is an effective treatment in psychological disorder which in turn reduces the corporeal ailments.

**Keywords:** Anxiety disorder, DASS 21, individualized homoeopathy, mental ailments

### Introduction

We now live in a fast-paced, anxious society where fear and worry are a part of daily existence. Before a test, interview, or a night-time street walk, we may feel anxious. It is typically limited to specific circumstances. This type of worry serves to increase our vigilance or care. Anxiety disorder is a condition when the anxiety persists and interferes with daily activities like work performance, schoolwork, and interpersonal interactions<sup>[1]</sup>. Anxiety can range from relatively mild, occasional butterflies in stomach, jitteriness, uneasiness to severe disabling panic attacks. Today's generation is more focused on securing their life and are more practical. They are task-oriented and judge themselves with respect to their performance outcome and duties they perform to secure their life and family<sup>[2]</sup>.

Up to 15% of the general population potentially experience anxiety disorder at any given time, making it the most prevalent psychiatric disorder<sup>[3]</sup>. According to a significant population-based survey, approximately 33.7% of people experience an anxiety disorder in their lifetime<sup>[4]</sup>. Anxiety disorder makes up one of the most common groups of psychiatric disorders. Anxiety stems from the uneasiness that every individual experiences as soon as he or she leaves the womb. An individual's wants and motivations are highly tied to anxiety. If the basic demands for affection, security, self-esteem, success, and independence are not met in a satisfactory manner, it may cause excessive anxiety or guilt, which in turn leads to neurotic behavior<sup>[5]</sup>.

Depression and generalised anxiety disorder (GAD) are the two most prevalent mental health conditions impacting millions of individuals worldwide. There are numerous negative effects from using conventional treatment. Homeopathy is an alternative form of treatment that treats depression and GAD by using ultra-high diluted medicines<sup>[6]</sup>. A 2012 Homeopathy Journal study discovered that *Pulsatilla nigricans*, had anti-anxiety effects on mice. Additionally, it has comparable anti-anxiety medicine effectiveness with standard drugs<sup>[7]</sup>. Homeopathic treatment for psychiatric symptoms appears to be used primarily to reduce anxiety symptoms in the general population, according to a study conducted in the Mental Health Survey in the General Population of France<sup>[8]</sup>.

In the Organon of Medicine aphorisms 210 to 230, Dr. Samuel Hahnemann discusses mental illnesses and how to treat them. Aphorisms 213, 214, and their footnote indicate that a physician should prescribe based on how accurately a patient's symptoms match their mental and emotional state.

Additionally, he emphasizes that the chosen remedy should be capable of producing a morbid state in a healthy person that is identical to the disease<sup>[9]</sup>. In aphorism 80, he also stated that anxiety disorder (Hypochondriasis) is a psoric manifestation, and that "the psora is the only real fundamental cause and producer of all the other innumerable forms of disease<sup>[9, 10]</sup>."

The DASS-21 is a well-established instrument for measuring depression, anxiety, and stress that has high reliability and validity. The DASS is a numerical measure of distress divided into three categories: depression, anxiety, and stress. It is not a categorical measure for clinical diagnosis. However, it can be useful for clinical purposes to characterise the degree of severity relative to the population - mild/moderate/severe/extremely severe scores for each DASS scale. It describes the full range of scores among individuals, so mild, for example, does not imply a mild level of disorder<sup>[11]</sup>.

Homoeopathy is becoming ever more popular among the general public. However, many practitioners struggle to reach a similimum. Nature contains a wealth of resources, making it nearly impossible to prove it completely. If each group or family inside each kingdom had a peculiar trait of its own, homoeopathy would be exalted<sup>[12]</sup>. The objective of this study is to demonstrate the utility of individualized homoeopathic prescription in 5 cases having anxiety and depressive symptoms assessed using DASS 21 scale.

### Materials and Methods

Cases presenting with symptoms of anxiety and fulfilling the DASS 21 criteria were selected for the study from the OPD and IPD of Sarada Krishna Homoeopathic Medical College (SKHMC), Kulasekharam, Kanyakumari, Tamil Nadu, for a duration of 3 to 8 months. Detailed case taking using standardized case record format was done and DASS score was assessed. Remedies were prescribed after thoroughly analyzing the case. Medicinal dose, potency, follow up were done as per the directions given in Organon of Medicine. After a month, DASS score was re-assessed and checked for difference.

**Study setting:** This study was single centered study, conducted at OPD/IPD of SKHMC, Tamil Nadu.

**Study design:** A case series study.

### Sampling technique:

Purposive sampling  
New cases of patients were selected on the basis of those fulfilling the DASS 21 criteria. Pre and post intervention DASS 21 scale assessment was done.

### Inclusion criteria:

1. Patients of all age group and both the sexes were taken for study.
2. Patients were selected from various socio-economic status.
3. Patient complying with regular follow-up.

### Exclusion criteria:

1. Age below 15 years and above 80 years.
2. Symptoms associated with severe systemic illness.
3. Pregnant patients.

**Intervention:** Each case was studied in detail by thorough

case taking. Totality of symptoms were erected to individualize the cases. Each case was prescribed homoeopathic similimum.

**Informed consent:** It was taken at the beginning of the study.

**Assessment method:** DASS 21 scale was used to assess the progress of cases. When the patient enrolled for study or during the first visit, a pre assessment was taken. Post assessment was done after a period of 1 months. Both the scores were compared and the difference were noted.

**Repertory:** It was utilized according to the need of the case.

**Remedy selection:** Selection was done based on the totality of symptoms and by individualizing the characteristics of patients.

### Brief procedure

Cases were selected as per case definition from the OPD/IPD of SKHMC, Kulasekharam. Informed consent was acquired by the patients. A thorough case taking was done and analysis evaluation of case was done to erect a totality of symptoms. Individualized medicine was selected using Materia Medica and Repertory. Single dose of individualized medicine was given to the patient. Pre and post treatment analysis was done using DASS scale. Potency selection and repetition were done according to principles laid down in Organon of Medicine.

### Case presentation

#### Case 1

A 23-year-old male came with complaints of constriction and tightness in the throat for the past 6 months on. There is a sensation as if stone is tied in throat which moves up and down on deglutition. A choking sensation which become worse by taking tension or any emotional stress. Discomfort on swallowing, no pain. Dryness in the throat which is not better by drinking water. There is loss of appetite for the last 2 months. He gets suicidal thoughts and dreams of suicide. Aversion to beef, desires mutton and bitter things. General observation regarding the patient is that he has difficulty in comprehending. Thermally chilly patient and introvert.

On repertorization, *Ignatia* covered maximum symptoms carrying highest mark as seen in figure 1. Table 1 and 2 shows the DASS 21 score and severity ratings before and after treatment. He was prescribed a dose of *Ignatia IM* 1 dose H.S. (Table 3). DASS 21 scores were D-7, A-16, S-9 before treatment and reduced to D-3, A-5, S-56 after assessment in 4 months (Table 1 and 2).

#### Case 2

Patient: 22-year female complaints of irregular menses, amenorrhea for past 4 months. Scanty menses which are dark red or brown in color. Complaint of coryza during menses > steam inhalation. Weight gain from 59kgs to 63kgs in 6 months. Craving for ice creams, spicy, chicken. Perspiration generalized. Thermally chilly. Anxious person. Lack of confidence to speak in public. Anxious about parent's health. Fear of losing people whom she love. Conscious about weight gain, says that she feels angry and cries if anyone speaks to her about her weight gain. Hence, she doesn't like to meet people and attend functions.

Dreams of ghosts. Fear of being alone and dark. *Phosphorus* was selected based on totality (Figure 2) and patient was prescribed *Phosphorus 0/1*, starting from 7<sup>th</sup> day of menstrual cycle, daily one dose for one week. This dose was repeated in same manner every month for a period of 6 months (Table 4). DASS 21 scores were D-7, A-8, S-3 before treatment and reduced to D-3, A-4, S-3, after 9 months (Table 1 and 2).

### Case 3

46-year-old female complaints of blackish eruptions all over the body. Severe intolerable itching. Violent scratching leading to bleeding < night<sup>++</sup>, Mental tension<sup>+</sup>, anger<sup>+</sup>, perspiration. At 20 years of age, she had suffered from chicken pox. Sister is a known case of Diabetes Mellites. Regular menstrual cycles of 3 days duration. No clots, no staining and no odor. G<sub>4</sub>P<sub>1</sub>A<sub>3</sub>D<sub>1</sub>L<sub>0</sub>, at 27yr age delivered a male child by full term normal delivery. Child died due to epilepsy at the age of 2yrs. She was in a shock and sad after this event. Dreams of her son's death. She wakes up from sleep and weeps. She has grief about her son's death. Wept while narrating son's death. Desire to conceive and have kids. Tendency to commit suicide. In anger she throws things and want to be alone. She longs for love. Very talkative. Thirstless. *Ignatia* was selected based on the totality (Figure 3). DASS 21 scores were D-12, A-9, S-9 before treatment and reduced to D-4, A-5, S-7, after 3 months (Table 1 and 2). The follow up are shown in Table 5.

### Case 4

A 27-year-old male patient came with complaint of occasional headache and insomnia for the past 3 months. Patient has fear of his elder brother. Thinks that brother will murder him or he will be poisoned. He always wants mother with him. Doesn't sleep without mother out of fear. He says that after mother's death, his brother will kill him. Always doesn't contrary to what is being told to him. Very obstinate behavior. Envy towards his brother, he says that brother is well educated, married, has family and has built a house, but he does not. He is very particular about his things. Wants everything in place or else gets angry. He always dresses well. Does not even want a small crease on the shirt. He will iron clothes several times until satisfied. Strong desire for alcohol<sup>+++</sup>, pungent things<sup>++</sup>, sweets, warm drinks. Thermally chilly patient. On repertorization, *Arsenic alb* covered maximum symptoms with high marks (figure 4). *Arsenic alb IM 2* dose H.S. was prescribed to the patient. The follow up are shown in Table 6. DASS 21 scores were D-9, A-13, S-6 before treatment and reduced to D-5, A-5, S-6, after 2 months (Table 1 and 2).

### Case 5

A 33-year-old male patient came with the complaint of stiffness and wandering pain in all the joints for the past

10years. Complaints are <cold exposure<sup>+</sup>, <morning<sup>++</sup>, <rising from seat<sup>+</sup>. He desires sweets<sup>+++</sup>, warm food<sup>+</sup> and thirstless. He is very anxious and fearful. Fear of being alone, narrow places<sup>++</sup>, heights, approaching people<sup>+</sup>. Anxiety about health. Anxious while working. Whenever he gets anxious, he has to run to the toilet. Anxiety causes diarrhea. Says he want everything perfect and clean. If wife doesn't keep house clean, he gets angry on her. He is restless and impatient. Thermally Hot but complaints aggravated by cold exposure. On repertorization, *Argentum nitricum* covered maximum symptoms with high marks (Figure 5). *Argentum nitricum 0/1* daily dose was prescribed to the patient for 15 days. Thereafter follow up is shown in Table 6. DASS 21 scores were D-7, A-10, S-5 before treatment and reduced to D-5, A-5, S-4, after 2 months (Table 1 and 2).

### Discussion

Anxiety is regarded as a normal reaction to stress. Anxiety is a natural state of tension and apprehension in response to a perceived threat. It can assist a person in dealing with a difficult situation, such as at work or school, by prompting one to cope with it. When anxiety becomes excessive, it may be classified as an anxiety disorder. The rate of Anxiety disorders is increasing with change in life-style, where people are subjected to various stress. Anxiety disorders, depression and stress are one of the major concerns of psychiatrists. This study was conducted to determine the efficacy of Homoeopathic medicines in the management of generalized anxiety disorder, depression and stress.

In this study, the cases were picked from the OPD/IPD of SKHMC, Kulasekharam, who presented with various complaints and showed severity ratings in DASS 21 score. The patients provided informed consent. To erect a totality of symptoms, a thorough case taking followed by analysis and evaluation of the case was performed. Materia Medica and Repertory were used to select a similimum. The patient received dose of individualised medicine. The DASS 21 scale was used for pre and post treatment analysis of depression, anxiety and stress. Potency selection and repetition were carried out in accordance with the principles outlined in the Organon of Medicine.

All 5 cases showed marked improvement in the symptomatology as well as the DASS 21 score post treatment. It was observed that the cases presented with various physical complaints. On assessing DASS 21 it was noted that the patients suffered from depression, anxiety and stress variably. The efficacy of treatment was evaluated regularly. The evaluation was based on relief of symptoms, clinical improvement, comparisons of the DASS 21 scores assessed from the patient before and after treatment. Individualised homoeopathy is an effective treatment in psychological disorder which in turn reduces the corporeal ailments.

**Table 1: DASS 21 Scoring of the patients before and after treatment**

Domains	Case 1			Case 2			Case 3			Case 4			Case 5																	
	Before treatment		After treatment	Before treatment		After treatment	Before treatment		After treatment	Before treatment		After treatment	Before treatment		After treatment															
	D	A	S	D	A	S	D	A	S	D	A	S	D	A	S															
I found it hard to wind down	-	-	1	-	-	1	-	-	1	-	-	1	-	-	2	-	-	1	-	-	0	-	-	0	-	-	1	-	-	1
I was aware of dryness of my mouth	-	3	-	-	1	-	-	0	-	-	0	-	-	3	-	-	1	-	-	2	-	-	1	-	-	1	-	-	0	-
I could not seem to experience any positive feeling at all	2	-	-	0	-	-	2	-	-	0	-	-	2	-	-	0	-	-	2	-	-	1	-	-	2	-	-	1	-	-
I experienced breathing difficulty	-	2	-	-	0	-	-	1	-	-	0	-	-	2	-	-	1	-	-	3	-	-	1	-	-	2	-	-	1	-
I found it difficult to work up the initiative to do things	0	-	-	0	-	-	0	-	-	0	-	-	1	-	-	1	-	-	2	-	-	1	-	-	0	-	-	0	-	-
I tended to over react to situations	-	-	3	-	-	2	-	-	0	-	-	0	-	-	3	-	-	2	-	-	2	-	-	2	-	-	1	-	-	1
I experienced trembling	-	3	-	-	1	-	-	0	-	-	0	-	-	1	-	-	1	-	-	2	-	-	1	-	-	0	-	-	0	-
I felt that I was using a lot of nervous energy	-	-	2	-	-	1	-	-	1	-	-	1	-	-	2	-	-	2	-	-	2	-	-	2	-	-	2	-	-	1
I was worried about situations in which I might panic and make a fool of myself	-	3	-	-	2	-	-	2	-	-	1	-	-	2	-	-	1	-	-	2	-	-	0	-	-	3	-	-	2	-
I felt that I had nothing to look forward to	2	-	-	0	-	-	2	-	-	1	-	-	2	-	-	1	-	-	2	-	-	1	-	-	2	-	-	1	-	-
I found myself getting agitated	-	-	1	-	-	0	-	-	1	-	-	1	-	-	0	-	-	0	-	-	0	-	-	0	-	-	1	-	-	1
I found it difficult to relax	-	-	1	-	-	1	-	-	0	-	-	0	-	-	1	-	-	1	-	-	1	-	-	1	-	-	0	-	-	0
I felt down hearted and blue	1	-	-	1	-	-	1	-	-	-	-	-	2	-	-	0	-	-	1	-	-	1	-	-	1	-	-	1	-	-
I was intolerant of anything that kept me from getting on with what I was doing	-	-	1	-	-	1	-	-	0	-	-	0	-	-	1	-	-	1	-	-	1	-	-	1	-	-	0	-	-	0
I felt I was close to panic	-	1	-	-	0	-	-	1	-	-	1	-	-	0	-	-	0	-	-	0	-	-	1	-	-	1	-	-	0	-
I was unable to become enthusiastic about anything	0	-	-	0	-	-	0	-	-	0	-	-	2	-	-	0	-	-	0	-	-	0	-	-	0	-	-	0	-	-
I felt I wasn't worth much as a person	1	-	-	1	-	-	1	-	-	1	-	-	2	-	-	1	-	-	1	-	-	1	-	-	1	-	-	1	-	-
I felt that I was rather touchy	-	-	0	-	-	0	-	-	0	-	-	0	-	-	0	-	-	0	-	-	0	-	-	0	-	-	0	-	-	0
I was aware of actions of my heart in absence of physical exertion	-	2	-	-	1	-	-	2	-	-	1	-	-	1	-	-	1	-	-	3	-	-	0	-	-	0	-	-	0	-
I felt scared without any good reason	-	2	-	-	0	-	-	2	-	-	1	-	-	0	-	-	0	-	-	1	-	-	1	-	-	3	-	-	1	-
I felt that life was meaningless	1	-	-	1	-	-	1	-	-	1	-	-	1	-	-	1	-	-	11	-	-	0	-	-	1	-	-	1	-	-
<b>TOTAL</b>	<b>7</b>	<b>16</b>	<b>9</b>	<b>3</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>3</b>	<b>3</b>	<b>4</b>	<b>3</b>	<b>12</b>	<b>9</b>	<b>9</b>	<b>4</b>	<b>5</b>	<b>7</b>	<b>9</b>	<b>13</b>	<b>6</b>	<b>5</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>10</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>4</b>

**Table 2: DASS 21 Severity rating of the patients before and after treatment**

Domains	Case 1		Case 2		Case 3		Case 4		Case 5	
	Before treatment	After treatment	Before treatment	After treatment	Before treatment	After treatment	Before treatment	After treatment	Before treatment	After treatment
Depression	Moderate	Normal	Moderate	Normal	Severe	Normal	Moderate	Mild	Moderate	Mild
Anxiety	Extremely severe	Mild	Severe	Mild	Severe	Mild	Extremely severe	Mild	Extremely severe	Mild
Sadness	Mild	Normal	Normal	Normal	Mild	Normal	Normal	Normal	Normal	Normal

**Table 3: Follow up of case 1**

Date of prescription	Symptomatology	Individualized homoeopathic remedy prescribed
03.09.2021	Chocking sensation in throat; constriction in throat <mental tension; hoarseness; dryness of throat; sensation as if stone is tied in throat	<i>Ignatia 1M</i> 1 dose HS
20.09.2021	Chocking sensation in throat better than before; constriction in throat <mental tension persists; hoarseness 50% better; dryness of throat better; sensation as if stone is tied in throat persists	Sac Lac 1 dose HS
29.01.2022	Complaints better. Generals good.	Sac Lac 1 dose HS

**Table 4:** Follow up of case 2

Date of prescription	Symptomatology	Individualized homoeopathic remedy prescribed
03.08.2021	Slight spotting noticed. Brownish color. No change in weight gain. Coryza during menses. Anxiety persists. Fear of dark and ghosts.	Phosphorus 0/1 OM X 7 days
10.09.2021	LMP: 02.09.2021. Mild flow, duration 3days. Light red color. Coryza during menses better. Bloating feeling. Generals good.	Phosphorus 0/1 OM X 7 days
21.02.2022	LMP: 16.02.2021. Flow scanty, duration 3days. Light red color. No clots, no staining. Coryza during menses persists. Bloating feeling. No change in symptoms.	Thuja 1M 1 dose HS
27.03.2022	LMP: 20.03.2021. Flow moderate, duration 4days. Light red color. No clots, no staining. No coryza during menses. Bloating feeling. Generals good. Anxiety about health of parents. Thermally chilly.	Phosphorus 0/1 OM X 7 days
29.05.2022	LMP: 22.05.2022. Flow moderate, duration 4days. Dark red color flow. No coryza during menses. No bloating feeling. Generals good.	Phosphorus 0/1 OM X 7 days

**Table 5:** Follow up of case 3

Date of prescription	Symptomatology	Individualized homoeopathic remedy prescribed
25.06.2021	Eruptions on skin all over body. Severe itching. Scratching leads to bleeding. <night; burning; Itching <mental tension, anger, perspiration. Forsaken feeling.	Ignatia 1M 1 dose HS
04.07.2021	Eruptions on skin all over body. Severe itching. Scratching leads to bleeding. <night; burning; Itching <mental tension, anger, perspiration. Forsaken feeling.	Sac Lac 2 dose HS
06.08.2022	Eruptions on skin all over body. Itching better. Scratching leads to bleeding. <night; burning; Forsaken feeling.	Ignatia 1M 1 dose HS
05.09.2022	Eruption on extremities. Itching reduced. No bleeding. Generally feeling better.	Sac Lac 7 dose HS

**Table 6:** Follow up of case 4

Date of prescription	Symptomatology	Individualized homoeopathic remedy prescribed
27.06.2022	Headache and insomnia for the past 3 months. Patient has fear of his elder brother. He always wants mother with him. Doesn't sleep without mother out of fear. Fastidious, violent rage.	Arsenic Alb 1M 1 dose HS
04.07.2022	Complaint of headache persists. Insomnia present. Fear of elder brother. Wants mother while sleeping. No new complaints. All complaints persist same.	Sac Lac 1 dose HS
03.08.2022	Complaint of headache 10% better. Insomnia present. Fear of elder brother. Mother doesn't accompany him while sleeping. Patient gets anxious, sleeps alone but fearful. Violent anger persists.	Arsenic alb 0/1 1 dose HS
22.08.2022	Pain in head better. Sleeps alone but disturbed. Violent anger persists. Started responding to his brother. Generals good.	Arsenic alb 0/1 1 dose HS
05.08.2022	Pain in head occasionally. Sleeps disturbed. Violent anger reduced. Anger only on contradiction. Generals good.	Sac lac 1 dose HS

**Table 7:** Follow up of case 5

Date of prescription	Symptomatology	Individualized homoeopathic remedy prescribed
23.07.2022	Stiffness and wandering pain in all joints. Wandering pains. Movements restricted. Anxiety about health. Fear of height, narrow places, being alone, approaching people or event. Diarrhea when anxious.	Argentum Nitricum 0/1 OM
22.08.2022	Stiffness and wandering pain in all joints much better. Wandering pains. Movements restricted. Anxiety about health reduced. Fear of height, narrow places, being alone, approaching people or event. Diarrhea when anxious.	Argentum Nitricum 0/1 OM
19.09.2022	C/O Fever for 3 days. Joint pains aggravated. Anxiety increased. 4 episodes of diarrhea in the last 1 day.	Argentum Nitricum 0/2 1 dose in 10ml aqua 10gtt 2 hourly
20.09.2022	Complaints 50% better. Diarrhea absent. Anxiety better.	Argentum Nitricum 0/2 1 dose in 10ml aqua 10gtt 2 hourly

Remedy Name	Ign	Sep	Puls	Ars	Rhus-t	Calc	Sulph	Nat-m
Totally	19	19	19	18	18	18	17	16
Symptoms Covered	7	6	5	6	6	5	6	6
Kingdom								
[Complete] [Mind]Absent-mindedness: (308)	3	4	4	1	3	3	3	4
[Complete] [Mind]Learning:Difficult: (126)	2	4	4	3	3	3	3	3
[Complete] [Mind]Suicidal disposition:Thoughts: (76)	3		3	3	3			
[Complete] [Mind]Fear:Cancer, of: (59)	1	1		4		4	2	1
[Complete] [Generalities]Food and drinks:Meat:Aversion: (201)	3	4	4	3	3	4	4	3
[Complete] [Stomach]Appetite:Diminished: (820)	4	4	4	4	4	4	4	4
[Complete] [Throat]Lump sensation:Excitement, emotional, agg.: (6)	3							1
[Complete] [Throat]Dryness:Drinking:Does not amel.: (26)		2			2		1	

**Fig 1:** Reportorial result of Case 1

Remedy Name	Phos	Nat-m	Graph	Sulph	Puls	Ars	Lach	Sep
<b>Totality</b>	14	8	13	11	10	8	8	7
<b>Symptoms Covered</b>	7	6	5	5	5	5	5	5
Kingdom								
[Complete ] [Mind]Anxiety:Others, for:Loved ones, for: (32)	1	1		1		1		1
[Complete ] [Mind]Timidity:Public, about appearing in: (66)	1		1				1	
[Complete ] [Mind]Fear:Alone, being:Darkness, in: (16)	3				1	3		
[Complete ] [Mind]Dreams:Ghosts, spectres: (78)		1	3	3	2	1	2	1
[Complete ] [Generalities]Food and drinks:Ice-cream:Desires: (47)	4	1		3	3			1
[Complete ] [Generalities]Food and drinks:Chicken:Desires: (18)	3	1	3				1	
[Murphy ] [Food]Pungent, things, general:Desires: (35)	1	1		1	1	1	1	1
[Complete ] [Nose]Coryza:Menses:Before: (5)			3					
[Complete ] [Female Genitalia]Menses:Irregular: (147)	1	3	3	3	3	2	3	3

Fig 2: Repertorial result of case 2

Remedy Name	Ign	Nux-v	Aur	Caust	Nat-m	Sep	Staph	Phos
<b>Totality</b>	26	25	24	23	23	23	23	22
<b>Symptoms Covered</b>	9	7	7	7	7	7	7	7
Kingdom								
[Complete ] [Mirilli's Themes]Forsaken: (382)	3	3	4	1	3	3	1	3
[Complete ] [Mind]Grief:Ailments from, agg.: (179)	4	3	4	4	4	3	4	3
[Complete ] [Mind]Hysteria:Love, from disappointed: (1)	3							
[Complete ] [Mind]Weeping, tearful mood: (594)	4	4	4	4	4	4	4	4
[Complete ] [Mind]Sighing:Sobbing, with: (1)	2							
[Complete ] [Mind]Anger:Violent: (185)	3	4	4	3	3	3	4	3
[Complete ] [Mind]Injustice, cannot support: (79)	1	3	1	3	1	2	3	1
[Complete ] [Extremities]Eruptions:Lower limbs: (439)	3	4	3	4	4	4	3	4
[Complete ] [Extremities]Itching:Lower limbs: (429)	3	4	4	4	4	4	4	4

Fig 3: Repertorial result of case 3

Remedy Name	Ars	Puls	Phos	Nux-v	Sep	Calc	Sulph	Pib
<b>Totality</b>	16	15	11	10	9	11	8	6
<b>Symptoms Covered</b>	8	7	7	7	7	6	6	6
Kingdom								
[Murphy ] [Mind]Fears, phobias, general:Alone, of being: (82)	4	3	4	1	2	2		1
[Murphy ] [Mind]Envy: (35)	3	3		1	1	1	1	
[Murphy ] [Mind]Cowardice, general, (see Confidence, Fears): (85)	1	2	1	1	1	1	1	1
[Murphy ] [Mind]Fears, phobias, general:Approaching, fears others a...	1		1	1	1			1
[Murphy ] [Mind]Fastidious: (33)	4	3	1	2	1	2	1	1
[Murphy ] [Mind]Delusions, general, hallucinations, visions:Murdere...	1							1
[Murphy ] [Food]Pungent, things, general:Desires: (35)	1	1	1	1	1		1	
[Murphy ] [Food]Eggs, general:Desires: (30)		2	1			3	1	
[Murphy ] [Toxicity]Alcoholism, dipsomania, (see Alcohol, general): (1...	1	1	2	3	2	2	3	1

Fig 4: Repertorial result of case 4

Remedy Name	Arg-n	Thuj	Ars	Lyc	Puls	Kali-c	Nat-m	Sep
<b>Totality</b>	31	21	34	34	33	29	27	26
<b>Symptoms Covered</b>	10	10	9	9	9	9	9	9
Kingdom								
[Complete ] [Mind]Fear:Alone, being: (149)	4	1	4	4	3	4	1	3
[Complete ] [Mind]Fear:Death, of: (272)	3	1	4	3	4	4	3	2
[Complete ] [Mind]Fear:Narrow place, in, claustrophobia: (74)	4	1	3	4	4	1	3	1
[Complete ] [Mind]Anxiety:Health, about: (302)	3	1	4	3	4	3	4	4
[Complete ] [Mind]Impatience: (306)	4	3	4	4	4	4	4	4
[Complete ] [Mind]Fastidious: (107)	1	3	3	4	4	3	3	1
[Complete ] [Mind]Forgetfulness: (612)	4	4	4	4	4	3	4	4
[Complete ] [Generalities]Food and drinks:Sweets:Desires: (278)	4	3	4	4	3	4	2	3
[Complete ] [Rectum]Diarrhea:Anticipation, from: (9)	3	1						
[Complete ] [Extremities]Stiffness:Joints, articulations: (184)	1	3	4	4	3	3	3	4

Fig 5: Repertorial result of case 5

**Conclusion**

Homoeopathy play the vital role in the treatment of psychological disorders. Homoeopathic treatment individualizes each person by his/her constitution. Mental health is the superior in all aspects. Homoeopathic science treats the patient not just the disease. Therefore,

homoeopathy is a good choice of treatment in psychological disorder. Further, this study can be carried out using larger sample size which will serve as an evidence based clinical study in the field of scientific research to show good result in the upcoming years in the treatment of psychological disorder.

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**Conflict of Interest**

Not available

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