

Homoeopathic treatment of Insomnia with prolonged Anxiety: A case report

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Introduction and Abstract

Background

Mood disorders can create an imbalanced physical and mental state and this can result in insomnia over a long period of time. The homeopathic principles of medicine focus on a holistic approach which involves understanding the patient’s mental state in correlation to their physical complaints in order to provide the treatment. Over two million Australians suffer from anxiety in a year. Mental and emotional conditions are difficult to understand as they are deep seated with either mild symptoms or moderate to severe symptoms depending on the chronicity of the condition. Mood disorders may be accompanied by physical symptoms or pathological state and these may seem to be separate on the first consultation with the client. However, it is important to understand the correlations between mental and physical symptoms while establishing causation and the relation between physical and emotional symptoms. Anxiety may have predisposing factors such as stress, mental fatigue or a certain event which can create a state of panic emotionally.

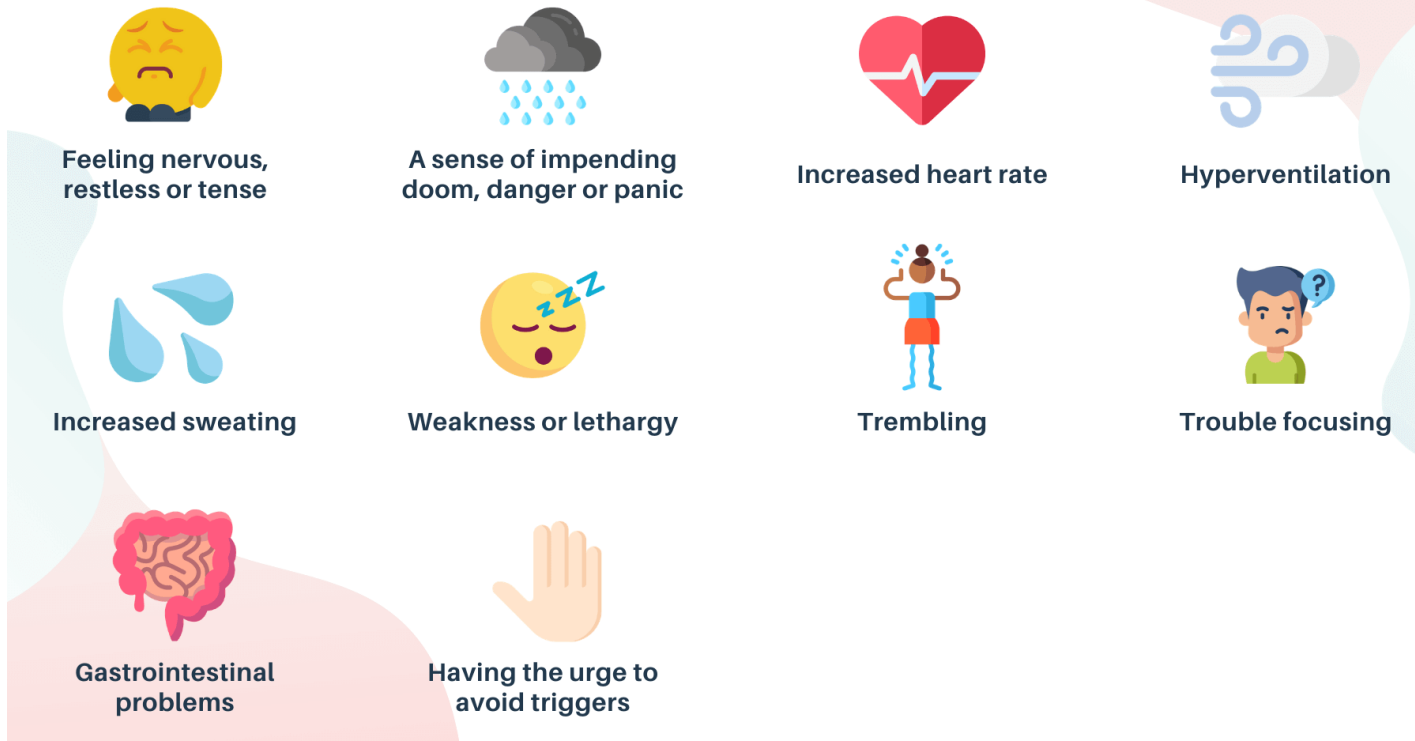
Objectives

The aim for this paper is to discuss the homeopathic treatment approach for insomnia with anxiety based on clinical case study. The constitutional similimum is based on a thorough understanding of causative factors, homeopathic principles and complete case totality of the client.

Case History

A middle-aged woman presents with chief complaint of insomnia since the past 3 years. She also has tremendous anxiety with presenting physical symptoms like restlessness, palpitations and loss of appetite. Upon further investigation, she mentions that she is an aged care worker and she experiences the stress in her work environment where she is required to care for the elderly. She finds herself having preoccupied thoughts during the night which triggers her anxiety and causes insomnia. She has been taking antidepressants and sleeping pills everyday since the past 2 years. Her physical generals show that she is better by company and in open air whereas the symptoms get aggravated from emotions and while

Symptoms of Anxiety



SLEEPLESSNESS General night
ANXIETY health, about
YIELDING disposition
STIES General recurrent

Repertorisation and Remedy selection

Based on the key symptoms of anxiety and insomnia, the rubrics were selected to include the characteristic case totality. This also included physical generals such as aggravations and ameliorations along with some physical particulars caused due to the state of anxiety. The below reportorial matrix shows the selected rubrics and remedies. On comparison and differentiation of these remedies, the three most appropriate remedies chosen for this patient included Pulsatilla, Lycopodium and Natrum Mur.

As per Hahnemann’s teachings on constitutional similimum and dispositions, this patient showed a yielding disposition and therefore Pulsatilla was selected as the final remedy which was prescribed to this patient in 200 C potency single dose.

On the first and following consecutive follow-ups there was a significant change found in the symptoms with reduced anxiety and improved sleep quality. The patient could gradually reduce the dosage of antidepressants and eventually has completely stopped the sleeping pills with full recovery of symptoms.

	Lyc	Puls	Sil	Sulph	Nit-ac	Nux-v	Phos	Staph	Carc	Cocc	Con	Graph	Nat-m
Weighted	7	7	6	6	5	5	5	5	4	4	4	4	4
Rubrics covered	4	4	4	3	2	3	3	4	4	3	2	2	3
Rubric grades	7	7	6	6	5	5	5	5	4	4	4	4	4
Sleep	1	1	2	2	2	2	2	1	1	1	2	2	2
Mentals	2	2	1	1	3	1	2	1	1	1			1
Mentals	3	3	1			2	1	1	1	2			1
Eye	1	1	2	3				2	1		2	2	



Conclusion and Discussion

Anxiety is a complex disorder characterising of many facts that contribute towards it. It is important to have an in depth understanding of the physiological symptoms and differentiate this from the characteristic mental key notes base on homeopathic philosophy. This case provides a step-by-step approach to reaching a constitutional similimum for effective treatment. Homeopathic medicine can stimulate the body’s innate healing response to provide a gentle and effective treatment by addressing the root cause rather than the Band-Aid strategy of treatment used by conventional drugs.

References

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