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RESEARCH ARTICLE

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MENTAL HEALTH AND HOMOEOPATHY: SCOPE IN ANXIETY AND DEPRESSION

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ABSTRACT

Anxiety and depression are among the most common mental-health disorders, affecting emotional well-being, daily functioning, relationships, and quality of life. Homoeopathy approaches these conditions through individualization and totality of symptoms, considering the patient's mental, emotional, physical, and constitutional characteristics. Traditional homoeopathic indications include Aconitum napellus for sudden fear and acute anxiety, Argentum nitricum for anticipatory anxiety, Gelsemium for anxiety with trembling and weakness, and Arsenicum album for anxiety with restlessness and insecurity. In depressive states, Ignatia amara is traditionally indicated following grief, Natrum muriaticum for prolonged grief and emotional withdrawal, Aurum metallicum for deep sadness and feelings of worthlessness, and Kali phosphoricum for nervous exhaustion and mental fatigue. Homoeopathy may be explored as a complementary, individualized approach; however, it should not replace evidence-based psychological or psychiatric treatment, particularly in severe depression or suicidal states. Further scientific research is required to establish its effectiveness in anxiety and depression.

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INTRODUCTION

Anxiety and depression affect quality of life. Mental health disorders, particularly anxiety and depression, are among the leading causes of disability worldwide, significantly affecting an individual's emotional, social, and physical well-being. This case explores the scope of homoeopathic management in a patient with anxiety and depression, highlighting the importance of individualized remedy selection and holistic assessment in supporting mental well-being.

CASE PROFILE

A 28-year-old patient presented with persistent anxiety with weeping and tearful mood, low mood, disturbed sleep, rapid heart rate with chest pain, mental depression, poor concentration and fatigue for 8 months.

PRESENTING COMPLAINTS

- Excessive anxiety
- Persistent sadness
- Disturbed sleep
- Fatigue
- Poor concentration

PHYSICAL GENERALS

Appetite: Moderate
Thirst: Normal
Thermal Reaction: Chilly
Sleep: Disturbed
Dreams: Anxious
Urine: Normal
Stool: Regular

MENTAL GENERAL

- Anxiety about future
- Fear of failure
- Weeping disposition
- Irritability
- Low self-esteem
- Restlessness

MIASMATIC BACKGROUND: Predominantly Psoric with Sycotic traits.

CLINICAL FINDINGS: Generalized Anxiety with Depressive symptoms.

REPERTORIAL TOTALITY ON THE FIRST VISIT

PRESCRIPTION

RHUS TOXICODENDRON x 200C x BD x 5 DAYS.

FOLLOW UP

Date	Symptoms	Prescription
03/06/2026	No specific changes with mild improvements in sleep	RhusTox x 200c x Bd x 10 Days. SL x TDS x 10 Days.
13/06/2026	Improvement seen with minor attack of symptoms	RhusTox x 200 c x one dose. SL x TDS x 10 Days.
22/06/2026	Pt get relax and calm mentally with proper sleep.	Sac Lac x TDS x 5 Days.

CONCLUSION

Individualized homoeopathic treatment may improve anxiety and depression alongside appropriate psychiatric evaluation and care.

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