

Usefulness of Homoeopathic Medicine *Natrum Arsenicum* in the Management of Treatment Resistant Generalized Anxiety Disorder: A Case Report**M. Gnnanaprakasham,^{1*} Memuna Panwala²**

¹Associate Professor, ²Postgraduate Scholar, Department of Psychiatry, National Homoeopathy Research Institute In Mental Health, Kottayam, Kerala, India.

ABSTRACT:

Generalized Anxiety Disorder (GAD) involves excessive worry impacting daily life. While standard treatments include pharmacotherapy and psychotherapy, this case report shows the usefulness of homoeopathic medicine *Natrum Arsenicum* for managing symptoms related to GAD. A 29-year-old male diagnosed with GAD presented with symptoms of public anxiety, extreme health-related fears, and sleep disturbances. History includes a long-standing anxiety disorder and irritable bowel disease, compounded by episodes of seizures and cognitive-behavioral therapy interventions. Despite pharmacological treatment with Sertraline, symptoms persisted. The patient was administered *Natrum Arsenicum* (Nat. Ars.) beginning at a potency of 30C, case was assessed for 12 months with Hamilton Anxiety Rating Scale (HAM-A). Notable improvements included reduced public anxiety, enhanced self-esteem, fewer health fears, and increased life satisfaction. HAM-A scores dropped from 24 to 8, and a MONARCH inventory score of +9 indicates casual attribution between the homeopathic intervention and positive outcomes. This case report provides preliminary insight into the utility of homoeopathic medicine *Natrum Arsenicum* for managing symptoms of GAD. Nevertheless, large sample randomised control trials would be required to support this single case observation.

KEYWORDS: Generalized Anxiety Disorder, HAM-A, Homoeopathy, *Natrum Arsenicum*.

Received: 11.01.2025 Revised: 27.01.2025 Accepted: 20.02.2025 Published: 20.03.2025



[Creative Commons Attribution-Non-Commercial-No Derivatives 4.0 International License](https://creativecommons.org/licenses/by-nc-nd/4.0/)
© 2025 International Journal of AYUSH Case Reports | Published by Tanaya Publication, Jamnagar.

Quick Response Code***Corresponding Author:****Dr. M. Gnnanaprakasham**Email: drgprakashpsy@gmail.comDOI: <https://doi.org/https://doi.org/10.70805/ija-care.v9i1.678>Link: <https://ijacare.in/index.php/ijacare/article/view/678>

INTRODUCTION:

Generalized anxiety disorder (GAD), represents a pervasive mental health condition marked by persistent and overwhelming apprehension.^[1] GAD is characterized by an uncontrollable worry, for majority of the time, lasting greater than 6 months, and causing significant impairment. The worry must be associated with at least three of the following six symptoms: “restlessness or feeling keyed up or on edge; being easily fatigued; difficulty concentrating or mind going blank; irritability; muscle tension; or sleep disturbance.”^[2]

An estimated 4% of the global population currently experience an anxiety disorder. In 2019, 301 million people in the world had an anxiety disorder, making anxiety disorders the most common of all mental disorders.^[3] Largest epidemiological study from India from a nationally representative sample with a good response rate reports the current weighted prevalence of GAD is 0.57%.^[4]

Patients with GAD demonstrate a considerable degree of impairment and disability, even in its pure form, uncomplicated by depression or other mental disorders. The degree of impairment is similar to that of cases with major depression.^[1,5] As a result, GAD is associated with a significant economic burden owing to decreased work productivity and increased use of health care services, particularly primary health care.^[5] Standard conventional treatment includes Pharmacotherapy including anti-anxiolytics, SSRI's (Selective Serotonin Re-uptake Inhibitors), Benzodiazepines, psychotherapy or combined interventions.^[6,7] A double-blind, randomised, placebo-controlled and

pilot trial showed a small but positive direction of anxiolytic effect favouring homoeopathy over placebo.^[8] Following case report explores usefulness of *Natrum Arsenicum* in the management of GAD.

CASE REPORT:

A 29 year old unmarried male patient, working as teacher reported with symptoms of anxiety at certain situation at work or when doing something new, on going out, unable to form or get correct words at that time, increased sweating in palms, palpitations during anxiety, loss of interest in pleasurable activities, low self confidence and self esteem, want of confidence, intrusive thoughts about having incurable disease like cancer and anxiety that family members will also contract it from him, fear of getting sick after consuming certain food, thoughts of food being contaminated that would harm his health, intensely disturbed and distressed after hearing any bad news of disease in television.

History of illness:

The patient had a history of anxiety and somatic complaints since age 13, including Irritable Bowel Disease (IBD), a seizure episode (on anti-epileptics for 5 years), and social anxiety. At the age of 23, c/o of vertigo and extreme sleeplessness led to a GAD diagnosis and Cognitive Behavioural Therapy (CBT) was taken for 1 year (10 sessions). In 2018 an incident triggered intrusive thoughts, fear, social withdrawal, and apathy. Anxiety persisted from 2020–2023, managed with Sertraline 100 mg, without apparent relief.

Life space investigation:

The patient was introverted, shy, and fearful, with a history of childhood abuse by his alcoholic father. Quarrelsome nature, frequent sibling quarrels. During school days was very tensed to go to school, sitting among classmates, mingling with others, difficulty performing any activities or going on stage. In college a fight incident with colleagues led to isolation, anxiety, and fear. He was excessively worried about getting incurable diseases, distressed by bad news. The patient felt hindered by illness, with shattered aspirations. In 2023, love disappointment led to shock, anger, trust issues leading to suspiciousness, and suppressed violent rage with trembling. He viewed his condition as a barrier to his goals.

Physical generals:

Patient reported having increased appetite at night, profuse sweating, aversion to sour food and intolerance to watermelon. He had frequent dreams of appearing in exams where he felt extremely anxious of how he will perform in exams. Sleep was reduced.

Mental status examination:

Patient appeared well groomed and dressed, well kempt, anxious, seeking help for distress, restless - tapping fingers. Mood was anxious, worried both subjectively and objectively. Thought flow was increased, content was anxiety inducing- persistent

thoughts of misfortune, something bad happening, of getting an incurable disease. Attention and concentration was reduced, unable to focus at work due to the thoughts. Insight was grade 5.

Diagnostic assessment:

Diagnosed by Consultant Psychiatrist as Generalized Anxiety Disorder per ICD 10 guidelines, under code F41.1.^[9] The treatment outcome was assessed by Hamilton Anxiety scale HAM- A at baseline and at 12 months.

THERAPEUTIC INTERVENTION:

The totality of symptoms was erected as per Homoeopathic principles and construed repertorization by the SHS software (figure 1), *Natrum Arsenicum* remedy manufactured by “Homco”-(Kerala state Homoeopathic cooperative Pharmacy Limited), batch no: D.23 , dispensed in sugar of milk containing 4 pills coated with it, was given starting with 30C potency, after compliance with standard materia medica literature.

Follow up outcomes:

HAM-A 14 questions scale reported a score of 24 at baseline and 08 at 12 months of treatment (figure 2).^[10] The causal attribution was assessed using MONARCH criteria for causal attribution, score of +9 which provide evidence of improvement due to remedy given.^[11]

Table-1: Timeline of treatment

Date	Symptoms	Prescription	Remarks	HAM-A Score
23/01/24	<ul style="list-style-type: none"> • Anxiety while going out - Reduced • Anhedonia - reduced, takes pleasure in activities • Self confidence -improving • Thoughts of getting disease like cancer - greatly reduced • Fear of eating certain food due to suspicion - reduced • Anxiety after hearing bad news - persist but not exhibited profoundly • C/o of bloating of abdomen < after eating, <evening, with loud eructations- slightly reduced • C/o of pain in back < waking after • Generals – good 	<i>Natrum Arsenicum</i> 30 /3 doses- 1 dose/ 10 days	Taking T. Sertraline 100 mg	24
7/03/24	<ul style="list-style-type: none"> • Anxiety while going out - Reduced (teaching lectures 2 days/week) • Anhedonia - reduced, • Self confidence -improving • Thoughts of getting disease like cancer - greatly reduced • Fear of eating certain food due to suspicion - reduced • Anxiety after hearing bad news - persist but not exhibited profoundly • Occasional episodes of anger at trifles since 3 days • C/o of flatulence and eructations- reduced • Back pain- persists • Increased Sleepiness during day • Generals – good 	<i>Natrum Arsenicum</i> 30 /2 doses- 1 dose/ week alternating with <i>Sac Lac</i> once a week	Taking T. Sertraline 100 mg	19

16/05/24	<ul style="list-style-type: none"> • Anxiety while going out - present during public appearances or driving • Anhedonia - reduced, takes pleasure in activities, looks forward to going to job • Self confidence -improved • Thoughts of getting disease like cancer - greatly reduced • Fear of eating certain food due to suspicion - reduced • Anxiety after hearing bad news - reduced • Quarrelsome nature- reduced • Anger - reduced • Sleepy during daytime • C/o of hairfall • C/o of gastric discomfort persists • Generals – good 	<i>Natrum Arsenicum</i> 30 /2 doses- 1 dose/ week alternating with <i>Sac Lac</i> once a week	Taking T. Sertraline 100 mg	-
14/06/24	<ul style="list-style-type: none"> • Fear as if something will happen-impending misfortune - present • Sudden palpitations on going to bed • Self confidence -improved • Thoughts of getting disease like cancer - occasional seen • Anger reduced than before • Quarrelsome nature- reduced • Gastric complaints- reduced • Backpain - reduced • Hairfall - reduced • Anxiety whether will get sleep or not, late to sleep • Generals – good 	<i>Natrum Arsenicum</i> 30 /3 doses- 1 dose/ 10 days <i>Sac Lac</i> once a week	Taking T. Sertraline 100 mg	12

28/07/24	<ul style="list-style-type: none"> • Fear as if something will happen-impending misfortune - reduced, joined as a guest lecturer at a new place, but laziness in going to job • palpitations - reduced • Self confidence -improved • Thoughts of getting disease like cancer - occasional seen • Anger reduced than before • Quarrelsome nature- reduced • No responsibilities at home • Not paying attention in activities • Gastric complaints- reduced • Backpain - reduced • Hairfall - persists • Disturbed sleep • Generals – good 	<i>Natrum Arsenicum</i> 30 /2 doses- 1 dose/ week alternating with <i>Sac Lac</i> once a week	-	-
16/09/24	<ul style="list-style-type: none"> • C/o of throat pain and mild fever since 2 days • Palpitations - present • Self confidence- improved • Quarrelsome nature - reduced • Laziness - persists • Anger - reduced intensity wise • Anxiety - reduced profoundly • Gastric complaints- reduced • Hairfall - persists • H/o of mild seizure episode 2 weeks back, consulted neurologist- EEG done -which was normal, currently under following medications 	<i>Natrum Arsenicum</i> 200 - 3 doses - 1 dose per 10 days	After Seizure episode, consuming these medications: - T. Valprol (1-0-1) - T. Clonazepam 25mg (0-0-1) - T. Sertraline 100 mg(1-0-0)	10

18/10/24	<ul style="list-style-type: none"> • Palpitations- when in any stressful situation , or hearing bad news • Fear of getting grave disease by certain foods- reduced but persists • Anger towards sister - • Laziness - reduced • Self confidence - improved • Anxiety - reduced but occ increases • Gastric complaints- reduced • Indifference towards family (acc. To other) • Sleep - reduced, late to sleep • Generals – good 	<i>Natrum Arsenicum</i> 1M - 2 doses - 1 dose per 7 days alternating with 1 dose of <i>sac lac</i>	<ul style="list-style-type: none"> • T. Clonazepam and T. Valprol stopped after 2 weeks. • T. Sertraline 100 mg continued 	-
22/12/24	<ul style="list-style-type: none"> • Quarrelsome nature - reduced • Anxiety- reduced • Laziness- reduced • Self confidence - improved • Palpitations on going to sleep - reduced • Gastric complaints - on and off present • Backpain - persist • Hairfall - persist • Joined gym and indulging in other activities • Sleep -late 	<i>Natrum Arsenicum</i> 1M - 1 dose (sos) <i>Sac Lac</i> - 4 doses, weekly once	<ul style="list-style-type: none"> • Stopped T. Sertraline since 1 month. 	8

Table-2: Assessment of outcome of the patient after treatment with Modified Naranjo Criteria for Homoeopathy (MONARCH)

Domains	Yes	No	Not Sure
1. Was there an improvement in the main symptom or condition for which the homeopathic medicine was prescribed?	+2✓	-1	0
2. Did the clinical improvement occur within a plausible timeframe relative to the drug intake?	+1✓	-2	0
3. Was there an initial aggravation of symptoms?	+1✓	0	0

4. Did the effect encompass more than the main symptom or condition (i.e., were other symptoms ultimately improved or changed)?	+1 ✓	0	0
5. Did overall well-being improve? (suggest using validated scale)	+1 ✓	0	
6A. Direction of cure: did some symptoms improve in the opposite order of the development of symptoms of the disease?	+1	0 ✓	0
6B. Direction of cure: did at least two of the following aspects apply to the order of improvement of symptoms: –from organs of more importance to those of less importance? –from deeper to more superficial aspects of the individual? –from the top downwards?	+1	0 ✓	0
7. Did “old symptoms” (defined as non-seasonal and non-cyclical symptoms that were previously thought to have resolved) reappear temporarily during the course of improvement?	+1	0 ✓	0
8. Are there alternate causes (other than the medicine) that—with a high probability— could have caused the improvement? (Consider known course of disease, other forms of treatment, and other clinically relevant interventions)	-3	+1 ✓	0
9. Was the health improvement confirmed by any objective evidence? (e.g., laboratory test, clinical observation, etc.)	+2 ✓	0	0
10. Did repeat dosing, if conducted, create similar clinical improvement?	+1	0	0 ✓
Total Score	+9		

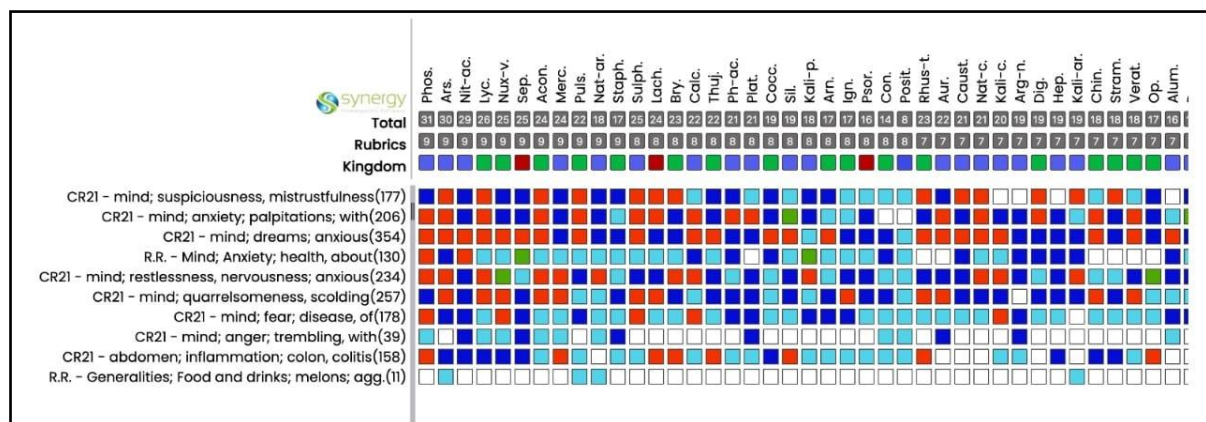


Figure-1: Repertorization chart.

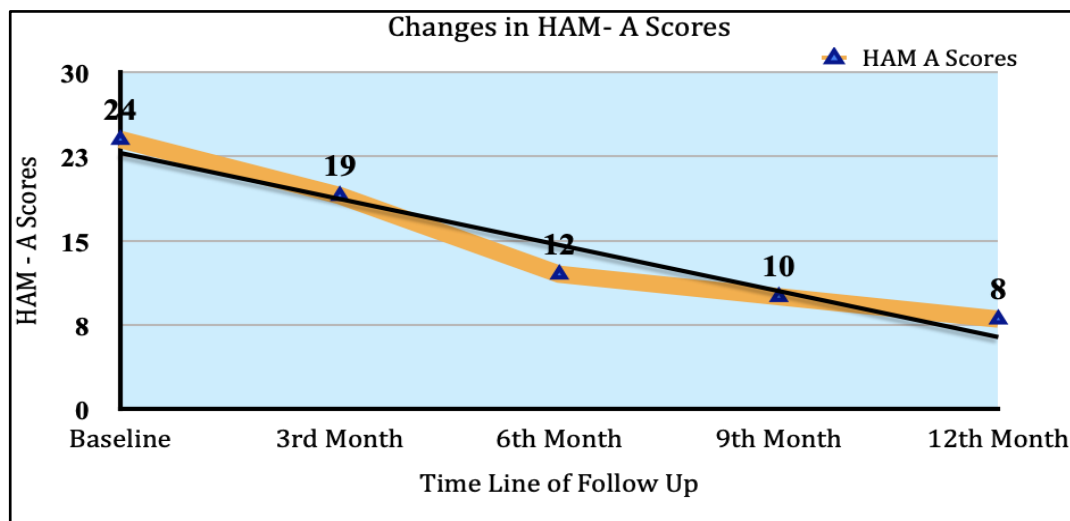


Figure 2 : Graphical representation of HAM A scores reduction

RESULTS AND DISCUSSION:

Generalized Anxiety Disorder (GAD) is strongly linked to widespread impairment, particularly in work and social functioning, surpassing its impact on home and family responsibilities. Individuals with GAD report lower quality of life, affecting self-esteem, goals, finances, work, leisure, learning, creativity, and relationships.^{[12][13]} Remissions rates are still 40% , signifying the need for improved therapeutic intervention.^[14] Homoeopathic remedies work towards annihilating the root cause of the disease, rather than its symptomatic presentation thus preventing relapses as well as help build self-esteem and self-confidence.^[15,16]

The patient reported symptoms of anxiety, fear of disease, palpitations, poor concentration and reduced work efficiency, anhedonia, and sleep disturbances. Anxious traits since childhood, intensified by emotional stress culminating into a full fledged mental disorder, validated the diagnosis and guided the treatment. *Natrum Arsenicum* was prescribed based on symptom totality constructed using chief complaints,

striking mental and physical generals. Psychotherapy was partially helpful thus was not advised, and T. Sertraline 100 mg was gradually discontinued as improvement occurred.

The case illustrates a Hahnemannian approach to treating GAD, classified as a fourth-type mental disorder due to prolonged emotional causes leading to physical symptoms. Based on symptom totality, *Natrum Arsenicum* which falls under sycotic miasm was prescribed.^[16] Improvement is evident from the reduction of HAM-A scores, which decreased from 24 to 08 within a year of treatment along with stoppage of of allopathic medicine.

Previous literature has highlighted the utility of Homoeopathy in the management of GAD using HAM-A scale showcasing its efficacy.^[15,16] No previous study has been recorded with the remedy *Nat. Ars.* in GAD. Symptoms of anxiety disorder have been described by Dr. J. T. Kent for *Nat. Ars.*- “Anxiety in the evening in bed; at night in bed; apprehensive anxiety; on waking. Concentration of mind difficult in the house, better in the open air; confusion

of mind in the evening. Restlessness; nights, tossing, anxious restlessness. Aversion to mental work and to business; aversion to reading; indolence; memory weak. Timidity with a vacant feeling of mind. Fear in the evening on going to bed; in a crowd; of impending disease; of some evil; that something will happen; of people”^[18] which corroborates exactly with the patient’s current presentation.

CONCLUSION :

This case report provides preliminary evidence on usefulness of Homoeopathic medicine *Natrum Arsenicum* in case of Generalized Anxiety Disorder, which was treatment resistant by SSRI taken for continuous 3 years. It highlights the parallelism between patient’s symptoms and remedy proving which is analogous to the principle of *Similia Similibus Curentur*. Future large scaled, well designed studies are needed to substantiate this evidence.

Limitations of this case:

Single case report cannot validate enough evidence for generalisation of the observation.

Patient’s perspective:

I am feeling better generally in all aspects, physical and mental, my work efficiency has improved greatly, I am able to pursue my Ph.D. course without hindrance and job absenteeism has reduced. I am able to take part in other extracurricular activities like taking tuition to school children and writing lyrics for Malayalam song compilation, which I enjoy.

Declaration of patient consent:

The authors certify that they have obtained patient consent for anonymously reporting this clinical information in the journal.

Acknowledgement:

I would like to extend my gratitude towards Dr. N.D Mohan, Consultant Psychiatrist, NHRIMH for his guidance. I would also like to thank our Officer-In-Charge, Dr. K.C. Muraleedharan and Principal, Dr. R. Sitharthan, NHRIMH, Kottayam for this opportunity and lastly Dr. Chinmay Walavalkar for his beneficial aid.

Conflict of interest: The author declares that there is no conflict of interest.

Guarantor: The corresponding author is the guarantor of this article and its contents.

Source of support: None

How to cite this article:

M. Gnnanaprakasham, Memuna Panwala. Usefulness of Homoeopathic Medicine *Natrum Arsenicum* in the Management of Treatment Resistant Generalized Anxiety Disorder: A Case Report. Int. J. AYUSH CaRe. 2025;9(1): 176-186.

<https://doi.org/https://doi.org/10.70805/ija-care.v9i1.678>

REFERENCES:

1. American Psychiatric Association. Diagnostic and Statistical Manual of Mental Disorders. 5th ed. Philadelphia, PA: American Psychiatric Association; 2013:222-226
2. Sadock J B, Sadock VA, Ruiz P. Kaplan & Sadock’s Comprehensive textbook of Psychiatry. 9th ed. Philadelphia, Lippincott Williams& Wilkins 2009;(2):3542-3544.

3. Kessler RC, Demler O, and Frank RG. et al. Prevalence and treatment of mental disorders, 1990 to 2003. *N Engl J Med.* 2005 352:2515–2523.
4. Jayasankar P, Suhas S, Nirisha LP, Philip S, Manjunatha N, Rao GN, Gururaj G, Varghese M, Benegal V. Current prevalence and determinants of generalized anxiety disorder from a nationally representative, population-based survey of India. *Indian Journal of Psychiatry.* 2023;65(12):1244-8.
5. Wittchen HU. Generalized anxiety disorder: prevalence, burden, and cost to society. *Depress Anxiety.* 2002;16(4):162-71.
6. Goodman WK. Selecting pharmacotherapy for generalized anxiety disorder. *Journal of Clinical Psychiatry.* 2004 Jan 1;65:8-13.
7. Rickels K, Rynn M. Pharmacotherapy of generalized anxiety disorder. *Journal of Clinical Psychiatry.* 2002 Jan 1;63:9-16.
8. Parewa M, Burman AS, Brahma A, Rutten L, Sadhukhan S, Misra P, et al. Individualized homeopathic medicines in the treatment of generalized anxiety disorder: A double-blind, randomized, placebo-controlled, pilot trial. *Complement Med Res* 2021;28:407-18.
9. World Health Organization. The ICD-10 classification of mental and behavioral disorders: clinical descriptions and diagnostic guidelines. World Health Organization; 1992.
10. Shear MK, Vander Bilt J, Rucci P, Endicott J, Lydiard B, Otto MW, Pollack MH, Chandler L, Williams J, Ali A, Frank DM. Reliability and validity of a structured interview guide for the Hamilton Anxiety Rating Scale (SIGH-A). *Depression and anxiety.* 2001;13(4):166-78.
11. Lamba CD, Gupta VK, van Haselen R, Rutten L, Mahajan N, Molla AM, Singhal R. Evaluation of the modified Naranjo criteria for assessing causal attribution of clinical outcome to homeopathic intervention as presented in case reports. *Homeopathy.* 2020 Nov;109(04):191-7.
12. Henning ER, Turk CL, Mennin DS, Fresco DM, Heimberg RG. Impairment and quality of life in individuals with generalized anxiety disorder. *Depression and anxiety.* 2007;24(5):342-9.
13. Koen N, Stein DJ. Pharmacotherapy of anxiety disorders: a critical review. *Dialogues in clinical neuroscience.* 2011 Dec 31;13(4):423-37.
14. Bruce SE, Yonkers KA, Otto MW, Eisen JL, Weisberg RB, Pagano M, et al. Influence of psychiatric comorbidity on recovery and recurrence in generalized anxiety disorder, social phobia, and panic disorder: a 12-year prospective study. *Am J Psychiatry.* (2005) 162:1179–87.
15. Bera MN, Kharmujai DB. Generalized Anxiety Disorder in Adolescents Treated with Homoeopathy: A Randomized, Single-Blind, Placebo-Controlled Trial, Vol. 8, No. 2, 2022, pp. 34-45.
16. Bachani S. Generalized anxiety disorder and its homeopathic treatment, vol 2, Issue 3, 521-523.
17. Hahnemann S. *Organon of Medicine* 5 and 6 Edition. B. Jain; 2015:114.
18. Kent JT. *Lectures on Homoeopathic Materia Medica Together with Kent's "New Remedies" Incorporated and Arranged In One Alphabetical Order.* Reprint Edition. New Delhi: B Jain; 2005:757-761.