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HOMEOPATHIC TREATMENT OF PANIC ATTACK: A CASE STUDY AT DR. BATRA'S

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Abstract

Panic attacks are sudden episodes of intense fear, affecting millions globally, often linked to stress or trauma. This case study explores the homeopathic treatment of a 50-year-old graphic designer who suffered a panic attack due to work-related stress. Using a holistic, individualized homeopathic approach at Dr. Batra's, his emotional well-being and confidence were gradually restored. He overcame anxiety, discontinued sleeping pills, and regained professional success. This paper highlights the effectiveness of homeopathy in managing deep-rooted emotional disturbances.

Keywords:

Dr Batra's, panic attacks, homeopathy

Introduction

Panic attacks are sudden episodes of intense fear or discomfort, often without a clear trigger. They may be caused by stress, trauma, anxiety disorders, or emotional suppression. Common symptoms include rapid heartbeat, sweating, breathlessness, chest pain, dizziness, and a feeling of losing control. If left untreated, they can lead to chronic anxiety, depression, and dependency on medication. Early intervention and holistic care are essential to prevent long-term complications.

Case Profile

A 50-year-old VFX graphic designer working at renowned film industry experienced a severe panic attack after realizing a major error in the graphics he had created for a big-budget movie. During a meeting with his boss regarding the mistake, he felt numb, began sweating profusely, and was unable to respond to the criticism. This incident triggered extreme anxiety and self-doubt. Following this, he feared losing his job, the respect of his colleagues, and his role in major projects. He consulted an allopathic psychiatrist and started medication for anxiety and sleeplessness. Over time, his condition worsened emotionally—he avoided meetings, stopped taking creative risks, and was unable to concentrate. After opting for homeopathic treatment at Dr Batra's, he regained his confidence, re-engaged in projects, stopped taking sleeping pills, received a promotion, and began leading new assignments with renewed clarity.

Physical Generals

Diet	Normal vegetarian/non-vegetarian diet
Appetite	Normal
Desires	Aerated drinks, Biscuits, Bread toast, Butter, Cakes, Cheese, Chicken, Chocolates, Citrus fruits, Coffee, Cold drinks, Cold food, Curd, Deep-fried food, Eggs, Farsan, Fermented foods, French fries, Frozen foods, Fruits, Ice cream, Juicy things, Lemonade, Lentils, Mango, Meat, Milk, Pastries, Pica/indigestible food, Potatoes, Pungent, Rice, Salty, Seafood, Sour, Spicy, Sweet, Tea, Warm food, Wheat, White bread
Aversions	Same as desires (Not clearly specified – appears neutral)
Thermal	Thermally hot patient; prefers fan/AC; avoids too many coverings
Thirst	Normal; prefers plain water; around 2 liters per day
Stools	Satisfactory; twice daily
Urine	Not specified (NS)
Perspiration	Profuse on scalp, face, and neck; non-offensive; stains not significant

Sleep	Sleeps for 6–7 hours; generally refreshing; prefers sleeping on back
Dreams	Frequent dreams related to failure, anxiety, accidents, death, fights, being pursued, nightmares

Mental Generals –

He is currently suffering from panic attacks following a mistake he made in a graphic sequence for a movie scene. He works as a VFX graphic designer at renowned film industry. He was assigned to a big-budget film, but the graphics he worked on were not up to the mark. Upon realizing the error, he was called into a meeting by his boss to discuss the issue. That was when he began experiencing panic attacks. He felt numb, experienced profuse sweating, and when his boss scolded him, he was unable to respond or explain why the mistake had occurred.

Since that episode, he has begun doubting himself. He consulted an allopathic psychiatrist and started medication for anxiety and sleeplessness.

He now feels he will no longer be considered for any big-budget films. One of his friends told him that others in the office are aware of the mistake and may start mocking or disrespecting him. Normally, he was very strict with his juniors and subordinates. His friend, who is also a VFX designer, mentioned that he might lose his authoritative image and people may start answering back to him.

He is now afraid to attend any meetings in which his boss is present. He also feels that there is groupism in the company and that some employees are favored based on their relationship with the boss. He desires to be part of the core group managing renowned film industry but now feels alienated.

Due to this mental pressure, he is unable to focus on his work. Even while working on small-budget films, he is scared to try anything new or make modifications—something he used to do confidently earlier. Despite being highly skilled and experienced in the VFX industry, he no longer feels like going to work.

His personality traits include being loud when talking, impatient, and doing things in a hurry. He lives with his wife and son and wishes to make his son proud of his association with renowned film industry which is why he doesn't want to lose his job.

Currently, he is hiding from his boss and fears that his mistake will negatively affect his performance appraisal and increment. He believes that if someone from the core group had made the same mistake, it would have been covered up—but since he is not part of that inner circle, his error will be highlighted and no one will support him.

When angry, he shouts and starts quarrelling. He prefers to be alone during emotional distress. During stressful moments, he calls his wife and seeks her emotional support. Once she comforts him, he feels better.

He has a fear of darkness. Socially, he mingles well with people and enjoys taking leadership roles. He wants everything done on time and has very low tolerance for delays. He is particular about perfection and punctuality.

Past History

N.S

Family History

N.S

Case analysis

S.No	Rubric	Repertory
1	Mind – Anxiety – conscience, of	Kent
2	Mind – Fear – darkness, of	Kent
3	Mind – Fear – meeting people	Kent
4	Mind – Quarrelsome	Kent
5	Mind – Impatience	Kent
6	Mind – Sleeplessness – anxiety, from	Kent
7	Mind – Anger – easily	Kent

Repertory screenshot

Remedy Name	Hier-v	Acon	Carb-v	Halo	Phos	Puls	Bay	Cham	Merc	Bell
Totally	11	10	10	10	10	10	10	10	9	9
Symptom Covered	4	5	5	5	5	5	4	4	5	5
[KT] [Mind]Anxiety:	2	2	3	3	3	3	3	2	2	3
[KT] [Mind]Fear (see anxiety): Dark:			2		2	2				
[KT] [Mind]Fear (see anxiety): People, of:		2	2	3	1	2			1	1
[KT] [Mind]Quarrelsome:	3	2		2	2		2	2	2	2
[KT] [Mind]Impatience:	3	1	1	1		2	2	3	1	1
[KT] [Mind]Anxiety: Sleep: Loss of sleep:										
[KT] [Mind]Anger, irascibility(see irritability, quarrelsome):	3	3	2	1	2	1	3	3	1	2

Selection of Remedy

1. Nux vomica- constitutional remedy
2. Aconitum napellus- specific for panic attacks
3. Kali phosphoricum- specific for anxiety
4. Passiflora- specific for sleeplessness
5. Arsenicum album- specific for restlessness

Miasmatic approach

Symptoms	Psora	Sycosis	Syphilis	Tubercular
Mind – Anxiety – conscience, of	✓			
Mind – Fear – darkness, of	✓			
Mind – Fear – meeting people	✓	✓		
Mind – Quarrelsome		✓	✓	✓
Mind – Impatience	✓	✓		✓
Mind – Sleeplessness – anxiety, from	✓		✓	✓
Mind – Anger – easily	✓	✓	✓	✓

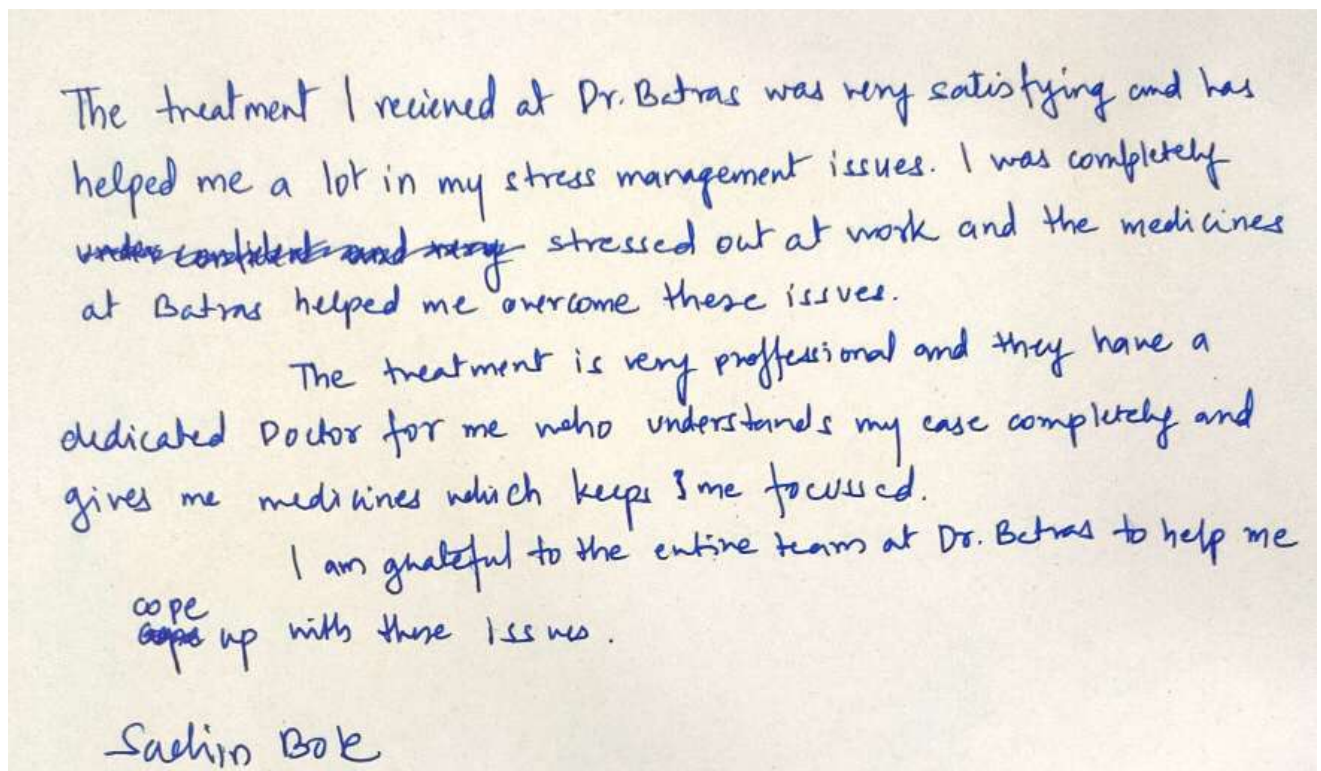
Results

Month	Progress Summary	Prescription (if available)
1st Month	Anxiety reduced, aggressiveness less, no panic attacks, overall better.	- Nux Vomica 1M: 2 dose - Aconitum Napellus 1M: every alternate day - Kali Phos 6X: 2 tabs, daily - Passiflora Q: 10 drops twice/day
2nd Month	Feeling relaxed, working on a project, confidence & energy improved.	<i>Same as above</i>
3rd Month	No panic attacks, busy with web series, meetings & appraisals went well, prefers independent work.	<i>Same as above</i>
4th Month	Anxiety under control, less aggression, appreciated at work, allopathic dose reduced.	<i>Same as above</i>
5th Month	Positive thinking, project going well, firm has favoritism, happy team.	<i>Same as above</i>
6th Month	Anxiety reduced, good confidence, manages stress at work.	<i>Same as above</i>
7th Month	Confidence better, anxiety low, sleep good, concern over stamina & weight gain, no panic attacks.	<i>Same as above</i>
8th Month	No stress, no panic attacks, less overthinking, concern over boss meeting.	<i>Same as above</i>
9th Month	Stress-free, good project progress, good sleep, positive confidence.	<i>Same as above</i>
10th Month	Anxiety less, good confidence, stable work and sleep.	<i>Same as above</i>
11th Month	Good sleep, no anxiety, praised by boss, confident and making decisions well. Allopathic pills discontinued, patient only on homeopathy	<i>Same as above</i>
12th Month	Calm, attending work and field work well, reduced anger, good sleep. Allopathic pills discontinued, patient only on homeopathy	<i>Same as above</i>

Discussion & Conclusion

The patient showed significant emotional and mental improvement through individualized homeopathic treatment. Remedies like Nux Vomica, Aconitum, Kali Phos, and Passiflora helped regulate anxiety, sleep, and emotional stability. Gradual but steady progress was observed each month without any relapse. The consistent response highlights the importance of constitutional and supportive prescribing. This case reaffirms the holistic power of homeopathy in managing psychosomatic and emotional disturbances.

Patient testimonial



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