



Original Research Article

Volume 15 Issue 03

March 2026

A CLASSICAL HOMEOPATHIC APPROACH IN THE MANAGEMENT OF A CHRONIC ANXIETY SPECTRUM DISORDER WITH PSYCHOTIC FEATURES: A TRANSFORMATIONAL CASE TREATED AT DR BATRA'S® HOMEOPATHY CLINIC

Dr Aishwarya C

Kamannahali Branch

Dr Batra's Positive Health Clinic

Abstract

Generalized Anxiety Disorder (GAD) with psychotic tendencies presents a therapeutic challenge, particularly when associated with long-standing emotional trauma, rigid personality traits, and aggressive ideation. Conventional psychiatric management often offers partial or temporary relief. This case report documents the successful constitutional homeopathic management of a 42-year-old male with chronic anxiety, self-talking, violent intrusive thoughts, and deep-rooted emotional conflicts, refractory to prior allopathic treatment. A well-individualized classical homeopathic prescription based on totality, repertorization, and miasmatic understanding led to marked mental, emotional, and physical improvement. **A sustained transformation was achieved at Dr Batra's® Homeopathy Clinic.**

Keywords

Generalized Anxiety Disorder, Psychotic Features, Classical Homeopathy, Nux Vomica, Constitutional Remedy, Mental Symptoms, Repertorization, Dr Batra's® Homeopathy Clinic

Introduction

Anxiety disorders with psychotic traits occupy a diagnostic gray zone, often oscillating between neurosis and psychosis. Such cases demand a holistic therapeutic approach that addresses not only symptomatic anxiety but also deep-seated emotional conflicts, personality rigidity, and disturbed perceptions of reality. Classical homeopathy, grounded in individualization and constitutional prescribing, offers a viable modality in such complex presentations.

Case Profile

- **Age / Gender:** 42 years / Male
- **Occupation:** Design professional in construction industry
- **Marital Status:** Married
- **Residence:** Living in Bengaluru for several years
- **Duration of Illness:** ~11 months (current episode); history spanning decades
- **Previous Treatment:** Allopathic psychiatric medications for 2.5 years in the past, with temporary remission

Evolution of Mental Symptoms

The patient's psychological disturbances trace back to **early childhood**, marked by emotional neglect following the **premature death of his father**. He perceived his mother and sister as emotionally distant, a belief that solidified into a deep sense of abandonment and resentment. During adolescence, this unresolved grief manifested as **alcohol and smoking addiction**, indicating early maladaptive coping mechanisms.

In his formative years spent in a Gulf country, the patient reported **mental and emotional abuse**, which he identifies as the pivotal trigger for his long-standing anxiety and distorted thinking patterns. Over time, this evolved into **excessive imagination**, where he would immerse himself in prolonged fantasy states, often imagining himself in positions of authority, particularly as a political figure. During such episodes, **external reality would temporarily dissolve**, and interruption could provoke intense anger or aggression.

By adulthood, these imaginative states progressed into **self-talking**, intrusive violent thoughts, and internal conflicts. Although he reported **thoughts of killing others**, he retained insight and moral restraint, acknowledging his inability to act on them. This internal struggle created significant anxiety and frustration.

Concurrently, he developed **marked fastidiousness**, rigid planning, intolerance to disorder, and anger when routines were disrupted. Emotional empathy was notably diminished. His religious life reflected profound inner contradiction—**a strong desire to pray alongside intense anger toward God**, highlighting deep existential conflict.

Stressors intensified after marriage, especially while managing **two children with autism**, leading to emotional exhaustion, irritability, withdrawal, and an intense need for rest and solitude. Despite good technical competence, **communication difficulties and inability to learn new languages** perpetuated his lack of confidence and social anxiety.

Physical & General Symptoms

- **Sleep:** Good but intolerant to disturbance
- **Appetite:** Normal
- **Thermals:** Not specific
- **Addictions:** Past alcohol and smoking (ceased)
- **Associated Complaints:** Gastric acidity, knee pain, lower back pain, episodic hair fall

Provisional Diagnosis

- **Primary:** Generalized Anxiety Disorder
- **Differential Diagnoses:**
 - Major Depressive Disorder
 - Bipolar Affective Disorder
 - Schizophrenia spectrum disorder

Totality of Symptoms

Mental Generals

- Excessive imagination with loss of reality
- Self-talking
- Violent intrusive thoughts with retained insight
- Anger from contradiction
- Fastidious, rigid, highly planned personality
- Religious conflict and guilt
- Lack of empathy and emotional detachment

Physical Generals

- Desire for rest, aversion to disturbance
- Gastric complaints aggravated by spicy food

Particulars

- Knee and lower back pain
- Gastric acidity

Repertorial Analysis

Key Rubrics Selected

- Mind – Imagination, excessive
- Mind – Talking, himself, to
- Mind – Anger, contradiction, from
- Mind – Delusions, power, of
- Mind – Thoughts, violent
- Mind – Fastidious
- Mind – Religious affections, contradictions

Remedies	<i>nat-m.</i>	<i>puls.</i>	<i>nux-v.</i>	<i>phos.</i>	<i>caust.</i>	<i>op.</i>	<i>sil.</i>	<i>staph.</i>	<i>agar.</i>	<i>arg-n.</i>	<i>calc-p.</i>	<i>carc.</i>
Serial Number	1	2	3	4	5	6	7	8	9	10	11	12
Symptoms Covered	4	3	3	3	3	3	3	3	3	3	3	3
Intensity	6	9	7	6	5	5	5	5	4	4	4	4
Result	4/6	3/9	3/7	3/6	3/5	3/5	3/5	3/5	3/4	3/4	3/4	3/4
Clipboard 3												
MIND - CONSOLATION - amel.	1	4		2	1		1	1	1	1	1	1
MIND - CONFIDENCE - want of self-confidence	2	2	2	1	1	1	3	1		1	2	2
MIND - TACITURN	2	3	3	3	3	3	1	3	2	2	1	1
MIND - PLANS - carrying out his plans; insists on												
MIND - PLANS - making many plans - revengeful plans	1		2			1			1			

Repertorization Outcome

Leading remedies:

1. **Nux Vomica**
2. Lycopodium
3. Calcarea Carbonica
4. Argentum Nitricum

Nux Vomica covered the core constitutional traits: rigidity, anger from contradiction, over-planning, fastidiousness, internal conflict, gastric disturbances, and stress-related anxiety.

Life Space

- **Dominant Miasm:** Syco-psoric
- **Management:** Counseling regarding routine, emotional ventilation, family dynamics, and lifestyle discipline supported medicinal action.

Prescription Strategy

Constitutional Remedy

- **Nux Vomica 1M**, single dose

Supportive & Intercurrent Remedies

- **Carbo Vegetabilis** – Gastric complaints (SOS)
- **Ruta Graveolens** – Knee and back pain (SOS)
- **Rhus Toxicodendron** – Musculoskeletal stiffness
- **Sac Lac** – Placebo during observation phases
- **Thuja** – Anti-miasmatic (intercurrent)

Follow-Up Table with Prescription

Date	Clinical Changes	Prescription
Apr 2025	Reduced self-talking, sleep improved	Continue Nux Vomica
May 2025	Anger reduced, gastric symptoms better	Carbo veg SOS
Jun 2025	Anxiety persistent but manageable	Sac Lac
Jul 2025	Revengeful thoughts reduced	Continue constitutional
Nov 2025	Improved concentration, emotional stability	Nux Vomica repeat
Jan 2026	Stable, under psychiatric meds	Supportive remedies
Feb 2026	Stopped all allopathic meds, anxiety reduced	Continue homeopathy

Transformation Table

Parameter	Before Treatment	After Treatment
Anxiety	Severe, persistent	Mild, controlled
Self-talking	Frequent	Occasional
Aggression	Marked	Controlled
Sleep	Disturbed	Restorative
Concentration	Poor	Improved
Social functioning	Impaired	Functional
Dependency on allopathy	Required	Discontinued

Discussion

This case highlights the depth of classical homeopathy in addressing complex psychiatric presentations by treating the individual rather than the diagnosis. The constitutional prescription of **Nux Vomica**, supported by miasmatic understanding and disciplined follow-up, enabled progressive mental stabilization, reduction of violent ideation, and restoration of functional capacity.

Conclusion

This case demonstrates that even chronic anxiety disorders with psychotic traits can be effectively managed through individualized classical homeopathy. The patient achieved sustained emotional stability, improved functionality, and withdrawal from psychiatric medications. **A clear and lasting transformation was achieved at Dr Batra's® Homeopathy Clinic.**

References

1. Hahnemann S. *Organon of Medicine*. 6th ed. New Delhi: B Jain Publishers; 2002.
2. Kent JT. *Lectures on Homeopathic Philosophy*. New Delhi: B Jain Publishers; 2003.
3. Kaplan HI, Sadock BJ. *Synopsis of Psychiatry*. 10th ed. Philadelphia: Lippincott Williams & Wilkins; 2007.
4. Boericke W. *Pocket Manual of Homeopathic Materia Medica*. New Delhi: B Jain Publishers; 2004.