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INDIVIDUALIZED HOMOEOPATHIC MANAGEMENT OF CHRONIC ANXIETY DISORDER FOLLOWING EMOTIONAL TRAUMA WITH PULSATILLA NIGRICANS: A CASE REPORT

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ABSTRACT

Introduction: Anxiety disorder is a common psychiatric condition characterized by excessive worry, restlessness, irritability, autonomic disturbances, and impaired quality of life. Chronic anxiety often develops following traumatic life experiences and may coexist with somatic complaints. Homoeopathy emphasizes individualized treatment based on the totality of mental, emotional, and physical symptoms.

Case Summary: A 34-year-old female presented with complaints of anxiety disorder for the past nine years. The condition was characterized by excessive worrying, restlessness, irritability, overthinking, palpitations, tachycardia, disturbed sleep, and mood swings. The patient had a history of severe childhood trauma, having witnessed the violent death of her mother, and later experienced intrauterine fetal death during her first pregnancy. Associated complaints included varicose veins of the lower limbs with cramps aggravated by prolonged

standing. Detailed homoeopathic case analysis indicated Pulsatilla Nigricans as the constitutional remedy.

Outcome: Progressive improvement was observed during follow-up. Restlessness, anxiety, irritability, and overthinking gradually reduced. By the final follow-up, approximately 90% improvement was reported with marked emotional stability and improved quality of life.

Keywords: Anxiety Disorder, Homoeopathy, Pulsatilla Nigricans, Emotional Trauma, Grief, Varicose Veins, Case Report.

INTRODUCTION

Anxiety disorders constitute one of the most prevalent mental health conditions worldwide and are characterized by excessive fear, persistent worry, autonomic hyperactivity, and behavioral disturbances. Long-standing anxiety can adversely affect interpersonal relationships, occupational functioning, and overall quality of life. [1-3]

Traumatic childhood experiences, bereavement, emotional suppression, and unresolved grief are recognized psychological factors that predispose individuals to chronic anxiety disorders. Conventional treatment primarily consists of psychotherapy and pharmacological interventions such as anxiolytics and antidepressants. However, prolonged medication use may be associated with adverse effects and recurrence following discontinuation. [1-3]

Homoeopathy approaches anxiety disorders through individualized constitutional prescribing, taking into account the patient's mental, emotional, and physical characteristics. The present case demonstrates the management of chronic anxiety disorder associated with significant emotional trauma and varicose veins through individualized homoeopathic treatment. [4,5]

CASE HISTORY

A 34-year-old female presented to the outpatient department with complaints of anxiety disorder since the past nine years. Initially, episodes occurred approximately once every two months with moderate intensity but had gradually become more frequent and progressive.

The patient complained of persistent restlessness, excessive worrying even over trivial matters, irritability when situations did not proceed according to her expectations, and difficulty expressing her thoughts and emotions.

During anxious episodes, she experienced palpitations, tachycardia, occasional trembling of the hands, and dryness of the mouth. Sleep was disturbed due to persistent overthinking at night. She also reported mood swings and a tendency to repeatedly dwell upon unpleasant memories from the past.

ASSOCIATED COMPLAINTS

The patient complained of varicose veins involving the right thigh and left leg and ankle. The veins were tortuous and prominent. She also experienced cramps in the lower limbs, particularly after prolonged standing.

PHYSICAL GENERALS

Diet: Vegetarian.

Appetite: Average.

Cravings: Marked desire for dal-dhokla and sweets.

Aversion: Fish and meat.

Thirst: Approximately 1 litre per day; thirstless.

Perspiration: Profuse, especially over the forehead and back.

Thermal State: Chilly patient.

Bowel Habits: Two to three times daily.

Dreams:

Someone pulling her legs.

Sitting in an examination hall.

Falling from a height.

MENSTRUAL AND OBSTETRIC HISTORY

Menarche occurred at 15 years of age.

The patient complained of dysmenorrhoea during menstruation.

Obstetric History:

G3P1A1L1

The first pregnancy resulted in intrauterine fetal death at full term.

The second pregnancy resulted in a healthy male child who is presently eight years old.

The third pregnancy ended in abortion due to poor fetal growth.

PERSONAL HISTORY

The patient completed a Bachelor of Arts degree in Psychology and previously worked as a gym trainer. Her husband serves as a Captain in the Indian Navy.

MENTAL GENERALS

The patient was mild, gentle, calm, and became tearful while narrating her history.

Detailed inquiry revealed a profoundly traumatic childhood experience. At six years of age, she witnessed her father setting her mother on fire during a dispute involving financial matters. She vividly recalled seeing her mother's skin burning and peeling away. Following this event, her father was imprisoned and she was subsequently raised by her uncle and aunt.

Another major emotional trauma occurred during her first pregnancy. After completing nine months of gestation, she was admitted for delivery. Following several hours of waiting, she was informed that the baby had died in utero. The absence of her husband during this event intensified her emotional distress. Since then, she has felt emotionally unsupported and frequently suppresses her feelings, leading to accumulation of grief, anxiety, irritability, and excessive overthinking.

FAMILY HISTORY

Father: Alcoholic liver disease.

Mother: Deceased due to burn injuries.

THERAPEUTIC INTERVENTION

Homoeopathic case analysis and miasmatic evaluation were conducted. The dominant miasmatic background was identified as predominantly Psoric with sycotic influences.

The characteristic totality consisted of:

1. Long-standing anxiety disorder.
2. Ailments from grief and emotional trauma.

3. Mild, gentle, and yielding disposition.
4. Weeping while narrating complaints.
5. Emotional sensitivity and feeling emotionally unsupported.
6. Persistent overthinking and dwelling on past events.
7. Thirstlessness.
8. Desire for sweets.
9. Disturbed sleep with characteristic dreams.

Following repertorial analysis and detailed Materia Medica comparison, Pulsatilla nigricans was selected as the similimum. Although the patient had experienced profound grief and emotional trauma, the present constitutional picture was dominated by mildness, tearfulness, emotional dependence, thirstlessness, and a desire for sympathy and emotional support, which corresponded strongly with Pulsatilla. [6-8]

Pulsatilla 200C was prescribed once daily at bedtime for two consecutive days. The patient was subsequently kept under observation and placebo was prescribed during follow-up. A single repeat dose of Pulsatilla 200C was administered during the second follow-up based on the patient's response and symptom evolution.

RESULTS AND DISCUSSION

The patient was followed regularly for approximately five months after commencement of treatment.

TABLE 1: CHRONOLOGICAL CLINICAL FOLLOW-UP

Date	Clinical Findings	Therapeutic Action
23/09/2025	Restlessness and overthinking improved by approximately 30–40%. Irritability reduced.	
07/11/2025	Approximately 60–70% improvement in anxiety and overthinking. Emotional state improved.	
30/12/2025	Stable condition. Better stress tolerance and emotional control	
08/02/2026	Nearly 90% improvement. No significant complaints of anxiety, restlessness, or excessive worrying	

The patient demonstrated progressive and sustained improvement throughout the follow-up period. During the first follow-up, reduction in restlessness, irritability, and excessive worrying was evident. Further improvement was documented during subsequent visits, with the patient reporting enhanced emotional control and reduced mental distress.

By the final follow-up, approximately 90% improvement was reported. Symptoms of anxiety, overthinking, emotional instability, and restlessness had substantially diminished. Sleep quality improved, emotional resilience increased, and the patient was able to manage stressful situations with greater confidence and composure.

Pulsatilla nigricans is frequently indicated in individuals who exhibit emotional sensitivity, tearfulness, mild disposition, desire for consolation, and ailments arising from emotional disturbances. The patient's constitutional profile corresponded closely to the characteristic symptomatology of *Pulsatilla*, which formed the basis of remedy selection. [6-8]

Although this is a single case report and conclusions regarding efficacy should be interpreted cautiously, the favorable outcome observed suggests the potential utility of individualized homoeopathic treatment in chronic anxiety disorders associated with unresolved emotional trauma.

CONCLUSION

This case highlights the role of individualized homoeopathic treatment in the management of chronic anxiety disorder associated with significant emotional trauma and varicose veins. Progressive and sustained improvement was observed throughout follow-up, resulting in enhanced emotional stability, reduction of anxiety symptoms, and improved quality of life. Further clinical studies are required to evaluate the effectiveness of constitutional homoeopathic treatment in anxiety disorders.

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