

SAI HOMOEOPATHY GEN

September 2018 - Issue 4

STRESS AND ANXIETY DISORDERS.



Sri

SAI RAM HOMOEOPATHY MEDICAL COLLEGE & RESEARCH CENTRE

(An ISO 9001 : 2015 Certified Institution)

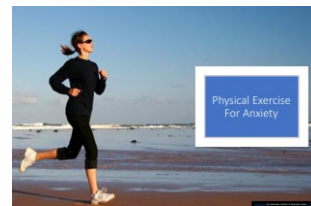
Sai Leo Nagar, West Tambaram, Chennai - 44. www.sairamhomoeo.edu.in



RELIEVE STRESS NOW



- 5 X 30: Jog, walk, bike, or dance three to five times a week for 30 minutes.
- Set small daily goals and aim for daily consistency rather than perfect workouts. It's better to walk every day for 15-20 minutes than to wait until the weekend for a three-hour fitness marathon. Lots of scientific data suggests that frequency is most important.
- Find forms of exercise that are fun or enjoyable. Extroverted people often like classes and group activities. People who are more introverted often prefer solo pursuits.
- Distract yourself with a personal device to listen to audio books, podcasts, or music. Many people find it's more fun to exercise while listening to something they enjoy.
- Recruit an "exercise buddy." It's often easier to stick to your exercise routine when you have to stay committed to a friend, partner, or colleague.
- Be patient when you start a new exercise program. Most sedentary people require about four to eight weeks to feel coordinated and sufficiently in shape so that exercise feels easier.



S. Shivaanitha
Third BHMS

From The Chief Editor's Desk:

Sri Sai Ram Homoeopathy Medical College and Research Centre is proud to release the fourth issue of "Sai Homoeo Gen". We are enlightened to bring up the fourth issue of "Sai Homoeo Gen" on the topic "STRESS AND ANXIETY DISORDERS" This work is a total reflection of our academic activities, extension services and extra - curricular activities. We are doing an extensive study on the above topic in various educational institutions identifying the stressors and the stress related disorders through a carefully designed survey program. This data will help us in identifying, educating and treating these disorders at the earliest through our system of homoeopathy.

This magazine carries the contributions reflecting ethos and aspirations of the students, faculty and other team members of the institution and I am happy to note that "SAI HOMOEEO GEN" will fulfill the need of the hour. Our vision is to impart skillful knowledge, value based education and to render service to suffering humanity. There is no question that this bulletin will be a choice addition to homoeopathic field, and thus bringing in creativity, knowledge sharing experience as well.

I congratulate the Editorial team for their tireless effort to bring out the fourth issue of Sai Homoeo Gen.

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HOMOEOPATHY IN ANXIETY AND STRESS DISORDER

Anxiety disorders are a group of mental disorders characterized by significant feelings of anxiety and fear. Anxiety is a worry about future events, and fear is a reaction to current events. These feelings may cause physical symptoms, such as a fast heart rate and shakiness. There are a number of anxiety disorders including Generalized Anxiety Disorder, Specific Phobia, Social Anxiety Disorder, Separation Anxiety Disorder, Agoraphobia, Panic Disorder, Selective Mutism. Post Traumatic Stress Disorder. These disorders differ by the symptoms. People often have more than one anxiety disorder.



About 12% of people are affected by an anxiety disorder in a given year, and between 5% and 30% are affected at some point in their life. They occur about twice as often in females as males and generally begin before the age of 25. The most common are specific phobia which affects nearly 12% and social anxiety disorder which affects 10% at some point in their life. They affect those between the ages 15 and 35 the most and become less common after the age of 55. Rates appear to be higher in the United States and Europe.

The cause of anxiety disorders is a combination of genetic and environmental factors. Risk factors, includes a history of child abuse, family history of mental disorders, and poverty . Anxiety disorders often occur with other mental disorders, particularly major depressive disorder, personality disorder, and substance use disorder. For diagnosis symptoms typically need to be present for at least 6 months, and reactions be more than what would be expected for the situation, and decrease functioning. The Other problems that may result in similar symptoms include hyperthyroidism, heart disease, caffeine, alcohol or cannabis use and withdrawal from certain drugs. Without treatment, anxiety disorders tend to remain. Treatment may include lifestyle changes, counseling, and medications. Counseling is typically with a type of cognitive behavioral therapy.

Dr. Hahnemann the founder of homoeopathy was the first one to advocate gentle methods in treating mental disorders. Homoeopathy has high scope in these anxiety disorders. There are excellent medicines which counter anxiety disorders and calm the mind. These remedies act excellently even with other supportive therapies.

TIPS TO MANAGE ANXIETY

ACCEPT THAT YOU CANNOT CONTROL EVERYTHING

Put your stress in perspective: is it really as bad as you think?

DO YOUR BEST

Instead of aiming for perfection, which isn't possible, be proud of however close you get.

MIND

MAINTAIN A POSITIVE ATTITUDE

Make an effort to replace negative thoughts with positive ones.

LEARN WHAT TRIGGERS YOUR ANXIETY

Is it work, family, school. Or something else you can identify?

GET ENOUGH SLEEP

When stressed, your body needs additional sleep and rest. It's important to get 8 hours of sleep per night.

EXERCISE DAILY

Exercising can help you feel good and maintain your health.

BODY

LIMIT ALCOHOL AND CAFFEINE

Alcohol and caffeine can aggravate anxiety and trigger panic attacks. Instead, drink water.

EAT WELL-BALANCED MEALS

Do not skip any meals and always keep healthy, energy - boosters in hand.

GIVE BACK TO YOUR COMMUNITY

Volunteer or find another way to be active in your community, which creates a support network and gives you a break from everyday stress.

TAKE A TIME OUT

Practice yoga, listen to music, mediate, get a massage, or learn relaxation techniques. Stepping back from problems helps clear your head.

ACTION

GET HELP ONLINE

If you are struggling with stress and anxiety in your life, consider taking a mental health screen. Screening is an anonymous, free, and private way to learn about mental health.

TALK TO SOMEONE

Tell friends and family you're feeling overwhelmed, and let them know how they can help you. Talk to a physician or therapist for professional help.

D. Meena
Fourth BHMS

SYMPTOMATOLOGY ON ANXIETY AND A NOTE ON REMEDIES.

Stress is your body's way of responding to any kind of demand or threat. When you sense danger—whether it's real or imagined—the body's defenses kick into high gear in a rapid, automatic process known as the “fight-or-flight” reaction or the “stress response”.

Cognitive symptoms

- *Memory problems
- *Inability to concentrate
- *Poor judgment
- *Seeing only the negative
- *Anxious or racing thoughts
- *Constant worrying

Emotional symptoms

- *Depression or general unhappiness
- *Anxiety and agitation
- *Moodiness, irritability, or anger
- *Feeling overwhelmed
- *Loneliness and isolation
- *Other mental or emotional health problems

Physical symptoms

- *Aches and pains
- *Diarrhea or constipation
- *Nausea, dizziness
- *Chest pain, rapid heart rate
- *Loss of sex drive
- *Frequent colds or flu

Behavioral symptoms

- *Eating more or less
- *Sleeping too much or too little
- *Withdrawing from others
- *Neglecting responsibilities
- *Using alcohol, cigarettes, or drugs to relax
- *Nervous habits (e.g. nail biting, pacing)

Improving your ability to handle stress

1. Get moving
2. Connect to others
3. Engage your senses
4. Learn how to relax
5. Eat a healthy diet
6. Get your rest

Homeopathic Medicines for Stress

A number of homeopathic medicines are effective in treating disorders where one who has learnt the wrong way of handling or responding to stress. Homeopathic remedies for stress – for the Classic ' Type A Personality '. Argentum Nitricum and Tarentula Homeopathic remedies for stress – When Anger is the Key symptom . Nux Vomica and Staphysgaria. Homeopathic Medicines for stress – When grief is the cause

Ignatia and Natrum Mur for those who are 'Overworked-Kali phos

Anxiety and Homeopathic Remedies

- *Aconitum napellus - for anxiety panic attacks.
- *Argentum nitricum - for anxiety dizziness.
- *Arsenicum album - for hypochondriacs, anxiety fear of losing
- *Gelsemium - for anxiety chills and hot flushes.
- *Natrum muriaticum - for anxiety chest pains.

CONCLUSION

Homeopathy, on the other hand, is one of the best ways to address underlying issues and ultimately remove stress and anxiety...

P. Parameshwari
First BHMS

STRESS - AN INSIGHT

Stress - A pressure given to the mind

Anxiety-Result of the pressure

We can't handle a single one in a time ,but what happens when both things comes together you may handle it but your internal organs get damaged. Your cannot handle both at the same time. It may pumps fast at the situation , but it may die soon .Stressing out yourself is the way of slow killing of yourself. It's equal to that of suicide .Your poor cannot handle anything much ,than its capacity ,the stress and the blood .

“your fear , is your prison”

The quote says.

cannot be regained.It hurts ,It pains, It tears out and it screams out .The worst thing in a life could he getting stressed at out ,that you cannot handle your own self .It depends other to control ,but never let yourself in that situation .According to homoeopathy, the poor vital force suffers a lot.

If the stress and anxiety becomes your friend

Then heart attack and stroke will be your friends of friends...

Like to be in the stress free mind..

Share the happiness..

C. Vaahini

Final BHMS



TRIBUTE

Dr. C. GAYATHRI

(10.08.76 - 12.09.18)

Professor, Dept. Of Repertory

known for her dedication towards her work and profession right from the initial days of our institution. She will always be remembered for her artistic way of handling the subject repertory and being truthful to self and profession.

Management, Principal, Teaching,
Non Teaching Staff & Students,
Sri Sai Ram Homoeopathy Medical College.

AN ANALYSIS OF ANXIETY

"Homoeopathy in anxiety and stress disorder", is an incredibly interesting field in which the system shows its excellence. It is a holistic medicinal approach that acknowledges the fact that mental health can have a direct impact on physical health and vice versa. For example, all of us would have been affected by fever at least once in our lifetime. Our parents apart from taking rest would advise us to watch tv or hear songs just to forget our physical discomfort. Likewise, at times when we are low or depressed, a brisk evening walk or cycling leaves us invigorated.

It's quite normal for us to experience stress, anxiety and nervousness from time to time. It may be during an exam, before results or any personal issues that may concern. However, some people suffer from more regular bouts of anxiety that can cause a plethora of disorders such as generalized anxiety disorder (GAD), obsessive compulsive disorder (OCD), social phobia and post traumatic stress disorder (PTSD). All of which needs an individualised treatment to which the homoeopathic system offers the same.

Every patient is unique and so is our medicine. No one medicine can be substituted for the other. In order to treat anxiety and stress disorder, the major key used is psychological analysis, counselling therapy, and medication. Our system however offers all the 3 together. During the art of case taking, the homeopathic physician not only gives utmost attention to the symptoms but psychologically analyses the patient and offers him an individualised counselling therapy and heal them with our fascinating medicines. This is achieved as the system focusses on the "art of individualisation"

PSYCHOLOGICAL ANALYSIS

Individualised attention is what required by the patient in these disorders. With the growing urban development, most need the space to share their thoughts and how they feel about. This space is needed more for these individuals. As Philip bailey

says, homoeopathic prescribing relies upon constitutional remedy that calls for personality or psychological analysis. Therefore mental generals are viewed significant in anxiety and stress disorder.

COUNSELLING THERAPY

This system stimulates the body and mind to heal itself by boosting the immune mechanism. It can be a big step towards 'being the healthiest of yourself' and turning the best life possible. Counselling therapy aids in rejuvenating the physical and mental worries and caters to the harmonious development of the individual.

MEDICATION

Until recently, psychological damage was the only outcome that was thought to be, but adding to it constant stress does affect the physical side as well. Homoeopathy for the last 2 centuries have been constantly stressing on the theory of mind and body being deeply interconnected and about treating the body at the mental level can often help the other.

There are not a couple of remedies but, innumerable remedies some of which are- Argentum nitricum, aconitum napellus, arsenicum album etc. However no medicine is to be taken by self-prescription. Our medicines are matched to the patient than to the anxiety. Consequently, homoeopathic remedies in anxiety and stress disorder are regarded momentous. Besides there are few self help strategies to combat stress such as meditation, yoga, cycling , hobbies of passion and much more.

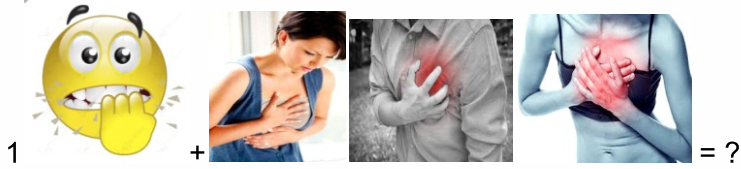
THE SECRET OF YOUR FUTURE IS HIDDEN IN YOUR DAILY ROUTINE, HAVE A STRESS FREE LIFE!

R. Indumathi

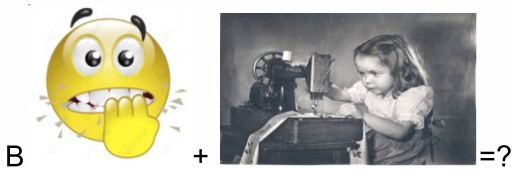
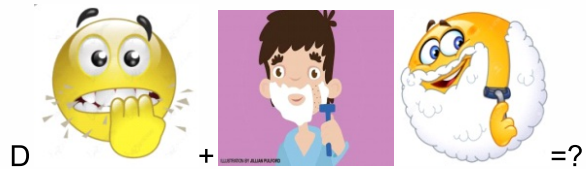
Second BHMS

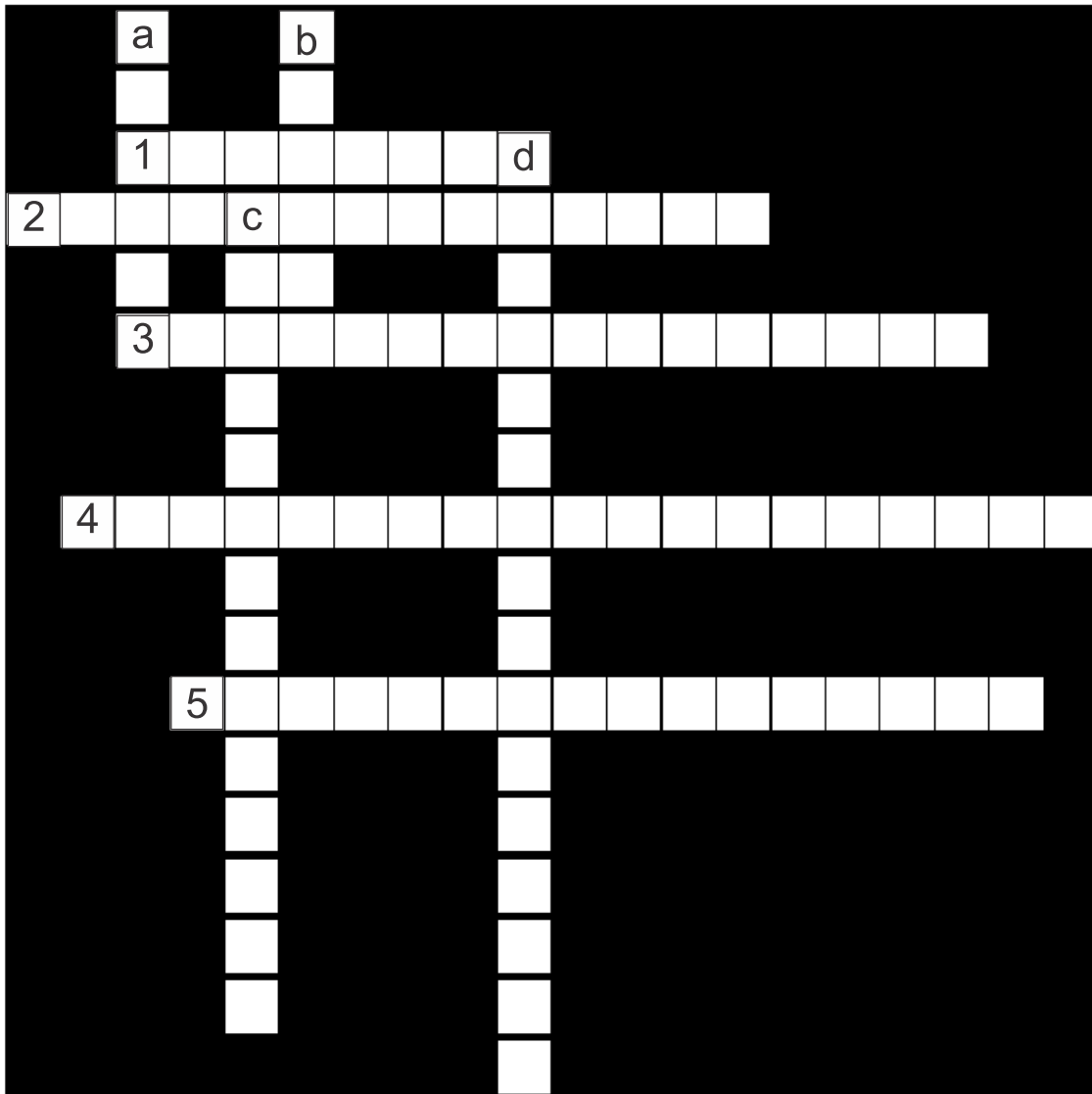
ANXIETY REMEDIES - CROSSWORD PUZZLE

RIGHT TO LEFT:



TOP TO BOTTOM:





PUZZLE REMEDIES:

RIGHT TO LEFT:

1. SULPHUR
2. ARSENICUM ALBUM
3. NATRUM CARBONICUM
4. ANACARDIUM ORIENTALE
5. CARBO VEGETABILIS

TOP TO BOTTOM:

- a. LYSSIN
- b. SEPIA
- c. NITRICUM ACIDUM
- d. CALADIUM SEGUINUM

Anushaya Kumar
Final BHMS

HOMOEOPATHY IN GENERALISED ANXIETY DISORDER

Uneasiness, being worried all the time and general fearfulness are not normal conditions. If these symptoms last for more than six months, it's an indication of a mental condition known as Generalised Anxiety Disorder.

Symptoms :

restlessness, irritability, headache, trembling, fatigue, hot flushes, sweating, frequent urination, difficulty in concentration, difficulty in falling asleep and trouble swallowing food or a lump in throat.



Top Homeopathic Remedies for Generalised Anxiety Disorder

The Homeopathic mode of treatment is of great help for patients of Generalised Anxiety Disorder. The Homeopathic Treatment for Generalised Anxiety Disorder have zero side effects and provides natural treatment of anxiety disorders as the medicines are sourced from natural substances. These completely safe Homeopathic remedies for Generalised Anxiety Disorder go to the root of the problem to cure the condition .

Aconitum Napellus & Arsenicum Album: fear of death and restlessness

- Aconitum Napellus is a very beneficial natural Homeopathic medicine. streets.* Also used for the anxiety that comes in crowded places and while crossing the death. * Also used for acute, sudden and violent attacks of anxiety, with a marked fear of
- Arsenicum Album is another remedy when a patient of fears death and feels restless.
- It is particularly helpful for patients who refuse to take the medicine because of the thought that death is near and it's futile to take any medication.
- This symptom is accompanied by restlessness that

makes the patient continually change position, excessive weakness and the patient can even faint.

Gelsemium Sempervirens: for trembling and palpitation

- for trembling and palpitations .
- The palpitations lead to the patient being in constant motion because of the feeling that not moving will result in the heart stopping to function.* The anxiety attacks that come after a sudden fright, exciting news, sudden emotions and when a person has to attend an interview with consequent trembling.

Argentum Nitricum: for anxiety before an engagement or travel

- gets anxious while getting ready for some engagement or before travel
- Used for Nervousness and anxiety.
- The anxiety disappears as soon as the person reaches the engagement venue or sits in the car.
- irritability, nervousness and impulsiveness.
- impulsiveness like the impulse to jump out while travelling in a train, or while crossing a bridge or high place.

Sepia Officinalis: for Generalised Anxiety Disorder with heat flushes

- help for attacks of anxiety accompanied by flushes of heat on the face and head.
- irritability, anxiety in evening time and faintness during anxiety.

Lycopodium Clavatum: Anxiety before appearing in public or meeting new people .

- excellent natural remedy for Anxiety Disorder when the patient has to appear in public for making a speech
- or otherwise with the fear that he or she will make mistakes, or will forget, completes the task very efficiently once he or she gets started.

Ignatia Amara: Anxiety after sudden grief

- When Generalised Anxiety Disorder symptoms appear in a person because of sudden grief, Ignatia Amara is the best natural Homeopathic medicine.
- Homeopathic remedy for Anxiety

Anxietin (Homeopathic Remedy for Anxiety highly recommended!)

Amritha. K
First BHMS

ANXIETY - A HOMOEOPATHIC SCOPE

Homoeopathy is a system of alternative medicine developed in year 1796 by Dr. C.F.S Hahnemann, based on his doctrine of "like cures like" (similia similibus curentur), a claim that a substance that causes the symptoms of a disease in healthy people would cure similar symptoms in sick people. According to homoeopathic system stress is the major cause behind many disorders. How often do you hear those around you using the word: stress?

"I'm so stressed!"

"I'm stressed out."

"I can't go to work. I'm stressed."

"I've got a stress headache."

"It's just stress."

Most people experience stress and anxiety from time to time. Stress is any demand placed on your brain or physical body. People can report feeling stressed when multiple competing demands are placed on them. The feeling of being stressed can be triggered by an event that makes you feel frustrated or nervous. Anxiety is a feeling of fear, worry, or unease. It can be a reaction to stress, or it can occur in people who are unable to identify significant stressors in their life. Anxiety, on the other hand, is a general feeling of apprehension or fear, the source of which is not clearly defined. Anxiety disorders are a group of psychiatric conditions that cause excessive anxiety. They include:

Those suffering from anxiety disorders display such symptoms on a regular basis and thus have difficulty with daily activities and relationships. These symptoms present themselves sporadically and often without warning. In many cases, anxiety is developed by overdue stress that is no longer linked to a specific cause.

Stress and anxiety are not always bad. In the short term, they can help you overcome a challenge or dangerous situation. Stress and anxiety can produce both physical and psychological symptoms. People experience stress and anxiety differently. Common physical symptoms include:

Stomach ache, muscle tension, headache, rapid breathing, fast heartbeat, sweating, shaking, dizziness, frequent urination, change in appetite, trouble sleeping, diarrhoea, fatigue.

HOMOEOPATHIC REMEDIES FOR OVERCOMING STRESS

Stress can develop through various sources and we can categorize our remedies accordingly. Only important remedies are listed.

Work	Family	Society
Ammonium group	Acid-fluor	Acid-nit
Arg-nit	Anacardium	Alumina
Ars.alb	Calc group	Ambra
Aurum. group	Chamomilla	grisea
Bryonia	Coffea	Anacardium
Calc-fluor	cruda	Baryta group
Carbon group	Kali group	Hepar sulph
Carcinocinum	Natrum	Hura
Conium	group	Hyoscyamus
Kali – ph	Paladium	Magnesium
Lycopodium	Acid-phos	group
Nux-vomica	Platinum	Medorrhinum
Ophidia	Pulsatilla	Merc sol
group	Sepia	Natrum-carb
Silicea	Staphisagria	Phosphorus
Tuberculinum	Thuja	Stramonium
		Syphilinum

CONCLUSION

Homoeopathy has an uncanny way of helping the body disconnect from pressure and stress whether in the throes of emotional turmoil or just unable to relax. Because homeopathic remedies are natural and worry free, you can call on these specially formulated remedies anytime to help your nervous system and body chemistry minimize the effects of stress. As everyone responds differently to stress, each of these offers a unique range of homoeopathic support so you can calm the stormy sea of nervous tension. Stress is an emotional and physical strain caused by one's response to pressure exerted from the outside world. Homeopathy, on the other hand, is one of the best ways to address underlying issues and ultimately remove stress and anxiety, which in turn brings physical health if the remedy is prescribed professionally.

R. Ragavi
First BHMS

HOMOEOPATHY IN ANXIETY - A GENERAL VIEW

INTRODUCTION

The word “stress” and “anxiety” are often interchangeable, but bear different meanings in medical terms. Stress is caused by particular situations or events in one's life that makes one feel frustrated, angry, worried or even anxious. Anxiety on the other hand is a general feeling of apprehension or fear, the source of which is not clearly defined. In many cases anxiety is developed by overdue stress that is no longer linked to a specific cause.

Homoeopathy is effective because it is a holistic medical practice that treats a person as a whole and thus addresses the underlying issues that lead to stress. Identifying the factors that cause stress and the various reactions to such factors are of utmost importance in homoeopathy since the symptoms are most often manifested when one is exposed to an external force stronger than his/her internal vitality and immune system.

Factors such as:

- The mental/emotional state of a person
- The location of the symptom

The behavior of the person towards the symptom
Family history, susceptibility are analyzed by the physician

Some of the homoeopathic medicines dealing with stress and anxiety management are:

- Argentum nitricum
- Arsenicum album
- Calcarea carbonica
- Gelsemium
- Ignatia amara
- Kali phosphoricum
- Lycopodium
- Natrum muriaticum

CONCLUSION

Stress is an emotional strain caused by one's response to pressure exerted from the outside world. Long term stress can sometimes turn into anxiety and can cause an array of behavioral, mental and emotional symptoms. Constant stress increases blood pressure as well as the risk of a stroke.

Homoeopathy is one of the best ways to handle with stress and anxiety disorders.

Varshika.S
First BHMS





LET HOMOEOPATHY CALM YOU DOWN

ANXIETY

An uncomfortable feeling of nervousness or worry about something that is happening or might happen in the future.

WHAT'S NORMAL ANXIETY?

Everyone gets nervous or anxious from time to time when speaking in public, for instance or when going through financial difficulties.

Anxiety comes in many forms which includes Phobia, Panic attacks, Social anxiety & difference between official diagnosis & "normal" anxiety is not always clear.

EMERGENCY CARE WALL

for sadness



for loneliness



best friend's phone #

for self-doubt



list of reasons why you can

for anger



for worry



for other



STATISTICS

1 in 10 men & 1 in 14 women suffers from anxiety in India.



TOP HOMOEOPATHIC REMEDIES

- Aconite
- Gelsimium
- Arg. Nitrium
- Sepia
- Lycopodium
- Ignitia

HOW TO DEAL WITH ANXIETY

BODY

- Limit alcohol & caffeine
- Eat well-balanced meals
- Get enough sleep
- Exercise daily



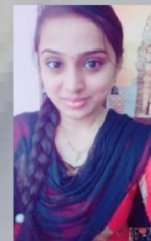
MIND

- Accept that you cannot control everything
- Do your best
- Maintain positive attitude



ACTION

- Take deep breathe
- Talk to someone
- Take a time out
- Slowly count to 10
- Give back to your community



M.MUTHULAKSHMI
@AKSHAYA
Final BHMS

ACTIVITIES

World Homoeopathy Day Celebrations - 9th April 2018



Free Medical Camp



CME PROGRAMMES



ACTIVITIES

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NSS Activities





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