

## Homeopathic remedies to cure anxiety

In today's hectic, achievement-driven world, almost everyone experiences tremendous stress at work and at home. We frequently encounter many stress causing situations such as job pressure, financial hardships, deadlines, family conflicts, and just every day hassles. The aim of homeopathy is not only to treat anxiety but to address its underlying cause and individual susceptibility. As far as therapeutic medication is concerned, several well-proved medicines are available for homeopathic cure of anxiety that can be selected on the basis of cause, condition, sensation and modalities of the complaints. For individualized remedy selection and treatment, the patient should consult a qualified homeopathic doctor in person. Some important remedies are given below for homeopathic cure of anxiety:

**Aconite** is a remedy associated with a sense of doom and fear of death. It is ideal for those with a fast heart rate, heart palpitations, or respiratory problems associated with anxiety. The emotional state is characterized by acute, panicky fear and acute restlessness. They may feel fear of death, darkness, crowds or some unknown impending evil. They are very restless, both physically and mentally. They startle easily. Sleep is restless, they toss and turn and wake up full of fear. *Aconite* help restore emotional balance when acute fear and panic follow a shock following a any sudden severe stress, such as an accident. It was a remedy which gave tremendous relief to those at the Twin Towers on 9/11. Patients may have stomach complaints which are made worse by cold drinks.

**Arsenicum album** can be used to treat anxiety that has no identifiable cause . The distinctive symptoms include: great restlessness, fear of death, severe weakness and exhaustion, chills, intense burning, a feeling of insecurity and a pressing need for perfection. Fear of darkness, illness, robbers and ghosts can also be alleviated with this remedy.

**Argentum Nitricum** helps deal with the fear of being late, claustrophobic conditions, the fear of heights and an impending sense of doom. Fear of failure, the sense of dread and difficulties with performance anxiety are hallmark symptoms. The often patient walks fast, is very anxious and nervous and filled with apprehension and fear.

**Calcaria Carbonica.** They are dependable, solid people who become overwhelmed from physical illness or too much work and start to fear a breakdown. Their thoughts can be muddled and confused when tired, which adds to the anxiety. Worry and bad news may agitate them, and a nagging dread of disaster (to themselves or others may develop. Fear of heights and claustrophobia are also common. Symptoms: Increased perspiration; Night sweats; Cold hands and feet; Dizziness; Nausea;

Ravenous hunger; Aversion to fats; Craving for eggs; Eyes sensitive to light; Pale face; Large appetite with slow digestion through them.” They have trouble keeping themselves warm. They have a craving for sweets, and are easily fatigued

**Gelsemium** – Gelsemium is a homeopathic treatment recommended for test anxiety and stage fright. This remedy is perfect for performance related anxiety, which can result in dizziness, trembling, shaking, diarrhea or difficulty speaking. To use Gelsemium, you need to take the treatment before you are expected to perform, appear on stage, speak or take a test.

**Phosphoric acidum** is used to treat those who experience stress due to grief or bad news. Anxiety is associated with the fear of being alone and the feeling of impending doom. It also helps to remedy fatigue and weakness, which are associated with an anxiety attack.

**Ignatia**. is used to treat those who are anxious because of grief, loss, disappointment, criticism, or any stressful emotional experience may benefit from this remedy. It is a remedy to be considered when there has been an emotional upset such as a broken love affair. There may be frequent sighing and/or mood swings. They are unable to sleep well and there is often a sensation of a lump in the throat.

**Lycopodium** patients attempt to cover an inner sense of inadequacy by putting up fronts, by pretending to be something they are not. They feel anxiety from mental stress and suffer from a lack of confidence. They can be self-conscious and intimidated by people they perceive as powerful. They can feel a deep anxiety and fear of failure when they take on responsibility. They usually do well once they start. They often have digestive upsets with gas and bloating.

**Kali phosphoricum** is indicated when a person has been exhausted by overwork or illness. There is a deep anxiety and a feeling of inability to cope. They are jumpy and oversensitive. Insomnia and inability to concentrate may develop increasing the sense of nervous dread. Headaches and digestive upsets are common.

**Nux vomica** is used for those who are impatient, quick tempered and quarrelsome who get sick after overeating, indulging in alcohol or drugs or doing too much mental work. They are hurried and hurried and driven to accomplish things. The nervous system is over sensitive, even the slightest sounds can be disturbing. The digestive system is often a weak area and there is an intolerance to many foods.