



CONSTITUTIONAL HOMOEOPATHIC PRESCRIBING IN GENERALIZED ANXIETY DISORDER (GAD):A PSYCHOSOMATIC PERSPECTIVE INTEGRATING ORGANON APHORISM 225

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Abstract

Constitutional prescribing in Generalized Anxiety Disorder (GAD) focuses on understanding the psychosomatic origin of anxiety, as emphasized in Aphorism 225 of the Organon of Medicine. This paper explores how temperament, susceptibility, and individual expression guide homoeopathic remedy selection for holistic management of GAD.

Keywords

Generalized Anxiety Disorder, Constitutional Homoeopathy, Temperament, Susceptibility, Psychosomatic, Organon Aphorism 225, Mind–Body Integration, Anxiety Phenotypes

Introduction

Generalized Anxiety Disorder (GAD) is a chronic, pervasive anxiety state characterized by excessive worry, heightened apprehension, autonomic over activity, and persistent tension. Modern psychiatry recognizes its bio psychosocial nature, while homoeopathy considers it fundamentally psychosomatic, as reflected in Aphorism 225 of the Organon of Medicine.

Homoeopathic philosophy views anxiety not merely as a psychological symptom but as an expression of deeper constitutional imbalance, shaped by temperament, susceptibility, miasmatic background, and individual reaction patterns. This makes constitutional prescribing central to the holistic management of GAD.

Aphorism 225 and the Psychosomatic Nature of GAD

Hahnemann states in Aphorism 225:

“The so-called mental and emotional diseases... are not independent, but belong to the class of chronic diseases.”

This emphasizes that mental disturbances arise from a deeper internal dyscrasia, aligning with the modern understanding of GAD as a psychosomatic condition where emotional, neurobiological, and physical expressions coexist.

Thus, homoeopathy approaches anxiety disorders as mind–body manifestations requiring individualized, constitution-based intervention.

Constitutional Framework in GAD

1. Temperament and Personality Structure

Temperament shapes how individuals perceive stress, process emotions, and express anxiety. Common temperamental types in GAD include:

a. Sensitive / Nervous Constitution

- Easily startled
- Hyper vigilant
- Overthinking tendencies

Indicative remedies: Argentum nitricum, Phosphorus, Silicea

b. Melancholic / Introverted Constitution

- Pessimistic anticipatory anxiety
- Fear of failure
- Social withdrawal

Indicative remedies: Natrum muriaticum, Psorinum

c. Irritable / Explosive Constitution

- Restlessness
- Anger mixed with anxiety
- Autonomic symptoms

Indicative remedies: Nux vomica, Lycopodium

d. Fear-Dominant Constitution

- Fear of misfortune or illness
- Anxiety worse at night

Indicative remedies: Arsenicum album, Calcarea carbonica

2. Susceptibility and Expression of Anxiety

Susceptibility determines the threshold, intensity, and variability of anxiety responses.

High Susceptibility

- Quick aggravations
- Hyper-reactive nervous system

Remedies:** Aconite, Argentum nitricum

Moderate Susceptibility

- Chronic worry with periodic somatic complaints

Remedies: Gelsemium, Kali phosphoricum

Low Susceptibility

- Slow deterioration
- Deep-rooted constitutional imbalance

Remedies: Calcarea carbonica, Sulphur, Sepia

3. Anxiety Phenotypes in Homoeopathy

Different remedies match distinct “anxiety signatures.”

a. Performance / Anticipatory Anxiety

Remedies: Lycopodium, Argentum nitricum

b. Health Anxiety (Nosophobia)

Remedies: Arsenicum album, Phosphorus

c. Social Anxiety Component

Remedies: Pulsatilla, Silicea

d. Panic Spectrum Anxiety

Remedies: Aconite, Gelsemium

Psychosomatic Connections in GAD

GAD often presents with significant physical symptoms due to neuroendocrine dysregulation:

- ❖ Palpitations
- ❖ Tension headaches
- ❖ Irritable bowel symptoms
- ❖ Fatigue
- ❖ Tremors

Homoeopathy recognizes this mind–body interconnection as an expression of disturbed vital force, consistent with Hahnemann’s psychosomatic perspective.

Integrative Homoeopathic Approach to GAD

1. Constitutional Remedy

Selected based on:

- Temperament
- Fears
- Emotional patterns
- Susceptibility
- Modalities
- Life experiences
- Miasmatic background

2. Intercurrent Remedy

Useful when:

- A miasmatic block is present
- Somatic symptoms predominate
- Past grief or trauma influences current anxiety

Examples: Ignatia, Natrum muriaticum, Psorinum, Sulphur

3. Lifestyle & Mind–Body Integration

- Sleep hygiene
- Breathing exercises
- Mindfulness/meditation
- Routine structuring

These enhance the constitutional action of remedies.

4. Therapeutic Alliance

- Empathy, reassurance, and patient-centered communication create internal stability and significantly reduce anxiety.

Clinical Significance

- Addresses root cause, not just symptoms
- Reduces relapse tendency
- Provides individualized, dynamic treatment
- Harmonizes with modern psychosomatic understanding
- Useful in chronic, treatment-resistant GAD cases

Conclusion

Constitutional homoeopathic prescribing offers a deep, individualized approach to Generalized Anxiety Disorder by considering temperament, susceptibility, and psychosomatic origins. Aphorism 225 reinforces that anxiety is rooted in deeper chronic disturbances, aligning classical homoeopathic philosophy with contemporary bio psychosocial concepts. This integrative understanding enhances the effectiveness, depth, and sustainability of homoeopathic treatment for GAD.

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