

# HOMOEOPATHY FOR STRESS AND ANXIETY

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The speed of action, safety and lack of interaction with drugs have made homoeopathic medicines a popular means of dealing with many health issues. Mental and emotional stress and anxiety are very common conditions, and scientific studies have confirmed that homoeopathy is an effective means of treating these disorders<sup>(1-4)</sup>.

Following is a list of frequently used homoeopathic remedies for these conditions, and the factors that may help to narrow down the choice of the remedy. In regard to the dosage of these remedies, generally, the use of 6C, repeated as necessary, should be sufficient. The following is intended as a guide only, and is produced for educational purposes. It is not intended to replace the services of a qualified practitioner of homoeopathy. For any conditions that do not resolve in a reasonable period of time, the advice of a qualified homoeopathic practitioner must be sought.

## *Aconite (Aconitum napellus)*

Panic disorders, restlessness and anxiety following a fright or shock. Worse for heat and worse after exposure to cold dry winds. A great remedy for 'never well since' a shock.

## *Aethusa (Aethusa cynapium)*

Anxiety accompanied by vomiting, diarrhoea and extreme prostration. Especially useful in children. Worse in the open air and early mornings, better out in the open air, around other people and animals.

## *Anacardium (Anacardium orientale)*

Anxiety when walking, and anxiety tends to be accompanied by violent language. Absent minded with a poor memory and suffers from nervous exhaustion from overstudy. Symptoms are improved by eating and aggravated by the application of hot water.

## *Arg nit (Argentum nitricum)*

Arg nit in an excellent medicine for anticipation anxiety. Exams, driving tests, auditions, weddings, and impending competitions can all be made much easier to deal with by the action of this remedy. Those who hold unreasonable concerns for their health have also benefited from Arg nit. Symptoms are aggravated by warmth, from being alone, and eating sweet foods, and improved by company, cold and fresh air.

## *Arnica (Arnica montana)*

Normally thought of as a remedy for shock and physical injury, Arnica is also a very useful remedy for the long term effects of acute stress, shock or trauma. Worse for jarring, cold or damp and better for lying down with head low.

## *Ars alb (Arsenicum album)*

Anxiety, unreasonable fear, fear of disease or death and restlessness in those of a fastidious nature characterise this remedy. Panic attacks in the very early hours of the morning may also call for Arsenicum. Worse when alone or exposed to wet or cold weather, cold food or drink and better for company, heat and warm drinks.

## *Aurum (Aurum metallicum)*

Anxiety leads to severe depression, often to the point of suicide and often with outbursts of anger. Symptoms are often relieved by music, and aggravated by cold weather. It is not uncommon to see those suffering from seasonally affective disorder (SAD) or seasonal bipolar disorder, a depressive condition predominant in autumn and winter, being prescribed Aurum.

## *Chamomilla (Chamomilla matricaria)*

Stress, sensitivity, restlessness and great irritability often lead to the prescription of chamomile. An excellent remedy for stressed or anxious children, chamomile is worse mid-morning or at night, worse for heat and better for being carried or held.

## *Coffea (Coffea cruda)*

Anxiety accompanied by a great restlessness of the mind, Coffea is often the answer to stress induced insomnia. Drinking coffee or consuming stimulants often aggravate the symptoms for this remedy, as does any strong emotion such as joy or surprise. Symptoms are generally improved by warmth and lying down.

## *Gelsemium (Gelsemium sempervirens)*

Gelsemium is often very useful for stress associated with anticipation of an event (examinations etc) and ailments that occur after a fright or shock. Stress is often associated with shaking and fatigue. Complaints are often aggravated mid morning, damp weather and are better after urination.

## *Ignatia (Ignatia amara)*

Ignatia is an excellent remedy for ailments that follow grief, and are often chronic or long standing. Anxiety is often associated with alternating moods, sighing and great sensitivity. These symptoms may be aggravated by coffee and exposure to open air, and ameliorated by eating.

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*Kali ars (Kali arsenicosum)*

Stress and anxiety related to fear of disease, particularly heart disease, or fear of death are good indicators for this remedy. Worse for cold air, cold food or cold drink.

*Lycopodium (Lycopodium clavatum)*

The symptoms that call for this remedy often revolve around anxiety about health, and career as well as anticipation anxiety. Symptoms are often worse in the mid afternoon to early evening, worse from heat and better for motion and warm drink or food.

*Nat mur (Natrum muriaticum)*

Anxiety leading to severe depression in those of a fastidious nature are often brought back to a happier disposition by the action of Nat mur. Efforts to console the Nat mur often make their symptoms worse, as does heat, and symptoms are ameliorated by open air and cold bathing.

*Nit ac (Nitricum acidum)*

Extreme irritability and fears of death by things such as cancer associated with stress are often indicative of the need for Nit ac. Symptoms are aggravated by hot weather and improved by travelling in a car.

*Nux vom (Nux vomica)*

Nux vomica is associated with anxiety with extreme anger, frustration and irritability in those of a fastidious or compulsive nature. Those who respond best to this remedy are often intolerant to noise, odours and lights and their symptoms are worse in the morning, worse for mental exertion and better while at rest.

*Phos ac (Phosphoric acid)*

Anxiety and depression with mental weakness, apathy and indifference, often as a result of grief or disappointed love, are good pointers to Phos ac. The condition improves with warmth and is aggravated by exertion or anything that's likely to restrict the circulation of blood.

*Phosphorous (Phosphorous)*

Phosphorous is often of benefit with anxiety worse when alone, in the dark or during thunderstorms and fear that something bad is about to happen. Worse for touch, physical or mental exertion, better for sleep, eating, cold food and cold, open air.

*Pulsatilla (Pulsatilla nigricans)*

Anxiety with weeping, sadness and changeable moods often resolve under the influence of Pulsatilla. They are generally worse in a warm room, worse for rest and rich foods, and better in cold, open air and after a good cry.

*Silica (Silica terra)*

Stressed and anxious about noise, imminent event and trivial things may indicate the need for Silica. Silica is sensitive to all impressions and may appear to lack self-confidence. Worse for cold air and drafts, better for warmth.

*Staphysagria (Delphinium staphysagria)*

Staphysagria frequently suits those suffering from anxiety from grief, suppressed anger or suppressed emotions. They may be prone to weeping, depression and appear to have a low

self esteem, but may become violent when angry. Worse for cold drinks and touch better for warmth, rest and breakfast.

*Stramonium (Datura stramonium)*

Anxiety characterised by fear of death, water, and darkness, and often extreme violence brings Stramonium to mind. Symptoms are worse after sleep and better for warmth and company.

*Tarentula (Tarentula hispanica)*

Those who are most likely to respond to this remedy suffer from anxiety with impatience, restlessness, often to the point of chorea — they have to keep moving although motion such as walking often aggravates. Music and dancing soothe this savage beast! Worse for touch, cold and damp conditions.

References

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