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Anxiety Disorders and Its Homoeopathic Management

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ABSTRACT:

Anxiety is an unavoidable by-product of today's life. We come across it during our daily struggle, e.g. financial worries, time management, family problem etc. The term anxiety is derived from Latin word 'anxious- angere' which means to press tightly, to choke, to oppress, to strangle. Different person expresses various shades of anxiety in different circumstances. Unfortunately shades of anxiety are often lumped together like 'anxiety future about' or 'anxiety family about' etc. Drowsiness, Confusion, Hypertension is the most commonly known side effects of excessive consumption of Anxiolytic drugs. The homoeopathic system of medicine improves the general wellbeing that is Quality of Life in addition to reducing the distress and agitation. Homoeopathic medicines can give good results in the treatment and management of anxiety disorders.

Keywords: Anxiety, Homoeopathic Medicines and Management

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