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**HOMEOPATHIC GUIDE FOR STRESS, EMOTIONAL SHOCK AND
ACUTE ANXIETY**

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"Even a happy life cannot be without a measure of darkness and the word happiness would lose its meaning if it were not balanced by sadness." Karl Gustav Jung

Introduction

Many conditions such as insomnia, anxiety, panics attacks are associated with stress. Stress and emotional shock can affect our health far deeper than we think. Stress, emotional shock and acute anxiety actually cause many others condition like insomnia as previously mentioned but also high blood pressure, headaches, depression, hormonal imbalance and drug or alcohol abuse. Emotional shock can cause changes in the body's chemistry and lower our resistance to disease. So very often we can become more prone to colds and flus, cold sores, herpes, and many other chronic conditions that could become worse in time of stress, such as irritable bowel syndrome, asthma, inflammatory bowel disease, and rheumatoid arthritis. My main motivation for making this homeopathic guide is so it can be used as a homeopathy guide at the early stages of stress and shock to prevent the development of more serious psychosomatic chronic conditions or a possible decrease in our resistance to disease. In addition everyone responds to stressful situations differently. Homeopathy can offer remedies that can help us cope with anxiety and stress. Stress can also affect our eating habits, sleeping patterns and a balanced diet, exercise and rest are recommended and will help our body to adapt to sudden situations in our life. According to recent trials homeopathy is just as effective as diazepam (Valium) and benzodiazepine (Lorazepam or Ativan) at treating nervousness and anxiety disorders but without any addictive or harmful side effects. Jonathan Davidson, MD, a professor of psychiatry at Duke University, conducted a small study of patients with depression, social phobia, or panic disorder. In that small study, 60% of participants with depression, social phobias, or panic disorders responded favourably to homeopathic treatment. With the right homeopathic treatment, those living with stress and anxiety can once again look forward to enjoying happy life without worry.

What is homeopathy? The basic principles of homeopathy

Homeopathy is a system of medicine founded at the beginning of the 19th century. The father of homeopathy is a German physician, Dr Samuel Hahnemann (1775-1843). Homeopathy is based on the three principles:

- Principle of Law of similars "like cures like".
For example Allium cepa is a remedy that is used for colds with watery eyes and runny nose it is made from an onion. If we cut an onion we can notice the same symptoms. When the body creates a similar "symptom picture" to Allium cepa and we take a dose of Allium cepa, it activates the bodies healing ability to stop the process of watery eyes and a runny nose.
- Principle of minimum dose.
A homeopathic remedy is a pure, natural substance that has been diluted many times. In large quantities these substances usually can cause the same symptoms the patient is trying to cure. In small, diluted doses, it will trigger the body to heal itself. Homeopathic medicine is more effective when it is diluted and succussed (shaken vigorously). Homeopathic medicine gains increased effectiveness with each additional dilution-succussion step. Also the safety of the medicine increases with increased dilution.
- Principle of individualisation
Homeopathic medicines are prescribed individually through observation of the whole person. Homeopathic treatments use a 'holistic' approach. A homeopath is focused on the patient, as an 'individual, and homeopath's select medicines according to all symptoms and the total picture of the patient, including physical and emotional symptoms, mental states but also lifestyle, disease history and many other factors.

Homeopathic medicines are remedies, not drugs and remedies are made from natural substances such as herbs, minerals, animal poisons etc. It is important to say that homeopathic remedies cannot cause side effects and people who use homeopathic remedy cannot become addicted to them. The purpose of using homeopathic remedy is to stimulate body and mind to heal itself at all levels, physical mental and emotional. Homeopaths prescribe uniquely prepared remedies which match symptoms and a total picture of the person who is ill. Homeopathy can be used to treat **acute** and **chronic illness**. An acute illness has a beginning and an end. Chronic illness is more persistent and on-going. Homeopathy is also used to strengthen and support the immune system by choosing correct

constitutional remedy. **Constitutional** treatment is more complex and for better treatment a professional homeopath should be contacted.

Dosage of Remedies

How to select a remedy? We carefully choose the remedy that most closely matches the symptoms. If we have an acute condition where is self-treatment appropriate, we should use a lower potency (6X, 6C, 12X, 12C, 30X, or 30C). If we have an chronic condition it is better to contact a professional homeopath.

How to take and use remedy

Take one dose and wait for a remedy to work. If we see improvement, we should continue to wait and let the remedy work. While the remedy is working on your symptoms, we do not repeat the dosage. We must wait to take the next dose until the remedy has stopped working. If your symptoms disappear, you do not need the remedy any longer. If the symptoms change, we may need a different remedy. When the symptoms are cured, we stop to taking the remedy. If the symptoms are different, change to another remedy according to the new symptoms. If a remedy doesn't work and symptoms still persist, within a day or two there is no improvement at all we should try a different remedy which fit more in picture of symptoms. The more severe the condition the more frequently we take the remedy. For example with a serious acute condition with severe pain the remedy should be taken every few minutes until relief comes. If improvement slows significantly or has stopped, another dose may be taken. The frequency of dosage varies with the condition and the individual. Sometimes a dose may be required several times an hour; other times a dose may be indicated several times a day; and in some situations, one dose per day can be sufficient. We have to carefully observe symptoms and according to that administrated remedy in correct way.

These are also some guidelines which we should follow when using homeopathic remedy. Particular foods, substances or odours could interfere, or antidote the action of the remedy.

- Garlic, onions and caffeine should be avoided.
- Some homeopaths advise that we should avoid the use or smell of strong perfumes, eucalyptus, menthol or anything minty. That can create an antidote remedy depending on how sensitive we are.
- Also we should not eat or drink anything 15 minutes before or after taking a remedy
- Only one remedy should be taken at a time.
- We should avoid touching remedies as this can affect healing action of remedy
- When taking remedy put it into clean mouth, and dissolve under your tongue.

How to store remedies

Homeopathic remedies are energetic medicines they need to be stored carefully. We should follow these guidelines below.

- Store remedies in a cool and dark place such as a drawer or cupboard. The ideal temperature range should be between 10-20C
- The medicines should be away from strong sunlight
- Do not keep remedies next to equipment that emits a strong electromagnetic field such as your computer, iPhones, iPods or any mobile phone
- Store remedies away from strong smells such as essential oils, peppermint oil eucalyptus rubs or 'tiger' balms etc.

Safety for using this homeopathic guide (28 remedies and 24 remedies in Mini Materia Medica)

Who should not use homeopathy and when is self –treatment inappropriate?

- People who have been diagnosed as mentally ill.
- People on medication/ drugs.
- People with some addictive behaviour such as alcoholism, gamblers, drug addiction etc.
- People with some chronic condition such as asthma, cancer, bipolar disorder, chronic depression etc.
- Convulsions, delirium, loss of vision
- Severe chest pain
- Chronic skin complaints
- Loss of consciousness after head injury
- High temperature and slow pulse
- Severe burns

In some cases professional help of homeopath is needed. It is usually safe to treat an acute complaint and we can recognise an acute complaint because every acute condition had sudden beginning and end. This homeopathic guide can be used to select the right remedy for an acute stage of shock, acute anxiety and stress.

What is stress and anxiety and how affect us?

Stress and Anxiety are feelings that we commonly experience when we faced the stressful life events. Anxiety and stress could be very distressing emotions.



Briefly what situation can cause negative stress, emotional shock & anxiety

Losing contact with loved ones

Being abused or neglected

The death of a partner or a family member

DIVORCE,
Separation
Anxiety

Bankruptcy/loosing home

Injury or illness

Exams/presentation in front of others

Loss of job, work stress

Seeing an accident, or someone is almost killed

Love Disappointments

Lack of self-esteem and loss of confidence

Tips how to fight stress and acute anxiety in natural way

Cut way and eliminate completely sugar and refined carbs (white bread, white pasta, white rice, etc). Add to diet probiotics, fermented food, soothing bone broth...

Try to get plenty of sleep. Sunshine is very therapeutic, it supply needed vitamin D, sun light affect brain chemistry and hormone balance. Exercise regularly.

The herbs, Ashwaganda, Rhodiola, Siberian ginseng, and Lavander can improve mental and emotional state. (Contact herbalist to find more about how to use this herbs in safe way!)

Take regularly supplements and vitamins: Vitamin C, B Complex vitamins, Magnesium, Zink, Vitamin D3. Cod liver, fish, or krill oil are recommended

There is a strong evidence that valerian tincture, and lemon balm tea, might reduce anxiety symptoms during stressful situations

Relaxation with breathing technique, Meditation, Yoga, Tai-chi, Art therapy, can help us to deal with stress and anxiety

Acute stress or prolonged, chronic stress can cause adrenal glands to become overloaded. Disruption of adrenal gland can be caused by:

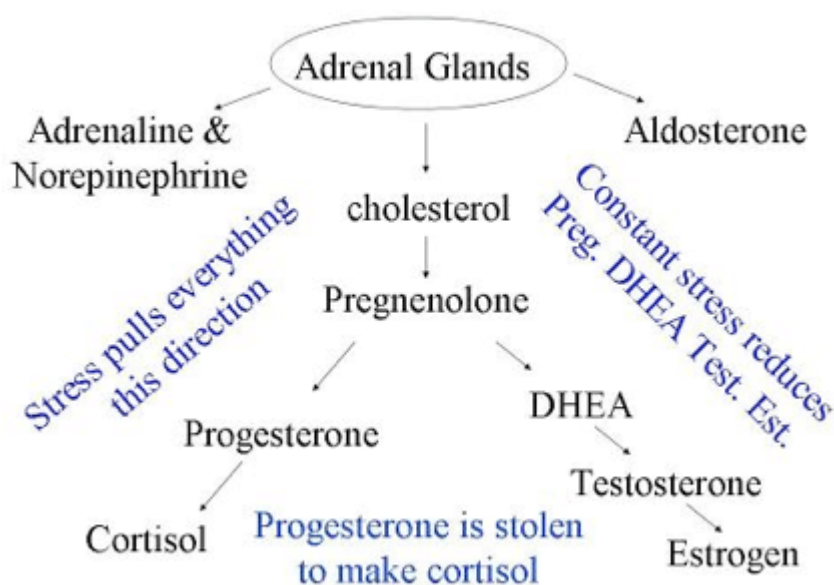
- Stressful experiences like death of loved one, divorce or surgery
- Exposure to environmental toxins and pollution
- Prolonged stress due to financial hardship, bad relationships or work environment, and other conditions that entail feelings of helplessness
- Negative thinking and emotional trauma
- Lack of sleep
- Poor diet and lack of exercise

Ashwagandha herb is very effective in supporting adrenal function helping you to balance adrenal fatigue and chronic stress. I recommend supplementing with 500mg 1-2x daily Ashwagandha to balance adrenals.

Dr Axe states “There is also now evidence that ashwagandha are effective at treating both anxiety and depression. In fact, in a recent study its results were comparable to common pharmaceutical drugs lorazepam and imipramine without the side effects.

In the 12-week controlled study, 87 participants with anxiety were given 300mg of ashwagandha two times a day or two placebo pills two times per day. The group treated with ashwagandha resulted in much greater improvements in anxiety as well as focus, reduced stress, and decreased fatigue than the placebo group.

The other major benefit of ashwagandha is that there are no adverse reactions by taking it compared to anti-depressant and anti-anxiety medications which can have terrible side effects.”



Guidelines for Remedy Selection

Use the mini materia medica at the end of this book to learn more about a remedy or to confirm your selection. The closer you are to matching all of the symptoms, the better the remedy will work with your emotional complaint.

The following homeopathic remedies could be useful in treating symptoms and conditions of stress emotional shock and anxiety.

Homeopathic remedies to support nerves:

Avena Sativa: Has a selective action on brain and nervous system, favourably influencing their nutritive function.

Nervous exhaustion, sexual debility, and the morphine habit call for this remedy in rather material dosage. Best tonic for debility after exhausting diseases. Nerve tremors of the aged;

chorea, paralysis agitans, epilepsy. Alcoholism. Sleeplessness, especially of alcoholics. Bad effects of drug addiction. Nervous states of many female troubles.

Mind-Inability to keep mind on any one subject.

Dose.--Tincture ten to twenty drop doses, preferably in hot water. Use in form of mother tincture or 6xpotency.

Passiflora: Convulsions in children; neuralgia. Has a quieting effect on the nervous system. Insomnia produces normal sleep, no disturbance of cerebral functions, neuroses of children, worm-fever, teething, spasms.

Sleep-Restless and wakeful, resulting from exhaustion. Especially in the feeble, infants and the aged. Insomnia of infants and the aged, and the mentally worried, and overworked, with tendency to convulsions.

Dose--Large doses of mother tincture are required-thirty to sixty drops, repeated several times. Use 3 times per day in 6x potency.

Kalium phosphor tissue salt - Anxiety, nervous dread, lethargy. Extreme lassitude and depression. Very nervous, starts easily, irritable. Night terrors. Somnambulance. Loss of memory. Great despondency about businesses

Dose –use in potency 3x or 6x at least three times per day

A) Remedies and symptoms I

Homeopathic Remedies for:

- Shock from financial loss,
- Loss of job,
- Bullying,
- Collapse of business,
- Fall of stock market,
- Work stress
- Loss of home

Arsenicum Album

Symptoms

- Stress from financial loss and material loss,
- Seeking security through ownership of properties, money and possessions of things,
- Obsessed with order and tidiness ,

- Runs around house at night looking for thieves,
- Melancholy after financial loss,
- Imagining that he sees burglars in his room
- Hypochondriacal Anxiety
- Digestive problems or asthma attacks accompanied by anxiety.
- desperate need to be in control of everything

Aurum

Symptoms:

- Feeling of self-condemnation and worthlessness.
- Great fear of death. Talks and thinking about suicide.
- FORSAKEN FEELING, SPEAKS CONTINUALLY IN QUESTIONS; WORKAHOLIC, AMBITIONS;
- Always busy and working never finish; Wants to be the best.
- Future looks dark. High blood pressure. Melancholy
- Could be millionaire whose empire went to bankruptcy .

Bryonia

Symptoms

- Person is firmly rooted in material world.
- A STRONG DESIRE FOR SECURITY AND SUPPORT WHICH THIS PERSON TRY TO FIND IN MONEY AND PROPERTY.
- FEAR OF POVERTY.OBJECTIVE AND BUSINESS LIKE.
- Anxiety about future; Exceedingly irritable.
- Wants to be let alone; aversion to company.
- Aversion to being disturbed.
- Aversion to being touched.
- Fear of thunderstorm.

Calcarea Carbonica

Symptoms:

- Systematic workers want to finish their work.
- WORK IS VERY IMPORTANT BUT THIS PERSON IS NOT COMPETITIVE AND AMBITIONS.TALKS ABOUT MONEY
- Sad stories affect this person profoundly. This person could worry about long term security.
- Forgetful, fear of misfortune, confused.
- Avers for work or exertion. Fear of being observed.
- They can overwork until they are exhausted.

- STRESS FROM PROLOGED OVERWORK ,MENTALLY OR PHYSICALLY.

Lycopodium

Symptoms:

- Get gas or wind from stress,
- Take it out on those who can't answer back, bullying subordinates,
- Constant fear breaking down under stress,
- Extremely sensitive, fearsome, Aversion to undertake new things
- Aversion to company ,yet dreads solitude
- Awake angry, supressed anger with silent grieving
- Stress drives them to need to pass stool, possible IBS

Nux vomica

Symptoms:

- Irritability and anger is dominant in this remedy
- Remedy for business people and problems related to business
- Professional jealousy
- DECEPTION OCCURE IN BUSINESS DEAL
- Traumas from bad news
- Impatient when spoking, Gets angry and violent without any provocation.

Platina

Symptoms:

- Hurt by anger, especially associated with fright
- Wounded ego
- Arrogant ,proud
- Loose important position
- Past events trouble this person

Veratrum album

Symptoms:

- Business collapse
- Loss of job and loss of top position
- Memory weak
- Insanity or hysteria from injured pride and honour

- Want to be alone, despair about position in society ,feels very unlucky
- Talks a lot about religion things

Psorinum

Symptoms:

- Hopeless, horrid thoughts, ANXIETY,
- All worst fears about future, money and security become truth,
- Irritable , restless, hand tremble
- Great pessimism Irritable on waking at night. Irritable while talking. Weeping at night

B) Table of remedies and symptoms II

Homeopathic remedy for:

- **Shock and traumatic experience-for instance seeing an accident, or someone is almost killed**
- **Terrifying experience and shock from sudden event.**
- **Being raped. Shock from hearing terrible news (bad diagnosis).**

Remedy	Symptoms and causation of stress & shock
Aconite	Feeling they will die “this minute”, chilly, Fear of death, great loquacity, Anxiety in cardiac region, Great timidity esp. After fright. Sudden, intense ailments from fright. Anxiety and restlessness with complaints. Flushing of the face
Arnica	This remedy is indicated when person has fears of touch, sends the doctor home. Wants be alone. Says “I am ok, nothing wrong with me”. Oversensitive to noise, talking in sleep. Fears remain at night after the fright.
Arsenicum	Fears of dead, Lot of criticism in childhood, seek security trough things and others(husband, wives, children),obsessively tidy, Fear to be alone, great need for company, Anxiety about their own health, persistent thoughts if disease, Delusions family will starve
Calcarea Carbonica	Indicated remedy for those who are upset by horrible things, events in the news, upset by terrible tragedy happen to others, news about air plane accident, boat sinking. In children the fear from terrible stories, ghosts and the dark room, which can bring on nightmares.
Camphor	Stress from lack of any love in childhood, they have isolated feelings, hearing imaginary music, Cant breath from anxiety , Fear of being alone at night, fear that someone is in room, intense muscle weakness and fatigue.
Gelsemium	Lack of courage, Does not want to speak or have anyone near, Nervous before public speech. Fear of death. Being "paralyzed by fear. Recall things long forgotten. Desire to be quite and to be left alone, overpowering fear and fatigue, exhaustion and drowsiness, Fear of injury in traumatic shock.
Opium	Indicated remedy after effects of sudden shocks ,earthquakes , birth trauma, car accidents , stroke, head injury ,Complete loss of conscious, There is history of sudden death in family, Can't focus, narcolepsy , convulsion, delirium, Delusions of animals and people going to hurt him/her, Somnambulism.

Stramonium	Birth trauma, terror trapped in birth canal, terror from war in past or recent, Children being brought up in alcoholic and violent family. Fear from violence or attack. Night terrors and fear to be alone at night.
Staphysagria	Suppressed anger and grief. Being raped or victimised. Humiliations. Assaulted. Dealing with terror after rape or terrific violence. Sleeplessness after being emotionally upset. Feeling assaulted after operations on sexual organs.

C) Table of remedies and symptoms III

- Loss of loved ones (children, parents, partners)

Remedy	Symptoms
Aurum	Indication for this remedy -they feel self-condemnation and worthlessness. Great fear of death. Abandonment at birth .Talks and thinking about suicide. After loss of loved ones they experienced Deepest depression and suicidal inclination. Seek salvation in religion or some new- age spiritual movements. Could escape in addictive behaviour, drugs and alcohol. Love to listen classic music
Calcarea Carbonica	Loss of close members of family with anxiety and fear about security and future. Worries and grief. Sad stories affect this person profoundly. Forgetful, fear of misfortune, confused. Fear of being observed. Sees things on closing eyes. Fear of going mad. Slow to adjust on new situation. Depressed, and melancholic.
Causticum	Loss of family member resulting in localized or total paralysis. Can't stand injustice. Fear that something will happen. An early experience of unexpected death of family members. In previous generation there are deaths by ethnic cleansing. Repeated death of family members. They fight against authority and injustice, activist.
Gelsemium	Sudden loss of close members of family resulting in trembling and shaking, trembling voice, palpation and diarrhoea. Trembling

	with weeping and grief.
Ignatia	Loss of friends or relatives, when speaking sighing. Sensation of lump in throat, tightening in throat, weeping privately, grieving silently.
Kali Bromatum	When lose close person feels tremendously guilt, experienced frantic anxiety, delirium and delusions: thinks her child is dead. Wrings hands. Feeling of helplessness.
Lachesis	After loss of loved- one, could become sleepless, could become accusative, maybe with heart problems. Desire to travel. Great loquacity.
Natrium Mur	Loss of loved ones and then holding back the tears, Aliments from grief can't cry, Rarely do they cry, Hate people who insulted him, Sad reserved. Claustrophobia, anxiety at night (with fears of robbers or intruders), migraines, and insomnia are often seen when
Phosphoric Acid	When in grief show apathy and indifference, get localized weakness in the heart and pulse and over powering sleepiness.
Pulsatila	They weeping and express anxiety as insecurity and clinginess. They have a need for constant support and comforting.
Staphysagria	In loss will smile sweetly. They say nothing is wrong and could get back pain after. Supressed anger and grief.

D) Table of remedies and symptoms IV

- **Love Disappointments**

Remedy	Symptoms
Aconite	After love disappointment will panic and expect to die any minute.
Arsenicum	After separation or divorce will want to secure all his goods, furniture, money, house etc. Their response on love disappointment will be needy and greedy behaviour. Diarrhea and asthma attacks accompanied by anxiety
Platina	Wounded ego, hurt by anger. Sexual Disappointment. They are arrogant, proud dominant and superior to others. short relationship but with great intense and jealousy. After love disappointment they could feel deserted, isolated and separated.
Causticum	Lose of love. Love disappointment. Long lasting disappointments. Worry that something really bad will happen. Fanaticism and idealism. Very suspicious and distrustful. Aliments from long lasting grief. Sad and hopeless. Fear on closing eyes. Intensely sympathetic.
Conium	After separation person miss sex especially. Strong cancer history in family. When partner left person devote life to help others, live in celibate and single.
Hyoscyamus	Indication for this remedy is jealousy sexual abuse. Disappointment in love. Focused on sexuality. They like being sexually offensive and shocking. Deliberate antisocial behaviour and also suspicious .Want to kill partner who has affair.
Ignatia	The primary indication for this remedy is emotional stress, especially disappointment or grief. Other indications are a defensive attitude, frequent sighing, and mood swings get lump in throat, If the grief is strong and

	lasts long time, thyroid may go disrupted.
Lachesis	Will be very jealous, suspicious, very verbal, write long attacking letters, verbally attacking. Egotism.
Lycopodium	Lycopodium patients attempt to cover an inner sense of inadequacy by putting up fronts, by pretending to be something they are not.
Pulsatilla	Rejection and feeling that they are unloved and unwanted is major trauma for this people. Betrayal is strong wound for this person. They could be hurt by humiliation and love disappointment.
Sepia	Romantic disappointment, After love disappointment they could be hard and sarcastic.

E) Table of remedies and symptoms V

- **Anxiety & Panic Attacks,**
- **Separation Anxiety**
- **Lack of self-esteem and loss of confidence**
- **Isolation, loneliness , alienated from people, family or society**

Remedy	Symptoms
Aconite	Remedy for a panic attack that comes suddenly with very strong fear (fear from death) may indicate this remedy. A state of immense anxiety may be accompanied by strong palpitations, shortness of breath, and flushing of the face. Painful urination with anxiety. Anxiety in cardiac region.
Arsenicum Album	This remedy is indicated for person who is deeply anxious about health, and extremely concerned with order and security. Panic attacks occur around midnight or the very early hours of the morning. The person may feel exhausted, restless and anxiously moving from place to place. These people may also have digestive problems or asthma attacks

	<p>accompanied by anxiety. They are typically obsessive about small details and very neat. They may feel a desperate need to be in control of everything.</p>
Natrium muriaticum	<p>They are often sympathetic listeners to other people's problems. Claustrophobia, anxiety at night (with fears of robbers or intruders), migraines, and insomnia are often seen when this remedy is needed</p>
Phosphorus	<p>Indication to take this remedy is when persons is imaginative, excitable, has phobia and intense and vivid fears. Strong anxiety is triggered by thinking of almost anything. They are nervous and sensitive. They can overextend themselves with sympathy to the point of feeling exhausted and "spaced out" or even getting ill. They need all the time company and reassurance. They often feel better from conversation or a back-rub. Easy flushing of the face, and palpitations, are other indications for Phosphorus.</p>
Pulsatilla	<p>Person feels alone in the world. Manipulative cry for attention. Cry easily. Getting too warm or being in a stuffy room often increases anxiety. Anxiety increases around the time of hormonal changes. This person expresses anxiety as insecurity and clinginess, they need constant support and comforting.</p>
Stramonium	<p>Indicated remedy when start separation anxiety. Person has issue being alone at night. Person just gets scared. Too scary to be alone. Waking up at night in panic as child and adult. Feeling isolated and alone. Great fear at night must have light on.</p>
Aregentum Nitricum	<p>This remedy is indicated when anxiety develops before a big event. For example Anxiety panic attack before an interview for job, an exam, a public speech, social engagement, marriage. Enthusiastic and suggestible. Person has a peculiar thoughts and impulses.</p>
Camphor	<p>Person feels abounded and alone in the world. Cannot breathe, see imaginary people in room. Clinging great fear at night, feeling cold. Person has lack of any love when was child.</p>
Gelsemium	<p>This remedy is indicated when person has</p>

	<p>feelings of weakness, trembling, and mental dullness (being "paralyzed by fear"). It is also useful when a person experiences anxiety about an upcoming event such as stage-fright about a public performance or interview, or anxiety before a test, impending visit to the dentist, or other stressful events. Chills, perspiration, diarrhoea, and headaches will often occur with nervousness. Fear of crowds, a fear of falling, and even a fear that the heart might stop are other indications for Gelsemium. Anxiety during thunderstorm</p>
Anacardium	<p>Lack of self-confidence, feeling inferior. Fear of failure and very low self-esteem. Effect of strict parenting. Self-esteem depend on achievement. Murderous aggressiveness.</p>
Lycopodium	<p>Lycopodium persons feel anxiety from mental stress and suffer from a lack of confidence. They can be self-conscious and feel intimidated by people they perceive as powerful. They can feel a deep anxiety and fear of failure, when they take on responsibility.</p>

MINI MATERIA MEDICA FOR MENTAL AND EMOTIONAL STATE

ACONITUM NAPELLUS

Mental and emotional state

- Excitable
- Extreme restlessness
- Fear of death
- Predict time of death
- Sudden attacks of panic
- Oversensitive to light (sunlight) ,noise(music),Odours, Pain

General symptoms

- Complaints from cold wind, dry wind
- Getting chilled, shock.
- Face red. Likes cold drink
- Onset of complaints sudden.
- Pain unbearable
- Sweat hot on covered parts of body
- Thirsty
- Vertigo
- Conjunctivitis

Modalities

Worse:

- At Night
- Fright, Shock
- Noise
- Lying on affected side
- For touch

Better:

- Fresh air
- Rest
- Warm perspiration

ANACARDIUM

Mental and emotional state

- Lack of self- confidence
- **Hatred**
- Feeling of separation from the world and society
- Very forgetful, Weakness of memory
- Weakness of will
- Two wills

General symptoms

- Symptomts disappear while eating
- Pressing pains
- Numbiness exsternally
- Injury of tendons
- Eczema with excessive itching

Mind

Childish behaviour, Clairvoyance, Delusions he is devil, Clairvoyance, DULLNESS FROM MENTAL EXERTION, Destructiveness from suppressed emotions

Modalities

Worse:

- Open air,
- Cold, Motion
- Long after eating
- Fasting,

Better:

- Eating,
- Hot water

ARGENTUM NITRICUM

(Silver Nitrat)

Mental and Emotional state

- Impulsiveness.
- Anxiety from crossing bridge , high places and an open window.
- Hidden irrational motives for action.
- Many phobias.
- Delusion he is forsaken.
- Hurry, disturbed sense of time and space.

General symptoms

- Worm blooded , craving for fresh air
- Sensation of enlargement
- Pressing pains
- Vertigo tinnitus
- Convulsions from fright and from nervousness

Mind

Anxiety in the morning after rising. Confusions after coffee. Fear of being late and open space. Delusions he has incurable disease. Anxiety and restlessness.

Modalities

Worse:

- Laying on right side.
- Warm room.
- Sugar.
- Crowds.
- After eating and drinking

Better:

- Cold air.
- Hard pressure.
- Wind blowing into face.
- Sitting.

ARNICA MONTANA

Mental and emotional state

- Whole body oversensitive, want to be left alone.
- After an injury or accident awakes in terror.
- Aliments from injuries, physical or mental.
- Trauma or grief ;sudden financial loss.

General symptoms

- Bed effects of mechanical injury.
- Sore, bruised sensation all over body.
- Has to change position all the time.
- Offensive discharge
- Haemorrhagic tendency
- Bruises easily
- Breath smelly

Mind

Aversion to being touched/examined. Complaints from shock. Denial of illness. Forgetful after injury. Fearful.

Modalities

Worse:

- Lying on injured part.
- Touch.
- For jarring movement.

Better:

- Lying.
- Open air.
- Uncovering.
- Changing position.
- Wind in face.
- Sitting erect.

ARSENICUM ALBUM

Mental and emotional state.

- Insecurity, afraid to be alone.
- Obsessed with order and tidiness.
- Preoccupied with death.
- Many fears: disease, cancer, robbers, poverty, death, alone.
- Tremendous restlessness.
- Anxiety about health.

General symptoms

- Sudden weakness.
- Anaemia
- Catches cold easily.
- Discharges burning, smelly, watery.
- Face pale.
- Dryness in generally.
- Lips cracked, dry, licks.
- Sweat absent during fever.
- Taste in mouth bitter. thirsty for large quantities or frequent small sips.

Mind

Anxious generally on waking at night after midnight or at 3a.m. Complaints from anger with anxiety. Critical. Depressed. Guilt. Irritable. Restless.

Modalities

Worse:

- For change of temperature.
- For cold.
- For damp for exertion
- After midnight, at 3a.m
- On waking

Better:

- For heat, for hot drinks.
- For warmth of bed ,for laying down

AURUM

Mental and emotional state

- Depressive melancholic mood.
- Suicidal disposition
- Oversensitive to contradiction
- Wounded honour, loss of property
- Anxiety of conscience
- Workaholic, ambition.

General symptoms

- Pain in bones esp.at night
- Heaviness
- Heat in blood vessels
- Hyperaemia
- Sterility

Mind

- Anger at absent person.
- Aversion of being approached by persons.
- Brutality.
- Colours desired for red.

Modalities

Worse:

- Mental exertion
- Cold. Night.
- Menstrual period.
- Right side.

Better:

- Cool, open air.
- Cold bathing.
- Warmth.
- Rest.

BRYONIA

(White Bryony)

Mental and emotional state

- Nicked name as “bear “because irritability
- Anxious.
- Capricious.
- Sluggish.

General symptoms

- Face dark red
- Likes cold drink
- Dizziness, dryness.
- Complaints from change of weather.
- Lips dry. Mouth dry with thirst.
- Pains sore, bruised.

Mind

Want to be left alone when ill. They are especially bad when they are touched. Do not want to be questioned and examined.

Modalities

Worse:

- For slightest movement.
- For flatulent food (beans, cabbage etc.)
- At 9 p.m.

Better:

- For lying still
- For firm pressure

CALCERA CARBONICUM

Mental and emotional state

- Protection.
- Stability and organisation.
- Lack of ambition.
- Security.
- Many fears and anxieties.
- Fear of animals.
- Fear of insanity, of being observed, and fear of poverty.

General symptoms

- Anaemia.
- Catches cold easily.
- Clumsy. Complaints from getting wet.
- Dislikes coffee, meat, tobacco.
- Face pale. Glands swollen.
- Sweat on head, sour and profuse from physical and mental exertion.
- Symptoms on right side.
- Likes boiled egg.

Mind

Anxious about health, about children at night and during evening. Confused and depressed.

Fearful generally. Melancholic. Slow. Sluggish.

Modalities

Worse:

- For thinking,
- Cold bath.
- Pressure of clothes. Milk.

- Lifting weights

Better:

- Dry weather, lying on painful side. Lying on the back. Dark room.

CAUSTICUM

(Potassium hydrate)

Mental and emotional state

- Gradually paralysis on three levels: emotional , mental and physical.
- Emotional ailments from grief.
- Cannot stand injustice.
- Fear of dark.
- Stammering.

General symptom

- Stomach easily upset.
- Local paralytic affection.
- Loss of libido.
- Likes smoked food.
- Dislike sweet things.
- Restless during evening.
- Eyelids heavy.

Mind

Anxiety in evening about future. Delusions see black images. Tearful. Irritable.
Memory weak. Absent minded. Sympathetic.

Modalities

Worse:

- For coffee.
- For cold weather.
- For walking.
- For draughts.
- For change weather.

Better:

- For cold drinks.
- For heat.
- For warmth of bed.

CONIUM**Mental and emotional state**

- Indifference.
- Gradually paralyse.
- Introversion.
- Isolation aversion to company. Aversion to light.

General symptoms

- Complaints from accident/injury.
- Dizziness.
- Sweat during sleep.
- Aliments from suppression of sexual desire.
- Fear of AIDS.
- Affection of glands.
- Premature aging.
- Climacteric problems: flushes and vertigo.

Mind

Aliments, from remorse. Excitement, after vine. Aversion, to friends during pregnancy.
Ambition for fame. Narrow- minded. Thoughts, tormenting, sexual

Modalities**Worse:**

- Standing.
- Seeing moving objects.
- Alcohol.
- Continence.
- Motion.

Better:

- Pressure.

- Continued motion.
- Letting part hang down.

GELSEMIUM

Mental and emotional state

- Apprehension
- Lack of will power, mental and physical.
- Aversion to be disturbed.
- Fear of losing control.

General symptoms

- Aliments, weakness and vertigo.
- Trembling, drowsiness.
- Dull, drowsy and dizzy.
- Never well since flu.
- Great weakness.
- Profuse urination.
- No thirst.
- Faintness on sight of blood.

Mind

Aliments from embarrassment. Anticipation on stage fright. Averse of being disturbed. Fearful of falling; of public speaking. Depressed but cannot cry. Desire to be alone.

Modalities

Worse:

- Emotions.
- Fear fright.
- Humid.
- Tobacco.
- Sun,heat.

Better:

- Profuse urination.

- Perspiration.
- Shacking.
- Bending forward. Closing eyes.

HYOSCYAMUS

Mental and emotional state

- Jealousy and suspicious.
- Delusion he will be poisoned
- Thinks everybody cheats, tricks him.
- Loquacity.
- Violent outbursts.
- Strong sexual element. Nymphomania.
- Exhibitionism.

General symptoms

- Epilepsy from fright.
- Sensation of heat in blood vessels.
- Spasm.
- Chilly sensitive to cold.

Mind

Desire to attack others. Aliments from, jealousy. Delusions: people are animals; wife cheating; possessed of devil. Intriguer. Gossiping.

Modalities

Worse:

- Fright unhappy love.
- Touch.
- Eating and drinking.
- During menses.

Better:

- Sitting up.

- Stooping.

IGNATIA

Mental and emotional state

- Aliments from anger, silent grief.
- Disappointments in love.
- High ideals and expectation.
- Involuntary sighing.
- Emotional outburst very quickly controlled.
- Tendency to eat during stress.

General symptoms

- Sensation of lump in throat.
- Twitching around mouth.
- Changeable appetite.
- Spasmodic and erratic symptoms.
- Symptoms contradictory.
- Aversion to fresh air. Dislike fruit, milk and tobacco.

Mind

Anxious after shock. Broody. Depressed from suppressed grief. Suppression of emotions. Involuntary weeping. Sensitive generally. Complaints from anger , disappointment in love and humiliation.

Modalities

Worse:

- After drinking coffee, for tobacco.
- Emotions (grief, anger, worry, fright)

Better:

- Profuse urination.

- If alone.
- After eating.
- Warmth.

KALIUM BROMATUM

(Potassium bromide)

Mental and emotional state.

- Nervousness.
- Paranoiac delusions.
- Religious.
- Wrings hands.
- Feeling of helplessness.
- Sexual excesses.

General symptoms

- Strong feeling of insecurity.
- Suspicion.
- Slow stammering speech.
- Night terrors.
- Somnambulism.
- Numbness' of whole body.

Mind

Aliments from death of child. Embarrassment. Suicidal disposition. Does not recognize his relatives. Delusions, impressions of danger from his family.

Modalities

Worse:

- Sexual excesses, mental exertion.
- Vertigo.
- Hot weather.

Better:

- When busy.

LACHESIS

Mental and emotional state

- Sharp-tongued, witty.
- Overactive mind.
- Loquacity.
- Fanatics.
- Intense passionate.
- Suspicious and jealousy.
- Strong sex drive.

General symptoms

- Worm blooded
- Left side ailments.
- Varicose veins.
- Great sensitivity esp. to touch.
- High mental energy in the evening.

Mind

Absentminded before epileptic attack. Desire for amusement. Confusion in the morning on waking. Love for animals cats. Communicative. Egotism speaking always about themselves. Prophesying.

Modalities

Worse:

- After sleep, morning,
- Heat, summer.
- Pressure clothes on neck and waist.
- Alcohol.

Better:

- Open air.
- Free secretion.

- Cold drinks.

LYCOPodium

Mental and emotional state

- MELANCHOLY;
- AFRAID TO BE ALONE.
- Haughtiness, dictatorial.
- Extreme lack of self-confidence.
- Inflated ego.
- Irritability in the morning.

General symptoms

- Full of gas. Inflated.
- Craving for sweets.
- Hungry at night.
- Right side complaints.
- Dryness.

Mind

Aversion to her own children. FLATTERING. Irritability from noise. Anxiety when in train in tunnel. Fear during coition. Dictatorial.

Modalities

Worse:

- Pressure of clothes.
- Warmth.
- Oysters.
- Indigestion.
- Bread.

Better:

- Warm drinks.
- Warm food.
- Open air.

NUX VOMICA

Mental and emotional state

- Strong inner urge.
- Ambitious. Ruled by the goal.
- Fanatic. Competitive.
- Independent(fear of marriage)
- Fastidious.
- Jealous and abusiveness.

General symptoms

- Craving for stimulants (coffee, wine, hot spices).
- Aliments from loss of sleep.
- Needs coffee to work and alcohol to sleep.
- High sex drive.
- Cramps, spasm.
- Ineffectual urging to stool, to urinate, to vomit, to sneeze.

Mind

Loss of ambition from disappointment. Anger when obliged to answer.
Fear of opinion of others. Flow of thoughts in the morning. Loquacity about his health.

Modalities

Worse:

- Early morning.
- Cold.
- Coffee, drugs.
- Pressure of clothes.

Better:

- Free discharge.
- Covering.
- After stool.

OPIUM

Mental and emotional symptoms.

- Fright from sight an accident.
- Withdrawal into inner world.
- Mental shock.
- Shame.
- Aliments from disappointment and embarrassment.
- Unaffected by external impression

General symptoms

- Great sleeplessness after a head injury.
- Hot perspiration.
- All secretion diminished.

Mind

Mental agility. ANXIETY if the fear or the fright remains. Bulimia. Blissful feeling. Irritability when aroused, when disturbed.

Modalities

Worse:

- Emotions, fear.
- Alcohol. Supressed discharges.
- Heath. Hot bath.
- Stimulants.
- While perspiring.
- Uncovering.

Better:

- Cold.
- Constant walking.
- Open air.

PHOSPHORUS

Mental and emotional state

- Extroverted. Affectionate.
- Sympathetic.
- Full of fears and anxieties.
- Self- loved , self –centred.
- Too open and easily impressionable.

General symptoms

- Sensation of heat when eating warm food.
- Tendency to hypoglycaemia.
- **Strong cravings for cold drinks ice cream and spicy food.**
- Sudden weakness.
- Heat of hands.
- Haemorrhages.

Mind

Love affection. ANXIETY IN THE EVENING WHEN ALONE. Sensation of brotherhood. Delusions being on distant island. Desire for sympathy from others. Discusses her symptoms with everyone.

Modalities

Worse:

- Lying on left or painful side.
- Cold hands in water.
- Warm food.

Better:

- Eating.

- Sleep.
- Cold
- Lying on right side.

PLATINA

Mental and emotional state

- Very idealistic.
- Forsaken, deserted feeling.
- Auto-eroticism and narcissism. Self-love.
- Mood swings. Bored.
- Contempt.

General symptoms

- High sex drive.
- Painful sensitiveness of sexual organs.
- Disturbed sleep.
- Numbness.
- Sore pain on pressure
- Sticky secretion.

Mind

Abrupt, rough. Aliments from loss of position. Ambition. Anxiety when speaking in company. Delusions being alone in world; does not belong to her own family. Sadness .Egotism.

Modalities

Worse:

- **Touch.**
- Sexual coition.
- Standing.
- Fasting.
- Warm room.

Better:

- Sunshine.
- Motion.
- Walkin on open air.

PULSATILA

Mental and emotional state

- Affectionate, mild timid.
- Yielding.
- Wants to please.
- Many fears, narrow places; in crowd; darkness.
- Can be manipulative to get attention.

General symptoms

- Digestive problems
- No thirst.
- Profuse thick bland, yellow-green discharges.
- Fullness of veins.
- Never well since puberty.

Mind

Aliments from jealousy. ANXIETY. Hypochondriacal. Mania to read medical books. Colours desire for blue aversion to orange. Wounded self-esteem. Fear of being humiliated or neglected.

Modalities

Worse:

- **Worm** food, drinks, bed.
- Beginning motion.
- Eating rich food.
- Evening.
- Rest

Better:

- Erect posture.
- Cold, fresh air.
- Cold drinks. Cold food.

STAPHISAGRIA

Mental and emotional state

- Pride and honour.
- **Sensitive** to external impression.
- Fear of losing self-control.
- Yielding mild.
- Timid.
- Sexual minded.
- Some form of addiction.
- Aliments from suppressed emotions.

General symptoms

- Sensitive to touch.
- Trembling from anger
- Odour of rotten egg.
- Craving for sweets and milk.

Mind

Rudeness of others. Colours, desire for dark. Egotism. Loss of self-control. Fear of his own shadow. Self –denial.

Modalities

Worse:

- Emotions, insult.
- Sexual excesses.
- Onanism.

Better:

- Warmth
- Rest.

- Breakfast.

STRAMONIUM

Mental and emotional state

- Strong desire for light.
- Strong desire for company.
- Violence or fears or convulsions.
- Violent aggression.
- Fears.
- Night terrors.
- Post-traumatic stress.
- Stammering speech.

General symptoms

- Suppressed secretion.
- Spasmodic affection.
- Violent thirst.
- Sleeplessness in dark room.

Mind

Aliments from religious excitement. Anxiety after coffee, in dark from noise of rushing water. Desire to attack others. Cheerful during menses. Delusions that she is always alone. Loquacity, about religious subjects.

Modalities

Worse:

- After sleep.
- Darkness.
- When alone.
- Light.

Better:

- Light.
- Company.
- Warmth

VERATRUM ALBUM

Mental and emotional state

- Ambitions.
- Fear about his position in society.
- Haughtiness.
- Rigidity of opinion and attitude.
- Religious delusions.
- Insanity.

General symptoms

- Sudden sinking of strength.
- Tremendous chilliness.
- Cold perspiration.
- Craving for acid fruit, salty things and cold drinks.
- Spasm and cramps.

Mind

Aliments from loss of position. Ambition. Cursing at night. Talking about faults of others.

Imitation, mimicry. Delusions , has a cancer ;himself being Christ.

Modalities

Worse:

- Exertion.
- Drinking
- Before and during menses

Better:

- Hot drinks.
- Pressure on vertex
- Warm food.
- Stimulants.

Conclusion

Stress can be helpful when it spurs you to take action and solve a problem. Unrelenting doubts, fears and anxiety can be paralyzing. They can soak our emotional energy, and interfere with our daily life. Chronic anxiety and stress is a mental habit that can be broken. We can train our mind to stay calm and look at life from a more positive perspective. In this stressful time we need some peaceful refuge.

Hope that this homeopathic guide will be useful tool in dealing with everyday stress and that homeopathy can sooth our soul by provoking natural self-healing.

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