

# Innovations

## Efficacy of Individualized Homeopathic Medicine in Managing Anxiety Disorders in Youth: A Clinical Perspective Based on the Hamilton Anxiety Rating Scale

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### Abstract

**Background:** Anxiety disorders are prevalent among youth and are often under diagnosed or undertreated due to stigma, side effects of conventional medications, and lack of accessible mental health services. There is increasing interest in complementary therapies such as homeopathy, known for its individualized and non-toxic approach. **Objective:** To evaluate the potential role of individualized homeopathic treatment in managing anxiety disorders in youth, using the Hamilton Anxiety Rating Scale (HAM-A) as a standardized tool for outcome assessment.

**Methods:** A prospective, observational study involving youth aged 12–18 diagnosed with anxiety disorders. Individualized homeopathic remedies were prescribed following classical principles, and outcomes were assessed using HAM-A scores over 8–12 weeks. **Results:** Significant reductions in HAM-A scores were observed across both psychic and somatic domains. Patients reported improved emotional regulation, reduced anticipatory fears, and better sleep patterns, without adverse effects.

**Conclusion:** Homeopathic intervention may serve as an effective, safe adjunctive treatment for anxiety disorders in adolescents. Further randomized controlled trials are needed to validate its clinical efficacy and long-term outcomes.

**Keywords:** Homeopathy, Anxiety Disorders, Youth Mental Health, Hamilton Anxiety Rating Scale, Complementary Medicine, Integrative Psychiatry, Individualized Medicine, Adolescents, Mental Health Outcomes

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### 1. Introduction

Anxiety disorders are the most common psychiatric disorders in adolescence, often leading to academic failure, substance abuse, and suicide risk. The World

Health Organization (WHO) reports that approximately 10–20% of adolescents globally experience mental health conditions, with anxiety being most prevalent.

Conventional treatments—mainly pharmacotherapy and cognitive behavioral therapy (CBT)—are effective but may have limitations such as poor adherence, side effects, or limited availability in low-resource settings. This has led to increased interest in alternative therapies, including homeopathy, a holistic system of medicine that focuses on individualized treatment.

## **2. Theoretical Framework**

Homeopathy, developed by Samuel Hahnemann, is based on the Law of Similars: 'like cures like.' Remedies are selected after a detailed case-taking process, focusing on the totality of symptoms and patient constitution. The Hamilton Anxiety Rating Scale (HAM-A), developed in 1959, is a validated clinician-rated tool that measures anxiety severity based on 14 parameters grouped into psychic and somatic categories.

## **3. Methodology**

### **3.1 Study Design**

Prospective, observational, pre-post study conducted in a clinical homeopathy setting.

### **3.2 Participants**

**Inclusion Criteria:** Youth aged 12–18 diagnosed with generalized anxiety disorder, social anxiety disorder, or unspecified anxiety based on DSM-5 criteria.

**Exclusion Criteria:** Patients with comorbid psychosis or receiving concurrent psychiatric medication.

### **3.3 Intervention**

Homeopathic remedies were prescribed based on individualized symptomatology.

Remedy selection included but was not limited to:

- Aconitum napellus: acute panic, fear of death
- Argentum nitricum: anticipatory anxiety, impulsivity
- Gelsemium sempervirens: trembling, performance anxiety
- Kali phosphoricum: nervous exhaustion
- Pulsatilla nigricans: weepiness, clinginess

### **3.4 Outcome Measurement**

HAM-A scores recorded at baseline and at 4-week intervals up to 12 weeks.

### 3.5 Ethical Approval

Approval obtained from Institutional Ethics Committee. Parental consent and adolescent assent were secured.

## 4. Results

### 4.1 Demographics

- **Total Participants:** 30
- **Gender:** 60% female, 40% male
- **Mean Age:** 15.2 years
- **Most common diagnosis:** Generalized Anxiety Disorder (GAD)

### 4.2 HAM-A Score Reduction

- Mean HAM-A at baseline: 27.3 (moderate anxiety)
- At 4 weeks: 20.1
- At 8 weeks: 14.5
- At 12 weeks: 10.2 (mild anxiety)

### Statistical Significance:

Paired t-test showed  $p < 0.01$  between baseline and week 12.

## 5. Discussion

The findings suggest a promising role of individualized homeopathy in managing anxiety in adolescents. The significant reduction in HAM-A scores, especially in psychic domains such as fear, insomnia, and tension, indicates therapeutic benefits without pharmacological side effects.

This aligns with emerging literature supporting homeopathy as a safe adjunct in mental health care. Importantly, the non-invasive, patient-centered nature of homeopathy may enhance treatment adherence, especially in young populations.

However, the limitations include the lack of a control group and potential placebo effects. Controlled trials with larger sample sizes are needed for scientific validation.

## 6. Conclusion

Homeopathic medicine, when individualized and administered with proper clinical judgment, appears effective in alleviating anxiety symptoms in youth. The use of HAM-A as a tracking tool adds objectivity to the clinical observations. Integration of homeopathy into youth mental health services could offer a viable, holistic treatment avenue—particularly in resource-constrained or culturally sensitive settings.

## 7. Limitations and Future Directions

Lack of control/placebo group  
Small sample size  
Subjective reporting bias

Future research should include randomized controlled trials, longer follow-up periods, and neurobiological markers for anxiety.

## 8. Acknowledgments

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## 9. Conflicts of Interest

The author declares no conflicts of interest.

## 10. References

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