

ICR SYMPOSIUM: HOMOEOPATHIC APPROACH TO ANXIETY AND ITS MANAGEMENT

Background

Today the world appears to be living forever on the edge of Anxiety. Anxiety disorders are on the rise and dysthymia has become all-pervasive. As physicians, we appear to be as much at the mercy of these global forces, as are our patients. The old values have changed, new healthy ones are yet to be established. There are no external insulators.

To begin with, how far back can we trace the genesis of this problem?

We have now been living in an 'Age of Uncertainty' since many years. This state of mind started off during World War II which overthrew the 'fascist' warring world order while promising an era of Peace. The nuclear holocaust was hardly the usherer of the promised Paradise! The world has never really settled down since then, lurching from one calamity to another. The latest 'cause' of uncertainty is the behaviour of the Dollar which continues relentlessly hurtling downwards taking the markets and our 'future' with it. Do we as Homoeopaths, possess any magic wand to bring an end to all this uncertainty?

Obviously not! One's outlook to life and the resulting mental attitude determine one's reaction patterns to events which dynamically unfold before us. Can Homoeopathy help to promote a healthy attitude? Is it not supposed to possess the property to prevent illness and promote health? In clinical terms, what does this entail? Can the system when used correctly and creatively create internal conditions which would initiate sensible action aiming at stability within ourselves and in our patients? Only a person in a reasonable state of balance can impart confidence to others while helping and encouraging them to tackle their difficulties

Universal presence of Anxiety

Freud considered anxiety as the 'mother' of all psychological disorders. We have been witnessing this truth in our clinical work. The manifestations of anxiety have become more refined as they become more prolific. This has given rise to a varied and sometimes confusing terminology since a need is felt to pigeon-hole anxiety with neat labels. The full import of these labels may escape a Homoeopath! In what way does an Agoraphobia differ from a Generalized Anxiety Disorder and why is that difference important? Does panic disorder have any relationship to Post-traumatic Stress Disorder

and are there any convergences in the way they are managed? Are Phobias and OCDs very vastly different or do they share a common miasmatic background? That anxiety overflows all man-made diagnostic barriers is our common experience. DSM V will be with us in 2012 throwing us once again in a fresh tizzy. It is perhaps more important for us to understand the different presentations when anxiety makes deep inroads into the internal worlds of the patients making them very vulnerable to an astonishing range of co-morbid psychological and physical conditions. We also need to understand the underlying concept of anxiety states..

Emergent themes for the Symposium

The following questions come to our mind when we think of dealing with anxiety and its manifestations and of relieving some of the deleterious consequences:.

- How do we spot anxiety in our patients? How do we perceive its the conscious, subconscious and unconscious expressions?
- What does anxiety and its close cousin – fear - mean to the common man and to the clinician? How commonly do we encounter it?
- How do we classify anxiety? How do we formulate the approach to its diagnosis?
- How do we differentiate the 'symptom' from the 'disposition'?
- What are the factors responsible for its genesis - Familial? Environmental? Experiential? Psychological? Neurophysiological and Neurochemical?
- What are the predisposing factors? What is the nature of the disposition that produces vulnerability in the individual?
- What happen to us as Physicians / Observers while we are exploring the world of the anxious patient?
- How do we understand the various expressions from the Homoeopathic perspective? How do we gauge the susceptibility / sensitivity?
- Are there any specific principles which help in the formulation of the totality?
- How do we handle the anxious patient? With Acute / Chronic / Intercurrent remedies or with the use of the Constitutional force?
- Do we / should we have Materia Medica images of 'Anxious remedies'? Can we look for some general guidelines for working out a repertorial approach to anxiety?

- Which ancillary measures are needed and when are they needed –counselling / relaxation / yoga to assist in the management of the anxious patient?
- How do we understand the different expressions of anxiety from the miasmatic perspective? What is the role of Antimiasmatic remedial forces in its management?
- Does our understanding of susceptibility translate into a posology which is distinct for these conditions?
- What is the role of TPD / TPR (Therapeutic Problem Definition and Therapeutic Problem Resolution) in directing the efforts of the patient and Physician?

Symposium on Homoeopathic Approach to Anxiety and its Management

Venue: Navasmaj Mandal Hall, Dixit Cross Road No1, Near shiv sagar restaurant , Vile Parle (East), MUMBAI 400057

Dates: 24th to 26th December 2011

Fees: 1800/- One thousand eight hundred only (inclusive of breakfast & lunch)

Invitation to contribute:

We will take up some of the issues identified above and others which will be revealed by the bouquet of cases submitted. Please treat this as an appeal to all clinicians to send in appropriate case material within the next two weeks to help in deriving major themes and the approach. We are not restricting the case material to any particular diagnostic categories at this stage and would prefer to study the opportunity the case collection would provide for launching an in-depth study.

Please send in cases to any of the undersigned or share with us any doubts you may have about the inclusion of any experience in advance.

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