

EFFICACY OF HOMOEOPATHY IN CASES OF INSOMNIA DUE TO ACUTE ANXIETY THROUGH COMPLETE REPERTORY: A CASE STUDY

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Abstract: *The study highlights a case study of Insomnia in which there is inability to sleep or maintain sleep despite the patient having adequate opportunity and circumstances to sleep. Patient with mental stress and anxiety often suffer from it due to inability to relax their mind and body in attempting to sleep. Homoeopathic management of the cases of insomnia has proven quite successful as Complete repertory is based on work of Kent's repertory which stresses on totality consisting of mind, general symptoms and peculiar particulars esp. the individualistic symptoms of the patient to work out the case, therefore relieving the person from mind and generals to the parts, relieving the basal cause of disease; along with above totality when miasmatic enigma is covered, results in complete cure of the ailment.*

Key Words: *Insomnia. Anxiety, Complete Repertory, Individualistic symptoms, Totality, Miasm.*

Insomnia:

Inability to sleep or maintain sleep despite the patient having adequate opportunity and circumstances to sleep. It is associated with impairment of daytime functioning or mod symptoms. Two types:

- 1) Sleep-onset insomnia-difficulty in falling asleep
- 2) Sleep-maintenance insomnia-difficulty in remaining sleep

There is frequent nocturnal awakening. There is non-restorative sleep Insomnia can heighten the perception of pain. It is associated with endocrine disturbance. It has association with increases risk of cardiovascular diseases. Insufficient sleep can lead to difficulty in work (occupation errors) & motor vehicle accidents

Causes

1. Primary(ideopathic)
2. Depression, anxiety
3. Medication or substance use including stimulants, corticosteroids, caffeine, alcohol.
4. Medical conditions including chronic pain, chronic obstructive pulmonary disease, asthma, menopause and neurologic disorders.

Clinical features:

1. Difficulty in falling sleep at night.
2. Waking up frequently at night

3. Feel unrefreshing after a night's sleep
4. Irritability depression, anxiety
5. Difficulty in paying attention/ or focus on tasks or remembering.
6. Rapid eye movements (REM) intrusion phenomena:

It include hypnagogic hallucinations-vivid and often frightening perceptual halucinatory experiences which occur during the transition between waking and sleep.

Treatment in Modern Medicine:

1. Cognitive- behaviour therapy.
2. Triazolam, Zolpidam for sleep-onset insomnia.

How anxiety causes insomnia:

Patients having persistent, excessive and /or unrealistic worry associated with other features including muscle tension, impaired concentration, restlessness and insomnia.

How homoeopathy deals psychological complaints:

Kent method emphasizes on mentals symptoms and move the from general to particular. Complete repertory is also based on Kentian philosophy.

Dr. Kent believed that man's general disease first affect at dynamic plane and then only functional followed by structures in particular. He advised to study all the symptoms from general to particular and within outward.

How complete repertory is beneficial in treating psychological cases:

Complete repertory is based on work of Kent's repertory. Dr. Kent classified the symptoms into general, particular and common to understand the person, part and disease respectively. He laid stress on general symptoms and on uncommon symptoms both at the level of generals and particular, which characterize the man in his sickness.

Swedenborg's philosophical ideas influenced Kent to form concepts regarding soul, inner man, and personality. According to Swedenborg all creation has its origin in divine love and wisdom. Swedenborg's doctrine of degree when applied to man involves the conception that man's mind can influence his own body. When this is complete the soul can dwell in it fully and influx then proceed directly through the soul and mind into living body.

Dr. Kent believed that Hahnemannian totality demanded study of man as a whole and said "**man is prior to organs**". His repertory is based on **generals to particular**. Thus with the help of Kent repertory we can treat the psychological cases.

In 1996, Dr. Roger Von Zandvort published this repertory and he was assisted by Kunzli group, institute for research, homoeopathic information and symptomatology. In 2011 Roger Von Zandvort published new edition of the 'Complete Dynamics'. When patient provide clear symptoms which cannot be located in major repertories like Kent, so the need was felt to compile the complete repertory. In Boger Boenninghausen Repertory which also include many other remedies which have listed in second and third degrees in Kent repertory, these remedies were omitted by Dr. Kent in his repertory because they had not been verified in practice. Thus main aim of the complete repertory is to integrate Boger's Boenninghausen's Repertory with its rubrics containing remedies into the Kent's to produce a "Super-Repertory". The sources of complete repertory are first third and sixth American edition of Kent repertory. Other sources include Kunzli's Repertorium Generale, Boger's edition to Kent's repertory. In this repertory most important word (Key word) in a rubric was moved to beginning of that rubric. E.g. during urination- Urination during.

Grading of remedies:-

1. Plain type font- first degree- arg. n 1 mark
2. **Bold italics**-second degree-arg. n- 2marks
3. **Bold upper case**-third degree-**ARG. N**-3 marks
4. **Bold upper case & underlined**- forth degree remedies- **Arg. n**- 4 marks

There are 1725 remedies covered in Complete repertory. Dr. Roger Von Zandvort began adding remedies and

rubrics to his repertory from the sources like kent's materia medica, Hahnemann's M.M. Pura, and also other recent repertories.

Complete repertory ver 4.5: It follows the structure of Kent repertory. Thus Complete repertory helps in finding the mental symptoms of the patients. It is therefore useful in psychological conditions like insomnia.

CASE STUDIED:

Name: ABC

Marital status: Married

Age/sex: 30/M

Religion: Hindu

Social eco. Status: Middle Income Group

Bed no.:18/11956

Occupation: Clerk

Date of admission: 27/11/18

Residence: Pakka Sadan, Sri Ganganagar

Date of Examination: 28/11/18

Chief complaints with duration:-

Complaint of sleeplessness, restlessness for last 1-2month

Nervous anxiety for last 2 year

Anxiety < alone when, > diversion

History of Present Complaints:-

Patient was apparently well 2 years back when he joined the job and not adjusted and stressed out.

Anxiety < when alone, > diversion

Not able to sleep properly if sometimes try to sleep during day or night. For about 2-3 months he is having hot talks with his boss that is why he is not able to sleep. He startles while sleeping with fear and awake suddenly.

Continuous thinking about unknown things.

Aggravation while doing work, while thinking about illness.

Amelioration rest, diverting mind.

Past History: Not specific

Family History:-

Mother- Osteo-Arthritis

Father- Diabetes

Personal History:-

Married; 1 kid

Drug History:-

Take sleeping pills, at night to sleep

General Physical Examination:-

BP: 110/70 mmhg

Pulse; 72 beats/ min

Temp; afebrile

Observation:-

Thin dark complexion

Systemic Examination:-**Respiratory System:** N.A.D.**Cardiovascular System:** N.A.D.**Gastro Intestinal system:** N.A.D.**Nervous System:** N.A.D.**Lympho-Glandular System:** N.A.D.**Joints & Bones:** N.A.D.**Excretory System:** N.A.D.**Skin:** N.A.D.**Provisional Diagnosis:** Insomnia**Investigations:** Adv-Blood test – Hemoglobin estimation: 11.8gm%**Final Diagnosis:** Insomnia**Mental Generals:-**

Indignation

Sensitiveness

Restlessness

Overthinking

Physical Generals:-

Thermal: Hot+

Stool: 1 time/ day sat.

Appetite: 3 meals/ day

Urine: D 6-7/ N 1-2

Thirst: 9-10 glass/ day

Desire: Sweets+

Aversion: N. S

Evaluation of Symptoms:-

Sleeplessness with restless feeling of

Startles while sleeping with fear and awake suddenly.

Indignation, anxiety when alone

Thinking about unknown things

Aggravation: night, thinking about complaint.

Hungry at night

Desire sweets

Sleeplessness

Agg: night, thinking about complaints.

Amelioration: diversion

Miasmatic Analysis:-

S. No.	Symptoms	Psora	Sycosis	Syphilis
1.	Sleeplessness	Psora		
2.	Sleeplessness- thoughts activity of mind from	Psora		
3.	Night general <	Psora		Syphilitic
4.	Thinking of complaints <	Psoric		
5.	Startles while sleeping with fear and awake suddenly	Psoric		
6.	Indignation	Psoric	Sycosis	
7.	Oversensitive	Psoric		
8.	Hungry at night	Psoric		
9.	Desire for sweets	Psoric		

Miasmatic Diagnosis:-**(Predominant Miasm, Remarks (if any):** Psora predominance**Repertorial Totality:-**

Sleeplessness with restless feeling of

Startles while sleeping with fear and awake suddenly.

Sleeplessness: night, thinking about complaints.

Indignation, anxiety when alone

Hungry at night

Thinking about unknown things

Desire sweets

Conversion of symptoms and signs into rubrics:-

S.N.	Symptoms	Chapter	Rubrics	Sub Rubric
1	Sleeplessness	Sleep	Sleeplessness	Fright as from Indignation Sensitive Night Sweets
2	Startles while sleeping	Sleep	Waking	
3	Indignation	Mind		
4	Oversensitive	Mind		
5	Hungry at night	Stomach	Appetite, ravenous night	
6	Desire sweets	Stomach	Desire	
7	Night aggravation	General	Night	

Repertorization table:-

Remedy Name	Sulph	Chin	Lyc	Sep	Ars	Carb-v	Ign	Phos	Puls	Bry	Calc	Kali-c
Totally	25	24	23	23	23	22	22	22	22	21	21	21
Symptoms Covered	7	7	7	7	6	7	7	7	6	7	6	6
Kingdom												
[Complete] [Mind]Sleeplessness, with: (238)	3	4	3	4	4	4	4	3	4	3	4	4
[Complete] [Mind]Starting, startled:Sleep:During: (182)	4	3	4	4	4	3	3	3	4	3	3	4
[Complete] [Mind]Indignation: (182)	3	1	1	1	3	3	3	1	3	3	3	1
[Complete] [Mind]Sensitive, oversensitive: (711)	4	4	4	4	4	4	4	4	4	4	4	4
[Complete] [Generalities]Food and drinks:Sweets:Desires: (278)	4	4	4	3	4	3	1	3	3	3	3	4
[Complete] [Generalities]Night, nine pm. - five am.:Agg.: (1062)	4	4	4	4	4	4	4	4	4	4	4	4
[Complete] [Stomach]Appetite:Ravenous, canine, excessive:Night: (22)	3	4	3	3		1	3	4		1		

Repertorial Analysis:-

Sulphur 25/7 – No h/o suppression of skin disease.

China 24/7 – No h/o loss of vital fluids.

Lyc 23/7 – Sleeplessness from anxiety, sensitivity and egotism, indignation, desire sweets - all covered in better intensity; it is amongst great Hahnemannian anti-psoric.

Sepia 23/ 7 – Constitutionally unmatched.

Arsenic alb. 23/ 7 – Although restlessness present but no marked prostration.

Carbo veg. 22/ 7

Final Drug Selection with Reason:-

1. Lyc 200/1 dose

2. PL. 30/ BD x15 days

Reason of selection: Sleeplessness from anxiety, sensitivity and egotism, indignation, desire sweets all covered in better intensity – amongst great Hahnemannian anti-psoric

Treatment:-

1. Lyc 200 1 dose
- 2.
3. PL. 30/ bd/ 15 days

Diet and Management:-

1. Take adequate sleep
2. Listen light music before sleeping
3. Advice yoga and pranayam

Follow up sheet:-

Date	Progress/Symptoms	Prescription
28/11/18	Anxiety, overthinking from indignation, sleeplessness	Lycy 200/1 dose PL. 30/ BD x15 days
11/12/18	Slight increase in anxiety for 3 days after the medicine, patient sleeplessness is better. Work at office is stressful. He was counselled by us about the work problems which he was facing.	PL. 30/ BD x15 days
29/12/18	Atmosphere at work is better, he started wishing and exchange talks with his boss. He earlier feel indignation with him. Life at home is good, started helping her wife in routine activities. Sleeplessness is better	PL. 30/ BD x15 days
12/01/2019	Patient told he had a very sound sleep last 2 days. Relationship with boss is mend. 2 days back they both had a lunch together and talked to each other related to upcoming projects coming to office. Anxiety better	Cured; Advice to stop medication and maintain good daily routine.

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