
Analytical study of rubric related to generalised anxiety disorder from synthesis 9.0 repertory.

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Abstract - Generalized Anxiety Disorder is excessive anxiety and worry about several events or activities for most of the days during at least a 6-month period. GAD remains the least studied anxiety disorder. There is need for prompt recognition and effective treatment, as the disability in GAD can be transient and improve once adequate treatment is given. Homeopathy is a holistic system of medicine. Homeopathy-psychology-counselling go hand in hand. In homoeopathy rubrics are an assessment tool, and in synthesis repertory 9.0, there are many rubrics which are related to GAD that will help us in selection of remedies for the management of the same.

Objective - To understand rubrics related to generalized anxiety disorder from synthesis repertory 9.0 and study the application of rubrics in selection of homoeopathic medicine for management of generalized anxiety disorder.

Methodology – Review of literature using synthesis 9.0 Repertory from RADAR software.

Keywords – Generalized Anxiety Disorder, GAD Scale, Homoeopathy, Synthesis 9.0 Repertory, Rubric.

Introduction – Generalized anxiety disorder (GAD) is excessive anxiety and uncontrollable worry, with symptoms such as restlessness, fatigue, difficulty concentrating, irritability, muscle tension, and sleep disturbance being present for more than the past 6 months.¹ They are overly concerned about daily matters such as health issues, money, family problems, friendship, interpersonal relationship problem, work difficulties and death.²

Prevalence –National Mental Health Survey (NMHS) 2016 estimated the current prevalence of GAD is 0.57% in India.³ The lifetime prevalence of GAD is 3.7%, 12-month prevalence is 1.8% and 30-day prevalence is 0.8%.⁴ The current weighted prevalence of GAD in India is 0.57%. The prevalence of GAD increases with age and disorder is more common in female than in male.⁵ People who suffer from anxiety disorder are often under-diagnosed and/or treated inadequately.

Etiology – There are several factors that contribute to development of GAD, including ^{1,6,7}

- Genetic factor, first-degree relatives with generalized anxiety disorder,
- Environmental factors such as child abuse,

- Stress,
- Substance use disorder,
- Neurological factors, disturbance of various neurotransmitter systems (serotonin, GABA),
- Physical condition such as diabetes,
- Other comorbidities such as depression,
- Behavioral inhibition such as negative affectivity, harm avoidance etc.

Clinical features –

Symptoms of GAD^{8,9}

Psychological	Physical	Behavioral
-Persistent anxiety and chronic worry about events that are unlikely to occurs -Inability to shut off constant anxious thoughts -Difficulty in concentrating -Restlessness and inability to relax trouble falling asleep or staying asleep	-Fatigue -Trembling -Headache -Dizziness -Sleep disturbance -Dry mouth -Epigastric discomfort -Diarrhea -Chest pain -Palpitation -Muscle tension, aches or soreness -Sweating or hot flashes	-Irritability -Feeling of dread -Isolation -Avoidance of situation

Diagnostic criteria -

According to **ICD 10** classification of WHO, generalized anxiety disorder is listed under **code of F41.1**.^{10,1}

Diagnostic criteria in the **Diagnostic and statistical manual of mental disorders, fifth edition (DSM-V-TR)** include the following -^{1,6}

- A. Excessive anxiety and worry for at least six months.
- B. Difficulty controlling the worrying.
- C. The anxiety and worry are associated with three or more of the below symptoms for at least 6 Months: -
 1. Restlessness, feeling keyed up or on edge.
 2. Being easily fatigued
 3. Difficulty concentrating or mind going blank.
 4. Irritability.
 5. Muscle tension.
 6. Sleep disturbance
- D. Anxiety results in significant distress or impairment in social and occupational areas.
- E. Disturbance is not attributable to the physiological effects of a substance or another medical condition.
- F. Disturbance is not better explained by another mental disorder.

Treatment -^{7,11}

- Allopathic medications –
- Tricyclic antidepressants
- Selective serotonin reuptake inhibitors (SSRIs)
- Serotonin -norepinephrine reuptake inhibitors (SNRIs)
- Benzodiazepines
- Buspirone

Cognitive Behavioral Therapy-

Cognitive behavioral therapy is considered first line, gold standard treatments for GAD. In therapy sessions one generally learns how to recognize and control anxious thoughts. The goal is to change thinking and behaviors of concerned.

Generalized anxiety disorder 7 scale (GAD7 scale)-

The generalized anxiety disorder scale 7 is a 7 item self-rated scale developed by Spitzer and colleagues in 2006 as a screening tool and severity indicator for GAD.¹² GAD7 was invariant across men and women indicating its usefulness across gender groups. It investigates how often the patient has been bothered by seven different symptoms of anxiety during the last two weeks with response options such as: “not at all”, “several days”, “more than half the days”, “nearly daily”, scored as 0,1,2 and 3 respectively. The scores 5, 10, 15 are taken as cut off points for mild, moderate, and severe anxiety, respectively. Scores of 0 to 4 indicate minimal anxiety; 5 to 9 mild anxiety; 10 to 14 moderate anxiety; and 15 to 21 severe anxiety.^{13,14}

Why synthesis -

Synthesis repertory is authored by Dr. Frederik Schroyens. It is based on 6th American edition of Kent's repertory and contains all its rubrics and remedies. Synthesis repertory is an enlarged version of the sixth American edition of Kent's repertory. Synthesis is a repertory linked to radar (rapid aid to drug aimed research) project. This repertory is best example of the expanded version of Kent's repertory from 1916 till date.

Different versions and their publication –

- Version 1 – in 1987; synthesis was used as database for radar project.
- Version 2 – in April, 1988 (10.5 mb was released).
- Version 3 – in September, 1990. (11.5 mb was released). This version contains 136000 additions from 130 authors compared to Kent's original repertory.
- Version 4 – in December, 1992. It contains 178000 additions from 200 authors.
- Synthesis 5x – German edition was published in August, 1993. English edition was published in February, 1994. Indian edition in March, 1996. Dutch edition in April, 1994, with only 'mind' chapter. This version was first time printed as book form.
- Synthesis 6 – German edition in August, 1995.
- Synthesis 7.1 – English edition in July, 1997. It contains 235000 additions from 330 different sources.
- Synthesis 8.0 – in February, 2002. It has 3031 author references and 4200 medicine references.

- Synthesis 9.0 – in November, 2003.

This repertory is improved from time to time by various leading practitioners worldwide. This repertory has been improved qualitatively in structure and language to make it more Comprehensible and to facilitate easy reference almost all types of cases can be repertized by using synthesis repertory.^{15,16} Synthesis repertory 9.0 describes 2,310 remedies and uses 805 bibliographical references.¹⁷

In synthesis repertory 9.0 there are rubric related to generalized anxiety disorder condition as –
MIND – ANXIETY

MIND - ANXIETY - health; about

MIND - ANXIETY - health; about - others; of

MIND - ANXIETY - health; about - own health; one's

MIND - ANXIETY - health; about - relatives; of

MIND - ANXIETY - business; about

MIND - ANXIETY - children - about his

MIND - ANXIETY - future, about

MIND - ANTICIPATION

MIND - IRRITABILITY

MIND - IRRITABILITY - anxiety, with

MIND - RESTLESSNESS

MIND - RESTLESSNESS - anxious

MIND - PROSTRATION of mind

MIND - CONCENTRATION – difficult

There are many other rubrics related to Generalized Anxiety Disorder.

Materia Medica Approach –

Some of the commonly used medicines are-

- **Arsenicum Album** - People who are anxious about their health in depth and extremely concerned with order and security, often benefit from this remedy. The person may feel exhausted yet still be restless – fidgeting and anxiously moving from one place to other.¹⁸
- **Argentum Nitricum** - This remedy relieves apprehension or stage fright accompanied with a feeling of hurriedness.¹¹ According to dr. Kent argentum nitricum patient is going anywhere, going to a wedding, or to the opera, or any unusual events, it is attended with anxiety, fear and diarrhea.¹⁹
- **Gelsemium** - This relieves apprehension or stage fright accompanied by a feeling of trembling, dizziness, general weakness, headache, and difficulty to concentrate and recall memories.¹¹
- **Natrum Muriaticum**- Deep emotions and a self-protective shyness can make these people seem reserved and private. Even when feeling being alone, they tend to stay away from social gathering, not knowing what to say or do. Anxiety at night, insomnia and migraines are most seen when this remedy is indicated.^{11,18}
- **Silicea** - Anxiety can be extreme when they are faced with a public appearance, interview, examination, or any new job or task. Worry and overwork can bring on headaches, difficulty concentrating and states of exhaustion, over sensitivity, and dread.¹⁸

Result –

There are total 261 rubrics related to anxiety in synthesis 9.0 repertory. Out of these 113 rubrics related to anxiety of mind chapter and 148 rubrics related to anxiety are scattered in others chapter of repertory.

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