



TITLE: SCRUTINY OF SINGLE REMEDY FIRST GRADE (FOUR MARKS) RUBRICS OF ANXIETY FROM COMPLETE REPERTORY BOOK FORM 2011 EDITION - MIND SECTION

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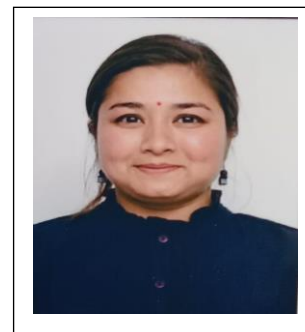


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ABSTRACT: The Anxiety Disorders are on a rising trend due to changing work patterns and education forms. With growing focus on mental health well-being, primary focus is on addressing issues like Depression, Diabetes, Hypertension, OCD, Thyroid disorders arising due to stress and anxiety. Homoeopathy targets the root cause of disease through holistic approach. The Complete Repertory essays the most comprehensive form of rubrics in forming the totality and arriving at similimum. The volume 1 of Complete Repertory contains Mind section dealing with anxiety rubrics.



KEY WORDS: Complete Repertory, Anxiety, Mind chapter, Anxiety Rubrics, single remedy
4 marks rubrics

INTRODUCTION:

There is a steep rise in the anxiety disorders in post covid era with a global increase of 13.8% to 25.6% in the prevalence of anxiety disorders has been reported in the *Lancet*. WHO has also reported similar 25% increase globally. The range of increase (23.7% to 35%) reported from India^[1] The anxiety disorders and depression are the most common psychiatric illness seen after covid epidemic. The cause a substantial loss in productivity and functioning of an individual thereby impacting his quality of life.^[2] The types of anxiety disorders include Generalized Anxiety disorder, Panic disorder, Agoraphobia, Social anxiety disorder, Separation anxiety, Selective mutism. These can be managed by homoeopathic individualized approach, proper counselling and reassurance, physical workout and pharmacological treatment in cases of severity^[3]. Dealing with extensive mind rubrics, the Complete Repertory holds a key to managing such cases as it includes the most extensive work of stalwarts as well as new additions along with its availability in both software and manual book format.

The complete repertory by Roger Van Zandvoort is a project of Institute of Research in Homoeopathic Information and Symptomatology.it has integrated works of several authors as source. It contains 42 chapters and follows a philosophical background of general to particular like Kent Repertory. There is detailed description of each rubric in depth amalgamating major repertories and contains vast number of rubrics which are absent in mind chapter of other repertories like Kent, Boericke, Kunzli, along with correction of the errors in previous repertories. It provides meaning of rubric in Hindi language which is easily understandable for Indians. Along with cross reference just below it with ‘.’

e.g.: ANXIETY; **events, over** formerly anticipated pleasurable (घटनाओं पर, पूर्व में प्रत्याशित आनन्ददायक): bell.



- Anticipation; ailments from, agg.; mental and emotional consequences of (CROSS REFERENCE)
- Excitement, emotional, agg.. Joyful things, by most. Mirilli's themes; anticipation Mirilli's themes; pleasure (CROSS REFERENCE)

ANXIETY; **lawsuit or dispute**, as if he was engaged in (मुकदमा या विवाद में, जैसे वह व्यस्त था): .

NIT-AC.

- Delusions, imaginations; lawsuit, is engaged in a Mirilli's themes; conscience Mirilli's themes; discussion
- Mirilli's themes; fight

ANXIETY; lawsuit or dispute, as if he was engaged in (cont.)

- Mirilli's themes; justice Mirilli's themes; work

Sources

Primarily based on 1st, 2nd and 6th version of Kent's Repertory. To this included and adjusted primarily from the taking after books,

- Homeopathic journals
- Schmidt's and Chand's last common Repertory
- Kunzli's Repertorium generale
- Sivaraman's increases to Kent's Repertory
- CCRH's (Dr.Rastogi's) rectifications to Boger Boenninghausen's Repertory.
- Boerike's Matetia medica and repertory
- Phatak's additions
- Boenninghausen's Repertory and Boenninghausen's one of a kind private addition.

Author ID is said in numbers as superscript after the cure. The rubric source is specified in bracket with page numbers of that person reference. Add up to 302 creators record is given as source, The reference sources are said with page number in brackets instantly after the rubric.



For ex. ALCOHOLISM, dipsomania (K36, S1 398, G28) means K for Kent repertory page no.36, G-Repertorium generale, S1 or synthetic repertory volume1.

The Repertory is available in the print form and electronic form. In the print form it is available as a single all in one volume or in three volumes. In the electronic form it is available with **Mac Repertory / Hompath Classic /ZOMEIO/ ISIS etc.**

1. The complete Repertory : **Mind (Vol. I)**
2. The complete Repertory : **Vertigo to Speech and voice (Vol. II)**
3. The complete Repertory : **Respiration to Generalities (Vol. III)**

Gradation of remedies:^[4]

- 1st Grade: **BOLD UPPERCASE**
- 2nd Grade: UPPER CASE
- 3rd Grade: ***Bold Italis***
- 4th Grade: Roman

The rubrics are arranged in the following manner:

- General rubrics
- Sides (one sided, left, right)
- Time
- Modalities and concomitants
- Extending to
- Localizations
- Sensations



The rubrics are reverified with original source before each update.

The anxiety main rubric falls under MIND section volume 1 of Complete repertory.

Scrutinising 1st grade symptoms with single remedy as below:

ANXIETY, **alternating** with mania: **BELL**

ANXIETY, **forenoon**; amel,by little whiskey: **ARG-N**

ANXIETY, **afternoon**; agg., four pm, six pm., until: **CARB-V**

ANXIETY, **afternoon**; agg., restlessness, with: **CARB-V**

ANXIETY, **afternoon**; agg, sleep after: **STAPH**

ANXIETY, **evening**; agg.,eleven pm.,until: **BOR**

ANXIETY, **evening**; agg., nervous exhaustion, from: **PHOS**

ANXIETY, **evening**; night, and: **MERC**

ANXIETY, **evening**; night, and, alone, being: **DROS**

ANXIETY, **evening**; agg, bed, in; closing eyes: **MAG-M**

ANXIETY, **evening**; agg; faintness with: **PULS**

ANXIETY, **evening**; agg: fever, during hectic: **PHOS**

ANXIETY, **evening**; agg; menses, before: **NIT –AC**

ANXIETY, **evening**; agg; suicidal disposition, with, after lying: **PULS**

ANXIETY, **night**; agg; amenorrhea, during: **DIG**

ANXIETY, **night**; agg; children, in; waking at two am.-three am.;colic, in: **SULPH**

ANXIETY, **night**; agg; children, in; waking at two am.-three am.;gonorrhea, in: **MERC**

ANXIETY, **night**; agg;lying,on;left side: **PHOS**

ANXIETY, **night**; agg; menses, from suppressed: **DIG**

ANXIETY, **night**; agg; rheumatic complains, in: **ARS**

ANXIETY, **night**; agg; typhoid, in: **CANTH**

ANXIETY, **night**; agg;visions, with frightful: **CAMPH**

ANXIETY, **night**; agg; waking,heat,with: **SULPH**



ANXIETY, **night**; amel; eleven pm.,after: **BOR**

ANXIETY, **midnight**; agg; morning, toward, with perspiration: **PHOS**

ANXIETY, **abdomen**, in; night; colic, in, in children: **CALC-P**

ANXIETY, **abdomen**, in; night; puffed, after parturition: **AMBR**

ANXIETY, **abdomen**, in, rigid, as if would become: **MEZ**

ANXIETY, **chest, in**; evening ;amel.: **ZINC**

ANXIETY, **chest, in**; mamma, as if below left, trembling with palpitation and bitter eructation:
PHOS

ANXIETY, **chest, in**; bending forward amel: **COLCH**

ANXIETY, **chest, in**; effusion of serum, with: **RAN -B**

ANXIETY, **chest, in**; excitement ,emotional ,agg: **PHOS**

ANXIETY, **chest, in**; lying, on, back, on: **SULPH**

ANXIETY, **chest, in**; lying, on, left: **PULS**

ANXIETY, **chest, in**, pain in stomach, with: **LYC**

ANXIETY, **chest, in**; Piano playing agg.: **NAT-C**

ANXIETY, heart **region**, two am.: **KALI-C**

ANXIETY, **heart region**; night, bed in two am.: **KALI-C**

ANXIETY, heart **region**; night, bed in, four am.- five am.: **ALUM**

ANXIETY, **heart region**; night, convulsions, during; epileptic: **LYC**

ANXIETY, **heart region**; exercise after: **LYC**

ANXIETY, **heart region**; expectoration, profuse ,amel. : **IP**

ANXIETY, **heart region**; faintness ,with: **VERAT**

ANXIETY, **heart region**; grief after: **NAJA**

ANXIETY, **heart region**; moving about ,agg.:**DIG**

ANXIETY, **heart region**; moving about; nervous or muscular energy weakened by: **MOSCH**

ANXIETY, heart **region**; palpitation, with, eating after: **COC-C**

ANXIETY, **heart region**; palpitation, with, paroxysm, during: **KALM**

ANXIETY, heart **region**; palpitation, with, rheumatic complaints, with: **LACH**



ANXIETY, **heart region**; palpitation, with, sight of decisive colors: **TARENT**
ANXIETY, heart **region**; palpitation, with, motion, after: **ACON**
ANXIETY, **heart region**; palpitation, with, stool, during: **RHEUM**
ANXIETY, **stomach, in**; morning, waking, on; in drunkards: **ASAR**
ANXIETY, **stomach, in**; pit of; extending upward; night: **ARS**
ANXIETY, **stomach, in**; pit of; anger, vexation, after: **LYC**
ANXIETY, **stomach, in**; pit of, asthmatic complaints, with: **FERR**
ANXIETY, **stomach, in**; mental exertion agg. : **PHOS**
ANXIETY, **stomach, in**; typhus, in hepatic: **CHEL**
ANXIETY, **air, open**; aversion to, with: **GRAPH**
ANXIETY, **air, open**; air, as if in hot: **PULS**
ANXIETY, alone, as if, and all about were dead and still: **RHUS- T**
ANXIETY, **ascites, in**: **FL-AC**
ANXIETY, **bed, in**; **spasms, in**, after fright: **CUPR**
ANXIETY, **Brain fag**, in: **NAT-M**
ANXIETY, **breathing**; rough, crowing: **MOSCH**
ANXIETY, **breathing**; short time, that he would only be able, in influenza: **RHUS –T**
ANXIETY, **bronchitis**, in: capillary: **CHEL**
ANXIETY, **business, about**; dyspepsia, in: **NUX-V**
ANXIETY, **cheerful** , carelessness, after : **GELS**
ANXIETY, **children, in** ; chest complaints,in : **CALC- P**
ANXIETY, **children, in**; rocking, from: **BOR**
ANXIETY, **children, in**; waking , in evening: **CINA**
ANXIETY, **chill ; during**, neuralgia, in: **MEZ**
ANXIETY, **chill ; during**, rigor, after, in valvular disease: **CHEL**
ANXIETY, **church bells**; on hearing: **LYSS**
ANXIETY, **complaints**; bodily, with all: **CAUST**
ANXIETY, **confusion** and cloudiness, with: **PH-AC**



ANXIETY, **confusion** before eyes, after :**PSOR**

ANXIETY, **congestion, with;** emphysema, in: **CARBO-V**

ANXIETY, **conscience, of;** dinner; and after; agg.: **VERAT**

ANXIETY, **conscience, of;** masturbation, from: **PH-AC**

ANXIETY, **constriction, with;** chest, of; drawing across lower,from :**CHIN**

ANXIETY, **continued** , in, anasarca :**ARS**

ANXIETY, **cough , before;** whooping cough ,paroxysm of :**CUPR**

ANXIETY, **cough, before;** loose, suddenly changes to dry,hoarseness , dyspnoea, typhoid:

SPONG

ANXIETY, **cough, before;** rough, dry, in diphtheria: **MERC-CY**

ANXIETY, **cough;** crowing inspiration, with: **MOSCH**

ANXIETY, **cough ;after** whooping cough; short, from irritation and tickling behind upper half of sternum: **RHUS-T**

ANXIETY, **cramp,** as from; valves, setting in; in cholera :**JATR**

ANXIETY, **cramp;** rectum in; during :**CALC**

ANXIETY, **dancing,** being rocked, agg. :**BOR**

ANXIETY, **delivery, parturition;** rash, urticaria, with: **CUPR**

ANXIETY, **delivery, parturition;** after, puerperal; rash, urticaria, with; red; on seventh day:

CALC

ANXIETY, **dinner;** oppression of chest ,with: **PHOS**

ANXIETY, **drinking,** during: **PULS**

ANXIETY, **dysentery,** in: **CARB-V**

ANXIETY, **dyspnea;** liver complaints, in: **ACET-AC**

ANXIETY, **dyspnea;** spasms of chest; in: **HYOS**

ANXIETY, **dyspnea;** tuberculosis ,in: **CHIN-AR**

ANXIETY, **eating after;** irregular action of heart, from: **COCC**

ANXIETY, **excitement,** emotional ,agg.;irritation in heart, with :**ASAF**

ANXIETY, **exercise;** work, during manual: **IOD**



ANXIETY, **exertion**, of eyes, agg.: **SEP**
ANXIETY, **fainting**, as from: **SPONG**
ANXIETY, **faintness, from**; walking, while, makes her walk faster: **ARG-N**
ANXIETY, **family ,about his**; evening : **PETR**
ANXIETY, **fright**; pregnancy, in seventh month of : **IGN**
ANXIETY, **fullness**, in abdomen ,with :**ARG-N**
ANXIETY, **future, about**; delivery, parturition, during or after: **BRY**
ANXIETY, **future , about**; inflammation of testes;in chronic :**SPONG**
ANXIETY, **future, about; loathing** of life, with: **LACH**
ANXIETY, **future, about**, sadness, with; spermatorrhea, in: **DIG**
ANXIETY, **headache, with**; agg.,lying down: **SEP**
ANXIETY, **headache, with; gastric**: **CAUST**
ANXIETY, **heat with**; sudden: **SPONG**
ANXIETY, **heat, as from**: **PULS**
ANXIETY, **heat** as from; night: **PULS**
ANXIETY, **hypochondriacal**; irritability ,and: **MOSCH**
ANXIETY, **inflammation**, with, larynx of: **ARG**
ANXIETY, **inflammation**, with, uterus of, or ovarian inflammation: **LIL-T**
ANXIETY, **intolerable**, almost; heart region, in: **FERR-M**
ANXIETY, **lascivious** impulses, from: **ORIG**
ANXIETY, **laughing** and crying, ending in profuse perspiration, with: **CUPR**
ANXIETY, **looking, steadily**: **SEP**
ANXIETY, **lying; back, on**: **SULPH**
ANXIETY, **menses, before**; dysmenorrhea: **NAT-M**
ANXIETY, **motion**, airplanes, of: **BOR**
ANXIETY, **motion**, cable railway, of: **BOR**
ANXIETY, **motion**, elevator, of: **BOR**
ANXIETY, **motion**, finish them at once ,if he cannot : **STRAM**



ANXIETY, **motion**, heart complaints, in: **DIG**
ANXIETY, **motion**, slightest, in child in cyanosis: **LACH**
ANXIETY, **murdered someone**, as if he had; mania ,in : **ARS**
ANXIETY, **nausea**, exerting eyes, on: **SEP**
ANXIETY, child, after: **CHAM**
ANXIETY, oppressive; driving him from place to place: **TAB**
ANXIETY, oppressive; scarlatina, in: **CALC**
ANXIETY, **Pain, with**; face in: **MAG-C**
ANXIETY, **Pain, with**; heart, in: and about, kidneys, in: **OP**
ANXIETY, **pain, with**; heart, in: and about; lumbosacral region; paralytic: **COCC**
ANXIETY, **pain, with**; heart, in: and about; extending to back, vomiting amel.: **SEP**
ANXIETY, **Pain, with**; uterus in: **SULPH**
ANXIETY, **palpitation**, with; angina pectoris, in: **AUR-M**
ANXIETY, **palpitation**, with; cramp in precordial region, with: **LACH**
ANXIETY, **palpitation**, with; dropsy, hydropericardium: **COLCH**
ANXIETY, **palpitation**, with; excitement, emotional agg.: **PLAT**
ANXIETY, **palpitation**, with; pain in precordial region, with: **LACH**
ANXIETY, **palpitation**, with; sleep, cannot: **SULPH**
ANXIETY, **palpitation**, with; tremulous, from quick motion or emotional excitement's
ANXIETY, **palpitation**, with; weakness, with: **CALC-P**
ANXIETY, **pancreas**, complaints ,in: **ATRO**
ANXIETY, **paralysis**; bladder of: **CIC**
ANXIETY, **paroxysmal, night**: **ARS**
ANXIETY, **paroxysmal**; throat: **SPONG**
ANXIETY, **paroxysmal**; control herself cannot: **CUPR-ACET**
ANXIETY, **paroxysmal**; heart complaints, in: **SPONG**
ANXIETY, **peritonitis** ,in: **LYC**
ANXIETY, **perspiration, with; headache**, from violent: **ANT-C**



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ANXIETY, **perspiration, with; paleness**, with: **CROT-H**
ANXIETY, perspiration, with; profuse during night and morning: **PH-AC**
ANXIETY, **piano** playing agg.: **NAT-C**
ANXIETY, **pinning** away from bodily and mental: **AUR**
ANXIETY, **respiration difficult**; palpitation, with; waking after midnight: **SPONG**
ANXIETY, **riding**, hypochondriasis, in: **ARG-N**
ANXIETY, **risings, in** esophagus, with hot: **HYPER**
ANXIETY, **rocking**, agg.: **BOR**
ANXIETY, **salvation, about**; hell, of: **PLAT**
ANXIETY, **scarlatina**; before appearance, of: **MERC**
ANXIETY, **sleep**; fainting would return, as if, and he would die: **CAUST**
ANXIETY, **sleep**; ideas, with rush of, and rush of blood to head: **PULS**
ANXIETY, **sleep**; ten to fifteen minutes after: **ACON**
ANXIETY, **sleep**; prolonged: **NIT-AC**
ANXIETY, **sleeplessness**, pregnancy, in: **CIMIC**
ANXIETY, **stool**; after, straining at; with red face: **CAUST**
ANXIETY, **stories**; from sad:
ANXIETY, **stretching**; arms of: **NAT-C**
ANXIETY, **study, after**; resisted, cannot be, effects of too much study: **CUPR –ACET**
ANXIETY, **sudden**, dyspnea, in, stool, amel.: **ICTOD**
ANXIETY, **sudden**, oppression of chest, with, driving from place to place: **TAB**
ANXIETY, **sudden**, perspiration, with, stool, amel.: **ICTOD**
ANXIETY, **suffering, with**: **DIG**
ANXIETY, **swelling, of**; dropsy of skin, with: **ARS**
ANXIETY, tension **in**, head with: **PHOS**
ANXIETY, **tingling**; prickling; fingers and hands, from, in myelitis: **VERAT**
ANXIETY, **tingling**; voluptuous, in vulva: **PLAT**
ANXIETY, **toothache, in**; sleep, disturbing: **MERC-C**



ANXIETY, **tremulous**, hands,of;motion amel.:**PULS**

ANXIETY, **tremulous**, hands,of,spasms,in clonic: **PLAT**

ANXIETY, **trifles, about**; anemia in: **NUX-V**

ANXIETY, **trifles, about**; anemia in; scruple, one: **ALOE**

ANXIETY, **trifles, about**; anemia in; things coming near him, especially of: **IGN**

ANXIETY, **twitchings** with, extending to hands, arms and body to diaphragm: **CUPR**

ANXIETY, **twitchings** with,laughing,talking,or , and exciting emotion after: **CUPR**

ANXIETY, **urination**; ineffectual, without much urine in bladder: **CHAM**

ANXIETY, **vertigo**, apoplexy, as before: **ZINC**

ANXIETY, **vomiting, bilious**: **CROT-H**

ANXIETY, **vomiting**; bloody, between paroxysms: **IP**

ANXIETY, **waking, on**; hydrocephalus in: **ZINC**

ANXIETY, **waking, on**; intermittent in: **CINA**

ANXIETY, **weakness, with**; faintness and aching in left iliac region: **CROT-H**

ANXIETY, **weakness, with**; legs of: **ARG-N**

ANXIETY, **weather**; warm hot, in: **PULS**

ANXIETY, **wounded**, esophagus, from: **CIC**

ANXIETY, **wrong**, indescribable sensation, in vasomotor affection-**KALI-BR**

The above list of rubrics is of 1st grade 4marks rubrics. the book also provides classification of each rubric as per MIRILLI'S THEMES to make meaningful connections in mind section and make understanding of rubrics easier with cross references.^[5] the Mirilli's thematic repertory rearranges mind rubrics in thematic manner for in-depth study of rubrics based on themes providing link for different rubrics of similar theme ^[6]



DISCUSSION: There is total **205 single remedy 4mark rubrics** under anxiety rubric part of complete repertory. Also, certain remedies are repeated in anxiety section

NUMBER NUMBER	REMEDYREMEDY	REPETITIONSREPETITI ONS
1	PULSATILLA	11
2	PHOSPHOROUS	9
3	BORAX	8
4	SPONGIA	7
5	CUPRUM, SULPHUR, SEPIA, ARSENIC ALBUM, DIGITALIS	6
6	LYCOPODIUM, ARGENTUM-NITRICUM, LACHESIS	5
7	CARBO-VEGETABILIS, PLATINA	4

From the above table, it can be concluded that **Pulsatilla** is the most frequently repeated remedy in anxiety 1st grade symptoms. The other closer remedies are **Phosphorous**, **Borax** and **Spongia**. Polycrest deep acting remedies like Cuprum, Sulphur, Sepia, Arsenic etc. come next in line. Thus, anxiety, a rising disorder of psychiatry is very well covered under the homoeopathic medicines and its symptoms can be managed holistically using the gentle homoeopathic approach.



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