

PHOSPHOROUS

Very sensitive and emotional, especially toward others; easily fearful, needs lots of reassurance which improves anxiety. Very loving and giving, likes a lot of touch, cuddles and to be stroked. Restless and fidgety, anxiety about health / heart disease; bright and attractive people. Anxiety / panic attacks during thunderstorms.

SILICA

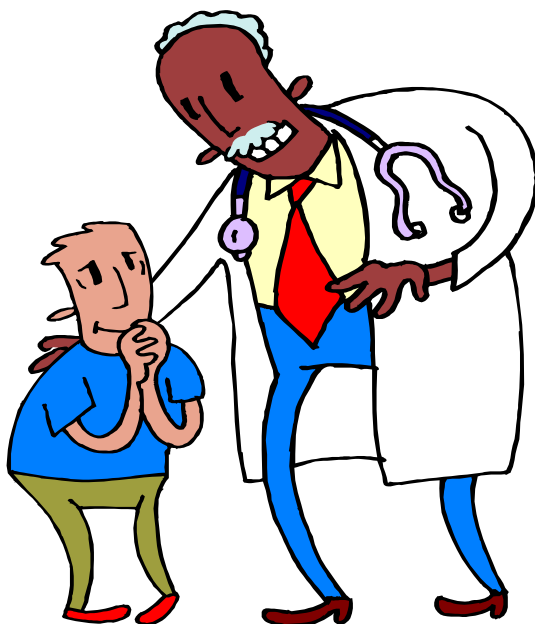
Anxiety with fear of failure and exhaustion from effort. Chilly, thin and weak, "lacking in grit". Irritable and stubborn.

Potency

30c potency is usually recommended, taken before the event if anticipation is causing anxiety or panic attacks, one tablet, sucked, two hourly for a maximum of 6 doses, then one if necessary.

6c can be taken every 15 to 30 minutes for a maximum of six doses, then one as necessary.

As with all homoeopathic remedies, reduce or stop taking as symptoms improve and avoid strong substances such as Coffee, mint, eucalyptus, menthol and camphor.



HOMOEOPATHY FOR PANIC ATTACKS AND ANXIETY



As with all conditions, treatment with homoeopathy is prescribed according to the "whole picture" - i.e. the person not the disease. The individual emotional and physical symptoms and causative factors if known, are matched with the picture of the homoeopathic remedy.

This leaflet outlines some common remedies for the treatment of acute anxiety and panic attacks; for long-term anxiety constitutional treatment with a professional homoeopath is recommended.

Common remedies for acute anxiety and panic attacks

ACONITE

A number one remedy for panic attacks and anxiety which often comes on very suddenly and may result from a fright or shock. The individual feels very agitated, restless and nervous, and may suffer palpitations, tingling/ numbness in the face, hands or feet, nightmares and fear of death.

ARGENTUM NITRICUM

Apprehension before an event: "stage fright", exam nerves. Feelings of nervousness with diarrhoea, hurried and impulsive, moves rapidly, fear in a crowd, of enclosed spaces e.g. lifts, and fear of looking down / heights, better in cool open air.

ARNICA

The first remedy for shock / trauma, especially if the person says they feel ok when they have been badly injured. Anxiety after a traumatic shock: "never been well since" the accident or trauma, e.g. head injury.

ARSENICUM ALBUM

Tremendous fear and restlessness, fidgeting, can't sit still. Fear of being alone, especially at night; fussy, very tidy and chilly. Anxiety about health, fear of developing cancer / heart disease. Persistent anxiety with occasional panic attacks.

GELSEMIUM

Paralysed by fear: anticipatory anxiety, feeling of dread before an ordeal or event, e.g. exam, driving test. Stage fright. Trembling and

weakness of the legs, "weak at the knees", "jelly legs", heaviness everywhere, increased urination, painless diarrhoea; headache; feels better for frequent emptying of the bladder; mind goes blank, can't speak or think, confusion, sleepiness.

IGNATIA

Panic / anxiety after a bereavement or emotional shock, e.g. a broken love affair, with over-sensitivity, over-reactions, problems exaggerated, dramatic mood swings, "up and down", weeping and sighing. Loss of appetite. Easily distracted into an improvement.

KALI PHOS.

A good "nerve tonic" which soothes and calms the nervous system, especially useful for sleep problems from nervous troubles.

LYCOPodium

Anxiety and panic particularly in social situations, in front of an audience. Severe lack of confidence and insecurity which the individual "covers up" behind an act of bravado. Can become irritable and touchy, especially with family, not so much with others. Hates to be contradicted. Often digestive symptoms such as flatulence, rumbling; often feel worse between 4pm and 8pm.; feels better in open air, may crave sweet sugary foods.

OPIUM

Persistent, chronic fear after a traumatic event -fear returns when thinking about the causative event. May have overwhelming sleepiness.