

HOMEOPATHIC REMEDIES FOR ANXIETY AND FEAR

REMEDY	SITUATION	THEMES if long-term	SYMPTOMS that may be present
ACONITE	<ul style="list-style-type: none"> • Fear or anxiety after a shock, e.g. car accident, earthquake, a fall etc. • Panic attacks after a fearful shock • Fear of death e.g. flying • Sudden onset 	<ul style="list-style-type: none"> • Fear of death • Anxiety or fear since a frightful experience • PTSD 	Burning pains Restlessness Thirst for large amounts of cold water Palpitations
ARSENICUM ALBUM	<ul style="list-style-type: none"> • Anxiety from insecurity e.g. financial, family • Anxiety about health, need lots of reassurance – may go and see many doctors. • Fear of death when ill. • Fear of being alone when ill – can worry about robbers. • Fear of contagious disease. 	<ul style="list-style-type: none"> • Dependency on family and/or Doctors • Very tidy – they try to control their outer world when feeling chaotic inside • Hoarders 	Chilly and very sensitive to cold. Restlessness Burning Better for heat Worse at night Thirst for small sips Sleeplessness – panic around midnight.
ARGENTUM NITRICUM	<ul style="list-style-type: none"> • Anxiety or fear anticipating an event e.g. exam, interview etc. • Stage-fright(can forget everything). • Lots of fears/phobias e.g. crowds, alone, late, heights, health • Fear of failure – don't try 	<ul style="list-style-type: none"> • Hurried, impatient • Time/punctuality very important. • Can be superstitious • Control 	desires but is aggravated by sweet foods desires salty foods Warm blooded better for fresh air Diarrhoea from anxiety and sugar Loud belching and flatulence Hoarseness from over use of voice e.g. singers and public speakers
GELSEMIUM	<ul style="list-style-type: none"> • Anxiety or fear anticipating an event e.g. exam, new situation • Stage-fright - trembling • Anxiety after bad news. • Fear of losing control 	<ul style="list-style-type: none"> • Weakness on all levels, mental emotional and physical • Dullness – difficulty in thinking • Almost paralysed by fear. 	Feels drowsy Heavy eyes Trembling No thirst. Dry mouth. Diarrhoea and frequent urination from anxiety
LYCOPodium	<ul style="list-style-type: none"> • Anxiety or fear anticipating an event e.g. exam, • Stage-fright • Fear of responsibility • Fear of a new situation • Bullying 	<ul style="list-style-type: none"> • Lack of confidence. • Feel small act tall. • Physically cautious • Nice outside, bossy at home. • Shy and introverted • Wants company 	Wind and bloating worse 4-8pm desires sweet things desires warm food Waking unrefreshed Right sided (can move to the left) Chilly but craves open air
SILICA	<ul style="list-style-type: none"> • Anxiety anticipating an event e.g. exam, interview, appearing in public etc. • Anxiety about small things. • Worry what others think. Need to give a certain impression of themselves and get anxious if this is jeopardised. 	<ul style="list-style-type: none"> • Lack of self confidence • Sensitive and serious • Quietly obstinate – appear to give way but don't change their mind. • Fixed • Timid • Lack of grit – lack stamina • Feel they will fail. 	Recurrent infections Catches colds easily Easy perspiration – clammy hands, head and feet. Thirsty Chilly- icy hands and feet