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## RESEARCH ARTICLE

# A CLASSICAL HOMEOPATHIC CASE OF GENERALIZED ANXIETY DISORDER TREATED AT DR BATRA'S® HOMEOPATHY CLINIC

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### ABSTRACT

**Background:** Generalized Anxiety Disorder (GAD) associated with psychosexual dysfunction significantly affects quality of life and self-confidence. Conventional and alternative approaches often provide incomplete relief in chronic cases. **Case:** A 55-year-old male with long-standing anxiety, performance fear, overthinking, and erectile dysfunction presented with reduced sexual desire and marked anticipatory anxiety. Symptoms had roots in childhood insecurity and fear of loss of respect, gradually evolving into persistent performance anxiety in adulthood. **Intervention & Outcome:** Individualized classical homeopathic treatment with systematic follow-up over 18 months resulted in sustained improvement in anxiety regulation, confidence, and sexual performance, with remission maintained beyond 6 months. **Conclusion:** This case demonstrates that significant clinical transformation occurred at Dr Batra's® Homeopathy Clinic.

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## INTRODUCTION

Anxiety Disorder is characterized by excessive worry, persistent anticipatory fear, restlessness, and impaired functioning. Chronic anxiety frequently impacts sexual health by causing performance fear, reduced arousal, and erectile difficulties. Classical homeopathy, through individualized remedy selection based on the totality of symptoms, aims to restore mental-emotional balance and improve overall well-being.

### Case Profile

- **Age/Gender:** 55 years / Male
- **Occupation:** Service holder
- **Marital Status:** Married (30 years), father of two children
- **Diagnosis:** Generalized Anxiety Disorder (GAD) with psychosexual dysfunction
- **Differential diagnosis considered:** Panic disorder, OCD, psychosis
- **Duration of illness:** Chronic, longstanding
- **Duration of treatment:** 18 months
- **Remission achieved:** >6 months
- **Co-morbidities:** Type 2 Diabetes Mellitus, Systemic Hypertension, Hyperuricemia
- **Ongoing medications:** Antidiabetic, antihypertensive, anti-uric acid medicines
- **Lifestyle:** Jogging, tea consumption

- **Past history:** Not significant
- **Family history:** Father—DM II; Mother—Hypertension

### Chief Complaints (C/C)

1. **Performance anxiety** with extreme restlessness and panic-like episodes
2. **Reduced sexual excitement** (lack of arousal by partner's touch)
3. **Erectile dysfunction** (incomplete erection, relaxation during coition)
4. **Reduced interest in sexual activity**
5. **Overthinking** and persistent worry

**History of Present Illness:** The patient had a long-standing tendency toward insecurity and fear related to respect and self-image, originating from financial stress in childhood, which created a persistent internal pressure to "perform well" and avoid failure. During adolescence, he developed early exposure to sexual content (reading/watching explicit material since around 13 years) and gradually relied on masturbation, which later contributed to guilt, anxiety, and performance-related fear. Over time, the patient's mental state evolved into anticipatory anxiety, excessive overthinking, and heightened sensitivity regarding how others might perceive him. In adulthood, responsibilities and fear of losing self-respect intensified into performance anxiety, affecting his sexual confidence and resulting in erectile difficulty and reduced sexual interest. He also expressed a marked fear about family health issues, along with restlessness and reduced self-assurance. At presentation, his

confidence was “totally gone,” and he experienced distress due to repeated failure to maintain satisfactory sexual performance.

### General Symptoms

- **Sleep:** Mostly normal initially; disturbed intermittently during illness episodes
- **Appetite:** Normal
- **Perspiration:** Less
- **GI:** Indigestion present
- **Bowel/Bladder:** Regular
- **Physical activity:** Jogging
- **Thermals:** Not specifically reported

### Clinical Examination / Vitals

- **Weight range:** ~85.2 kg → ~82.5–84 kg
- **BP range:** ~146/94 → ~126/76 (improved trend)
- **RBS range:** 186–236 mg/dl initially, later improved (notably 116 mg/dl on last noted follow-up)

### Homeopathic Case Analysis

**Homeopathic Working Diagnosis:** Generalized Anxiety Disorder with performance anxiety–linked psychosexual dysfunction (erectile weakness and reduced arousal).

### Characteristic Mental Generals

- Marked **anticipatory anxiety** and performance fear
- **Overthinking** about small matters
- Fear of **loss of self-image / respect**
- Anxiety about **what others think**
- Confidence reduced; improved gradually with treatment
- Emotional sensitivity (reported later as empathetic, easily weeping)

### Characteristic Physical Particulars

- Incomplete erection; penis becomes relaxed
- Erection fails during coition
- Reduced excitement by partner's touch
- Reduced libido / sexual interest
- Indigestion

### Modalities

- **Anxiety ameliorated by exercise** (important guiding modality)

### Totality of Symptoms

1. Performance anxiety with extreme restlessness and panic tendency
2. Overthinking and fear of loss of respect/self-image
3. Anxiety ameliorated by exercise
4. Reduced sexual excitement and desire
5. Incomplete erection; relaxation during coition
6. Indigestion with anxious state

### Rubrics Selected

- MIND – Anxiety – exercise amel.
- MALE SEXUAL SYSTEM – Sexual excesses, ill effects
- MALE GENITALIA – Erections – incomplete – penis becomes relaxed
- MALE GENITALIA – Erections – incomplete – coition, during

**Repertorisation:** Repertorisation was performed using the above rubrics emphasizing:

- **Performance anxiety + restlessness**

- **Erection failure during coition**

- **Anxiety better by activity/exercise:** Therapeutic result supported a remedy picture matching the patient's constitutional mental state and sexual sphere involvement.

Remedies	ph-ac.	graph.	lyc.	con.	nux-v.	phos.	sulph.	agn.	anac.
Serial Number	1	2	3	4	5	6	7	8	9
Symptoms Covered	3	2	2	2	2	2	1	1	1
Intensity	5	4	4	3	3	3	3	2	2
Result	3/5	2/4	2/4	2/3	2/3	2/3	1/3	1/2	1/2
Clipboard 1									
MALE SEXUAL SYSTEM - Sexual excesses, ill effects	2	1	1	1	2	1		2	2
MALE GENITALIA - ERECTIONS, - incomplete - penis becomes relaxed	1				1				
MALE GENITALIA - ERECTIONS, - incomplete - coition,during	2	3	3	2		2	3		
MIND - ANXIETY - exercise amel.									

### LSMC

- Long-term stress related to self-image, fear of judgment, and responsibility pressure
- Early conditioning from childhood financial insecurity
- Psychosexual stress reinforced by performance comparison and fear of failure
- Co-existing metabolic illness (DM/HTN) contributing to physical vulnerability and anxiety reinforcement

**Miasmatic Assessment:** The case reflects a predominantly psoric background (anxiety, overthinking, insecurity, functional disturbances) with sycotic overlay (chronicity, compulsive patterns, sexual sphere disturbance). The miasmatic approach supported long-term constitutional management rather than symptomatic short-term prescribing.

### Treatment Plan

- Approach: Individualized classical homeopathy
- Potency: 50 Millesimal potency (LM scale)
- Supportive advice: Regular physical activity, discipline in habits, emotional regulation strategies, reassurance, and follow-up monitoring.

## DISCUSSION

1. This case highlights the classical homeopathic principle that mind and body symptoms form a single disease expression, requiring constitutional treatment.
2. The patient's performance anxiety and erectile dysfunction were closely linked to deep-rooted insecurity and fear of losing respect.
3. The mental symptoms were not sudden; they evolved from childhood financial insecurity, shaping long-term fear-based coping patterns.
4. The sexual complaints were intensified by anticipatory anxiety, comparison with others, and fear of failure, forming a vicious cycle.
5. Repertorisation emphasized key rubrics related to anxiety ameliorated by exercise and erection failure during coition, guiding remedy selection.

### Follow-up Summary

Date	Clinical Status / Patient Remarks	Objective Findings	Prescription
01/09/2024	Anxiety improved; confidence slightly better; attempted intercourse 3 times; urge improved; sleep proper	HbA1c 7.4; WT 85.2 kg; BP 146/94; RBS 186	Constitutional medicine in LM potency + supportive remedy (as per case plan)
29/09/2024	Sexual performance better; 6 times/month; anxiety better; urge mildly better; compares performance with others; timing 5–7 min	WT 83.8 kg; BP 137/88; RBS 197 (2 hrs after breakfast)	Continued LM potency medicine; repetition adjusted as per response
03/11/2024	Satisfaction better; sexual urge improved; sleep disturbed last 7 days but improved later; herpes episode in between	WT 82.8 kg; BP 146/83	Continued constitutional medicine; acute support as required
02/01/2025	“Better by 50%”; urge good; erection proper; anxiety much better; sleep proper	WT 83.7 kg	Continued treatment; maintained same scale with monitoring
04/05/2025	~70% improvement; manages anxiety by self-discussion; regular intercourse; stopped masturbation; anxiety about others’ opinions; overthinking small matters; emotional, empathetic	RBS 236; BP 138/76; PR 73	Continued constitutional homeopathy; planned extension
02/08/2025	Overall better; no new complaints; slight tension about daughter’s psoriasis	—	Maintenance dose
19/10/2025	Performance good; anxiety better; sleep proper	BP 126/76; WT 82.5 kg	Maintenance continued
20/11/2025	Condition much better; performance anxiety absent; sleep proper	RBS 116	Reduced frequency / maintenance
20/12/2025	Better by 80%; negative feelings absent; sexual sphere good; anxiety much better	WT 84 kg	Maintenance and observation

### Transformation Table

Parameter	Before Treatment	After Treatment (18 months)
Anxiety intensity	Extreme restlessness, panic-like state, constant overthinking	Markedly reduced; patient self-manages anxiety
Confidence	“Totally gone”	Restored; improved self-belief and emotional stability
Performance anxiety	Severe anticipatory fear and comparison mindset	Performance anxiety absent / minimal
Sexual desire	Low interest; poor excitement by touch	Sexual urge improved and stable
Erection quality	Incomplete; relaxation during coition	Erection proper; satisfactory performance
Frequency of intercourse	Very infrequent (last intercourse 5 months ago at intake)	Regular intercourse; improved consistency
Sleep	Variable; anxiety-driven disturbance	Mostly proper and restorative
Emotional state	Fearful, insecure, worried about respect	More balanced, positive, fewer negative thoughts
Habit pattern	Masturbation continued earlier	Masturbation stopped; discipline improved
Overall quality of life	Distressed, anxious, dissatisfied	Improved well-being and relationship satisfaction

- The LM potency approach supported gentle, sustained improvement suitable for chronic constitutional cases with mental-emotional sensitivity.
- Improvement was gradual and measurable—first seen as better confidence and attempts, later as regular performance and reduced anxiety.
- The case also shows the importance of LSMC, where maintaining causes like stress, self-image fear, and discipline issues were addressed.
- Follow-ups confirmed not only symptomatic relief but also functional transformation in emotional regulation and relationship satisfaction.
- Sustained remission beyond 6 months indicates stable recovery rather than short-term suppression.
- Co-morbidities like diabetes and hypertension were present, yet the patient achieved meaningful improvement in quality of life.
- This case supports classical homeopathy as a valuable integrative option for psychosexual dysfunction with anxiety when individualized and monitored.

## CONCLUSION

A 55-year-old male with chronic GAD and psychosexual dysfunction showed significant improvement in anxiety, confidence, and sexual functioning following individualized classical homeopathic treatment over 18 months. Sustained remission beyond six months and restoration of performance confidence indicate deep constitutional response. This case demonstrates a measurable and meaningful transformation under care at Dr Batra’s® Homeopathy Clinic.

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