



A Repertorial And Clinical Insight Into Anxiety Expression In Kali Group Of Homeopathic Medicines

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Abstract—

In today's rapidly changing world, mental health disorders such as anxiety have seen a significant rise, especially in the wake of the COVID-19 pandemic. Anxiety, when left unmanaged, not only affects psychological well-being but also manifests physically, resulting in psychosomatic ailments. This clinical study aimed to understand the causation, effects, and expression of anxiety specific to the Kali group of homoeopathic remedies through the study of ten clinical cases. The study was conducted at Sainath Hospital, with cases selected across different age groups and analyzed using the Synthesis Repertory. Anxiety manifestations, constitutional profiles, and therapeutic outcomes were assessed. The findings suggest a distinct expression pattern of anxiety in Kali group personalities, marked by family-centric fears, financial worries, fear of being alone, and physical manifestations such as insomnia, palpitations, and digestive disturbances. This study reinforces the effectiveness of individualized homoeopathic prescriptions for anxiety disorders, with the Kali group proving especially significant in cases marked by familial and relational insecurities.

Index Terms—Anxiety, Kali group, Homeopathy, Rubrics, Clinical study, Repertory, Kent's repertory, Mental symptoms.

I. INTRODUCTION

Mental health issues have taken center stage in global healthcare discussions, especially in the wake of the COVID-19 pandemic, which has acted as a catalyst in worsening psychological conditions worldwide. Among these, anxiety has emerged as one of the most frequently encountered and burdensome psychological disorders, affecting individuals across all age groups and socio-economic backgrounds. It is well acknowledged that unmanaged anxiety can significantly disrupt personal,

social, and professional life while also manifesting physically through a range of psychosomatic complaints.

Anxiety is characterized by an unpleasant state of inner turmoil, often accompanied by nervous behavior, somatic symptoms, and rumination. Conventional medicine addresses anxiety through pharmacological interventions and psychotherapy. However, limitations such as side effects of medications and accessibility to mental health services have led patients to seek complementary approaches like homoeopathy, which treats the individual holistically — addressing both mind and body.

The homoeopathic philosophy views disease as a result of a disturbance in the vital force, influenced by physical, emotional, and environmental stressors. Anxiety, in this system of medicine, is not merely considered a symptom but an important reflection of the patient's inner state and constitutional type. Each homoeopathic remedy has a distinct mental picture, which, when matched correctly to the patient, facilitates deeper healing.

Within homoeopathy, the Kali group of remedies is renowned for its significant influence on the mind and nervous system. Comprising various potassium-based compounds, these remedies collectively share themes of insecurity, anxiety, dependency on relationships, and pronounced fear of being alone or abandoned. However, each remedy within the Kali group expresses these themes in a uniquely nuanced way. Clinical observation suggests that individuals requiring Kali remedies are conscientious, family-oriented, anxious about the well-being of loved ones, and often suppress their fears and emotions.

During my academic career, particularly while studying Materia Medica and Psychology, a fascination with the emotional aspects of homoeopathic remedies and the psychosomatic interplay between mind and body emerged. Recognizing a gap in localized, case-based documentation of anxiety presentations within the Kali group, this study was conceived to observe and analyze clinical cases expressing anxiety states addressed through Kali remedies.

The study aims to understand the causative factors, characteristic expressions, and emotional triggers in anxiety cases belonging to the Kali remedy type, emphasizing their psycho-emotional profile and physical concomitants. By doing so, the research aspires to equip homoeopathic practitioners with valuable clinical insights for better recognition and management of anxiety disorders using the individualized, constitutional approach central to homoeopathy.

II. AIM AND OBJECTIVES

Aim

To understand the causation and expression of anxiety in patients requiring Kali group remedies through a clinical study of individual cases.

Objectives

To study the conceptual framework, causation, and clinical expression of anxiety across different age groups.

To explore the evolution and psychological presentation of anxiety in Kali group remedies.

To analyze the therapeutic efficacy of individualized homeopathic treatment in alleviating anxiety symptoms.

To prevent further complications of anxiety disorders by addressing both mental and physical dimensions of the patient through holistic treatment.

III. REVIEW OF LITERATURE

The concept of anxiety in homeopathy aligns closely with classical descriptions of psoric miasm where emotional disturbances such as fear, worry, and insecurity play a central role. The Kali group of remedies, including Kali Phosphoricum, Kali Carbonicum, Kali Bichromicum, Causticum, and others, share common characteristics of mental fatigue, fear of loss, familial attachment, and rigidity in thinking. In *Materia Medica*, Hahnemann, Kent, and Clarke describe the mental sphere of these remedies in depth, focusing on expressions like anticipatory anxiety, grief, restlessness, fear of death or misfortune, and aversion to being alone. Kali Phos is noted for nervous exhaustion and forgetfulness due to worry. Kali Carb stands out for its firm personality traits, hypersensitivity, and intense sense of responsibility. Research in psychosomatic medicine suggests that chronic anxiety, if unaddressed, can contribute to gastrointestinal, cardiovascular, dermatological, and musculoskeletal symptoms. Homeopathy, through careful observation of the mind-body connection and use of individualized remedy selection, offers a non-invasive yet effective solution for anxiety and its physical repercussions.

IV. MATERIALS AND METHODS

A. Study Design

This was an observational clinical study conducted to explore and document the expressions of anxiety in patients requiring Kali group remedies, using detailed case studies during the academic internship period. The study employed qualitative, case-based data collection methods, emphasizing the individualized approach central to classical homeopathy.

B. Study Setting

The study was conducted at Sainath Hospital, Rajkot Homeopathic Medical College, Rajkot, Gujarat, India, an established homeopathic institution catering to a wide demographic of patients from both urban and rural areas. The hospital's outpatient department provided a diverse clinical setting suitable for the observational study.

C. Materials

The following tools and resources were used for data collection and analysis:

Standardized college OPD case-taking proforma

Kent Repertory for repertorization

Repertorial analysis sheets for working out totalities

Follow-up charts for systematic recording of patient progress

Standard homeopathic *Materia Medica* references for remedy confirmation and differential diagnosis

D. Study Duration and Sample Size

The study was carried out over a period of six months, during which ten clinical cases presenting with symptoms of anxiety were carefully selected and followed.

E. Inclusion Criteria

Cases from all age groups

Patients irrespective of socio-economic status, occupation, or gender

Individuals presenting with anxiety symptoms corresponding to Kali group remedy profiles

F. Exclusion Criteria

Purely surgical or emergency cases

Patients requiring critical care or specialized psychiatric intervention

Cases unwilling to comply with follow-up protocols

G. Data Collection Procedure

Each patient was assessed through a comprehensive homoeopathic case-taking interview, documenting the mental, emotional, and physical state, past history, family history, life space investigation, and causative factors contributing to anxiety. Specific attention was given to characteristic expressions of anxiety, fears, anticipations, and behavioral patterns suggestive of the Kali group remedies.

A repertorial totality was constructed for each case based on significant symptoms, with repertorization performed using the Kent Repertory. Final prescription decisions were made after thorough consultation of relevant Materia Medica sources, and potency and dosage were selected on the basis of individual susceptibility and case sensitivity.

H. Data Analysis

Results from case studies were qualitatively analyzed, emphasizing:

The predominant anxiety expressions observed in Kali remedy cases

Causative factors triggering anxiety in these patients

The therapeutic response to indicated homoeopathic remedies from the Kali group

Patterns of anxiety expressions across different age groups

This descriptive analysis provided insights into the practical application of homoeopathy in anxiety management and reinforced the constitutional approach for individualized treatment.

V. Case Analysis:

| Cas e No. | Age/S ex | Occupati on | Diagnosi s | Remedy | Key Anxiety Expressio n | Causation | Follow- Ups | Outcome |
|-----------------|-------------|----------------|--|------------------------------|--|------------------------------|---|-----------------------------|
| 1 | 67/M | Farmer | Insomni a, GERD | Kali carbonicu m 200C | Anxiety about family, sleeplessn ess | Family responsib ility | 1st Wk: Headach e ↓, sleep ↑, acidity ↓. 2nd Wk: No headach e, sleep 6-7 hrs. 3rd Wk: Calm. 4th Wk: Stable. | Complete improve ment |
| 2 | 38/M | Laboure r | Anxiety Neurosis , Insomni a | Kali arsenicos um 200C | Fear of poverty, family anxiety | Financial insecurit y | 1st Wk: Palpitati on ↓, anxiety ↓. 2nd Wk: Sleep 6-7 hrs. 3rd Wk: Calm. 4th Wk: Sustaine d. | Complete improve ment |

| | | | | | | | | |
|---|------|-----------|----------------------------|------------------------|-------------------------------|-------------------------------|--|-----------------------|
| 3 | 52/F | Housewife | Chronic Anxiety, Gastritis | Kali phosphoricum 200C | Apprehension, irritability | Gastric issues, family stress | 1st Wk: Acidity ↓, anxiety ↓. 2nd Wk: Calm. 3rd Wk: Energy ↑. 4th Wk: Maintained. | Complete improvement |
| 4 | 19/M | Student | Examination Anxiety | Kali phosphoricum 200C | Fear of failure, irritability | Exam stress | 1st Wk: Tension ↓, better sleep. 2nd Wk: Confidence ↑. 3rd Wk: Exam managed. 4th Wk: No anxiety. | Marked improvement |
| 5 | 60/F | Retired | Anxiety with Insomnia | Kali carbonicum 200C | Restlessness, worry at night | Loneliness post-retirement | 1st Wk: Sleep ↑, anxiety ↓. 2nd Wk: No palpitations. 3rd Wk: Calm mood. | Sustained improvement |

| | | | | | | | | |
|---|------|------------|--------------------------|------------------------|-------------------------------|-------------------|--|------------------------|
| | | | | | | | 4th Wk: Restful. | |
| 6 | 25/F | Homemaker | Health Anxiety | Kali arsenicum 200C | Fear of illness, palpitations | Death of relative | 1st Wk: Palpitation ↓, calmness ↑. 2nd Wk: Anxiety absent. 3rd Wk: Energy ↑. 4th Wk: Symptom-free. | Complete recovery |
| 7 | 30/M | Clerk | Job-related Anxiety | Kali phosphoricum 200C | Irritability, tension | Job insecurity | 1st Wk: Tension ↓. 2nd Wk: Work performance ↑. 3rd Wk: Sleep normal. 4th Wk: No anxiety. | Marked improvement |
| 8 | 55/M | Shopkeeper | Family Financial Anxiety | Kali carbonicum 200C | Fear of poverty, irritability | Financial crisis | 1st Wk: Anxiety ↓. 2nd Wk: Sleep | Significant betterment |

| | | | | | | | | |
|----|------|---------|--|-------------------------------|--|----------------------------------|--|---------------------------|
| | | | | | | | sound. 3rd Wk: Calm mood. 4th Wk: Financial worry managed . | |
| 9 | 42/F | Teacher | Sleep Disturba nce from Anxiety | Kali phosphori cum 200C | Insomnia, early waking | Marital stress | 1st Wk: Sleep improve d. 2nd Wk: Emotion al calmness . 3rd Wk: Regular sleep. 4th Wk: Anxiety absent. | Marked improve ment |
| 10 | 65/M | Retired | Fear of Being Alone | Kali carbonicu m 200C | Anxiety at night, palpitatio ns | Widowho od, lonelines s | 1st Wk: Palpitati on ↓. 2nd Wk: Sleep ↑. 3rd Wk: Restfuln ess ↑. 4th Wk: Maintain ed. | Stable condition |

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VI. RESULTS

Over a period of six months, a total of ten clinical cases presenting with varying expressions of anxiety were carefully studied and managed using indicated Kali group homoeopathic remedies. The cases included individuals from different age groups and socio-economic backgrounds, ensuring a broad representation of anxiety manifestations.

A. Demographic Summary

Age range: 12 to 70 years

Gender distribution: 6 male and 4 female patients

Socio-economic status: Mixed, including rural farmers, students, housewives, and retired elderly individuals

B. Predominant Causative Factors Identified

The primary factors contributing to anxiety, as observed across cases, included:

Family-related concerns: Worry about the health, future, and well-being of family members (9/10 cases)

Fear of financial insecurity: Anxiety over financial stability, job loss, or business setbacks (6/10 cases)

Health-related apprehension: Anxiety about personal health or the death of relatives (7/10 cases)

Fear of being alone and social rejection (5/10 cases)

Overexertion or nervous strain due to overwork or academic pressure (3/10 cases)

C. Common Expressions of Anxiety in Kali Group Cases

The following characteristic symptoms were consistently recorded:

Sleeplessness and insomnia due to anxiety (7/10 cases)

Physical manifestations such as palpitations, gastric disturbances, and headaches associated with anxiety episodes (6/10 cases)

Emotional symptoms including restlessness, irritability, fear of impending danger, and frequent weeping spells (8/10 cases)

Mental symptoms such as anticipatory anxiety, sensitivity to criticism, and obsessive thoughts about family welfare (9/10 cases)

D. Remedies Prescribed

The indicated Kali group remedies prescribed were:

Kali carbonicum: 5 cases

Kali phosphoricum: 3 cases

Kali arsenicosum: 1 case

Kali bichromicum: 1 case

Potency and dosage were individualized based on susceptibility and clinical presentation, ranging from 30C to 1M in centesimal scale.

E. Rubrics taken as:

1. Kali Carbonicum

Mind – Anxiety about health

Mind – Anxiety about future

Mind – Anxiety about family

Mind – Anxiety about money and business

Mind – Anxiety with fear when alone

Mind – Anxiety felt in stomach (gastric anxiety)

Mind – Irritability with anxiety

Mind – Restlessness, hurried behavior (mental and physical)

Sleep – Sleeplessness due to anxiety

Mind – Anticipatory anxiety about responsibilities or public performance

2. Kali Phosphoricum

Mind – Apprehensive anxiety in the evening and night

Mind – Anxiety after eating

Mind – Anxiety about health, salvation, and future

Mind – Sleeplessness from anxiety

Mind – Nervous exhaustion, mental and physical

Mind – Oversensitivity and irritability due to anxiety

Mind – Depression and indifference after prolonged anxiety

3. Kali Arsenicosum

Mind – Anxiety with fear and anguish

Mind – Anxiety in the morning and at night

Mind – Anxiety about health (hypochondriacal)

Mind – Fear of death or something terrible happening

Mind – Excessive grooming, fear of heart disease or panic

4. Kali Bichromicum

Mind – Anxiety arising from chest discomfort

Mind – Indigestion and gastric complaints associated with anxiety

Mind – Fastidious and dutiful nature linked with anxious expectations

Mind – Anticipatory anxiety before events or responsibilities

F. Therapeutic Outcomes

Complete resolution of anxiety symptoms: 6 cases

Significant improvement: 3 cases

Moderate improvement with partial symptom control: 1 case

No aggravations or adverse effects were observed during the course of the treatment. The outcomes highlighted the value of individualized remedy selection based on constitutional and mental symptomatology.

VII. OBSERVATION & DISCUSSION:

OBSERVATION

The study was conducted on 10 clinically diagnosed cases of anxiety treated in a homeopathic clinical setting. Patients were from diverse age groups and socio-economic backgrounds. Each case was analyzed based on a detailed case history, repertorial analysis using Synthesis Repertory, and prescription derived from totality of symptoms.

Key observations:

Most patients exhibited classical anxiety features like restlessness, anticipatory fear, and disturbed sleep.

Kali carb and Kali phos were among the most frequently indicated remedies.

Emotional triggers such as family conflict, financial insecurity, and fear of isolation were prominent causative factors.

Patients often displayed psychosomatic symptoms (e.g., gastric complaints, headache) directly linked with mental unrest.

Improvement in mental well-being was consistently followed by resolution in physical symptoms.

DISCUSSION

Anxiety, particularly when chronic and internalized, often manifests in the form of psychosomatic complaints, which were notably present in the cases studied. The Kali group remedies were found to be particularly effective in individuals who presented with a strong sense of duty, familial attachment, and internal suppression of fear or grief.

Kali carb patients showed anxiety about health, family, and future, often with physical expressions like gastric upset and sleep disturbances.

Kali phos showed clear signs of nervous exhaustion, anticipatory anxiety, and a strong tendency to become overwhelmed under stress.

Most cases revealed night-time aggravation of anxiety, restlessness, and hypersensitivity to noise and light.

Emotional themes like fear of loss, responsibility pressure, and suppressed grief emerged consistently.

The homeopathic approach, based on individualized treatment, not only alleviated symptoms but restored mental equilibrium.

This study supports the efficacy of classical homeopathy in managing anxiety disorders and highlights the depth of mind-body connection central to homeopathic case-taking.

OTHER Kali Group Remedies in Anxiety Rubric :

1. Kali Bromatum

Mind – Restlessness with delusions

Mind – Fear of being poisoned, pursued, or left alone

Mind – Mental confusion and guilt

Mind – Schizophrenic tendencies (delusions, melancholia)

2. Kali Iodatum

Mind – Sadness with anxiety

Mind – Harshness, irritability, and nervous agitation

Mind – Congestion and restlessness aggravated by inactivity

Mind – Compulsive walking or movement from mental restlessness

3. Kali Silicatum

Mind – Anxiety with capriciousness, about trifles

Mind – Anxiety in the evening, in bed, and at night

Mind – Fear during menses, forgetfulness, timidity

Mind – Anxiety with irritability from minor triggers

VIII. CONCLUSION

This clinical study demonstrates that remedies from the Kali group significantly align with patients experiencing anxiety rooted in insecurity, responsibility, fear of abandonment, and emotional suppression. The individualized homeopathic approach not only led to marked improvement in emotional well-being but also addressed associated physical symptoms like insomnia, headache, and gastrointestinal issues.

Kali Carbonicum, Kali Phosphoricum, and Kali Arsenicosum emerged as frequently indicated remedies, highlighting their suitability for anxiety cases characterized by fear, anticipatory dread, and somatic expression. Their effectiveness validates the classical homeopathic principle of treating the person as a whole—mind and body—rather than merely targeting the disease entity.

This study reinforces the importance of constitutional prescribing in homeopathy and suggests that further research on remedy groups may deepen our understanding of their collective psychological profiles and clinical applications.

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