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Do Not FearHomoeopathy Will Cure, My Dear

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Abstract

An understanding of fear and different types of phobias will help in promoting the integration of biological principles of learning, which determines the evolution of culture. It will provide insights into the workings of the different types of fear and a better understanding of the neural mechanisms involved in social emotional behavior in man. It gives you instincts to survive and makes you more cautious in preparing oneself to a new level of concentration. Fear is a most powerful, natural and primitive human emotion.

Keywords : Phobias, Types, Homoeopathy, Remedies,

Introduction

Anxiety is a normal human feeling; we all experience it when we are faced with life threatening situations

This feeling is often called as stress. Stress means two different things-on one hand, the things that make us anxious and on the other hand, our reaction to them.

A phobia may be a fear of particular situations or things that aren't dangerous and which most of the people don't find troublesome.

Sudden unexpected surges of anxiety are called panic.

The fear may be due to either trauma or bad experiences.

The body tries to protect against the impending threat, it is a vital response that tries to keep us alert and triggers a fight or flight response.

Social anxiety is that which has become the third largest psychological problem in the world today.

A person with a phobia has intense symptoms of hysteria, and feelings of depression, loss of appetite and where the future seems bleak and hopeless. These symptoms arise from time to time in particular situations that frighten them.

A phobia will lead the sufferer to avoid situations in which they know they will be anxious, but this will actually make the phobia worse as time goes on, making the person's life dominated by the precautions they have to take to avoid the situation they fear. Those suffering know that there is no real danger, they may feel silly about their fear but they are unable to control it. A phobia is more likely to go away if it has started after a distressing or traumatic situation.

About one in every ten people will have troublesome anxiety or phobias at some point in their lives. However, most will never ask for treatment.

Causes

Some of us seem to be born with a tendency to be anxious, research suggest that it can be inherited through our genes. However, even people who aren't naturally anxious can go into panic if they are put under enough pressure. There are some circumstances that are so upsetting and threatening that the anxiety goes on long after the event. Those are usually life-threatening situations like car crashes, train crashes or fires. The people involved can feel nervous and anxious for months or years after the event, even if they have not been physically harmed. This is called as post-traumatic stress disorder.

One line of research is investigating a biochemical basis for the disorder. Scientists are exploring the idea that heightened sensitivity to disapproval could also be physiologically or hormonally based.

Some investigations implicate a small structure that is present in the brain called as the amygdala which is responsible for the symptoms of social phobia. Fear may also be accompanied with other conditions including panic disorder, social anxiety disorder, phobias and post-traumatic stress disorder.

Using street drugs like amphetamines, SD or ecstasy, may also cause anxiety.

Even the caffeine in coffee is enough to make someone feel uncomfortably anxious.

It may not be clear why a particular person feels anxious it could be due to combination of personality traits, the incidences that took place in their lives or life changes such as pregnancy.

Many of us are put under pressure so we feel anxious and fearful for a long time. We usually cope with feelings because we know what is causing them and we know that this will end soon. For instance, there's anxiety before taking a test drive, but we cope with it knowing that these feelings will disappear once the test is over.

Some of us usually take a long time to recover. This becomes difficult to cope and will need some help to recover. People do not ask for help as there is a lot of stigma attached to it. Sooner they approach for help they will be free from the anxiety. So, it's better to get help rather than suffer in silence.

People with anxiety and phobias may not talk about these feelings even with close family and friends, even so it becomes obvious that things are not right. The person suffering looks pale and tense. And will be easily startled by normal sounds such as door bell ringing or a cars horn. They will tend to be very irritable which can lead to arguments with those close to them, especially if they don't understand why the sufferer feels that they can't do certain things. Although friends and family can understand the distress caused by anxiety. They find it difficult to live with, especially if the fears seem unreasonable.

A phobia is something a person feels to the point that they feel they have to change themselves. Without treatment of phobias, it can last for many years and affect a person's career, relationships and daily life activities

There are different types of phobias one type of phobia, called specific phobia that involves fear of an object that poses little or no danger, but is out of proportion to its risk. Specific phobias can occur along with other types of anxiety disorder.

Specific phobias are common starting in teenage and adult years, they also may run in the family. Women are twice as likely as men to suffer from these illnesses. They begin suddenly and last longer than childhood phobias. Because there is no or little danger, a person's fear is not based on reality, this is called as called irrational fear. Some of the more specific phobias involve fear of closed in places, heights, escalators, tunnels, highway driving, bridges, flying, dogs and injuries involving blood. These phobias include a fear of: heights [acrophobia], enclosed spaces[claustrophobia], flying [pterygophobia], water[hydrophobia], dentists[odontiatophobia]

Not getting treatment, though can cause a person to make decisions that will affect their personal life and limit their career.

Then the other type of phobia called as social phobia which involves fear of being embarrassed, looked at or made fun of in social or work situations.

Social phobias involve feeling of being self-conscious in everyday social situations. It is more than just being shy or nervous, and can cause extreme anxiety. A person feels uncomfortable and afraid when around people. It may be hard to be at work or in school, when you have to interact with other people. Their fear can be extreme and they are unable to control it, they often worry for days or weeks in advance of a situation they are dreading. This illness starts in childhood and teenage years, and may run in the family. Social phobia is vastly under diagnosed. The fear is so intense that someone with social phobia will avoid these situations whenever possible. Social phobia: It is a strong reaction involving the fear of social situations or gatherings. It involves a combination of being too much conscious of self, a fear of public scrutiny or humiliation in social situations, and a fear of negative evaluation by others.

This fear is out of proportion to the particular danger that's present. Many people become fearful of being embarrassed in certain social situations and so they find it incredibly difficult to deal with this type of embarrassment. Most people feel really self-conscious during their teenage years. All the physical and emotional changes that occur at this time can lead to low self-esteem.

When someone is so extremely shy or fearful about talking to others that he or she just doesn't talk in school, to certain people or in certain social situation, that's a form of social phobia known as selective mutism. Certain traits may affect the function of brain chemicals called the neuro transmitters and certain stress hormones that regulate mood states like anxiety shyness, nervousness and stress reactions. Those who tend to be worriers, perfectionists, and those who have a tough time dealing with each small mistake, can also be more likely to develop it.

Facts about social media phobia

People with phobia have a persistent, intense, and chronic fear of being watched and judged by others and of being embarrassed or humiliated by their own actions.

Symptoms include intense fear, that they will do or say something and embarrass themselves in front of other people.

Always being scared of making an error and being watched and judged by people.

Avoiding doing things they want to or speaking to people because they fear being embarrassed.

Worrying for days or weeks before having to meet new people.

Blushing, sweating a lot, trembling, nausea, difficulty in talking or feeling like you have to throw up before and during an event when you are with new people.

Staying far away from social situations like school events and making speeches.

Fear of public speaking

Fear of interacting socially at informal gatherings

Fear of eating and drinking in public

Fear of writing in public

Fear of using public washrooms

What should be done if one has a phobia

This illness can be treated by mental health professionals, psychiatrists' psychologists, social workers and counselors' is best to look for a professional who has special training in cognitive behavioral and /or behavioral therapy.

It's important to know when a person has a specific or a social phobia. Both are different types of anxiety disorders.

How Are Phobias Treated

Phobias are a kind of anxiety disorders, the most common of all the mental disorders. Many people misunderstand these disorders and think people should be ready to overcome the symptoms by sheer willpower. There are treatments available that are developed through research, and so are used for treating these disorders.

Anxiety disorders are treated in two ways-with medication and with certain sorts of psychotherapy.

A number of drugs used for treating depression, called antidepressants, have been found to help with anxiety disorders as well as monoamine oxidase inhibitors are used, along with the newer selective serotonin reuptake inhibitors. Other medicines include anti-anxiety drugs called benzodiazepines and beta-blockers.

Treatment with psychotherapy includes cognitive-behavioral therapy and behavioral therapy. In CBT type of treatment, the focus is on changing how a person thinks about, and then reacts to a particular situation that makes them feel anxious or fearful. In behavioral therapy, the main target is on changing how an individual reacts to a situation. CBT or behavioral therapy lasts for 12 weeks. It can be a group or an individual therapy. The method often involves three stages. The primary stage involves introducing people to the scary situation. The second stage is to extend the danger for disapproval to that situation so people should be able to build confidence to handle rejection or criticism. The third stage involves teaching people techniques to deal with disapproval.

Another aspect of treatment is named cognitive restructuring, which involves helping individuals identify their misjudgments and develop more realistic expectations of the likelihood of danger in social situations.

Relaxation and breathing exercises also can help to reduce anxiety symptoms.

It is a challenge to seek out the proper treatment for a mental disorder. New treatments are being developed through ongoing research.

Family members can play a crucial role during a person's treatment by offering support. Learning the way to manage stress will assist you to remain calm and focused. People with phobia also enjoy the social skills training.

Research suggests that aerobics like jogging, bicycling and swimming may be useful also.

Other studies have found that caffeine, illegal drugs, and even over-the-counter cold medicines can worsen the symptoms of those disorders.

Role of Homoeopathy in Fears

With hundreds of fears and specific medicines listed in homoeopathic books, an effective treatment of phobias is possible with various homoeopathic medicines. By studying one's constitution, a detailed case history is taken, that is mental, physical characteristics and family history, a prescription can be made to treat the specific fear

effectively. This picture of the symptoms described by the patient is matched with the drug picture described in the homoeopathic Materia Medica.

If phobias are a part of other diseases such as a chronic depression they need to be evaluated according to the principles of homoeopathy and treated accordingly.

Homoeopathic View

Homoeopathy is an alternative system of prescribing medicines.

Homoeopathy is capable of treating various emotional traumas by using highly diluted substances. These are called as Remedies which are prepared from many sources which include plants, minerals and animal products

Taking homoeopathic medicines internally is the best and most natural method of treating such conditions.

On the basis of thorough case taking medicines are prescribed.

Some of the Homoeopathic Medicines with their characteristics are given below.

ACONITE

A panic attack that comes suddenly and is accompanied by strong palpitations, shortness of breath and flushed face and anxiety. Fear of death and predicts the day of death.

AGARICUS

Fear of disease especially cancer and therefore the person is preoccupied with thoughts of death, dying and graveyards.

ARGENTUM NITRICUM

Anxiety, claustrophobia, hypochondria. Fear of heights, flying in airplanes. sweet cravings.

ARNICA

Hypochondriac anxiety with violent attacks. Apprehension of future evils. Horror of instant death.

ARSENICUM ALBUM

Fixed idea where he thinks that he along with his family will die of starvation. Fear of being left alone, anxiety and restlessness.

AURUM METALLICUM

Fear of failure with hopelessness, mental depression, future looks bleak and sense of being unfit or undeserving.

BELLADONNA

Fear of imaginary things, wants to run away, fear of huge black dog, fear of ghosts. Great anxiety, Delirium and mania. violence, dreams of murder robbers, danger from fire. Face is red and hot with big pupils.

CANNABIS

Constant fear of becoming insane. Fear of darkness. Does not use his voice.

DIGITALIS

Great Anxiety, fear of loss of reason, fear of future with desire to flee.

GELSEMIUM

Timid, agoraphobia, avoids crowds or speaking in public. Desire for solitude.

HYOSCYAMUS

Wishes to run away. Fear of being left alone, being poisoned, dread of drinks.

IGNATIA,

Anxiety from grief and loss, sensitive, susceptible to mood swings moving from laughter to tears, depression.

KALI ARS

Hypochondria, fear of heart attacks, fear of death or dying.

SECALE CORNUTUM

There is great anxiety with frightfulness. Constant moaning also a great desire to live.

LACHESIS

Religious monomania, fears she will be damned, is within the power of strong hands, afraid of going to bed at night.

LAC CANINUM

Fear of falling downstairs, anxious face with fear of death, feels she is of no importance in life. That she is surrounded by snakes. Fears to tread on floor, fear of ghosts.

LYCOPODIUM

Fear of failure with memory, A strong aversion to undertaking new challenges, lack of self-confidence. Fear speaking in public and have a stage fright. Claustrophobia, irritability, digestive upsets with gas and bloating.

LYSSIN

Fear of becoming mad, something terrible is going to happen to him, fear of being alone. Restlessness and anxiety dreams of dog's fear of being alone.

MEDORRHINUM

Everything startles her, wakes up with frightened sensation as if something dreadful had happened. Fear of the dark, Dreadful dreams of ghosts, dead people.

NUX VOMICA

Anxiety with irritability, fears to stay alone. Fear of knives. Dreams of fatal accidents.

OPIUM

Sees frightful ghosts, easily frightened, constant expression of fright and terror on face, sees frightful objects, wants to run away.

PULSATILLA

A Fear of closed spaces with the desire to go into open air

PHOSPHOROUS

Fear of open places and the person feels that something terrible is going to happen. Wants lot of company and reassurance.

RHUSTOX

Restlessness and anxiety around the heart. Great fear at night. Fearful dreams

STRAMONIUM

Face expresses fright and terror, Sees horrifying images at his side. Sees cats' rats, dogs, cannot be alone. Fear of closed places with a desire to escape, anxiety while going through a tunnel or closed space.

THUJA

Fearful anxiety, internal ache as if the soul is going to escape from the body. Terrible dreams of dead.

VARIOLINUM

Fear of death, begs to know if he is going to die, falls into deep sleep.

VALERIANA

Fearfulness in the evening when sitting in the dark, imagining that someone might hurt them. Does not feel at home.

ZINCUM METALLICUM

Fear of robbers, great uneasiness when left alone, dislikes conversation.

CONCLUSION

Phobia is a psychological problem to a greater extent and it can be diagnosed with the help of psychological analysis also it needs to be treated at the right time before it is too late to do something about it. By understanding the internal mechanisms of the human body it has become possible to produce the medicines to counter act against the effects, The anatomical and physiological concepts complement each other in their function and so through both the understanding of the knowledge in depth will help to diagnose the types of phobias and help in treating those cases.

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