



Anxiety, and Isotherapy in the Treatment of its Somatic Complaints

by Dr. Konrad Werthmann



Anxiety is a symptom that comes up frequently in our consultations; sometimes it is obvious, sometimes concealed to a greater or lesser degree behind the misuse of psychotropic drugs. People are ashamed of their anxiety. Treating anxiety as such with natural therapies is very hard. In most cases what is required, is a good personality with a training in Psychotherapy, in whom an anxious person can build up the necessary degree of trust. In this kind of treatment, the ability to listen is important, as well as taking a lot of time. Treating anxiety, however, also requires us to choose our words carefully, excluding any hint of aggression or concealed command that might be sensed by the patient. There is no “must“ or “ought to“, and the patient must be addressed correctly; there is no place for “one“, just a simple “you“ or Mrs./Mr. plus name. Anxious people are usually lacking in self-confidence, and any such lack of respect for their person is a great burden to them and leads to faithlessness. They get the impression that nobody takes them seriously.

First of all, a few definitions of expressions, which are often bandied about with little reflection.

ANXIETY: An emotional state, which is experienced as unpleasant and signals a vague threat or danger.

1) In certain circumstances, anxiety may rank as an illness, if it has no recognisable cause or is triggered and experienced as a result of some inadequate stimulus. In individual people, it is sufficient to hear words such as “sleep“ or “be alone“, or words which recall certain situations,

in order to trigger anxiety.

2) Anxiety is found in various degrees of severity and is generally accompanied by emotional and physical symptoms, such as uncertainty, agitation, excitement and maybe even panic, or by disordered thinking or perception, as well as by somatic complaints, which may find expression as:

- Increase in pulse or respiration rate
- Nausea
- Tremor
- Outbreaks of perspiration

It is only in chronic anxiety states that increased urinary and bowel activity are found.

3) Increased tension in the sympathetic nervous system is always a product of anxiety. Anxiety affects the thyroid, thereby automatically elevating the tone of the sympathetic nerve. Now, it is important to appreciate that the sympathetic nerve is the nerve of aggression, and consequently it reduces or calms intestinal activity and the work of the associated digestive glands (pancreas, liver), whilst toning the musculature of the bladder, depressing renal activity and causing a pronounced rise in the heart and respiration rates. At the same time, the sympathetic nerve increases the tone of the musculature.

A person with increased tension of the sympathetic nervous system limits the ability to think. The nervous person has only one aim: to beat the enemy, to carry out the task, or to win the battle of words. The vagus nerve, the nerve of calm, does precisely the opposite (not to mince words: nobody can defecate whilst

running!).

Anxiety is often concealed behind medical complaints or names.

It occurs in the shape of

FEAR: in the sense of a reaction to a real threat,

in **NEUROTIC** disturbances, such as anxiety neurosis, phobia, or delusions, depressive behaviour, but also in

Free FLOATING anxiety. In these cases, the anxiety is present in any possible situation, determining the momentary reactions. This must be taken into account in treatment. Any form of anxiety must be initially accepted by the therapist.

PHOBIA: This is an excessive, inadequate anxiety reaction, of which the patient is aware, and which is triggered by particular objects or situations and, in most cases, apparently unfounded. This is seen in neurotic personality developments such as agoraphobia (fear of leaving one’s protective space; agora = market-place.) No therapist lacking the particular specialist training has the right to treat such cases, no matter which tradition they come from: natural therapies or allopathy. The same applies in the case of free floating anxiety.

Treatment of Anxiety-related Complaints

Apart from the purely psychotherapeutic treatment measures, the physical complaints are easy to get under control with Isotherapy. However, there are a few facts which must be borne in mind. The



logical procedure embraces three points:

1) One should be able to classify the type of anxiety and its cause and be capable of involving a psychotherapist or an allopathic course of treatment.

Anxiety is first experienced as an emotion, and this emotion has an effect on the organism. Before beginning to treat someone for anxiety, one must be clear as to whether one is dealing with anxiety in the sense of restlessness, or a neurotic false attitude or phobia. If it is a phobia, a delusion, or depressive behaviour, then it is most certainly not the sort of illness, which a lone therapist should be treating, but he or she needs to seek the co-operation of a psychotherapist, or possibly even of a psychiatrist. Even great minds have had a tough time of it when treating a phobia. Just think of agoraphobia, phobias of washing and microbes, or of compulsive washing.

A neurotic false attitude is likewise a severe illness, and it is important to recognise its cause. Here, likewise, we have the same need of psychotherapeutic or even psychiatric expertise. In the case of this disease, the cause of this false attitude occurred a long time before the therapist came on the scene. It is a well-worn condition, whose early stages in most cases can be traced back to early or later childhood, and one, which can only be corrected with great difficulty.

Beyond the scope of Isotherapy are anxieties resulting from a cranio-cerebral trauma or from some inborn

disease. In such cases, the termination of the anxiety should be left to pediatrics or neurology. Only when that has been achieved, may we intervene.

2) The age of the patient should never be overlooked.

A child's anxiety is different from that of an adult. In adult patients, some anxieties may be existential. The child is in a sheltered, familiar framework, which means that this pre-pubertal anxiety can be more easily calmed than that of adults or elderly patients. In spite of this, in the case of highly intelligent young people who suddenly begin to underperform at the end of puberty, consider the possibility that this may be incipient schizophrenia. For years on end, they had to cope with the stress of always coming first, or generally being amongst the best performers.

A powerful trigger of anxiety frequently arises in childhood in the shape of parental nervousness and disharmony. The symptoms of anxiety find expression as disturbed sleep in pre-puberty, but also in infancy (bedtime rituals: door must be left ajar, saying goodnight several times, or several visits to the toilet, and so on). Anxieties about the future are the cause of this: "What will tomorrow bring - good marks, bad marks?" "What will Mummy or Daddy say?" They may also be the expression of parental tensions, tensions between neighbours, or between the generations within the family, and so on.

3) The actual somatic complaints From years of experience in treating patients with anxiety, I can say that

it is good not simply to take one isopathic remedy, just because the product information sheet describes it as tranquillising, but to divide the complaints strictly into symptoms from the Mucor cyclogeny and symptoms from the Aspergillus cyclogeny.

I should mention straight away that anxiety-related complaints from the Aspergillus range occur much more frequently than those from the Mucor cyclogeny. The distinction is relatively simple. This is also where liver anxiety belongs (the anxiety of the alcoholic). Ask questions about alcohol abuse. To introduce a little light-hearted encouragement regarding this treatment, I should like to tell you about a psychiatrist in Salzburg who very quickly recognised that enteral allergies are real triggers of anxiety, and knew how easy it is to produce an improvement in such cases simply by the patient abstaining from primary antigens (products from cow's milk and hen's eggs). Therefore, you too will find a dietary note under Point 1 (= cleansing of the milieu). (See also: Dr. Konrad Werthmann: "Guide-book for allergic persons and the chronically sick", which may be obtained via the Semmelweis-Verlag).

Description of tuberculinic (Aspergillic) anxiety:

The prime symptoms originate in organs, which are part of the tuberculinic (Aspergillic) constellation. The Aspergillus cyclogeny culminates in Bacillus tuberculosis, which is the reason for referring to tuberculinic anxiety. As well as this, tuberculinic anxiety stimulates primarily the tuberculinic organs.



Organs of the tuberculinic constitution	Complaints
Brain and CNS	Anxiety, limited perception of environment, all senses trained on the enemy or contentious issue
Intestinal tract	Diarrhoea, constipation, anxiety states
Respiratory organs	Respiration more rapid, breath „catches“, breathlessness, asthma, screaming
Lymphatics	Sore throat, swelling of submandibular lymph nodes
Genito-urinary tract	Retention of urine, burning during urination, loss of libido, sex-drive excessive or wanting
Skin	Sudden sweats, pallor, flushing pruritus
Joints and bones	Fight-flight, limping muscular weakness, uncontrollable twitches

This anxiety is a sign of the tuberculinic weakness:

The prescription for tuberculinic anxiety and associated complaints is as follows:

General prescription

1) ALKALA N, ½ measuring spoonful twice daily in warm water and CITROKEHL, 10 drops twice a day for weeks or months. Diet free of primary antigens (products from cow's milk and hen's eggs).

2) Concurrently begin QUENTA-KEHL 5X drops, 10 drops twice daily for a week, then switch to

3) MUCEDOKEHL 5X drops, 10 drops morning and evening; along with this, NIGERSAN 5X, 10 drops in the evening. After 1 week, increase the dose of NIGERSAN 5X to midday and evening, 10 drops each. This medi-

cation is taken for weeks and months. However, it would be more beneficial to interpolate QUENTA-KEHL at the weekends instead of the MUCEDOKEHL/ NIGERSAN.

4) Point 4 should be begun at the same time as point 3. PINIKEHL 5X drops are used, 10 drops twice a day, plus ASPERGILLUS oryzae (SANORYZAE) 6X drops, 5 drops twice a day. UTILIN „S“ D6 10 drops once a day or BOVISAN D6 10 drops once a day.

The following preparations should be taken into consideration according to the specific symptoms: CERIVIKEHL or LUFFASAN in cases of respiratory complaints. Belladonna relieves from sweating. OKOUBASAN or FORTAKEHL in combination with Belladonna if gastrointestinal symptoms arise. Further, well proven remedies for detoxication may be administered additionally in step 4: e.g. SIL-

VAYSAN or PINIKEHL D4 3x1 capsule each, if regular alcohol intake is suspected; PINIKEHL D4 and LUFFASAN D4 3x1 capsule each for support of the respiratory organs.

Description of Mucor anxiety: Mucor anxiety is of a more hearty nature compared with the severe anxiety of the Aspergillus cyclogeny. It is the anxiety for an ill partner, a beloved child and the joint worries with one's partner, professional advancement and also a child's fear of the future. Pyknic patients mostly undergo this kind of anxiety which corresponds with the Mucor cyclogeny. They tend to suffer from heart and circulatory disorders, cardiac flutter or arrhythmia and bear a strong relation to their emotions. These patients often solve their anxieties via the gastrointestinal system, e.g. children suffering from constipation. In these cases, MUCEDOKEHL is an important remedy for treatment.

The dosage should be started with 3x10 drops daily during the first week, subsequently reduce to 2x10 drops daily. For children up to 8 years 3x5/2x5 drops are administered.

The prescription for Mucor anxiety and associated complaints is as follows:

1) ALKALA T 2x ½ tablet in warm water for 20 days; at the same time start with and SANUVIS 2x 20 drops in warm water for 4-6 weeks

2) Concurrently begin QUENTA-KEHL 5X drops, 10 drops twice daily for a week, then switch to



Organs of the Mucor cyclogemy	Complaints
Cardiovascular	Tachycardia, whining mood, squeezed feeling in the heart, cardiac oppression

3) MUCEDOKEHL 5X drops, morning and noon, 10 drops each; additionally NIGERSAN 5X, 10 drops in the evening for 1 week; then MUCEDOKEHL 5X drops, morning and evening, 10 drops each and NIGERSAN 5X, 10 drops in the evening for 4-6 weeks.

For long-term therapy it is highly recommendable to apply QUEN-TAKEHL at the weekend instead of MUCEDOKEHL and NIGERSAN.

4) Point 4 should be begun at the same time as point 3. PINIKEHL 5X drops, 10 drops twice a day,

plus ASPERGILLUS oryzae (SANORYZAE) 6X drops, 5 drops twice a day.

Of course, Isotherapy may be combined with Valeriana or some other homeopathic remedy without hesitation. In any case, a face-to-face consultation is important, without the presence of a third party if possible, even with children of school age and adolescents. With children the question is always: who is troubled by the anxious behaviour? Then we may recognise the „game“ the child is playing with the parent, in order to retain the parent's affection. To some extent, this also

applies with grandparents, who expect attentiveness on the part of their children. Experience shows that the field of anxiety is a very productive therapeutic area and highly suited to good, natural, isopathic treatment.

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