



AMERICAN INSTITUTE
of HOMEOPATHY

(<https://homeopathyusa.org>)

Desórdenes de ansiedad

El término neurosis fue utilizado por primera vez por William Cullen en 1777 para designar alteraciones fisiológicas funcionales sin una base estructural evidente en la función orgánica afectada. Los síntomas que aparecen en estas afecciones están relacionados con funciones neurológicas e incluyen ansiedad, astenia, depresión, síndrome del intestino irritable, fatiga crónica, dolores de cabeza, histeria, parestesias, fobias, pseudoconvulsiones, trastornos sexuales, trastornos del sueño, etc. Las condiciones se asocian con: irritabilidad, mal humor, inquietud, ansiedad, mareos, temblores, cambios de temperatura corporal, dificultades para respirar, náuseas, palpitaciones, diarrea, estreñimiento, dolor o dificultades para dormir, sin patología orgánica evidente.

Tradicionalmente, se cree que estas condiciones surgen de conflictos emocionales internalizados, y a menudo inconscientes, en el intento de la mente de resolver tensiones entre los deseos instintivos y la represión de esos deseos por fuerzas, defensas y controles internalizados. La naturaleza de estos conflictos a menudo se encuentra en las primeras etapas del desarrollo, durante la interacción del comportamiento y la expresión emocional del niño y la respuesta de los padres y cuidadores al niño. Estas experiencias se internalizan en forma de complejos de recuerdos, patrones de comportamiento y emociones. Estos complejos de base emocional tienden a ser desencadenados por circunstancias de la vida que de alguna manera recapitulan las experiencias tempranas.

Normalmente, los trastornos neuróticos requieren psicoterapia para su resolución. Existen diferentes modalidades de psicoterapia, como el Tratamiento Cognitivo Conductual, la Psicoterapia de Orientación Psicoanalítica y la Hipnosis para tratar estas afecciones. El tratamiento puede durar desde 12 a 18 sesiones, hasta varios años, dependiendo de la

gravedad del trastorno y las causas subyacentes.

Homeopathic treatment can relieve the symptoms associated with these conditions. Many of these patients will be very sensitive to conventional medications and develop side effects from these compounds often. As the symptoms are relieved with the use of homeopathic remedies, the patient is able to move on with their life, as they learn new behavioral and emotional responses to their particular triggering factors.

Case series, as well as single cases, of patients with these conditions, successfully treated with homeopathy have been published. The response of patients suffering from these conditions to homeopathy is generally good. The approach to treatment is the same as with any other clinical condition. The homeopath has to take a complete history, including the present complaints, with all the particular and unique characteristics; the past medical and family history, including a social and developmental history, since most of these conditions have emotional components rooted in early childhood. Often, the triggering circumstances from the past, as well as the present, can help to pin point the particular homeopathic remedy which can relieve the complaints.

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