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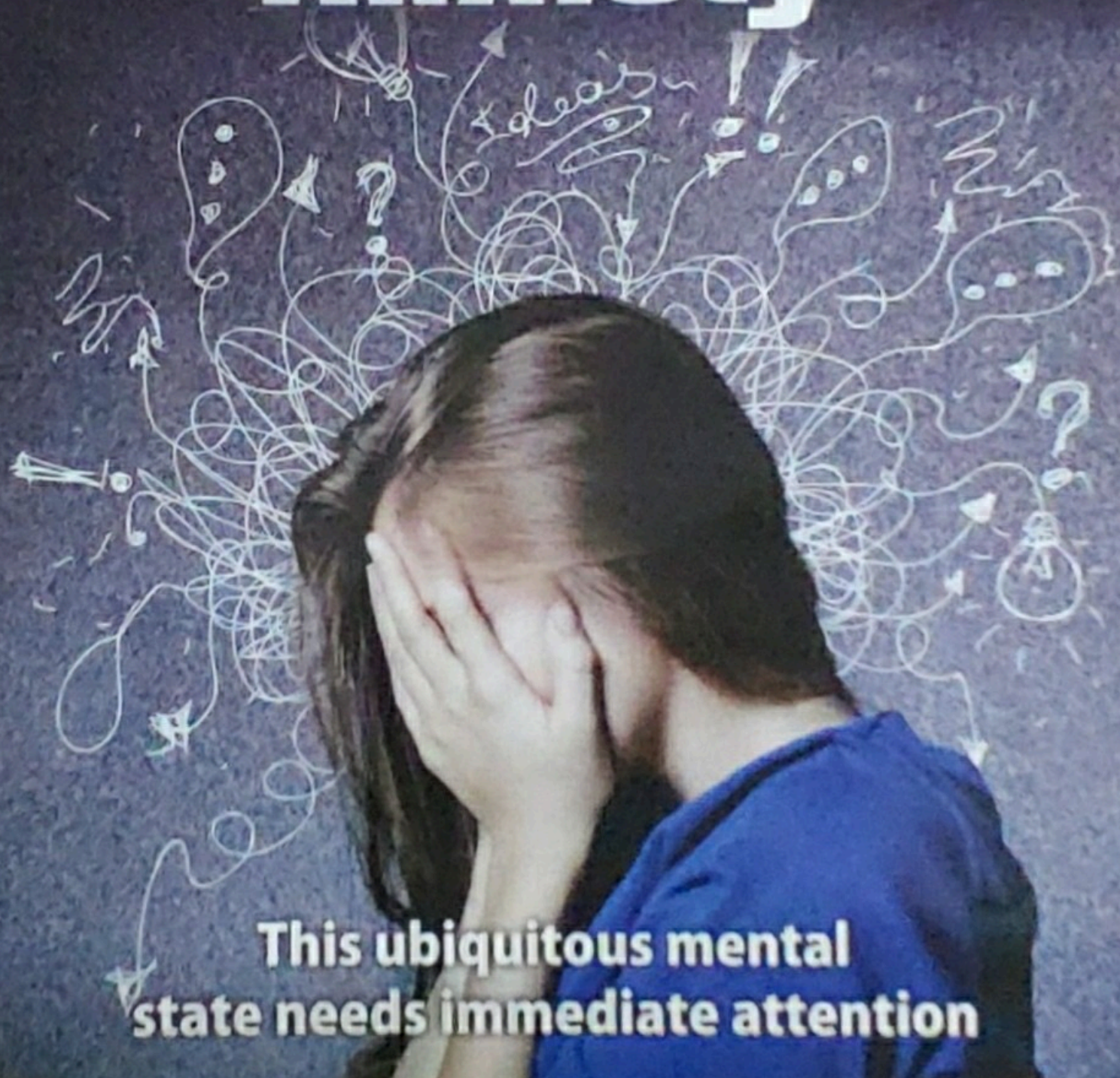
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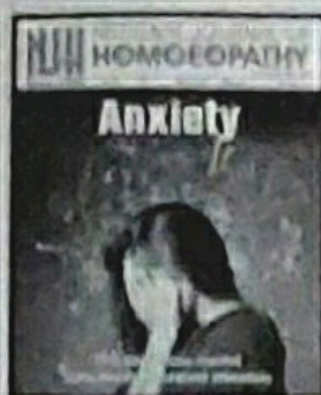
Anxiety



**This ubiquitous mental
state needs immediate attention**

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Anxiety... the most Ubiquitous emotion if there was any!

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Dr Lopa Mehta

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A case of Depersonalisation



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ABSTRACT: A case of woman suffering from IBS and panic anxiety disorder. Her panic episodes started after a weird experience during meditation which has changed her life.

A woman, aged 57 yrs. Her main complaint is IBS since last 9 years. Menopause at 38 yrs. Hypothyroidism since last 21 years. Depression with panic attacks after meditation. She feels very irritated while questioning. (Observation by an Assistant Doctor)

Case taking

I get tired very easily I feel very *lethargic* since childhood. Sometimes feels very negative. Over-tired, cannot sleep because of it. Why I am not super active like others? In day-to-day life I am *dragging* myself. Even to wake up I need to drag myself.

During meditation: I find myself totally in peace. I go deeper and deeper. You detach yourself. Then I get frightened that I will pass away. *I tried to hold myself, to not go deeper. Not to depersonalised.* You do not feel that you are the same person. No attachment from the world. No clinging would be there. ZERO hope for everything. Feel completely uneasy (HG).

You cannot sit properly. Very confused. Become very **panicky** at that time.

Experience?

It produces diarrhoea, *no control over.* I feel so lethargic at that time, **I cannot hold myself.** Just want to leave it as it is. Fear of death. I feel so anxious, try to control you. During those times, become unconscious frequently.

Due to severe abdominal pain, I do not want to eat much. There was a *stabbing* pain in my abdomen.

Dream:

1. I saw a child in my dream. I found him from some place. Child was very cute. He was 2-3 yrs old. *My feeling during dream* was, I will protect that child. He was lost.

I feel *panicky*, that what if something will happen to him. What if someone kidnapped him?

Getting very *frightened.* Fear of getting injured. Fear of death.

Experience during dream: feel like shocked. *Pet

ma *Dhrasko padse*." Means Churning sensation in the abdomen due to anxiety.

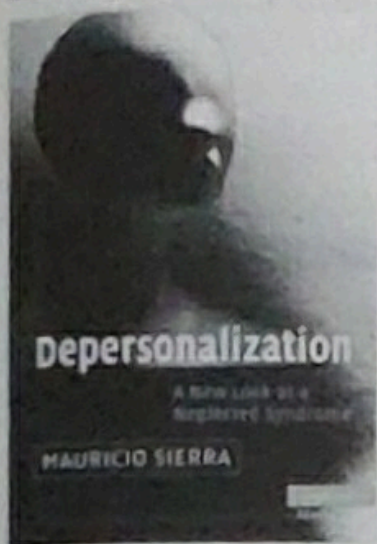
Asked her most intense experience in life.

She told it happened after meditation. 3 times it happened till now.

Describe experience?

You were in such a deep sleep state that I cannot come out from. Fear of death. Frightened that you will become spirit. I do not want to be a spirit. They need to suffer a lot. Because they need to free oneself.

There was a fear of *depersonalisation*. I become panicky. You will come out of body and cannot get into it again. And your spirit will suffer a lot.



NATURE

I do not watch TV. All negative things are coming. They show a lot of suffering of people. I do not want such kind of negative things around me. (Influenced easily) Sometime I feel bored a lot. I am quite timid too.

Very much sensitive by nature. If someone tells me something, I cannot come out from very easily. My mind will be totally occupied in such thoughts. Feel insulted. I weep a lot. It helps me to come out.

I am from a middle-class family. I am working since the age of 13 yrs. At that time, we made "Kapoor Goti". Running nose started because of smell. But I need to do that work as I need the money.

I like to play *Garba* (a form of traditional dance) a lot as a child. Once I was coming back from *Garba*. 4-5 Boys were behind me. They came near me. At that time, I was just 13 yrs old. One of them told she is just a little child and they went away. I got so much *frightened*. Fear of getting raped. Fear of physically injured. After that I never went for *Garba* again.

I used to work in supermarket, but I cannot stand for a long, so I resigned.

MENSTRUAL HISTORY

Hot flushes before menses (1 week), every 2-3 minutes. After that chill started. Severe pain in breast before menses. Feel like 2-4 kg weight increases.

Past h/o: recurrent eczema.

I beg to God, please someone help me, to come out from my problem.

MAIN FEATURES OF THE CASE MAIN COMPLAINTS

- IBS
- Panic Anxiety Disorder followed by depression
 - o Feels very lethargic
 - o Dragging myself
 - o Very spiritual

Experience during meditation:

- Detach yourself,
- *Frighten, I will pass away.*
- Tried to *hold* myself.
- *Confused and panicky.*
- Diarrhoea no control over.
- Cannot hold/control myself. Fear of death. Anxious.
- **Fear of depersonalization. Tends to produce panic.**
- Fear that "You will come out of body and can't get into it again."
- Fear of suffering.
- *Helplessness* to come out from that meditative state.

Nature:

Influenced easily. Negative energy overpowers her. Very sensitive and timid. Sensitive to insult.

Regarding Garba incidence: fear of raped, of getting injured. **Frightened.** Avoid playing Garba again.

Dream: Dream of sweet cute child. Lost. Something will happen to him. Fear of being kidnapped. Very frightened. "Shocked", churning sensation in the abdomen.

ANALYSIS OF THE CASE In this case, I followed the plant chart developed by Dr Michal Yakir.

Her issues are belonging to plant kingdom. (Sensitivity and reactivity) and still further,

Sub class-1 in Dicotyledons: MAGNOLIDAE

PRE-SEPERATION

- Primordial, immature, naive state of the EGO and its struggle to separate from the oneness.
- Weak EGO, weak will, weak mind and strong impulses.
- CONFUSED, unfocused.
- Inability to protect oneself, no defence- reacting with control.
- Exposed, no boundaries, no skin, irritable, oversensitive.
- Being so completely exposed, multiple fears and anxieties are arising.
- Problem with pregnancy, birth, menstruation, uterus, female sexual organ, hormonal system.
- How developed she is? Will suggest

Row 3: Anal stage

- *Holding on. Autonomy and a sense of capability. Will power.*
- Sense of failure, self-doubt, self-reproach.
- The plant family in the Anal stage of development and belongs to subclass 1 is LAURALES:

THEMES: Laurales

- **A sense of existential danger and lack of protection**
- **Power, control, maintenance, strength or weakness, inability**
- **Inability to contain/hold: emotions or body fluids: bleeding, diarrhoea, lungs affection.**

REMEDY GIVEN

- *Camphora* 200 4P BD/ week

***Camphora-officinalis*: Family- Lauraceae**

Medicine prepared from the camphora oil, obtained from the bark of the tree. Powerful insect repellent in its naphthalene form.

- **Hysterical, anti- diarrhoeal.**
- *Spiritual properties: cleansing property against any dark, unwanted energies, negativity. Bring enlightenment.*
- **Strong existential insecurity and fears. Felt completely alone, isolated, alienated even from society.**
- Afraid of sleep, dark, night, anaesthesia- as if afraid to disappear again, not-existing again. Hysterical fears.
- **Panic anxiety of dissolving, disappearing.**
- *Death and endless coldness.*
- Terrible fear of being left alone.
- Diarrhoea: colic, gas and *an intense cold feeling.*
- Near death experience. Collapse. Coldness of body.
- **Any stimulus or slight offence leads to general collapse, helplessness and weakness.**

Follow up after 15 days:

- Feel more energetic. 30% better. Since 2-3 days my sleep was disturbed. Better in IBS, now need to go 2-3 times (before 4-5 times)
- Remedy: *Camphora* 200 BD/ week

FOLLOW UP after 1 month

- Much better. Sleep: better, at least can sleep 4-5 hours. Stopped allopathic medication. 40%- better in depersonalisation. Emptiness sensation- better than before.
- Remedy: *Camphora* 200 BD/ week

FOLLOW UP after 3 months:

- Now travelled a lot. Feeling better 60%. Feeling of loneliness is very less. Feeling less depersonalised. Now I can enjoy my life. Feeling calmer than before. No IBS issue now. No lethargic like before.

KEYWORDS: Panicky Anxiety Disorder, IBS, meditation, depersonalisation, holding, fear of death, diarrhoea, weakness, confused, *Camphora*.

