Homeopathy and Anxiety

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Abstract
Numerous therapeutics for prevention and treatment of anxiety have been suggested but many people select alternative
medicine such as homeopathy. Homeopathy is an old system of medicine which is used as an effective treatment in both
acute and chronic medical and psychological conditions. The “Homeopathy” term is a Greek word that means similar
disease. Homeopathy has a holistic approach to treatment, as the central goal in homeopathic treatment is “like cures
like”. Homeopathic drugs are derived from mineral, herbal and animal products. Within the last several decades, the
use of homeopathic medicines has developed worldwide since homeopathy is safe, harmless and less expensive than
conventional therapies. Furthermore, few side effects have been seen by utilizing homeopathic products. The aim of this study
is to discuss the effect of homeopathy on anxiety by searching via Pubmed, Science Direct, Scopus, ECHO (European
Committee for Homeopathy thesis database), WHO, Iran Medex and SID databases up to November 2014.

Keywords: Homeopathy, Herbal Medicine, Anxiety, Psychological Conditions.

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