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Poster Presentation Research

Effect of Homeopathic Argentum Nitricum on State and Trait Anxiety among Healthy Volunteers in Mashhad

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Abstract

Complementary medicines are being increasingly considered as potential anxiolytics. Homeopathy is one of the old complementary/alternative therapies that is suggested as a cost-effective way to reduce anxiety. Several clinical trials have shown homeopathy superior to placebo; however some others have demonstrated that it has similar effects to conventional treatments. Nevertheless the database on studies of homeopathy and anxiety is limited and there isn't any data about Iran. Therefore, we planned this study to evaluate the influence of homeopathic Argentum nitricum on state and trait anxiety among healthy volunteers from June to September 2014. A double blind randomized controlled trial has been done on 70 healthy university students in Mashhad. They are randomly divided into 2 groups to receive either Argentum nitricum or placebo. Each group received oral administration of Argentum nitricum or placebo twice a day for 4 days. State-Trait anxiety questionnaire is fulfilled by volunteers before treatment, 15 minutes after treatment and then after four days. Demographic characteristics and adverse reactions are noted by other questionnaires. Our study findings and clinical experiences would be shared in this congress.

Keywords: Homeopathy, Complementary and Alternative Medicine, Argentum Nitricum, Anxiety.

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