



### 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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