



RESEARCH ARTICLE

ANXIETY AND NICOTINE DEPENDENCE: A CASE REPORT

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Abstract

Anxiety is a common comorbid condition in Nicotine dependent individuals. A patient of 41 years presented with anxiety and Nicotine dependence. After the proper case taking a most appropriate medicine Lycopodium 1M was selected. A proper follow-up record was maintained during the whole treatment process. After a month the patient showed significant relief in anxiety. This case study emphasizes the role of Homoeopathy medicines in the management of anxiety associated with Nicotine dependence.

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Introduction:-

Nicotine Dependence is such a composite condition that includes not only physical factors but also psychological factors. Comorbidity in the form of Anxiety is commonly associated. The Presence of Anxiety in a Premorbid state predisposes a person to be easily addicted to Nicotine as research suggests People with Anxiety Disorders are more likely to consume Nicotine in various forms like Khaini, gutkha, Pan Masala i.e. smokeless and in smoke like bidi, cigarette, Hukkah and others and become dependent on Nicotine. Nicotine Dependence worsens the anxiety symptoms and both conditions often co-occur. Anxious people were found to have increased smoking rates. Nicotine dependence through Neurochemical Mechanism, there is a positive effect on mood and stress, as a result, the person is addicted, and withdrawal symptoms worsen the anxiety.^[1] Homoeopathy has a holistic approach in treatment that considers the Patient as a whole, analysis of the case in depth may have an important role in the Management of Anxiety associated with Nicotine Dependence.

Case Report-

A 41 year old male, consuming Tobacco since 20 years came on 13/5/2024.

History of present complaints-

Patient, 41 year old male, presented with the following complaints-

Patient was using Tobacco since 20 years, 2-3 packets (gutkha) per day. Sore pain in stomach persisting for the past 3 months, occasionally exacerbated post meals.
 Crawling sensation in the legs, aggravated at night, interfering with sleep.
 Chronic constipation with unsatisfactory defecation.
 Brown discoloration of tongue.
 Persistent anxiety about his health.
 Overthinking, which leads to heaviness in the chest.

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On examination-**Vitals-**

Blood pressure- 140/90 mm Hg

Heart rate - 88 beats per minute, regular

Respiratory rate - 18 breaths per minute

Temperature - Afebrile

Neurological examination-

Hyperaesthesia reported in the legs

Diagnostic assessment-

This case is diagnosed as Anxiety with Substance use disorder, specifically F17 Nicotine Dependence^[2,3] on the basis of diagnostic tool, FTND and F41 Anxiety as per HAM-A.

Fagerstrom Nicotine Dependence Scale- Smokeless Tobacco (FTND-ST) Score- 6 shows significant Nicotine Dependence.

Hamilton Anxiety Rating Scale (HAM-A) Score- 20 (mild to moderate anxiety)

Repertorial totality-

MIND- ANXIETY, health about

MIND- COMPANY, desire for

MIND- CONTRADICTION- aggravation

MIND- OCCUPATION- amelioration

MIND- TIMIDITY

STOMACH- PAIN- eating- agg- little, after

CHEST- OPPRESSION

SKIN- FORMICATION

GENERALS-SIDE-right

GENERALS- FOOD & DRINKS- sweets desire

GENERALS- TOBACCO- desire for tobacco

Repertorial result- Lycopodium 23/10^[4,5,6]**Intervention-** Lycopodium 1M single dose on 13/5/2024**Follow up-**

Date	Symptoms	Medicine
28/5/2024	Mild improvement in anxiety. Palpitations decreased. Relief in chest heaviness. Overthinking reduced.	SL-30 BD/15days
13/6/2024	Much relief in anxiety. Palpitations improved. Chest heaviness decreased, Mind calm.	SL-30 BD/15days

Outcome-**Before intervention-** Assessment done on 13/5/2024.

FTND-ST score-6

HAM-A score- 20 (Moderate anxiety)

After intervention- Assessment done on 13/6/2024

HAM- A score- 09 (Mild anxiety)

13/05/2024

Hamilton Anxiety Rating Scale (HAM-A)

Below is a list of phrases that describe certain feeling that people have. Rate the patients by finding the answer which best describes the extent to which he/she has these conditions. Select one of the five responses for each of the fourteen questions.

0 = Not present, 1 = Mild, 2 = Moderate, 3 = Severe, 4 = Very severe.

- | | |
|--|---|
| <p>1 Anxious mood <input type="checkbox"/> 0 <input type="checkbox"/> 1 <input checked="" type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4
3</p> <p>Worries, anticipation of the worst, fearful anticipation, irritability.</p> | <p>8 Somatic (sensory) <input type="checkbox"/> 0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4
1</p> <p>Tinnitus, blurring of vision, hot and cold flushes, feelings of weakness, pricking sensation.</p> |
| <p>2 Tension <input type="checkbox"/> 0 <input checked="" type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4
2</p> <p>Feelings of tension, fatigability, startle response, moved to tears easily, trembling, feelings of restlessness, inability to relax.</p> | <p>9 Cardiovascular symptoms <input type="checkbox"/> 0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4
2</p> <p>Tachycardia, palpitations, pain in chest, throbbing of vessels, fainting feelings, missing beat.</p> |
| <p>3 Fears <input type="checkbox"/> 0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4
2</p> <p>Of dark, of strangers, of being left alone, of animals, of traffic, of crowds.</p> | <p>10 Respiratory symptoms <input type="checkbox"/> 0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4
2</p> <p>Pressure or constriction in chest, choking feelings, sighing, dyspnea.</p> |
| <p>4 Insomnia <input type="checkbox"/> 0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4
1</p> <p>Difficulty in falling asleep, broken sleep, unsatisfying sleep and fatigue on waking, dreams, nightmares, night terrors.</p> | <p>11 Gastrointestinal symptoms <input type="checkbox"/> 0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4
1</p> <p>Difficulty in swallowing, wind abdominal pain, burning sensations, abdominal fullness, nausea, vomiting, borborygmi, looseness of bowels, loss of weight, constipation.</p> |
| <p>5 Intellectual <input type="checkbox"/> 0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4
1</p> <p>Difficulty in concentration, poor memory.</p> | <p>12 Genitourinary symptoms <input type="checkbox"/> 0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4
1</p> <p>Frequency of micturition, urgency of micturition, amenorrhoea, menorrhagia, development of frigidity, premature ejaculation, loss of libido, impotence.</p> |
| <p>6 Depressed mood <input type="checkbox"/> 0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4
1</p> <p>Loss of interest, lack of pleasure in hobbies, depression, early waking, diurnal swing.</p> | <p>13 Autonomic symptoms <input type="checkbox"/> 0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4
0</p> <p>Dry mouth, flushing, pallor, tendency to sweat, giddiness, tension headache, raising of hair.</p> |
| <p>7 Somatic (muscular) <input type="checkbox"/> 0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4
2</p> <p>Pains and aches, twitching, stiffness, myoclonic jerks, grinding of teeth, unsteady voice, increased muscular tone.</p> | <p>14 Behavior at interview <input type="checkbox"/> 0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4
1</p> <p>Fidgeting, restlessness or pacing, tremor of hands, furrowed brow, strained face, sighing or rapid respiration, facial pallor, swallowing, etc.</p> |

Total score – 20 Moderate anxiety

Fagerstrom Nicotine Dependence Scale- Smokeless Tobacco (FTND-ST)

Questions	Answers	Points
How soon after you wake up do you place your first dip?	Within 5 min	3
	6 - 30 min	2 yes
	31 – 60 min	1
	After 60 min	0
How often do you intentionally swallow tobacco juice?	Always	2
	Sometimes	1 yes
	Never	0
Which chew would you hate to give up most?	The first one in the morning	1
	All others	0 yes
How many cans/pouches per week do you use?	More than 3	2 yes
	2- 3	1
	1	0
Do you chew more frequently during the first hours after awakening than during the rest of the day?	Yes	1 yes
	No	0
Do you chew if you are so ill that you are in bed most of the day?	Yes	1
	No	0 yes
		Total = 06

Scoring Instructions: Add up responses to all items. A score of 5 or more indicates a significant dependence, while a score of 4 or less shows a low to moderate dependence.

*Heatherton, Todd F. et al. 1991 The Fagerström Test for Nicotine Dependence: A revision of the Fagerström Tolerance Questionnaire. *British Journal of Addiction* 86:1119-1127.

FTND-ST ON 13/05/2024 =6

MaineHealth
Center for Tobacco
Independence

Hamilton Anxiety Rating Scale (HAM-A)

Below is a list of phrases that describe certain feeling that people have. Rate the patients by finding the answer which best describes the extent to which he/she has these conditions. Select one of the five responses for each of the fourteen questions.

0 = Not present, 1 = Mild, 2 = Moderate, 3 = Severe, 4 = Very severe.

1 **Anxious mood** 0 1 2 3 4
1

Worries, anticipation of the worst, fearful anticipation, irritability.

2 **Tension** 0 1 2 3 4
1

Feelings of tension, fatigability, startle response, moved to tears

easily, trembling, feelings of restlessness, inability to relax.

3 **Fears** 0 1 2 3 4
1

Of dark, of strangers, of being left alone, of animals, of traffic, of

crowds.

4 **Insomnia** 0 1 2 3 4
1

Difficulty in falling asleep, broken sleep, unsatisfying sleep and fatigue on waking, dreams, nightmares, night terrors.

5 **Intellectual** 0 1 2 3 4
1

Difficulty in concentration, poor memory.

6 **Depressed mood** 0 1 2 3 4
1

Loss of interest, lack of pleasure in hobbies, depression, early waking, diurnal swing.

7 **Somatic (muscular)** 0 1 2 3 4
1

Pains and aches, twitching, stiffness, myoclonic jerks, grinding of teeth, unsteady voice, increased muscular tone.

8 **Somatic (sensory)** 0 1 2 3 4
1

Tinnitus, blurring of vision, hot and cold flushes, feelings of weakness, pricking sensation.

9 **Cardiovascular symptoms** 0 1 2 3 4
1

Tachycardia, palpitations, pain in chest, throbbing of vessels, fainting feelings, missing beat.

10 **Respiratory symptoms** 0 1 2 3 4
0

Pressure or constriction in chest, choking feelings, sighing, dyspnea.

11 **Gastrointestinal symptoms** 0 1 2 3 4
0

Difficulty in swallowing, wind abdominal pain, burning sensations, abdominal fullness, nausea, vomiting, borborygmi, looseness of bowels, loss of weight, constipation.

12 **Genitourinary symptoms** 0 1 2 3 4
0

Frequency of micturition, urgency of micturition, amenorrhoea, menorrhagia, development of frigidity, premature ejaculation, loss of

libido, impotence.

13 **Autonomic symptoms** 0 1 2 3 4
0

Dry mouth, flushing, pallor, tendency to sweat, giddiness, tension

headache, raising of hair.

14 **Behavior at interview** 0 1 2 3 4
0

Fidgeting, restlessness or pacing, tremor of hands, furrowed brow, strained face, sighing or rapid respiration, facial pallor, swallowing, etc.

Total score – 09 Mild anxiety

HAM-A ON 13/06/2024 =9

Discussion:-

Lycopodium medicine was selected on the basis of Totality of Symptoms and considering the constitution. Lycopodium 1M, single dose was given on 13/5/2024. After 15days, on 28/5/2024, first follow up was taken, which

shows much improvement in palpitations, anxiety levels. On second follow up on 13/6/2024, patient's anxiety was much improved in the areas of anxious mood, fear, tension, assessed through HAM-A.

Conclusion:-

Homeopathy works significantly when prescribed as per individualization. This case shows that Homeopathic medicine works in the management of anxiety associated with nicotine dependent patients.^[7]

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