



ORIGINAL RESEARCH PAPER

Medical Science

TREATMENT OF PANIC ATTACK AND ANXIETY BY NATURAL ENDOGENOUS HORMONES

KEY WORDS: panic attack, anxiety, stress, exercise, endorphin hormone.

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ABSTRACT

Panic attack and anxiety are so menacing disorders that a person is not able to live his routine life. Medication and other therapies give temporary relief plus they have harmful effects on our body. Lieu of medicines panic attack and anxiety can be treated naturally, with routine healthy habits. Opposite thinking, control on breathing, reading, morning walk, yoga helps in treatment and subject can live a normal life without fear or panic. It can also be treated with endogenous hormone endorphin, which is secreted by the pituitary gland under the influence of hypothalamus. In this treatment, the patient is able to release his endogenous hormones as per his or her wish, only the thing is they must know how to do it.

INTRODUCTION

Today's life is very busy and tiresome with a minimum time to keep check on your health. This life with busy time schedule and targets, exerts tremendous stress on the working people, might be in Government job, private or corporate. This extreme stress leads to the anxiety and panic attacks, now a days very common in India. Using tablets for the treatment of these diseases is risky as it has many side effects. Our own body hormones can be used for the treatment of these panic attack and anxiety.

What is a Panic Attack

Panic attack occurs very suddenly from nowhere with intense symptoms. It is a sudden attack without any triggering stimulus. The symptoms start slowly and reach the peak within 5 to 10 minutes, and subside after 15 minutes or more. The symptoms of panic attack starts with excessive sweating accompanied with heart palpitation. Heart beats are clear and loud to the ears, it seems your heart will pop out from the thoracic cavity. Patient start shaking and feeling have lost the equilibrium and unable to maintain the posture. There is a tingling sensation in the body and hands. The palms are completely wet and shortness of breath is experienced. There is fear of dying, choking, discomfort in abdomen, chest pain, feeling of unreality and detachment from oneself Ankrum (2018). The eyes capture the actual images of what we see, but the images sent to the brain by the retina and optic nerves are not well interpreted by the visual cortex present in the brain. People think I just saw something and now there is nothing, they feel they are going crazy and unable to understand what is happening around them.

People confuse panic attack with a heart attack, and most of the people get hospitalized for the fear of heart attack. After a little time span the heart pounding rests to normal but the fear remains there for a long time. Generally a sleeping pill helps to normalize the panic attack.

Difference between Panic Attack and Anxiety

On the other hand anxiety does not occur at a sudden with intense symptoms. It intensifies with time and correlated with excessive worry about the forthcoming danger which patient thinks in his mind. Symptoms are same as that of panic attack. Dizziness, shortness of breath, restlessness, difficulty in concentrating, increased heart rate, disturbance in sleep, fatigue and so on Ankrum (2018). The symptoms are not as intense as are in the panic attacks.

Difference between Panic Attack and Heart Attack

In heart attack the pain is in the chest region, generally located in the center of the chest. The pain does not stop there in the chest region but it radiates in the neck, jaws, shoulders, one or both the arms, neck, back, and abdomen. The severity of the chest pain reaches maximum within few minutes with difficulty in breathing, pressure on your chest are like someone is sitting on it. Heart attack is fatal and patient has to be hospitalized as early as possible. There is also general

pain in the chest region to the people who don't have panic attack history or anxiety or with early heart attack. This chest pain is due to physical mobility which crosses your body limit and exertion or irregular sleeping angles. But this pain does not reside for a longer period. It has a short span, and pain resides.

There are various symptoms of panic attack which include elevated pulse or heart beats with unbearable chest pain which lasts for a short span of time and is limited in a specific area. Panic attack is always associated with anxiety and occurs when in the resting period. The pain intensity increases when sleeping or sitting position is changed or by pressing Jane Gleason (2016).

Fear of having second panic attack

After the first attack the patient becomes stable immediately within hour and so, but the fear remains in your brain for a long time. It takes months to erase it from the brain. There is always a fear of getting a second panic attack. But the fear of getting a second panic attack brings you the second attack in reality. Suppose you had your first panic attack at 2 am in the morning, you will think you will get second attack on the same time. If sleep disturbs or you awake at 1.30, you will be terrified and your fear will grow as the clock will come close to 2 am. As the time passes and the clock passes 2 am and shows 3 am, then you are relieved and able to sleep again.

What are the fears?

Fear of death
Fear of heart attack
Fear of a second panic attack
Fear of having psychological problems or going crazy
Fear of an accident
Fear of theft in their houses
Fear of something unexpected or unusual will happen

Behavioral Changes

After panic attack patient remain very silent, talk with their own self for hours, do not pay attention and even listen what others are saying, less involvement in other activities, they are always thinking, they try to live isolated. They think of such things which are not going to happen ever in their life and then they fear for the same thing which they are thinking about.

The place where they had the first panic attack also acts as trigger for the second attack. People fear to go near to the place where they had first attack, they start avoiding such places. If they had a panic attack while driving, they will never dare or try to drive in their life and will stay away from vehicles.

Medications

Bulk of medicines are available in the market, but they are not permanent solution. Tablets have side effects and disturbs your physical and mental health. They have adverse effects on