

Review Article

Panic Disorders and Homoeopathic Approach

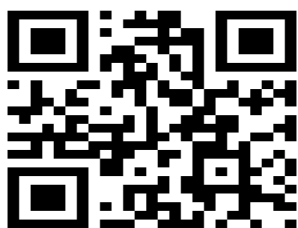
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ABSTRACT

Panic attacks that is intense anxiety and fear or terror that reach a peak within minutes. According to modern medicine it is treated with anti-depressant i.e., tranquilizers which causes temporally subside and further worsen the condition of the patients. On the other hand, Homoeopathy has wonderful medicines to treat such condition with proper individualization.

Keywords: Panic disorder, Homoeopathy, Anxiety



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INTRODUCTION

Panic attacks are sudden unreasonable feelings of fear and anxiety which results in physical symptoms like fast breathing and sweating ,racing heart . some people become so fearful of these attacks that they develop panic disorder a type of anxiety disorder .some people have more than one anxiety disorder needs proper treatment. Panic attacks typically first occur during the teen or early adult years . But people of all ages , including children , can have panic attacks. Women are twice as likely as men to develop panic disorder.

Causes

Experts don't know why some people have panic attacks or develop panic disorder . The brain and nervous system play key roles in how you perceive and handle fear and anxiety . Individuals risk of panic attacks increases if they have :

Family history : Anxiety disorders , including panic disorders , often run in families . Experts aren't sure why.

Mental health issues : People who have anxiety disorders ,depression or other mental illness are more prone to panic attacks.

Mental abuse problems : Alcoholism and drug addiction can increase the risk of panic

attacks.

Signs and symptoms

Usually panic attacks occur suddenly and without warning . There's no way to stop a panic attack after it starts. They disappear soon after . signs of a panic attack include :

- Chest pain
 - Chill
 - Choking or smothering sensation
 - Breathing difficulty
 - Fear of losing control
 - Feeling like they are going to die
 - Intense feeling of terror
 - Nausea
 - Racing heart
 - Sweating
 - Tingling or numbness in fingers or toes .
 - Trembling or shaking.
- How panic disorder diagnosed
- Medical or mental health providers can diagnose panic disorder . Health provider may diagnosed panic disorder when patient have repeated panic attacks and patient Persistently worry about having more panic attacks or their consequences.
- Obsess about losing control during a panic attack.
- Change their behaviors to avoid situations

that may trigger a panic attack.

Complications

Panic attacks are highly treatable . Unfortunately , many people put off seeking help because they're embarrassed . Untreated panic attacks or disorder can interfere with individuals ability to enjoy life.

And may develop:

Anticipatory anxiety: The possibility of having a panic attack triggers extreme anxiety .

Phobias: A phobia is an extreme , of unreasonable fear of something specific . For instance ,acrophobia is a fear of heights, while claustrophobia is a fear of enclosed spaces .

AGORAPHOBIA : Approximately two – thirds of people with panic disorder develop agoraphobia . This anxiety disorder makes individual afraid to be in places or situations where a panic attack might happen . The fear can become so extreme that individual become too afraid to leave your house.

Prevention:

Cut back on caffeine

Exercise regular

Eat a healthy diet

Manage stress

Talk to your doctor before taking herbal supplements or over the counter medications .certain substances can increase anxiety .

Homoeopathic remedies for panic disorder

Homoeopathy is a proven alternative treatment option for anxiety related disorders such as panic attacks . Natural and safe , Homoeopathic medicines are deep acting and have no side effects on the body . In fact , they attack the disorder at the root and set off the body's own restorative processes, making it strong enough to completely eradicate the disease .

Aconite And Kali Arsenicosum – For Acute Panic Attacks

Aconite works best for panic attacks which come on suddenly and with great intensity . Where the symptoms include great restlessness , fear and inconsolable anxiety , Aconite is the best prescription . In cases

where the attack is accompanied by startled looks , anxious face and protruding eyes , Kali Arsenicosum is the most effective among medicine for panic attacks. The person has difficulty breathing and a strong fear of something going wrong . Mental physical restlessness accompanying an acute panic attack are treated best with Homeopathic medicine Kali Arsenicosum.

Arsenicum album, phosphorus and aconite – for panic attacks with fear of death

The most effective medicines for panic attacks with fear of death are Arsenic album , Phosphorus and Aconite . Arsenic Album is well indicated for panic attacks with fear of death which worsens during the night . Such a person feels anxious about his health , fears getting some incurable disease . Phosphorus is most helpful in case of panic attacks with fear of death , especially when left alone . The person wants sympathy and fears something bad will happen to him . Aconite is another of the most suitable medicines for panic attacks with fear of death and dying . The person believes he will die soon , he even predicts the day of his death . Where the person feels great tosses and turns in agony , Aconite will help.

Lycopodium and argentum nitricum – for panic attacks in public places

The widely prescribed medicines for panic attacks in public places are Lycopodium and Argentum Nitricum . In case of panic attacks during public speaking , fear of strangers , fear of men and fear of being alone , medicine Lycopodium is prescribed . Argentum nitricum is most helpful in dealing with panic attacks from fear of high building ,especially the fear of high buildings , especially the fear of projecting corners of building .

Gelsemium and rhus tox – for panic attacks in closed spaces

The most wonderful medicines for panic attacks in closed spaces are Gelsemium and Rhus tox . Gelsemium is well indicated for nervous dread of appearing in public . Anticipation of an unusual ordeal with lack of courage and fear of losing self – control is

effectively treated with Homoeopathic medicine Gelsemium . Rhus tox is one of the most effective medicines for panic attacks in a closed room ,especially at night . Weeping without any reason and great restlessness at night are also treated well with Rhus Tox .

Spongia and kali arsenicosum – for panic attacks from fear of heart disease

In case of panic attacks from fear of heart disease ,Spongia and Kali Arsenicosum have shown remarkable results . Spongia is one of the most effective medicines with panic attacks with great anxiety about the heart and fear of heart disease . The anxiety , in such a cases , may be accompanied by pain and difficulty in breathing , Kali Aresnicosum is another of the marked medicines for panic attacks which result from fear of acquiring a life- threatening disease . The person fears getting heart disease or suffering a stroke . The symptoms to look out for while prescription Homoeopathic medicine Kali Arsenicosum are a frightened face with anxious , protruding eyes.

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