



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2017; 2(2): 112-114

© 2017 Yoga

www.theyogicjournal.com

Received: 01-05-2017

Accepted: 03-06-2017

Dr. Sukhdev Singh

Principal, SGHS, Khalsa College
Panjokhra Sahib, Ambala,
Haryana, India

Anxiety disorders

Dr. Sukhdev Singh

Abstract

Anxiety is an emotion characterized by an unpleasant state of inner turmoil, often accompanied by nervous behavior, such as pacing back and forth, somatic complaints and rumination. It is the subjectively unpleasant feelings of dread over anticipated events, such as the feeling of imminent death. Anxiety is not the same as fear, which is a response to a real or perceived immediate threat, whereas anxiety is the expectation of future threat. Anxiety is a feeling of fear, uneasiness, and worry, usually generalized and unfocused as an overreaction to a situation that is only subjectively seen as menacing. It is often accompanied by muscular tension, restlessness, fatigue and problems in concentration. Anxiety can be appropriate, but when experienced regularly the individual may suffer from an anxiety disorder.

Keywords: Anxiety disorders, appropriate, crisis, nihilistic feelings

Introduction

Anxiety

People facing anxiety may withdraw from situations which have provoked anxiety in the past. There are various types of anxiety. Existential anxiety can occur when a person faces angst, an existential crisis, or nihilistic feelings. People can also face mathematical anxiety, somatic anxiety, stage fright, or test anxiety. Social anxiety and stranger anxiety are caused when people are apprehensive around strangers or other people in general. Furthermore, anxiety has been linked with physical symptoms such as IBS and can heighten other mental health illnesses such as OCD and panic disorder.

Anxiety can be either a short term "state" or a long term "trait". Whereas trait anxiety is a worry about future events, close to the concept of neuroticism.

Anxiety disorder

There are several types of anxiety disorders including panic disorder, social anxiety disorder, specific phobias, and generalized anxiety disorder.

Anxiety is a normal human emotion that everyone experiences at times. Many people feel anxious, or nervous, when faced with a problem at work, before taking a test, or making an important decision. Anxiety disorders, however, are different. They can cause such distress that it interferes with a person's ability to lead a normal life.

An anxiety disorder is a serious mental illness. For people with anxiety disorders, worry and fear are constant and overwhelming, and can be crippling.

What are the types of anxiety disorders?

There are several recognized types of anxiety disorders, including:

- **Panic disorder:** People with this condition have feelings of terror that strike suddenly and repeatedly with no warning. Other symptoms of a panic attack include sweating, chest pain, palpitations (unusually strong or irregular heartbeats), and a feeling of choking, which may make the person feel like he or she is having a heart attack or "going crazy."
- **Social anxiety disorder:** Also called social phobia, social anxiety disorder involves overwhelming worry and self-consciousness about everyday social situations. The worry often centers on a fear of being judged by others, or behaving in a way that might cause embarrassment or lead to ridicule.

Correspondence

Dr. Sukhdev Singh

Principal, SGHS, Khalsa College
Panjokhra Sahib, Ambala,
Haryana, India

- **Specific phobias:** A specific phobia is an intense fear of a specific object or situation, such as snakes, heights, or flying. The level of fear is usually inappropriate to the situation and may cause the person to avoid common, everyday situations.
- **Generalized anxiety disorder:** This disorder involves excessive, unrealistic worry and tension, even if there is little or nothing to provoke the anxiety.

What are the symptoms of an anxiety disorder?

Symptoms vary depending on the type of anxiety disorder, but general symptoms include:

- Feelings of panic, fear, and uneasiness
- Problems sleeping
- Cold or sweaty hands and/or feet
- Shortness of breath
- Heart palpitations
- An inability to be still and calm
- Dry mouth
- Numbness or tingling in the hands or feet
- Nausea
- Muscle tension
- Dizziness

What causes anxiety disorders?

The exact cause of anxiety disorders is unknown; but anxiety disorders -- like other forms of mental illness -- are not the result of personal weakness, a character flaw, or poor upbringing. As scientists continue their research on mental illness, it is becoming clear that many of these disorders are caused by a combination of factors, including changes in the brain and environmental stress.

Like other brain illnesses, anxiety disorders may be caused by problems in the functioning of brain circuits that regulate fear and other emotions. Studies have shown that severe or long-lasting stress can change the way nerve cells within these circuits transmit information from one region of the brain to another. Other studies have shown that people with certain anxiety disorders have changes in certain brain structures that control memories linked with strong emotions. In addition, studies have shown that anxiety disorders run in families, which means that they can at least partly be inherited from one or both parents, like the risk for heart disease or cancer. Moreover, certain environmental factors -- such as a trauma or significant event -- may trigger an anxiety disorder in people who have an inherited susceptibility to developing the disorder.

How common are anxiety disorders?

Anxiety disorders affect millions of adult Americans. Most anxiety disorders begin in childhood, adolescence, and early adulthood. They occur slightly more often in women than in men, and occur with equal frequency in whites, African-Americans, and Hispanics.

How are anxiety disorders diagnosed?

If symptoms of an anxiety disorder are present, the doctor will begin an evaluation by asking you questions about your medical history and performing a physical exam. Although there are no lab tests to specifically diagnose anxiety disorders, the doctor may use various tests to look for physical illness as the cause of the symptoms.

If no physical illness is found, you may be referred to a psychiatrist, psychologist, or another mental health professional who is specially trained to diagnose and treat

mental illnesses. Psychiatrists and psychologists use specially designed interview and assessment tools to evaluate a person for an anxiety disorder.

Social anxiety disorders

The doctor bases his or her diagnosis on the patient's report of the intensity and duration of symptoms -- including any problems with daily functioning caused by the symptoms -- and the doctor's observation of the patient's attitude and behavior. The doctor then determines if the patient's symptoms and degree of dysfunction indicate a specific anxiety disorder.

How are anxiety disorders treated?

Fortunately, much progress has been made in the last two decades in the treatment of people with mental illnesses, including anxiety disorders. Although the exact treatment approach depends on the type of disorder, one or a combination of the following therapies may be used for most anxiety disorders:

- **Medication:** Drugs used to reduce the symptoms of anxiety disorders include anti-depressants and anxiety-reducing drugs.
- **Psychotherapy:** Psychotherapy (a type of counseling) addresses the emotional response to mental illness. It is a process in which trained mental health professionals help people by talking through strategies for understanding and dealing with their disorder.
- **Cognitive-behavioral therapy:** This is a particular type of psychotherapy in which the person learns to recognize and change thought patterns and behaviors that lead to troublesome feelings.
- **Dietary and lifestyle changes.**
- **Relaxation therapy.**

Can anxiety disorders be prevented?

Anxiety disorders cannot be prevented; however, there are some things you can do to control or lessen symptoms:

- Stop or reduce consumption of products that contain caffeine, such as coffee, tea, cola, energy drinks, and chocolate.
- Ask your doctor or pharmacist before taking any over-the-counter medicines or herbal remedies. Many contain chemicals that can increase anxiety symptoms.
- Seek counseling and support if you start to regularly feel anxious with no apparent cause.

Conclusion

Anxiety is a normal, but highly subjective, human emotion. While normal anxiety serves a beneficial and adaptive purpose, anxiety can also become the cause of tremendous suffering for millions of people. Working from a bio psychosocial perspective, this article provided an overview of the origin and functional purpose of normal anxiety. The biological, psychological, and social factors that contribute to the formation and maintenance of (pathological) anxiety disorders were presented. The various anxiety disorders, theories, and associated treatments were reviewed. The treatment for anxiety disorders is based on a solid scientific foundation, grounded in research by experts from diverse fields. The research has investigated these biological, social, and psychological factors that contribute to anxiety disorders. This broad research base has led to the development of numerous, empirically-based treatments that have proven to be highly effective. As a result, thousands of courageous

individuals have reclaimed their health, restored their functioning, and now enjoy richly rewarding and satisfying lives. The future remains optimistic for those who struggle with anxiety. We are confident that advancements in the treatment of anxiety disorders will continue to bring hope and relief to the people, and families, affected by these disorders.

References

1. Scarre Chris. Chronicle of the Roman Emperors. Thames & Hudson. 1995, 168-9. ISBN 978-5-00-050775-9.
2. Seligman MEP, Walker EF, Rosenhan DL. Abnormal psychology (4th ed.). New York: W.W. Norton & Company.
3. Davison Gerald C. Abnormal Psychology. Toronto: Veronica Visentin. 2008, 154. ISBN 978-0-470-84072-6.
4. American Psychiatric Association. Diagnostic and Statistical Manual of Mental Disorders (Fifth ed.). Arlington, VA: American Psychiatric Publishing. 2013, 189. ISBN 978-0-89042-555-8.
5. Bouras N, Holt G. Psychiatric and Behavioral Disorders in Intellectual and Developmental Disabilities (2nd ed.). Cambridge University Press, 2007.
6. Barker P. Psychiatric and Mental Health Nursing: The Craft of Caring. London: Edward Arnold, 2003. ISBN 978-0-340-81026-2.
7. Ormel J, Jeronimus BF, Kotov M, Riese H, Bos EH, Hankin B. Neuroticism and common mental disorders: Meaning and utility of a complex relationship". Clinical Psychology Review. 2013; 33(5):686-697. doi:10.1016/j.cpr.2013.04.003. PMC 4382368. PMID 23 702592.
8. Joseph Goldberg MD. on February 08, 2014© 2014 WebMD, LLC. All rights reserved. <http://www.webmd.com/anxiety-panic/guide/mental-health-anxiety-disorders?>