



ADVANCEMENTS IN UNDERSTANDING AND TREATING ANXIETY DISORDER

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ABSTRACT

Anxiety is a typical human feeling that everyone occasionally feels. Anxiety may, nevertheless, be regarded as an anxiety disorder when it manifests itself excessively and interferes with daily life. A set of mental health illnesses known as anxiety disorders are characterised by extreme, ongoing worry or fear. Therapy and medication are frequently used in the treatment of anxiety disorders. Anxiety disorders are frequently treated using cognitive-behavioural therapy, which assists patients in recognising and altering harmful thought patterns and behaviours. To help alleviate symptoms, doctors may also prescribe drugs like benzodiazepines and selective serotonin reuptake inhibitors (SSRIs). In order to enhance outcomes and quality of life, it is crucial for people with anxiety disorders to get professional assistance as soon as possible. A good diet and regular exercise can also help manage the symptoms of anxiety disorders. Stress management practises can also be useful.

Keywords: Panic disorder, Generalised anxiety disorder, Specific phobia, GABA,

Benzodiazepines

INTRODUCTION:

The most common central nervous system disorder is anxiety. "It is characterised as an uncomfortable emotional state accompanied by restlessness, distress, and worry or fear around certain known or unknown potential harm." One-eighth of the population suffers

from anxiety, which has been a crucial topic of research in psychopharmacology during the past ten years. Anxiety is the most widespread mental ailment [1]. Nails licking, twitching fingertips, heart palpitations, sleeplessness, shyness, bad