
AN OVERVIEW STUDY RELATED TO HEALTH BENEFITS AND ROLE OF NUTRACEUTICAL PHARMA PRODUT IN ANXIETY RELATED DISORDER

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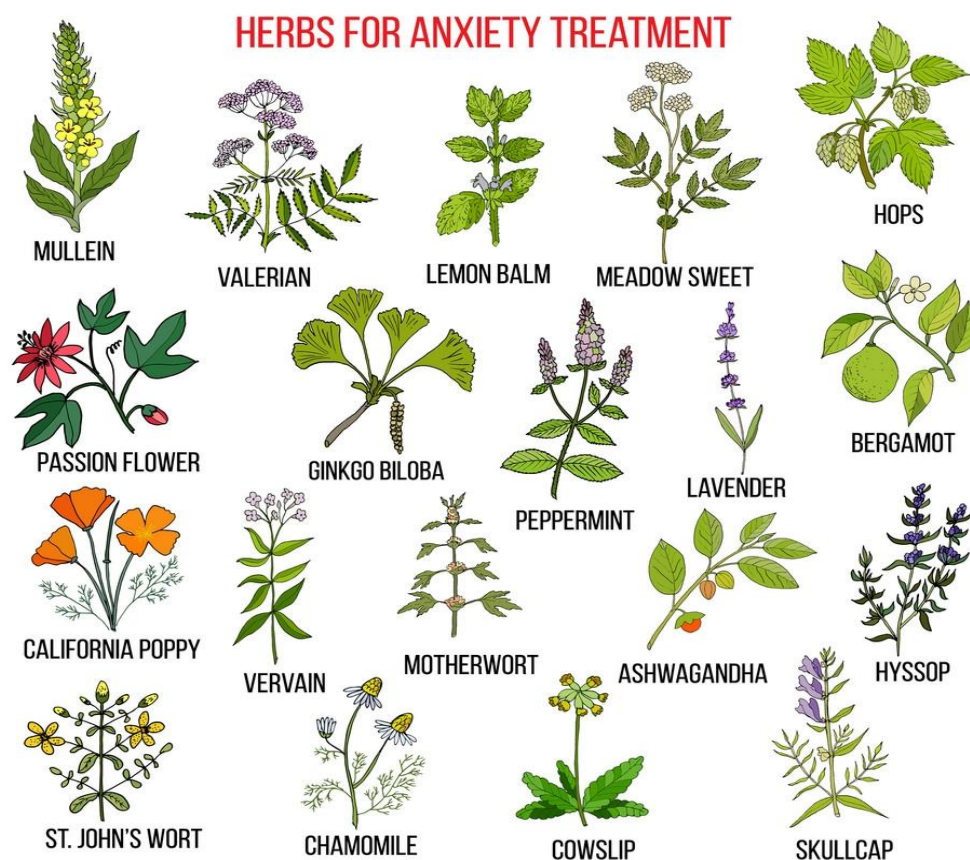
ABSTRACT

Anxiety and mood disorders have a significant socioeconomic and personal impact. More choices are required because the response and remission rates from conventional pharmacotherapies are now only moderately effective. College students have frequently claimed that stress, anxiety, sadness, and feelings of overwhelm and exhaustion have a detrimental effect on their academic performance and general well-being. Although ashwagandha is an Ayurvedic herb that has long been used to promote healthy reactions to stresses, it has lately been well-known in the Although research in this field is still in its early stages, herbal and complementary therapies show promise for treating anxiety and depression. Posttraumatic stress disorder (PTSD) and major depression (MD) have similar brain processes and therapeutic approaches. Panic attacks and anxiety disorders were frequently perceived as "women's problems." This is undoubtedly false. These disorders affect both men and women, despite the fact that men are more reluctant to seek therapy. Anxiety disorders have persisted throughout human history, despite their recent official recognition. Anxiety disorders and panic episodes have been described by numerous notable historical figures. They were treated in a variety of ways, some of which were amusing. The available remedies were frequently ineffectual and even highly harmful to the patient.

KEYWORDS: Anxiety, History of Anxiety, Anxiety Herbal remedies, Marketed Anxiety products.

INTRODUCTION

Archaeological evidence indicates that the use of medicinal plants dates back to the Paleolithic age, approximately 60,000 years ago. Written evidence of herbal remedies dates back over 5,000 years to the Sumerians, who compiled lists of plants. Some ancient cultures wrote about plants and their medical uses in books called herbals. In ancient Egypt, herbs are mentioned in Egyptian medical papyri, depicted in tomb illustrations, or on rare occasions found in medical jars containing trace amounts of herbs.



History of Anxiety

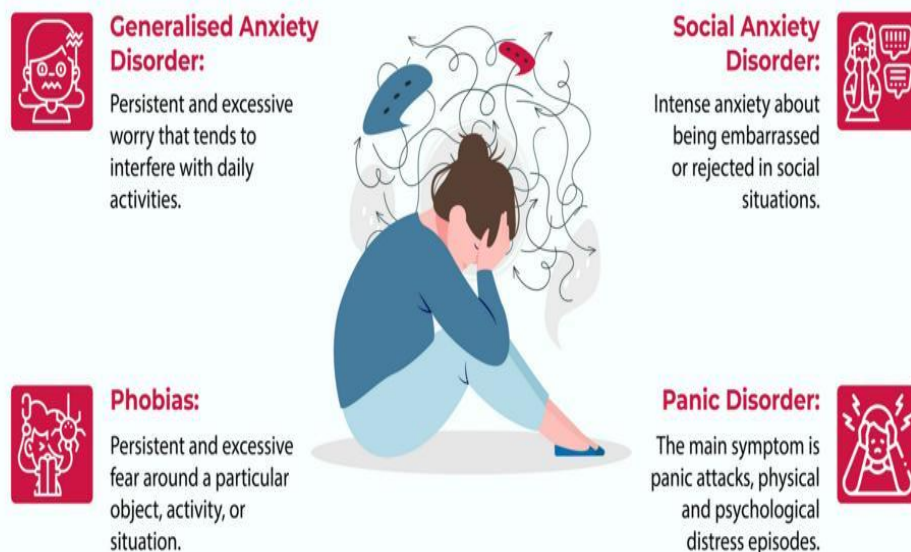
Anxiety Disorders were only recognized in 1980 by the American Psychiatric Association. Before this recognition people experiencing one of these Disorders usually received a generic diagnosis of 'stress' or 'nerves'. As there was no understanding of the Disorders by the health professionals, very few people received effective treatment. Since 1980, international research has shown the severe disabilities associated with these Disorders. Most of these disabilities can be prevented with early diagnosis and effective treatment.

These disabilities include agoraphobia, drug and/or alcohol abuse and major depression. Recently, there has been more media on the prevalence of Anxiety, panic attacks and anxiety

disorders. As more people become aware of the presence of anxiety disorders, there is more interest in the appropriate treatment of these disorders. Anxiety Disorders carry less stigma now as more-and-more people from all walks of life report to their health professionals for treatment.

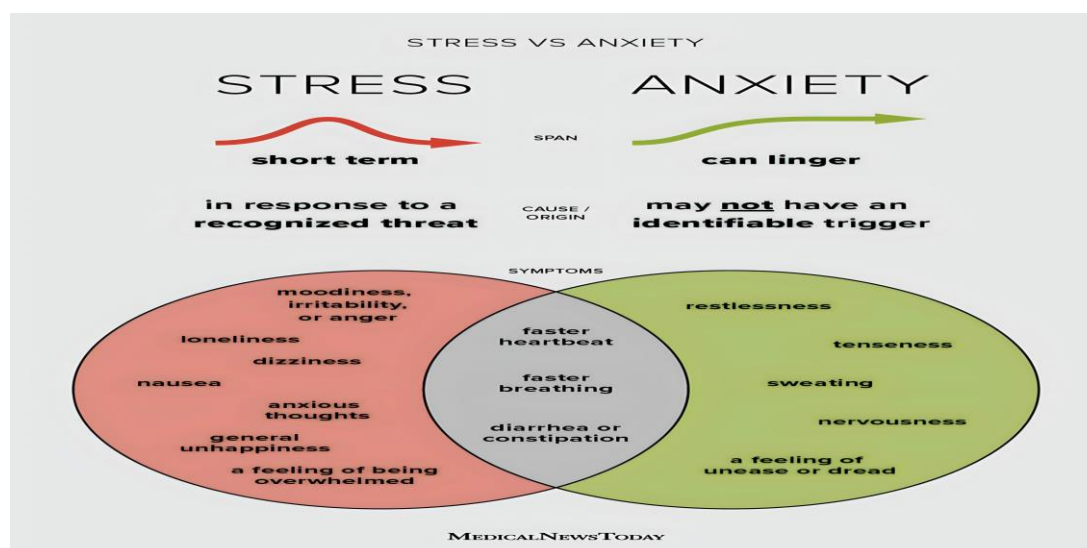
Some treatments that were used previously were various herbs and balms (in the medieval/ancient times), bathing in extremely cold rivers and streams, hydropathy (applying extreme temperatures to the body), health spas, bloodletting (with the use of leeches). With the dawn of psychoanalysis and Freud, many people turned to the therapist's couch as a solution to their experience with an anxiety disorder. With the advent of pharmaceuticals, drugs were prescribed heavily for people presenting with an anxiety disorder (although it was not called an anxiety disorder at this time).

DIFFERENT TYPES OF ANXIETY



SYMPTOMS

In younger children, symptoms of depression may include sadness, irritability, clinginess, worry, aches and pains, refusing to go to school, or being underweight.



In teens, symptoms may include sadness, irritability, feeling negative and worthless, anger, poor performance or poor attendance at school, feeling misunderstood and extremely sensitive, drugs or alcohol, eating or sleeping too much, self-harm, loss of interest in normal activities, and avoidance of social interaction. Physical aches or pain. Fatigue, loss of appetite, sleep problems or loss of interest in sex not caused by a medical condition or medication. Often wanting to stay at home, rather than going out to socialize or doing new things or feelings, especially in older men.

HERBAL MEDICINE USE IN ADULTS:

1. Chamomile: Chamomile is a flowering herb similar in appearance to a daisy. People can use two types of chamomiles medicinally: Roman chamomile and German chamomile. Some people use chamomile in the following forms to help relieve stress and anxiety:

A small 2016 clinical trial Trusted Source investigated the efficacy and safety of chamomile as a long-term treatment for generalized anxiety disorder (GAD).

2. Ashwagandha: Ashwagandha or *Withania somnifera* is among a group of herbs called “adaptogens.”

Adaptogens affect systems and hormones that regulate a person’s stress response. Ashwagandha has a long history of use in traditional Indian, or Ayurvedic, medication.

Participants who took 600 mg of ashwagandha reported significantly reduced stress levels. However, participants who took the lower dose of ashwagandha did not report a stress reduction.

In another small 2019 study Trusted Source, 60 participants with mild anxiety received 240 mg of ashwagandha or a placebo for 60 days. Those taking the herb showed a significant

reduction in some measures of anxiety but not in others. People can take ashwagandha as a tablet or in liquid tincture form.



3. Valerian

Valerian, or *Valeriana officinalis*, is a plant native to Europe and Asia. For centuries, people have used the root to help treat sleep problems, anxiety, and depression. To date, there have only been a few high-quality studies on the effects of valerian. The National Centre for Complementary and Integrative Health (NCCIH) Trusted Source states that there is insufficient evidence to determine whether valerian can alleviate anxiety or depression. Studies suggest that valerian is generally safe.



4. Lavender: Lavender is a flowering plant belonging to the mint family. Many people use lavender to help calm their nerves and alleviate anxiety. People may use lavender to make teas or utilize it as an essential oil. Lavender essential oil (LEO) contains chemicals called terpenes. A 2017 review article Trusted Source suggested that two of these terpenes, linalool and linalyl acetate, may have a calming effect on chemical receptors in the brain. The review suggested LEO may be an effective short-term treatment for anxiety disorders. However, studies on the long-term effects of LEO are lacking.

5. Galphimia glauca: Galphimia glauca is a plant species native to Mexico. People traditionally used it as a tranquilizer to reduce anxiety. According to a 2018 review Trusted Source, the evidence for *G. glauca* as a treatment for anxiety is promising. However, medical companies have not exploited its potential due to a lack of available plant material.

6. Passion flower: Passion flower or Passiflora is a family of plants with around 550 different species. Some studies Trusted Source show that a particular species, *P. incarnata*, may be effective in treating restlessness, nervousness, and anxiety. People can take *P. incarnata* in tablet form or as a liquid tincture.

7. Kava kava: Kava kava, or simply kava, is a shrub that is native to the islands of the Pacific Ocean. Its scientific name is *Piper methysticum*. Kava may help reduce stress and anxious feelings. However, there are reported cases Trusted Source of products containing kava causing severe liver damage. People must always consult a medical professional before taking kava.

8. Cannabidiol: Cannabidiol (CBD) is one of the active ingredients of the cannabis plant. A study from 2019 suggested that CBD may have a calming effect on the central nervous system. The researchers concluded that CBD might be beneficial for people with anxiety-related disorders.

Recent Research:

Drug	Form	Marketed by	Image
Ashwagandha	Capsule	<u>Santamved</u>	
Camomile	Capsule	<u>Trexgenics</u>	
Zero stress	Capsule	Medinutrica	
Antistress	Capsule	<u>Atulayam wellness</u>	

Anxiety and Stress relief	Tablet	Herbal health	
Valerian chamomile and hops	Capsule	Swanson	
Turmeric	Capsule	Swanson	
Tagara	Tablet	Himalaya health company	

CONCLUSION:

Hydropathy (applying severe temperatures to the body), health spas, bloodletting (using leeches), bathing in extremely cold rivers and streams, and various medicines and some of the remedies employed in the past. Many people looked to the therapist's couch as a remedy for their anxiety disorders after psychoanalysis and Freud emerged. With the development of

pharmaceuticals and nutraceuticals together people with anxiety disorders which at the time were not recognized as such were frequently administered medications.

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