



Panic Attack: Fear Phobia

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ABSTRACT

Anxiety attacks that are now generally called as the fear attacks were included in the first descriptions of the pattern of anxiety neurosis lately it has been suggested that similar attacks characterize a distinct form of anxiety complaint – fear complaint, it has been proposed that fear attacks affect from a biochemical complaint. It requires pharmacological treatment. For these ideas some of the substantiation is presented that these attacks are caused by hyperventilation that they affect from a cognitive complaint.

KEYWORDS: Panic attacks, symptoms, causes, treatment.

INTRODUCTION

Anxiety attacks that are now generally called as the fear attacks were included in the first descriptions of the pattern of anxiety neurosis lately it has been suggested that similar attacks characterize a distinct form of anxiety complaint- fear complaint, it has been proposed that fear attacks affect from a biochemical complaint. A fear attack is a magnification of the body's usual response to excitement, fear or anxiety. Individualities facing fear attacks may be scarified with the fact that they are dying, suffocating, or suffering a heart attack. They may express horror by saying that they are going frenetic and search for a way to remove them from any condition or place they may be in. the mortal body inevitably gets itself ready for peril. When dealing with circumstances perceived as prospectively hanging, by means of manufacturing a large quantum of adrenaline for 'fight or flight'. Responses including similar as increased jiffs, sweating, dry mouth, paleness, violent breathing do in a matter of seconds. These are frequently are suitable to be during the moments of pleasurable excitement and in fear-provoking and bogarting conditions as well. Unexpectedly, the symptoms vanish within roughly an hour. Still, it's much lowering suitable to the stresses people stumble upon these days.^{[1][2]}

SIGNS AND SYMPTOMS

People with fear attacks frequently report a fear of dying or heart attack, flashing vision or other visual disturbances and hyperventilation, or loss of body control. Some people also witness lair vision, substantially due to blood inflow leaving the head to further critical corridor of the body in defence. These passions may provoke a strong appetite to escape or flee the place where the attack begin (a consequence of the "fight or flight response", in which the hormone causing this response is released in significant quantities). This response cataracts the body with hormones, particularly epinephrine (adrenaline), which prop it is defending against detriment. A fear attack can affect when over-regulation by the sympathetic nervous system (SNS) isn't moderated by the parasympathetic nervous system (PNS).

Panic attack begin all of an unforeseen without contributing any admonishment. They can walk out at any time and may have casual or periodical attacks. Symptoms include:

- Fear of loss of control
- Fear of impending doom
- Flashing visions
- Hyperventilation

- Palpitations
- Breathlessness
- Sensation of choking
- Chest pain
- Sweating
- Trembling
- Tingling of hands and legs
- Shaking
- Heavy headedness
- Headache
- Chills
- Nausea
- Abdominal cramps
- Dizzy feeling
- Numbness ^{[3][4]}

CAUSES

Panic attacks may occur due to low-slung-tenure stressors. Eloquent peculiar loss, including a blazing adjunct to a romantic mate, life transitions, and significant life fluctuations may all spark a panic attack to do. A person with an anxious disposition, inordinate need for consolation, hypochondriacally fears, overcautious view of the world, and accretive stress has been identified with fear attacks. In adolescents, gregarious transitions may correspondingly be an antecedent.

People will frequently witness panic aggressions as an immediate resultant of liability to a thing/status that they have a phobia for. Panic attacks may alike come situational-bound when anonymous scenes are accompanied with panic due to preliminary passing an attack in that singular situation. People may similarly have a cognitive or behavioral predilection to having panic attacks in unspecified scenes.

Some conserving reasons contain eluding of panic-encouraging statuses or surroundings, troubled/adversarial self-oration (“what-if” thinking), wrong faiths (“these symptoms are deleterious and/or venturesome”), and refused passions. For these ideas some of the substantiation is presented that these attacks are caused by hyperventilation that they affect from a cognitive complaint.^[5]

PATHOPHYSIOLOGY

The symptoms of a panic attack may beget the person to sense that their body is giving out. The symptoms can be extrapolated as follows. Instead, there’s constantly the unforeseen descent of anxiety with short piquing encouragement. This leads to a discharge of adrenaline (epinephrine) which brings about the fight-or-flight reaction when the body prepares for vehement physical exertion. This leads to an accelerated heart rate (tachycardia), rapid-fire breathing (hyperventilation) which may be scented as briefness of interruption (dyspnea), and bothering. Because empathetic exertion infrequently ensues, the hyperventilation leads to a driblet in carbon dioxide situations in the lungs and also in the blood. This leads to shifts in blood pH measure into autonomic and respiratory reactions.

Also, this hypomania and discharge of adrenaline during a panic attack beget vasoconstriction performing in hardly lower blood inflow to the head which cause dizziness and flare-headedness. A panic attack can beget blood sugar to ne imaged down from brain and toward the considerable muscles. Neuroimaging suggests jacked exertion in the amygdala, thalamus, hypothalamus and brainstem areas involving the periaqueductal gray, parabrachial nexus, and Locus coeruleus. In particular, the amygdala has subsisted hinted t command a judgmental role. The admixture of amplified exertion in the amygdala (fear base) and brainstem along with dropped blood inflow and blood sugar in the brain can direct to drop exertion in the prefrontal cortex (PFC) zone of the brain. There’s substantiation that possessing an anxiety complaint increases the threat of cardiovascular complaint (CVD). Those affected also have a deduction in heart rate variability. It requires pharmacological treatment.^{[6][7]}

TREATMENT

MEDICATION

- Doctors most often prescribe antidepressants and benzodiazepines for people with panic disorder.
- Selective serotonin reuptake inhibitors (SSRIs)
- Serotonin nor-epinephrine reuptake inhibitors (SNRIs)
- Tricyclic antidepressants
- Monoamine oxidase inhibitors (MAOIs)
- Benzodiazepines
- Beta-blocker ^[8]

Drugs Usually Used For Treatment of Panic Attack

1. PROZAC

Prozac (fluoxetine) is the medicine of option for anxiety drug and is also operated to handle fear attacks, OCD and distinct interior diseases. The medicine has a proven track commentary for easing the symptoms of anxiety diseases, including fearful studies and fear. The drug isn't confined to cases with bipolar complaint, diabetes or liver nuts.

2. XANAX

Xanax is initially utilized to serve anxiety and fear diseases. The medicine is a benzodiazepine and is procurable both in tablet and liquid form. Although it's not competent for some genres of anxiety, Xanax has subsisted exploited to treat common anxiety for another than 40 times. Occasionally, the medicine is used to treat cases that are rivalling both depression and anxiety. Xanax is grasped to beget dizziness in some cases.

3. EFFEXOR

This is an SNRI operated to treat anxiety by tricking the brain to bear else nor epinephrine and serotonin. The medicine is an effectual intervention for sociable anxiety complaint, common anxiety complaint, and utmost phobias. Effexor is substantially used as a long-term intervention for anxiety. Therefore, it doesn't produce instantaneous results. With time, the medicine has an at-ease feeling that helps cases conquer desirousness, wrathfulness and unrest.

4. LEXAPRO

Croakers generally define Lexapro(escitalopram) to treat anxiety disease that have persevered for further than six months. The medicine stimulates the product of serotonin and does an excellent appointment at relaxing temperate to harsh anxiety. It also lessens the frequency and fierceness of anxiety and fear attacks. Cases who own used Lexapro juncture out that it reduces passions of wrathfulness besides raising better sleep. On the wise hand, it can lower coitus freeway and beget dizziness in some cases.

5. ADENOSYLCOBALAMIN

It is an active form of vitamin B12, a water-soluble vitamin used as a nutritional supplement to treat vitamin B12 deficiency or pernicious anemia, stomatitis, as well as for other conditions like depression, panic attacks and anxiety.

6. MELITRACEN is prescribed to treat depression and anxiety.

7. VORTIXETINE

It is an antidepressant used for the treatment of major depressive disorder (MDD) in adults and also investigated as a treatment for generalized anxiety disorder (GAD)^{[9][10]}

Other Treatment for Panic Disorder

Besides medication, there are other trusted source treatments for panic attacks.

They include:

- Cognitive behavioral therapy
- Relaxation techniques, such as deep breathing, meditation and yoga
- Dialectical behavioral therapy
- Exposure therapy
- Group therapy
- Hypnosis
- Staying physically active

- Eating a nutritious and balanced diet
- Taking herbal supplements^[11]

PREVENTION

There's no certain trace to help the attacks. The recommendations below are useful.

- Pick up treatment incontinently to bust the inflexibility and gain down the prevalence of attacks
- Frequent corporal exertion helps in loosening the anxiety
- Postdate the treatment program rigorously
- Avoid caffeine, alcohol and smoking which perform as triggers for the attacks
- Aerobic exertion can be quieting
- Get enough sleep^{[12][13]}

CONDITIONS RELATED TO PANIC ATTACK

- Mental Illness
- Mental illness refers to a wide range of mental health conditions- disorders that affect your mood, thinking.^[14]
- Panic Disorder
- Panic disorder is where you have recurring and regular panic attacks, often for no apparent reason.^[15]
- Post-Traumatic Stress Disorder
- A mental health condition that develops following a traumatic event.^[16]
- Anxiety
- Fear characterized by behavioral disturbances.^[17]
- Anxiety Disorder
- A group of mental illnesses that cause constant fear and worry.^[18]
- Agoraphobia
- A nervousness complaint characterized by an anxiety of unidentified positions and statuses that the person believes is delicate.^[19]
- Social Phobia
- A chronic mental condition which causes irrational anxiety due to social interaction.^[20]

WHAT PHARMACISTS CAN DO TO HELP PATIENTS WITH PANIC ATTACKS

Specifics are effectual in contending these conditions. However, the druggist can remind the person that it takes two to three weeks before the case will observe the goods of the drug, if someone is exactly startling out on a treatment blueprint. The drug will likewise prompt better if the case takes it as specified. Druggists can also make assured cases are completely apprehensive of all the flank goods of the drugs. However, promote the person to sound off his other croakers to speak about other types of medicines may be more efficacious or that they need to give the specifics occasion, if one methodology of treatment has not handed any comfort. Forewarn cases that they shouldn't cease grasping the medicine all at formerly. Still, you should demonstrate that it isn't extraordinary to witness pull-out symptoms, which can encompass anxiety, if a case is subsisting weaned off of benzodiazepines. These symptoms are elliptical and should hand fairly snappily. Advise the case against possessing caffeine and other kinds of good. Still, dig out if the treatment plan embraced cognitive behavioral remedy, if case tells you that they have been to counselling. However, suggest that the case try this type of treatment, explicating that it's recommended by experts in behavioral diseases.^{[21][22]}

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