

A STUDY OF PANIC ATTACK DISORDER IN HUMAN BEINGS AND DIFFERENT TREATMENT METHODS

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Abstract

The Paper reviews various reasons behind development of panic attack and symptoms related with the disorder. The behaviour of the affected person varies over time. The various treatment methods available for the disorder are discussed. The level of panic attack is observed by the measurement of Blood Pressure and pulse rate. The frequency and duration of attack is also considered. The technique of breathing exercise and meditation is illustrated and the result shows considerable improvement of reducing the frequency and duration of the panic attack.

Key Terms -- Panic attack, Anxiety, Treatment

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INTRODUCTION

Panic Attack is a disorder of intense fear caused by various reasons. The Panic attack is not life threatening disease but not treated well it may lead to various diseases. The persons suffering from this disorder are fall under different categories. In the first case the person is having a healthy and happy life. In the second category it is the case of social phobia and in the third case Panic attacks occur due to depression and in some other cases it may also occur due to hereditary. Irrespective of various reasons that contribute this disorder, there are many ways to cure this disorder. In this paper a study was conducted among various people and some of the examples are listed below.

Case (i) A person wakeup in the morning with crystal clear mind and after some minutes the person feels like something not right and something may going to happen (happening) in the body like paining chest and throughout the day person ability to carry out his routine works diminishes.

Case (ii) A person who hear sudden demise of the neighbourhood or colleague due to some diseases like heart attack or cancer kind of thing .The person started feeling that he himself had the symptoms of those diseases which is actually not exist.

There are many other cases present in persons like the above. In the study conducted among people some of them taken self diagnosis like taking ECG(Electro cardiogram, Echo cardiogram, TMT(Thread mill test) thinking they are suffering from heart related problem , but which is actually not the case. In this paper various existing methods for treatment of panic attack is discussed.

RELATED WORKS

The Panic attack occurs due to the frightening event happened in the person life. Panic disorder is nothing but the panic attack which is occurring frequently [4]). A D Faye et al [2] made an effort to explore Anxiety symptoms and its severity. Patients with bronchial asthma are taken for study. The work has limitation that Panic disorder persons with Psychiatry comorbidities are not analysed. Anxiety disorder is a minor mental disorder in comparison with major mental disorder like

schizophrenia. The Shirodhara has a good effect on Panic Attack disorder [1].The Patient with Panic attack symptoms reports low energy level, sleeplessness and moodiness even though the person is non-alcoholic [5].The use of Antidepressant together with benzodiazepines will lead to rapid recovery from panic attack. In addition to medicine phycho therapy also plays an important role in the treatment [6].

SYMPTOMS OF PANIC ATTACK

The various possible symptoms of Panic Attack are listed below in the table 1.

Table 1. Symptoms of Panic Attack

SL.NO	Symptoms
1	Shortness of breath
2	Sweating
3	Heart Palpitations
4	Chest pain
5	Trembling
6	Fainted for small issues

People with disorders have fear in travelling alone, meeting a higher official and struggling to take decisions even for small matters. In the severe case of panic disorder, the person not feels safe even in his home.

CAUSES OF PANIC ATTACKS

The following are the causes of Panic Attack Disorder

- Hereditary
- Major Transitions in life
- Thyroid gland not functioning well
- Low sugar level in blood
- Use of stimulants like caffeine, cocaine etc
- Sudden withdrawal of some medicines
- Depression
- Unable to achieve the expectations
- Low on self confidence

TREATMENTS FOR PANIC ATTACK

In this study five different methods of treatment for Panic Attack is taken into consideration and is shown in Figure 1.

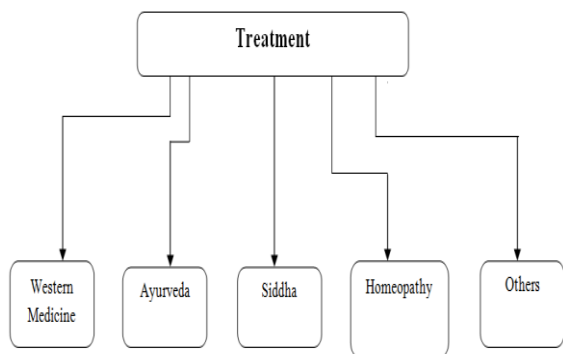


Figure 1. Treatment methods for Panic Attack

The medicines and their compositions and corresponding impact are listed in the Table 2.

Table 2. Medicines and their Impact

Methods of Treatment	Medicine composition and components	Impact of Medicines
Western Medicine	Escitalopram oxalate and Clonazepam Amitriptyline hydrochloride and chlorthalidopoxide	Anxiolytic and an Anticonvulsant Treatment of epilepsy, seizures, akasthesia, panic disorder, anxiety, panic attacks
Ayurvedic	<i>Passiflora incarnate</i> Piper methysticum Bacopa monnieri (Brahmi) – shanpushpi, aswaganda, jatamansi, tulsii	It has effect of warming and rejuvenating our nervous system It has the grounding effect for our energetic body It help to balance the Vata dosha It act as nerve tonic, memory booster
Siddha	<i>Withania somnifera</i> Sarbhagandha Sarpagandhadi vati Saravatarishta Minasa mitra vataka Mukta Pishti	Management of stress(by reducing cortisol levels- a stress hormone) Relief from sleeplessness Reduce depression
Homeopathy	Raw Opium gum The narcotic drug is obtained from dried juice of opium poppy (Papaversomniferum) Composition(Alkaloids like morphine, Codeine and Papaverine) Aconite, Argentum	It will treat Ileus, Fear, Sleeplessness Reduce depression and Anxiety levels

	nitricum,arsenicum album	
Others	No Medicines (Only Meditation and breathing exercises)	Calms down the mind and reduces the panic level

METHOD

In order to examine whether a person suffering from Panic attack the following simple tests are done.

- i) Completed body check up(include various blood tests)
- ii) ECG
- iii) Psychiatric Report

In this study Ten people having an average age of Forty with panic disorder are taken. The Participants are basically healthy having normal Blood Pressure and sugar levels and having any other physical problems.

In this study Blood Pressure both Systolic and Diastolic as well as heart pulse rate is measured.

- Normal Systolic Pressure – less than 120 mm Hg
- Normal Diastolic Pressure – Less than 80 mm Hg
- Normal Heart pulse rate – 60- 100 bpm

Before undergoing treatment the average frequency of Panic attack is four to six per day and duration is Thirty to sixty minutes. During panic attack the pressure level and heart beat rate are measured at the intervals of three minutes.

RESULTS AND DISCUSSION

The average values obtained in the pre Treatment is illustrated in the Table 3

Table 3. Blood Pressure and Heartbeat rate

Time in Min	Blood Pressure in mmHg		Heart beat rate in bpm
	Systolic	Diastolic	
3	125	81	85
6	128	82	87
9	130	83	89
12	132	84	90
15	133	85	92
18	136	88	94
21	137	89	98
24	138	89	102
27	135	86	99
30	130	85	95

The graphical representation of the variation in Pressure and Heart beat is shown in Figure 2

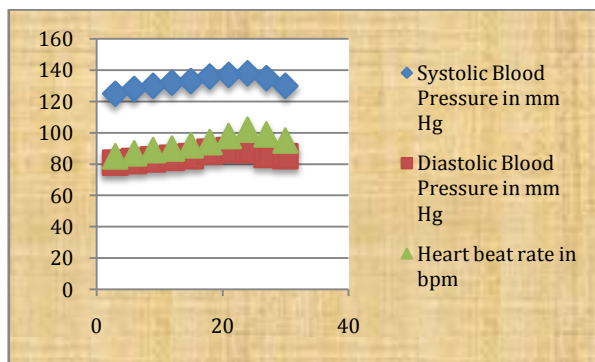


Figure 2. Blood Pressure and Heart beat Rate

In the proposed study Meditation technique is used for reducing the level of Panic Attack .The meditation technique was used for a one month period and one hour duration on a daily basis. The method involves four steps of breathing exercises illustrated in Table 4.

Table 4. Steps of Breathing Exercises

Steps	Description	Minutes
Step 1	Inhale the air in left nostril and exhale through right nostril and then inhale through right nostril and exhale through left nostril and repeat the process	15 Min
Step 2	Inhale the air in both nostrils and hold the air for couple of seconds and exhale slowly through both nostrils slowly and repeat process	15 Min
Step 3	Inhale air through left nostril for 4 counts and hold the air for 16 counts and exhale the air through right nostril for 8 counts and repeat the process	15 Min
Step 4	Just observe the inhale and exhale of air with eyes closed	15 Min

After post treatment period of one month there is significant improvement in the peoples and frequency of panic attacks and their duration both are considerably reduced as shown in Table 5.The graphical representation of Frequency of Panic Attack is shown in Figure 3.

Table 5. Frequency of Panic Attack in pre and Post Treatment

Treatment vs Frequency of Panic attack	Frequency of Panic Attack per day	Duration in Min
Pre Treatment Maximum	8	60
Pre Treatment Min	6	30
Post Treatment Maximum	2	15
Post Treatment Minimum	1	5

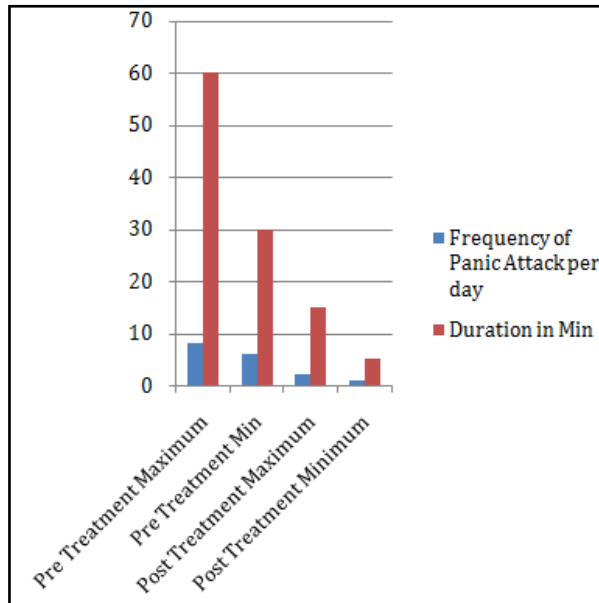


Figure 3. Frequency of Panic Attack

CONCLUSION

The study was conducted on ten people suffering from panic disorder function. The various symptoms of Panic Attack and their causes are elaborated. Different methods available for the disorder are analysed. The existing methods of Western medicine, Siddha, Ayurveda and Homeopathy need the people to take the medicine orally to reduce the effect of Disorder. The alternate method that involves meditation and breathing exercise for one month period reduces the frequency of panic attack and also their duration. Patients with Panic Attack/Anxiety disorder will come out the disorder problem if they practice meditation and breathing exercise regularly.

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