



ORIGINAL RESEARCH PAPER

Medical Science

TREATMENT OF PANIC ATTACK AND ANXIETY BY NATURAL ENDOGENOUS HORMONES

KEY WORDS: panic attack, anxiety, stress, exercise, endorphin hormone.

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ABSTRACT

Panic attack and anxiety are so menacing disorders that a person is not able to live his routine life. Medication and other therapies give temporary relief plus they have harmful effects on our body. Lieu of medicines panic attack and anxiety can be treated naturally, with routine healthy habits. Opposite thinking, control on breathing, reading, morning walk, yoga helps in treatment and subject can live a normal life without fear or panic. It can also be treated with endogenous hormone endorphin, which is secreted by the pituitary gland under the influence of hypothalamus. In this treatment, the patient is able to release his endogenous hormones as per his or her wish, only the thing is they must know how to do it.

INTRODUCTION

Today's life is very busy and tiresome with a minimum time to keep check on your health. This life with busy time schedule and targets, exerts tremendous stress on the working people, might be in Government Job, private or corporate. This extreme stress leads to the anxiety and panic attacks, now a days very common in India. Using tablets for the treatment of these diseases is risky as it has many side effects. Our own body hormones can be used for the treatment of these panic attack and anxiety.

What is a Panic Attack

Panic attack occurs very suddenly from nowhere with intense symptoms. It is a sudden attack without any triggering stimulus. The symptoms start slowly and reach the peak within 5 to 10 minutes, and subside after 15 minutes or more. The symptoms of panic attack starts with excessive sweating accompanied with heart palpitation. Heart beats are clear and loud to the ears, it seems your heart will pop out from the thoracic cavity. Patient start shaking and feeling have lost the equilibrium and unable to maintain the posture. There is a tingling sensation in the body and hands. The palms are completely wet and shortness of breath is experienced. There is fear of dying, choking, discomfort in abdomen, chest pain, feeling of unreality and detachment from oneself Ankrom (2018). The eyes capture the actual images of what we see, but the images sent to the brain by the retina and optic nerves are not well interpreted by the visual cortex present in the brain. People think I just saw something and now there is nothing, they feel they are going crazy and unable to understand what is happening around them.

People confuse panic attack with a heart attack, and most of the people get hospitalized for the fear of heart attack. After a little time span the heart pounding rests to normal but the fear remains there for a long time. Generally a sleeping pill helps to normalize the panic attack.

Difference between Panic Attack and Anxiety

On the other hand anxiety does not occur at a sudden with intense symptoms. It intensifies with time and correlated with excessive worry about the forthcoming danger which patient thinks in his mind. Symptoms are same as that of panic attack. Dizziness, shortness of breath, restlessness, difficulty in concentrating, increased heart rate, disturbance in sleep, fatigue and so on Ankrom (2018). The symptoms are not as intense as are in the panic attacks.

Difference between Panic Attack and Heart Attack

In heart attack the pain is in the chest region, generally located in the center of the chest. The pain does not stop there in the chest region but it radiates in the neck, jaws, shoulders, one or both the arms, neck, back, and abdomen. The severity of the chest pain reaches maximum within few minutes with difficulty in breathing, pressure on your chest area like someone is sitting on it. Heart attack is fatal and patient has to be hospitalized as early as possible. There is also general

pain in the chest region to the people who don't have panic attack history or anxiety or with early heart attack. This chest pain is due to physical mobility which crosses your body limit and exertion or irregular sleeping angles. But this pain does not reside for a longer period. It has a short span, and pain resides.

There are various symptoms of panic attack which include elevated pulse or heart beats with unbearable chest pain which lasts for a short span of time and is limited in a specific area. Panic attack is always associated with anxiety and occurs when in the resting period. The pain intensity increases when sleeping or sitting position is changed or by pressing Jane Glesson (2016).

Fear of having second panic attack

After the first attack the patient becomes stable immediately within hour and so, but the fear remains in your brain for a long time. It takes months to erase it from the brain. There is always a fear of getting a second panic attack. But the fear of getting a second panic attack brings you the second attack in reality. Suppose you had your first panic attack at 2 am in the morning, you will think you will get second attack on the same time. If sleep disturbs or you awake at 1.30, you will be terrified and your fear will grow as the clock will come close to 2 am. As the time passes and the clock passes 2 am and shows 3 am, then you are relieved and able to sleep again.

What are the fears?

- Fear of death
- Fear of heart attack
- Fear of a second panic attack
- Fear of having psychological problems or going crazy
- Fear of an accident
- Fear of theft in their houses
- Fear of something unexpected or unusual will happen

Behavioral Changes

After panic attack patient remain very silent, talk with their own self for hours, do not pay attention and even listen what others are saying, less involvement in other activities, they are always thinking, they try to live isolated. They think of such things which are not going to happen ever in their life and then they fear for the same thing which they are thinking about.

The place where they had the first panic attack also acts as trigger for the second attack. People fear to go near to the place where they had first attack, they start avoiding such places. If they had a panic attack while driving, they will never dare or try to drive in their life and will stay away from vehicles.

Medications

Bulk of medicines are available in the market, but they are not permanent solution. Tablets have side effects and disturbs your physical and mental health. They have adverse effects on

your metabolism. These medications give you temporary relief from the fear. Instead of medication, panic attack can be treated naturally with some normal physical activities, thinking patterns and endogenous hormones.

Three methods of natural healing during night time

This technique is only for the removal of fear and slow your heart beat at night. When woke up in the midnight by scary dreams, the patient starts thinking of early attack and his anxiety increases, increasing their heart beats, sweating and fears.

This time opposite thinking is very useful. Don't recall memories of panic attack instead recall all beautiful things that had happen to you in your life. Think of the happiest moments in your life, this will bring down the heart rate and release fear.

Control on breathing

Just concentrate on your breathing. In meditation there is a special technique of breathing. Feel and imagine the air you are breathing. This will lower your heart rate and tingling sensations plus you will back to sleep.

Reading

Reading spiritual books, motivational stories in the night for 30-45 minutes before sleeping. This will create a positive thinking pattern in your mind. Negative thoughts will not come to your mind. You will get a peaceful sleep.

Things to do at day time

A morning brisk walk for 4 minutes, meditation, yoga, listening music, eating dark chocolates, laughter.

What happens when we do exercise or meditate or laugh?

During walking exercises, meditation, yoga, music, chocolates a hormone is released from our brain (pituitary gland) which is known as Endorphin. Several types of endorphins are known to present in our body. Endorphin means endogenous morphine, a morphine like substance present within our body Rokade (2011). Endorphins are neurotransmitters that convey signals or messages from one neuron to other. These neurotransmitters has a vital role in passing the messages and they can either induce or subdue the further signaling of neighboring neurons Schieve (2009). Endorphins are manufactured in the pituitary gland, spinal cord and other parts of brain and nervous system, and react or release to a stimuli like stress, fear, pain, panic, anxiety and block your pain signals going to the brain and control your emotions Schieve (2009).

Stimuli responsible for release of endorphin

When we exercise, eat dark chocolates, listen music, meditate or laugh or have sex then endorphin is released. As we do continuous exercise for more than 30 minutes than there is release of these hormones. When there is high stress in our mind, this stress stimulates the release of endorphin hormones which calms the brain in stress situation and brings the feeling of happiness Goldstein and Lowry (1975). Pituitary gland releases endorphin in the blood when there is consumption of spicy food or food which has high chilly content, when there is a free laughter, when we listen music which has a soothing effect on our brain, at the time of sex related activity and the rapturous feeling experienced is due to the endorphin Rokade (2011). Consumption of chocolate, peppers, green chillies, also produce release of endorphins. All the factors which initiate the release of endorphins are related to different exercises like physical exercise or laughing or meditation etc. Even sex is like a physical exercise with mental involvement Rokade (2011).

Impact of Endorphin in treating panic attack and anxiety

Endorphins are also known as happy hormones or positive hormone. When released it gives a positive feeling in the

body same as that of morphine drug Smitha Bhandari (2016).

Generally a positive attitude is developed in the patient who are suffering from stress, panic and anxiety. And when a positive attitude develops, naturally the panic and anxiety dwindle gradually with a happy feeling.

Cortisol is a steroid (glucocorticoid) hormone secreted by the adrenal glands which are placed top of the kidneys and are under the influence of pituitary gland which in turn is in influence of hypothalamus. Cortisol plays divergent roles in controlling sugar level, metabolism, osmosis, blood pressure and so on. Cortisol in our body is released for fight and flight response, and when we are stressed, but then it comes to normal when we are stable. Continuous elevated amount of cortisol in our blood takes our body and brain towards a panic attack which is really harmful.

Endorphin is the only hormone which counters cortisol and brings their levels to normal. This is the reason why people with panic attack and anxiety fell relief after exercising, yoga and other things related with endorphin release.

Conclusions

Medications of any kind are always harmful to the human body. Some medications interfere with the metabolism while some directly with the natural hormonal level of the body.

Ethical Statement

This article does not contain any studies with human participants or animals performed by any of the authors.

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