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PROGNOSIS STUDY OF AGORAPHOBIA AND ITS HERBAL REMEDIES

Pooja Singh^{*1}, Dr. Santosh Kr. Verma²

Faculty of Pharmaceutical Sciences, Motherhood University, Roorkee

Abstract

The term 'Agoraphobia' is a combination of two words --- 'Agora' which is a Greek word that refers to a place of assembly or market place; and 'phobia' which means fear. As such, the sufferers of Agoraphobia mostly have a hard time feeling safe in public places where there are large crowds. This avoidance of situations and places by the sufferers of Agoraphobia typically results from the feeling of getting trapped or the fear of not being able to get help. Most of the sufferers of Agoraphobia develop this disorder after suffering from one or more panic attacks in a particular situation. Practitioners and Pharmacists are recommended the use of some extremely beneficial herbal formulations which can be very useful for managing the symptoms of Agoraphobia. Detox tea is helpful in balancing the body's three 'doshas' --- Vata, Pitta, and Kapha. It is prepared from several useful herbs which support effective blood circulation in the body, assist in different metabolic processes, and have anti-inflammatory and analgesic properties. This is an extremely crucial step in managing the anxiety disorder, especially because mental health conditions can be difficult to treat if not managed in a timely manner. Brahmi is basically considered a brain and nerve tonic, Brahmi herb can effectively manage the health conditions related to anxiety, dizziness, stress, and mental fatigue. The occurrence of Agoraphobia is more commonly reported in women as compared to men; with teenagers and young adults most affected by this disorder.

Keywords: Agoraphobia, Prognosis, Detox tea, Anxiety, Ashwagandha, Herbal remedies

INTRODUCTION

Agoraphobia is a kind of anxiety disorder in which an individual shows an extreme evasion of situations which can potentially lead to panic. The term 'Agoraphobia' is a combination of two words --- 'Agora' which is a Greek word that refers to a place of assembly or market place; and 'phobia' which means fear. As such, the sufferers of Agoraphobia mostly have a hard time feeling safe in public places where there are large crowds. In other words, people suffering from Agoraphobia anxiety disorder generally fear or avoid certain places and situations which they feel can trigger a panic attack. These places or situations may include use of public

transportation, being in a crowded or enclosed place, being outside alone, or standing in a queue. This avoidance of situations and places by the sufferers of Agoraphobia typically results from the feeling of getting trapped or the fear of not being able to get help.¹ Most of the sufferers of Agoraphobia develop this disorder after suffering from one or more panic attacks in a particular situation. As such, they tend to avoid the possibility of another panic attack in the places or situations where it had previously happened; and they often need a friend, relative or any other companion to accompany them when they go to public places. Agoraphobia subscale was used in this study. Phobic anxiety and avoidance scales.² The occurrence of Agoraphobia is more commonly reported in women as compared to men; with teenagers and young adults most affected by this disorder. The treatment of Agoraphobia is usually very challenging because it mainly deals with helping the sufferers confront their fears about situations and places which can cause panic.

THE DESCRIPTION OF AGORAPHOBIA

Diagnosis Fear of the marketplace Different fears and phobias began to receive greater attention from the medical profession during the late 19th century. In 1871, the German physician Westphal described a condition, in which he perceived the most pre-eminent features as experiencing anxiety when walking in open places or crossing empty streets. From the conventional nomenclature he thus suggested the label “agoraphobia”, from the word-stems agora (Greek for marketplace) and phobia (from the Greek word phobos meaning flight or terror); hence, a fear of the marketplace.³

Panic disorder People suffering from panic disorders often have panic attacks, defined as discrete periods of sudden symptom onset usually peaking in 10 minutes and can occur with most anxiety disorders.⁴

There are several important concepts to consider in developing a system of periodontal prognosis. Traditional systems are based on tooth loss and may have limited use for patient management. On the other hand, prognosis can be based on stability of the periodontal supporting apparatus, which is influenced by more evidence-based factors and may be more useful for patient management. Results were variable, but they generally showed that systems based on tooth loss were unpredictable over the long term.⁵

CAUSES OF AGORAPHOBIA

Though it is very difficult to pinpoint the exact causes which lead to the Agoraphobia anxiety disorder, some of the possible reasons for the development of this disorder include: • Genetics • Temperament • Environmental stress • Health conditions, and • Learning experiences.

SYMPTOMS OF AGORAPHOBIA

Some of the most common indications of Agoraphobia disorder are: • Pounding heartbeat and rapid breathing • Feeling of getting choked or difficulty in breathing • Nausea or dizziness • Pain

or pressure in the chest • Numbness, trembling, or shaking • Excessive sweating • Upset stomach or diarrhoea • Sudden flushing or chills • Feeling a loss of control • Fear of death. **RISK FACTORS FOR AGORAPHOBIA** There are certain factors which can potentially put a person at a high risk of Agoraphobia anxiety disorder. These risk factors are: • Any other phobia or panic disorder • Response to panic attacks with avoidance or excessive fear • A nervous or anxious temperament • Experiencing traumatic events in life, such as death of a parent, abuse, or attack • Feeling of isolation • Drug abuse or alcohol addiction • Blood relation affected by Agoraphobia. Anxiety sensitivity among treatment-seeking agoraphobic clients reflected fears of heart and breathing symptoms, loss of mental control, gastrointestinal difficulties, and other people detecting anxiety symptoms.⁶

COMPLICATIONS LINKED TO AGORAPHOBIA

Agoraphobia is a condition which can restrict the life activities of a person to a great extent, making it difficult for him/her to undertake routine day-to-day activities like visiting friends or relatives, running errands, and going to work or school. Hence, in severe cases of Agoraphobia, the sufferer of the condition may remain homebound for years, completely dependent on others for help. In addition, Agoraphobia can also be associated with a few other complications, including: • Anxiety disorders or other mental health disorders • Personality disorders • Depression • Alcohol or drug abuse. **NATURAL REMEDIES OF AGORAPHOBIA** The line of treatment generally prescribed by doctors for treating patients of Agoraphobia chiefly includes the use of medications and psychotherapy, to help the patients deal with the symptoms of the disorder and lead an enjoyable, anxiety-free life. Practitioners and Pharmacists are recommended the use of some extremely beneficial herbal formulations which can be very useful for managing the symptoms of Agoraphobia. These herbal formulations are safe and chemical-free, as they are prepared from 100% pure and natural herbs. Some of the commonly recommended herbal products for Agoraphobia are: **BRAHMI** 'Brahmi' (*Bacopa monnieri*), which has proven medicinal and health benefits, including rejuvenating and cooling properties. Since Brahmi is basically considered a brain and nerve tonic, Brahmi herb can effectively manage the health conditions related to anxiety, dizziness, stress, and mental fatigue. These capsules can eliminate nervous exhaustion and relax the nervous tissues; thereby inducing a sense of calmness.

ASHWAGANDHA CAPSULES

W. somnifera Dunal (Solanaceae), also known as Ashwagandha or winter cherry, is one of the most valuable plants in the traditional Indian systems of medicine.⁷ Several preliminary studies on Ashwagandha internationally have found various constitute of Ashwagandha exhibit a variety of therapeutic effect with little or no associate toxicity.⁸

Another excellent herbal drug for managing Agoraphobia, the Aswagandha are prepared from the 'Aswagandha' herbal extract (*Withania somnifera*). This herb is widely used by Ayurvedic experts because of its anti-oxidative, anti-ageing, immunity boosting, and anti-inflammatory properties; along with its proven effectiveness in maintaining the hormonal balance in the body. Aswagandha are a wonderful health supplement which can give a notable boost to memory

power, thinking ability, awareness, and concentration. KAVA This little known shrub is native to Polynesia and the roots and rhizomes are commonly used as sedative agents for people with anxiety issues. The effects of kava are so strong that doctors compare the effects to benzodiazepines, which are very powerful pharmaceuticals. Do not use kava as a treatment if you are on any other allopathic treatment, but as a natural treatment, it is one of the best. Use of kava is banned/restricted in many countries, so consult your health specialist before use. LAVENDER This popular herb and essential oil is very useful for reducing the effects of agoraphobia. Lavender's organic compounds actually inhibit the production and release of cortisol in the body, making it very good at slowing the stress response and eliminating panic attacks. Those suffering from agoraphobia can drink lavender tea or try aromatherapy with lavender essential oil to see if it has positive effects on their behavior and emotions.

DETOX TEA

Detox tea is helpful in balancing the body's three 'doshas' --- Vata, Pitta, and Kapha. It is prepared from several useful herbs which support effective blood circulation in the body, assist in different metabolic processes, and have anti-inflammatory and analgesic properties. These herbs are: Punarnava (*Boerhavia diffusa*), Arjuna (*Terminalia arjuna*), Saunf (*Foeniculum vulgare*), Bari Elaichi (*Ammomum subulatum*), Taruni (*Rosa centifolia*), Dalchini (*Cinnamomum tamala*), Chhoti elaichi (*Elettaria cardamom*), Bhumi Amla (*Phyllanthus niruri*). Herbal teas are actually mixtures of several ingredients, and are more accurately known as 'tisanes.' Tisanes are made from combinations of dried leaves, seeds, grasses, nuts, barks, fruits, flowers, or other botanical elements that give them their taste and provide the benefits of herbal teas.⁹ It is important to note that different herbs might have different medicinal properties, which thus allows us to make our own herbal infusions according to how we want the cup of tea to benefit us.¹⁰ In such cases, one should stop the consumption of green tea and seek emergency medical care.¹¹

CONCLUSION

The use of herbal remedies can be very helpful in keeping Agoraphobia symptoms from getting worse. This is an extremely crucial step in managing the anxiety disorder, especially because mental health conditions can be difficult to treat if not managed in a timely manner.

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