

PHB EDUCATION



ANTI-ANXIETY (चिंता-निवारक दवाएं)



Antianxiety drugs, also known as anxiolytics, are medications used to treat anxiety disorders, such as generalized anxiety disorder, panic disorder, and social anxiety disorder. Here are some key points about antianxiety drugs:

Reason of depression:

1. Hyper activity of GABA
2. Hyper activity of Chloride Channel

Types of Antianxiety Drugs:

1. **Benzodiazepines:**
 - Alprazolam - Clonazepam – Diazepam
 - Lorazepam
2. **Non-benzodiazepines:**
 - Buspirone - Hydroxyzine
3. **Selective serotonin reuptake inhibitors (SSRIs):**
 - Fluoxetine - Sertraline - Paroxetine
4. **Non Selective Reuptake Inhibitors (NSRIs):**
 - Venlafaxine - Duloxetine

Mechanism of Action:

1. **Benzodiazepines:** Enhance the effect of gamma-aminobutyric acid (GABA) in the brain, leading to sedation and relaxation.
2. **Non-benzodiazepines:** Act on serotonin and other neurotransmitters to reduce anxiety.
3. **SSRIs and SNRIs:** Increase the levels of serotonin and norepinephrine in the brain, which helps to reduce anxiety.

Indications:

1. Generalized anxiety disorder
2. Panic disorder
3. Social anxiety disorder
4. Phobias
5. Insomnia (for benzodiazepines)

Side Effects:

1. Drowsiness
2. Dizziness
3. Headache
4. Nausea
5. Dependence and withdrawal (for benzodiazepines)

Contraindications:

1. Pregnancy and breastfeeding (for certain medications)
2. Certain medical conditions (e.g., glaucoma, kidney disease)
3. Allergy to the medication
4. Concurrent use of certain medications (e.g., sedatives, antidepressants)

Regular Monitoring:

1. Regular follow-up appointments with a healthcare provider
2. Monitoring of side effects
3. Adjustment of medication dosage or type as needed



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