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Review Article

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Review on Unani Medicine using to Cure Anxiety

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ABSTRACT

Anxiety is a mental disorder is on the rise throughout the world, anxiety affects quite a sizeable population and it has been pointed to be the most common health ailment. It is a inherited biologic responses that inflict through all stage of life process. The different Anxiolytic symptoms are avoidance, fearfulness, restlessness, worry, terror and panic. Functional complaints can be depict as faintness, dizziness, weakness, palpitation, sweaty hands, shortness of breath, diarrhoea, indigestion, headache, trembling, numbness and difficulty in sitting. Unani is a traditional system of medicine, while using of unani system (eg: Ashwagandha, Kava, Lavender, Passionflower magnesium Chamomile green &black teas Valerian root) the anxiety can be controlled or cured.

Keywords: anxiety, unani, natural drugs

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1. Introduction

The second part of 20th century has been variously designated as age of anxiety or age of stress. Anxiety is a psychological state characterized by emotional, somatic and behavioural components. Anxiety disorders have high rates of comorbidity with other psychiatric disorders by using unani system of medicine we can cure for anxiety. The

unani was developed during the Arabian civilization. Anxiety is a cardinal symptom of many psychiatric disorders and an almost inevitable component of many medical and surgical conditions. Indeed, it is a universal human emotion, closely allied with appropriate fear and often serving biologically adaptive purpose .A most

important clinical generalization is that anxiety is rather infrequently a "disease" in its self. (Sarson, I.G.)

Causes of Anxiety:

- Major personal brain chemical imbalance.
- Acute illness
- Hereditary
- Side effects of medication
- Experiencing panic phobia
- Taking of alcohol.

Symptoms of Anxiety:

- Worry and hyper activity
- Irritability Acute illness
- Disturb vision and hearing
- Indigestion and constipation
- Hormonal disorder
- Heart rate fluctuations
- Bleach rashes and sensitivity
- Numbness of skin
- Temporary memory loss

2. Types of Anxiety

The anxiety can be classified in to following types. (Hofmann, stefan G) (Ayoka)

Traint anxiety:

To develop a more anxiety-trait are m2005nd individual personalities people which more prone to reacting to a large level of stimuli and hard situations and is exemplified by "often feel anxious".

General anxiety:

It is refers to the phenomenological , physiological and behavioural responses that may accompany any event in which the individual perceives that he or she may be unable to deal easily and satisfactorily.

Test and performance anxiety:

Test anxiety is a set of physiological behavioural, phenomenological response that an optimum level of arousal is necessary to best complete task is exam, performance or competition.

Stranger and social anxiety:

Humans are generally requiring social acceptance. Apprehension may cause anxiety in social environment. It may persist in to adult hood and become social anxiety or social phobia.

Choice or decision Anxiety:

It is the anxiety which is induced by the need to choose between similar options .it is increasingly recognised and for Problems for individuals organisation. The first form refers to a choice in which there are multiple potential outcomes with known. The second form refers to the uncertainty and ambiguity related to a decision contest in which there are multiple possible outcomes with unknown probabilities. (Mussen paul)

Regulation of Anxiety:

According to unani system of medicine anxiety is controlled by the basis of physiological functions. Unani physicians have divided the brain, into a three functional areas forebrain, midbrain, and hindbrain. According to modern science limbic system is concerned with regulation of autonomic and endocrine function, particularly response

to emotional stimuli. The part of limbic system which is related to anxiety is amygdala. The amygdala is an important structure located in the anterior temporal lobe within the uncus .The amygdala is acritical centre for coordinating behavior. (Hartley)

Some of the natural ways to reduce anxiety are:

- Eat well balanced diet
- Limit alcohol and caffeine
- Get enough sleep
- Take deep breaths
- Count to 10 slowly
- Welcome humour
- Maintain a positive attitude
- Talk to someone
- Find forms of exercise
- Distract your self

3. Unani Drugs for Anxiety

Ashwagandha:

Ashwagandha is a plant. The root and berry are used to make medicine. Ashwagandha has a lot of uses. But so far, there isn't enough information to judge whether it is effective for any of them. Ashwagandha is used for arthritis, anxiety, trouble sleeping (insomnia). Ashwagandha is also used as an "adaptogen" to help the body cope with daily stress, and as a general tonic.

Kava:

Kava-Kava (Piper methysticum) can reduce anxiety and tension, and it can promote restful sleep. Its ability to promote relaxation without loss of mental sharpness makes it particularly useful for the day time management of anxiety. Kava-Kava can reduce skeletal muscle tension. In some people with epilepsy, researches have indicated that Kava-Kava is as effective as benzodiazepines. In placebo controlled, double blind study, one group of 29 patients received three daily doses of 100 mg Kava extract, while second group receive a placebo. Kava-Kava works as mild skeletal muscle relaxant by acting on the central spinal nerves. It exerts relaxing effects on the central nervous system.

Lavender:

Try smelling lavender or drinking lavender – infused tea. It should immediately calm your frazzled nervous and anxiety.

Passionflower:

This herbal supplement is helpful in anxiety, and it can be used as sedative, hypnotic and antispasmodic. The active ingredient is chrysin, which appears to be partial agonist of benzodiazepine receptor (Wolfman et al., 1994). Therefore it does not produce tolerance or noted with the full agonist. The following dosage is reported anecdotally. Using a commercial product containing both Passion Flower and valerian exhibited benefit in the treatment of adjustment disorders with anxiety.

Magnesium:

Consumption of foods high in MG helps to soothe sore, tight muscles, it also helps to reduce stress and reduce abnormal heart beat. It is also used to treatment of insomnia and depression.²⁴

Chamomile: This is amazing herb and it is used to the ease mind and calm frazzled nervous. It is also used for the difficulties sleeping due to stress.

High Quality Green and Blacktea:

L-Theanine found in good teas can increase the brain's alpha waves and help people to feel calmer. L-Theanine reduced negative response to stress. It is increased feelings of relaxations.



Ashwagandha



Kava –kava



Lavender



Passionflower



Magnesium



Chamomile

Various unani drugs for anxiety:

1. Trade Name: Sherbet Ahmed Shah

- Cuscutareflexa (Aftimun)
- Cassia senna (senna)
- polypodiumvulgare(BISFAIJ)
- Rosa damascena(Gulab)
- Nymphaaalbea (Nilofar)
- Lavandulastoechas(Ustukhuddus)

2. Trade Name: Somina

- Prunusamygdalus (BADAM)
- Sesamumindicum(TIL)
- Papversomniferum (Khaskhash)
- Lactucaserriola(kahu)

3. Trade Name: Barshaasha

- ValerianaWalichii (BALCHAR)
- Piper nigrum (FILFILL SIYAH)

Fixed /Essential Oils for Anxiolytic from Unani

I. Trade Name: Roghan Labub Saba

- Sesamumindicum (TIL)
- Pistaciavera (pistah)
- Citrus Vulgaris (TURBUZ)

II Trade Name: Roghan Kahu

Lactucaserriola (Kahu)

III Trade Name: Roghan Kaddu

- Lagenariavuigaris (kaddu)

4. Conclusion

Based on this systemic review, strong evidence exists for the use of herbal supplements containing extracts of passionflower or kava and combination of L-lysine and L-arginine. Anxiety is the body natural response to danger, an autonomic alarm that goes off when someone feels threatened, under pressure. Once we can understand our anxiety disorder there are steps we can take to reduce our symptoms and regain of our life. Herbal medications in psychiatry are still under researched. The preparation excluding kava have been under used .There is also a need for research of herbal medication in the management of various subtypes and of anxiety," Nervios is a folk illness intimately related to stress and psychological distress and psychiatric disorders, especially mood and anxiety disorder.

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