

Medicine For Panic Disorder - Meet Again Your Sang-Froid Self

By Beth Kaminski

Panic attacks are characterized by sudden onsets of acute distress during which the patient suffers palpitations, trembling limbs, excessive sweating, dizziness, disassociation and even angina-like pain in the heart. Patients of panic attack often believe themselves to be victims of myocardial infarction - such is the severity of these bouts.

Usually most of the panic disorder patients make up their mind that this disease is solely a mental problem and the attacks are not only severe but interestingly unexpected occurrences which occur without certain cause. As mental diseases are linked with a social taboo many panic attack sufferers keep concealing their conditions to avoid seer "embarrassment." Effective panic attack cures are available today hence such misconceptions must be suppressed.

Befriend a trained and trustworthy psychotherapist in the very first step to treat anxiety disorder. Such psychotherapists are exclusively trained to involve in counselling activities for panic disorder and they listen everything carefully which patients speak. These professionals are key players in alleviating anxiety at the first step. They augur patients to choose self-medication. The will power of patients play great role in treating panic attacks. Patients themselves need to check their panicky thoughts and assess the root cause very closely in the treatment. Positive effort is required in controlling illogical thought process. Sufferers are trained to repeat particular statements during such attacks including chanting religious deities which are great in controlling symptoms by psychological treatment. Above mentioned treatment option is denoted as Cognitive Behavioural Therapy in which patients have equal participation. His/her cognizance is assessed to modify behaviour.

You can be asked for Exposure therapy in panic attack cures in special cases when you are suffering from the Posttraumatic stress disorder (PTSD). Traumatic incidents happened in past keep reoccurring in different forms which lead to condition of panic attack. They must be cured by special therapy. Unique formula is applied in these cases in which sufferers are brought before particular phobia under proper vigilance and they are also assured to understand that such phobias couldn't create problem anymore.

Another alternative medicine for panic disorder named biofeedback is wonderful option. The body of sufferer is connected to portable machines while this technique is applied in curing anxiety disorder. These tiny machines keep measuring proven aspects of body such as level of blood pressure, heartbeat, sweat gland activity and skin temperature to assess panic situation. Such parameters usually have drastic change once the panic attack turn severe and patient feels uneasy. Doctors correlate panicky thoughts and the physiological situations in such cases which have strong relationship and create more trouble for the patients. This unique technique is used to measure the cognizance that keeps the physiological aspects under control hence provide opportunity for better cure. This is primary reason that biofeedback is today considered wonderful technique used with Cognitive and Behavioural Therapy.

Chemicals considered as medicines for panic disorder are easily available in market. Benzodiazepine and Selective serotonin reuptake inhibitors (SSRI) groups of drugs are most popular amongst them all. They are psychotropic medicines best used as sedatives and antidepressant categories.

Benzodiazepines may be used for short-term treatments, as they are habit forming and reach tolerance levels soon. They are also liable to be abused. Benzodiazepine group of medicines include:

- o Diazepam (Valium)
- o Lorazepam (Ativan)
- o Alprazolam
- o Oxazepam
- o Temazepam
- o Nitrazepam
- o Flurazepam
- o Loprazolam
- o Lormetazepam
- o Clobazam
- o Clonazepam.
- o Chlordiazepoxide (Librium)

The adaptation phase of SSRIs take some extra time to work as an option of pharmacological treatment. These medicines may reduce sexual libido besides gastrointestinal discomfiture which are considered most crucial side effects of them. A few of those medicines for panic disorder coming in SSRIs include:

- o Citalopram (Celexa, Cipramil)
- o Escitalopram (Lexapro, Cipralext, Esertia)
- o Fluoxetine (Prozac)

o Fluvoxamine (Luvox, Fevarin, Faverin)

The option of panic attack cures mentioned above are not the only option. Many alternative therapies are available today. Relaxation and sleep are best counteracting elements which suppress anxiety. Deep breathing, yoga and Thai Chi are others. They keep your body and mind under control like massages, spa treatments, acupressure and acupuncture which are helpful in keeping bodies stress free. Long hot baths, laughter and music therapies are equally effective in keeping stress at low.

Beth Kaminski is the co-author of Curing Your Anxiety And Panic Attacks which detailed help for panic attacks as well as tips on the various panic disorder medications available at AnxietyDisorderCure.com.