

## Anxiety Attack Relief

Human body is a complex machine; even doctors are not able to understand sometimes. There are situations when the body behaves unnaturally due to some sort of uncommon or say over conscious nervous activities in the body, and the medical experts refer to it as anxiety attacks or the panic attacks.

Have you ever been a victim of these attacks? If yes, then it is high time to be serious about it because these are not normal attacks, if occur frequently. Thus, these attacks need urgent attention.

The worst thing regarding these panic attacks is that they do not give you a prior warning before striking hard, and when they does, then more than the person getting these attacks, those who watch the whole scenario gets shocked. There is no time when these attacks have the highest probability of attacking a person; you can get these attacks while sleeping, studying or even resting, just have no prior symptoms or any particular peak time when they will happen.

Most of the people who witness these [anxiety attacks](#) get so frightened that they fear moving around alone, this is the seriousness of these panic attacks. These attacks can inculcate a feeling of intense terror and fear in the victim. If not treated at the right time, these attacks can literally paralyze the victim and convert a living being into a dead piece of meat. Well, it is not that these attacks cannot be cured, there are ways to get over them, but all this takes time and lots of moral support for the victim.

The relief!

Medical science doesn't leave any stone unturned if it puts its hand on one; the same is the case of anxiety attacks. There are medicines available in the market that can help the victim in relaxing while he or she suffers an attack.

Let us acknowledge some of them:

- Benzodiazepine: This class of drugs is used specifically for a very short period of time, so that the patient can tolerate their effects. They are considered to be the most effective medical drug for panic attacks all around the globe. Some of the common counterparts include the alprazolam, Xanax, tricyclic antidepressant. As these are short term drugs thus they lose their impact after a while and may give irritable symptoms on sudden stoppage of drug intake. This makes these drugs a bit dangerous, especially for the first time patients.
- Psychological treatment: this treatment is not new to the world, as it has been into existence since ages. The patient is given a complete psychotherapy that does not include the intake of any particular drug. But sometimes SSRI-medicines can make psychotherapy more effective.
- Now a days a third type of treatment is taking shape where psychology and drug treatment are amalgamated to provide relief to the patient. Earlier it was considered that drugs can reduce the effect of psychological treatment but all this has been proved wrong by the successful treatment of some patients. Thus doctors are now prescribing both the treatments side by side.

## About the Author

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