REVIEW ON HERBLE DRUG IN STRESS DISORDER

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Abstract: Any internal and external factor such as overload, tense, worried and physical injury are often known as stress. When we face a stressful event, our bodies respond by activating the nervous system and Releasing hormones such as adrenalin and cortisol. These hormones cause physical changes in the body which help us to react quickly and effectively to get through the stressful situation. Stress can exert various actions on body and show different symptoms like emotional, behavioral, and physical. In this study, I have reviewed some of the major causes of stress, factors of stress, and their natural treatment also herbal drug used in stress disorder. Consider why you might feel depressed? Sometimes depression is a symptom of something circumstantial in your life, rather than biochemical imbalances. Be honest with yourself about what might be off-kilter in your life, and make an effort to get to the root of why you might be feeling depressed.

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Introduction: Stress is often described as a feeling of being overloaded, wound-up tight, tense and worried. We all experience stress at times. It can sometimes help to motivate us to get a task finished, or perform well. But stress can also be harmful if we become over-stressed. And it interferes with our ability to get on with our normal life for too long. When we face a stressful event, our bodies respond by activating the nervous system and Releasing hormones such as adrenalin and cortisol. These hormones cause physical changes in the body which help us to react quickly and effectively to get through the stressful situation. This is sometimes called the ‘fight or flight’ response. The hormones increase our heart rate, breathing, blood pressure, metabolism, and muscle tension. Our pupils dilate and our perspiration rate increases. While these physical changes help us try to meet the challenges of the stressful situation, they can cause other physical or psychological symptoms if the stress is ongoing.

FIG 1: STRESS CURVE(2).

Symptoms:
- Headaches, other aches and pains
- Sleep disturbance, insomnia
- Upset stomach, indigestion, diarrhea
- Anxiety
- Anger, irritability
- Depression
• Fatigue
• Feeling overwhelmed and out of control
• Feeling moody, tearful
• Difficulty concentrating
• Low self-esteem, lack of confidence
• High blood pressure
• Weakened immune system

Stress controls our lives. You can see the signs and symptoms of stress everywhere. It’s absolutely amazing how we seem to be able to ignore all of it and keep living our lives as though there is no problem. There doesn’t seem to be an end to the level of stress we are willing to tolerate. (9).

**Body Symptoms:**
- Stress headache
- Back pain
- Chest pain
- Heart diseases
- Heart palpitations
- High blood pressure

**Emotional Symptoms:**
- Anxiety
- Restlessness
- Worrying
- Irritability
- Depression
- Sadness
- Anger
- Feeling insecure
- Lack of focus

**Behavioral Symptoms:**
- Over-eating
- Under-eating
- Angry outbursts
- Drug or alcohol abuse
- Increased smoking
- Social withdrawal
Causes of Stress:

- **Workplace Stress**: Some of the biggest causes of stress in the workplace include perceived low wages, harassment, performance appraisals, threat of layoff, obnoxious bosses, annoying co-workers, deadlines, long hours and trying to get a raise. (5).

- **Family Stress**: Family stress issues include interference, long-distance relationships, sibling rivalry, labels and role playing, family history, expectations, communication, comparisons, roles, secrets, dysfunctional traditions and demands. (5).

- **Relationship Stress**: Relationship Stressors Are communication, loyalty, honesty, emotional abuse, assault and other violence, betrayal, compatibility, affairs, unplanned pregnancy, sexual preferences and breaking up. (5).

- **Dating Stress**: Dating stressors include blind dates, first dates, online dating.

- **Gambling Stress**: Some of the biggest causes of stress for gamblers are loan sharks, racking up debt, addiction, knowing limits, gangs, mafia, Gamblers Anonymous, recovery, relapse, violence, dependency, criminal behavior and substituting.

- **Credit and Debt Stress**: A few credit and debt stressor issues are debt load, total debt ratio (TDR), credit card applications and approvals, mortgages, house payments, late payments, credit rating, interest rates, bankruptcy, collections, debt settlement, loans and payments.

- **Holiday Stress**: A few holiday stressors include: missing work, vacation planning, getting lost, dealing with borders and passports, air travel, communication, cultural issues, cost, language barriers and foreign illnesses.

- **School Stress**: A few school-related stressors: deadlines, tests, studying, overwhelming workload, rules, conflicts with instructors, conflicts with other students, course conflicts, scheduling, homework and grades.

- **Mental Stress**: A few mental stressors include fear, self-expectations, embarrassment, strong feelings, negative attitude, needs, wants, Goals, lack of goals, illness, drugs, head games, friendships, relationships and irrational thoughts.

- **Parenting Stress**: A few of the biggest causes of stress for parents include discipline, education, behavior, neglect, proper care, money, time, communication, chores, routines, health care, love, kids' friends, safety, co-parenting and in-laws. The truth is that every parent really needs to access some really great tools to empower kids to learn how to conquer stress for life. (6).

- **Marriage Stress**: A few of the biggest stressors for married couples are wedding planning, in-laws, religion, money, children, the holiday season, housing, cohabitation, personal space, shared responsibilities, family planning, communication and control. (6).
• **Financial Stress:** General financial stressors include financial planning, savings, banking, earning enough income, having multiple sources of income, money scams, getting ripped off, security, theft, paying bills, retirement, pensions, taxes and budgeting. (7).

**Effects of Stress:**

We all know the effects of stress cannot be cured or controlled, for very long, by drugs for anxiety. You have exactly two choices get stress under control in your life or get sick and stay sick.

- Loss of a loved one in the event
- Significant injury from the event
- Witnessing of horrendous images
- Dissociation at the time of the traumatic event
- Development of serious depressive symptoms within 1 week that last for 1 month or longer
- Numbness, depersonalization, a sense of reliving the trauma, and motor restlessness after the event.

**Types of stress:**

**Acute Stress:**

Of all forms of stress, acute stress is the most widely experienced one, since it typically is caused by the daily demands and pressures encountered by each one of us. When the long and windy ride is over, you might feel the effects of too much acute stress, such as vomiting, tension headaches, and other psychological and/or physiological symptoms.

Because acute stress occurs only at a very short period of time, these symptoms might only come out when the stress has already accumulated. (6)

**Episodic Stress:**

Acute stress that is suffered too frequently is called episodic stress. This type of stress is usually seen in people who make self-inflicted, unrealistic or unreasonable demands which get all clamoured up and bring too much stress in their attempt to accomplish these goals. Episodic stress is also typically observed in people with “Type A” personality, which involves being overly competitive, aggressive, demanding and sometimes tense and hostile. Because of this, the symptoms of episodic stress are found in Type A persons.

**Chronic Stress:**

Chronic stress is the total opposite of acute stress, it’s not exciting and thrilling, but dangerous and unhealthy. Chronic stress tears the life of a person apart his mind, body or spirit. This type of stress is brought about by long-term exposure to stressors, such as unhappy marriage, traumatic experiences, unwanted career or job, stress of poverty, chronic illnesses, relationship conflicts, political problems, and dysfunctional families. (6).

**Factors of Stress:**

A person's susceptibility to stress can be affected by any or all of these factors, which means that everyone has a different tolerance to stressors. And in respect of certain of these factors, stress susceptibility is not fixed, so each person's stress tolerance level change over time. (2).

- Childhood experience
- Personality traits, emotional instability
- Genetics
- Immunity abnormality
- Divorced or Widowed

**Natural Treatment:**

1. **Consider why you might feel depressed?** Sometimes depression is a symptom of something circumstantial in your life, rather than biochemical imbalances. Does your job require you to sell out your integrity every day? Have you been unable to admit that you need to end your marriage? Are you feeling spiritually disconnected or sexually restless? Are you suffering from creative blocks? Is your body failing you? Are you facing financial ruin? Be honest with yourself about what might be off-kilter in your life, and make an effort to get to the root of why you might be feeling depressed. (11).
2. **Move your body:** Exercise releases happy-making endorphins, which act like natural anti-depressants. Runner’s high, anyone?

3. **Never skip a meal:** Keeping your blood sugar stable reduces mood swings.

4. **Eat a serotonin-enhancing diet:** Many anti-depressants like Prozac act by inhibiting the reuptake of serotonin by receptors in the brain, thereby increasing serotonin levels. But you can increase your brain’s serotonin levels by eating foods that boost your serotonin levels naturally.

Serotonin-enhancing foods include:

- Foods high in omega-3 fatty acids (such as wild salmon, sardines, herring, mackerel, and anchovies, which are even higher in omega-3 fatty acids than other fish).
- Eat a high protein diet, especially proteins high in tryptophan, like free range turkey.(12).

5. **Avoid caffeine, which reduces serotonin levels:** If you need an energy boost, supplement with L-Tyrosine (500-1000 mg).(11).

6. **Expose yourself to sunlight,** which can boost mood and increase Vitamin D levels: If you live somewhere that gets little sun, invest in a therapeutic light box.

7. **Try mood-enhancing supplements:** Although you can get these supplements over the counter, I always recommend doing this under the care of a physician, since supplements can have side effects and risks and can interact with other medications.(11).

8. **Meditate or try guided imagery:** Meditation’s effects on mood are well documented. Settling your mind can lift your mood, in addition to a whole host of other health benefits.

9. **Get your hormones balanced:** If your thyroid, adrenal or sex hormones are out of whack, your mood can get all wonky. See a good integrative medicine doctor and ask them to order and interpret the following tests.(11).

- Thyroid gland tests – TSH, free T4, free T3, total T3, thyroid antibodies
- Adrenal gland tests – cortisol, DHEA-S, pregnenolone
- Sex hormone tests – estradiol, progesterone, free and total testosterone(11).

### Herbal drug use in treatment of stress disorder

1. **Tulsi or Holy Basil:**

   It is an adaptogenic herb, meaning it helps relieve what needs attention and is able to handle many stressors. It confers a State of Non-specific Increased Resistance (SNIR) that helps the body resist stress.(11).(12).

   ![Tulsi](FIG3-Tulsi11.jpg)

2. **Chamomile:**

   It can be brewed in a tea or taken as a supplement, and it has been used for centuries to ease the mind and calm frazzled nerves. It has a mildly-sedating quality, and is often used for those having difficulty sleeping due to stress. In an eight-week study of 57 patients with anxiety disorders, researchers at the University of Pennsylvania Medical School reported that pharmaceutical-grade chamomile extracts (220mg daily) led to modest improvements compared with placebos.(11).
3. **Ashwagandha:**

Ashwagandha comes from Ayurvedic wisdom. Also known as winter cherry, Ashwagandha’s roots contain flavonoids and many active ingredients of the withanolide class. It is an adaptogen, which means it helps us ‘adapt’ to our environments, and that includes the stressful ones. (10), (11).

4. **Passion Flower:**

Not only is this herbal remedy beautiful, it is also known for helping those with high levels of anxiety to sleep better, and is even known as an aphrodisiac in ancient Polynesian cultures. Its effects are mildly sedative, but lesser so than Valerian. (11).

5. **Magnesium:**

A good magnesium supplement or the consumption of food high in magnesium help to soothe sore, tight muscles, it also helps to lower blood pressure and reduce stress. (12).
6. **lavender**:­

Lavender is used for restlessness, insomnia, nervousness, and depression. It is also used for a variety of digestive complaints including meteorism (abdominal swelling from gas in the intestinal or peritoneal cavity), loss of appetite, vomiting, nausea, intestinal gas, and upset stomach. Some people use lavender for painful conditions including migraine headache.(12).

![FIG 8: lavender](12).

7. **Kava**:­

Kava used for attention deficit-hyperactivity disorder, withdrawal from benzodiazepine drugs, epilepsy, psychosis, depression, migraine and other headache, chronic fatigue syndrome, common cold and other respiratory tract infections, tuberculosis, muscle pain, and cancer prevention. Some people also take kava by mouth for urinary tract infection, pain and swelling of the uterus, venereal disease, menstrual discomfort, and to increase sexual desire. Kava is applied to the skin for skin diseases including leprosy, to promote wound healing, and as a painkiller. It is also used as a mouthwash for cancer sore and toothaches. Kava is also consumed as a beverage in ceremonies to promote relaxation.(11).

![FIG 9: Kava](11).

**Conclusions**:­

Stress is one of the biggest problems we have to deal with the modern life. It's all well and good to eat right, get enough sleep and exercise, but when it comes to mental hardship people will shrug it off, thinking it won't have an impact on their health. Above mentioned drug like Tulsi, Ashwagandha, Passion Flower, Lavender, Mg are helps in stress relief. This are the ancient medicaments for stress. There is no chance to live without stress. But you have to power to deal with it, to control it and use it in your favor. Without stress, there is no growth. So find your own way to control stress and reduce it. And after every stressful situation, depersonalization, a sense of reliving the trauma, and motor restlessness after the event. you need some rest and rejuval to balance yourself and your health. Also being in state of constant stress is linked to the risk of suffering diabetes among men. Staying happy is the best way to reduce stressful event. A real, honest smile, one that used both the eye and mouth muscles, may help decrease the heart rate after a stressful condition. It also concluded that increased level of serotonin amine will crutail stress.

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