



MANAGEMENT OF ANXIETY DISORDERS: AN INSIGHT REVIEW

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Abstract

Reviewing new evidence of innovative anxiety treatments was the goal of this investigation. In primary care, anxiety disorders are frequently under diagnosed and undertreated. When a patient exhibits significant suffering or experiences problems as a result of the disease, treatment is recommended. psychotherapy, psychological treatment, or a mix of the two should be used to treat anxiety disorders. One of the psychotherapies with the most proof is cognitive behavioral therapy.

Keywords: Alcohol use disorder (AUD), etiology, epidemiology, management, disorder.

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Introduction

Fear, tension, or worry that arises in reaction to actual or imagined threats is known as anxiety. The stress response—also referred to as fight, flight, or freeze—is triggered when someone feels terrified. This may entail behavioral, physiological, and cognitive alterations, like elevated respiration or heart rate. Decision-making, treatment compliance, and quality of life are all impacted by anxiety, which is an emotional and physiological reaction to known or unknown causes. It can range from a normal reaction to severe dysfunction (signaling an anxiety disorder) [1]. There are various forms of anxiety, including generalized anxiety disorder (GAD), social phobia, specific phobia, obsessive compulsive disorder (OCD), post-traumatic stress disorder, and separation anxiety disorder. PTSD stands for post-traumatic stress disorder, OCD for obsessive compulsive disorder, SP for social phobia, and PD for panic disorder [2].

Symptoms of anxiety [3]

Emotional sensations such as Headache, nausea, vomiting, sweating, shaking, diarrhea, ulcers, stomach pain, tingling, weakness, body aches, shortness of breath, hot flashes, or chills and heart rate and blood pressure, etc.

Physical sensations include anxiety, worry, fear, agitation, insecurity, loneliness, self-consciousness, a need to flee, a sense of impending death, etc.

Etiology of anxiety disorders [4-5]

- **Biological Causes:** genetics, neurotransmitter dysregulation, disease, drugs, and diet.
- **Psychological factors:** Conflicts between or within individuals, negative emotions, developmental crises, and low self-esteem.
- **Social causes:** Negative life events, a lack of social support, stress at work, a lack of social skills, shifting morals, and natural disasters

Synthetic drugs used to treat anxiety [6-7]

1. Selective serotonin reuptake inhibitors

Despite being an antidepressant, doctors frequently prescribe selective serotonin reuptake inhibitors (SSRIs) to patients with anxiety and obsessive-compulsive disorder (OCD). One article claims that doctors view SSRIs as the first-line medication treatment for anxiety because they prevent the brain's nerve cells from reabsorbing serotonin, a chemical that is essential for mood regulation. Examples of SSRIs for anxiety include:

- Citalopram (Celexa)
- Escitalopram (Lexapro)
- Fluoxetine (Prozac)
- Fluvoxamine (Luvox)
- Paroxetine (Paxil, Pexeva)
- Sertraline (Zoloft)

Although not everyone responds to these drugs, they usually start to work in two to six weeks. To treat anxiety, people typically take SSRIs for up to a year before lowering their dosage gradually. These medications often do not result in dependence because they are not habit-forming. Before cutting back on or stopping their medicine, people should speak with their doctor.

2. Serotonin-nor epinephrine reuptake inhibitors

Another type of antidepressant used to treat anxiety and depression is called a serotonin-nor epinephrine reuptake inhibitor (SNRI). Additionally, they may be prescribed by doctors to treat certain chronic pain conditions. These drugs function by decreasing serotonin and norepinephrine's reabsorption in the brain.

SNRIs for anxiety include, for example:

- Duloxetine (Cymbalta)
- Venlafaxine (Effexor XR)

3. Tricyclic antidepressants

The older class of antidepressant drugs known as tricyclic antidepressants (TCAs) may be useful for treating anxiety and depression, but doctors tend to prescribe SSRIs instead because they have fewer side effects. Nevertheless, TCAs may be helpful for some people, particularly if other medications are ineffective. Examples of TCAs for anxiety include:

- Amitriptyline (Elavil)
- Imipramine (Tofranil)
- Nortriptyline (Pamelor)

4. Benzodiazepines

These sedative medications, which have effects in a matter of minutes, include benzodiazepines, which also promote relaxation and lessen the physical signs of anxiety, such as stiff muscles.

- Alprazolam (Xanax)
- Chlordiazepoxide (Librium)
- Diazepam (Valium)
- Lorazepam (Ativan)

Because benzodiazepines can be addictive and lose their effectiveness over time, doctors rarely prescribe them, despite the fact that they are very beneficial for short-term problems. Experts advise against doctors prescribing benzodiazepines for longer than a month due to these risks. Benzodiazepines are sometimes used by people to treat temporary anxiety. People who are afraid of flying, for instance, might take them before a flight. Sometimes a benzodiazepine is used with an SSRI for a few weeks until the SSRI starts working.

Other medications for anxiety

Although doctors often only recommend these medications if SSRIs or comparable medications are ineffective, there are numerous more medications that may help alleviate anxiety. Additional drugs for anxiety include:

Beta-Blockers

People with heart problems and excessive blood pressure frequently use beta-blockers. But in other circumstances, doctors might prescribe them off-label for anxiety. Beta-blockers can alleviate some of the physical symptoms of anxiety by lessening the effects of norepinephrine. Atenolol (Tenormin) and propranolol (Inderal) are two examples of beta-blockers.

- Buspirone

This anti-anxiety drug may be used to treat either short-term or long-term anxiety symptoms. Buspirone (BuSpar) has a lower risk of dependency and causes fewer side effects than benzodiazepines, but it acts much more slowly and may not be able to treat all forms of anxiety disorders.

Monoamine Oxidase Inhibitors

One of the first classes of antidepressants, monoamine oxidase inhibitors (MAOIs) can be prescribed off-label to treat the symptoms of social anxiety and panic disorder.

Types of MAOI include:

- Isocarboxazid (Marplan)
- Phenelzine (Nardil)
- Selegilin (Emsam)
- Tranylcypromine (Parnate)

Some people may have adverse effects from antidepressants and other anxiety medications. These usually go away in a few weeks, but if they are unbearable or do not go away, it is imperative that you see a doctor. As long as the prescription does not disrupt sleep, some doctors may advise taking anxiety drugs before bed or with food to reduce adverse effects.

Herbalism, also known as herbal medicine or phytotherapy, is the study of plants and their use as dietary supplements or for medical purposes. Throughout much of human history, plants have served as the foundation for medical treatments, and this type of traditional medicine is still widely used today. Since herbalism is not only founded on data obtained through the scientific method, modern medicine acknowledges it as an alternative medical approach. Numerous chemicals produced from plants are used in modern medicine as the foundation for evidence-based pharmaceutical medications. Few high-quality clinical trials and purity or dosage standards are available, despite the fact that phytotherapy may apply contemporary standards of effectiveness testing to herbs and medications derived from natural sources.

Minerals, shells, some animal parts, and products from fungi and bees are occasionally added to the list of items that can be used in herbal medicine. It is possible to get both herbal and synthetic medications on the market. Because herbal medications have fewer negative effects, many people utilize them. The use of plants to improve health and return one's health to normal in the event of illness is known as herbal medicine or herbalism. This

traditional medical system, often known as "herbology," uses plants for this purpose.

Lifestyle changes to reduce anxiety [8-9]

Making adjustments to your daily routine and habits can significantly reduce your anxiety symptoms or panic attacks in addition to professional and medical treatments. Here are four areas that can greatly benefit from healthy modifications.

Be kind to your body

On most days of the week, try to get at least 30 minutes of physical activity. Walking is a great, free, and accessible option that can be done almost anywhere. Eat a healthy diet that includes fruits, vegetables, lean proteins, and whole grains. Get enough sleep: Try to go to bed at the same time every night and aim for eight hours of quality sleep. Avoid substances that can interfere with your sleep, such as alcohol, caffeine, nicotine, marijuana, and illegal drugs.

Engage your mind

Learn and practice relaxation techniques, such as progressive muscle relaxation, guided imagery, and intentional breathing. Get outside and do something you enjoy, like go for a walk or hike or watch a funny movie. Create a plan to deal with your worries. Plan your day. Having too much or too little to do can cause anxiety.

Go to your counseling sessions and follow-up appointments.

Acknowledge and accept your nervousness. Then tell yourself, "This is not an emergency," whenever you find yourself in a situation that makes you nervous. I am not in danger, yet I feel uneasy. Even if I am nervous, I can continue."Develop coping mechanisms for negative thoughts. You can prevent or manage anxiety by adopting a healthy way of thinking.

Find support

Talking to someone about your worries can help you feel less stressed. Participate in social groups, volunteer to help others, or join a support group. Being by yourself can sometimes make things seem worse than they actually are.

Prioritize sleep

Your level of sleep has a direct impact on your mental health. Compared to 10–18% of people in the US general population, 50–80% of patients in an average psychiatric practice suffer from chronic sleep issues. Even on weekends, adults should go to bed and wake up at the same time every day and obtain seven to nine hours of sleep every night.

Stay active and go outside

Regular exercise, even a simple walk, can help reduce the symptoms of depression and anxiety. The body's "feel good" chemicals, endorphins and serotonin, are produced when you move, which aids with stress management. Exercise may also improve your mood and lessen stress and exhaustion. Through regulated breathing and physical

focus, yoga has been demonstrated to reduce tension and anxiety.

Focus on good nutrition

We frequently choose comfort food over what our bodies require when we are under stress. Take some time to consider how you may include healthy foods in your daily routine and consult a nutritionist for individualized guidance. Considering and preparing healthy snacks ahead of time is a smart idea. In this manner, you will have something filling to reach for when you are hungry.

Additionally, remember to drink enough water because mood can be affected by even moderate dehydration. Even better, have a cup of water before you nibble. It prevents overeating by making you feel fuller.

Avoid or limit alcohol and other substances

Although drinking alcohol may make you feel less anxious at the moment, you will pay for it later on with increased anxiety. Additionally, alcohol may interact with anxiety medications, exacerbating symptoms and producing undesirable side effects.

Practice meditation and mindfulness

Both treatments urge you to concentrate on your breathing, your current location, and mental relaxation. You can better understand the "big picture" and how your anxiety fits into it by being in the present. That provides you with a better understanding of what you must do to get past it.

Diet modification for anxiety [10]

Salmon

It is possible that salmon can help lower anxiety. Vitamin D and the omega-3 fatty acids docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA) are among the nutrients it contains that support brain function. The neurotransmitters serotonin and dopamine, which have calming and relaxing effects, may be regulated by these nutrients. Specifically, a diet high in EPA and DHA is linked to reduced anxiety. These fatty acids are thought to help prevent brain cell malfunction, which is frequent in anxious persons, and to lessen inflammation. Additionally, this may help your brain adjust to changes so that you may better manage stressors that cause anxiety feelings. The beneficial effects of vitamin D in lowering the symptoms of depression and anxiety have also been investigated. Supplementing with vitamin D was linked to a lower incidence of negative mood disorders, according to a 2020 meta-analysis. In a different study, males who consumed three meals a week of Atlantic salmon for five months reported feeling less anxious than those who consumed beef, pork, or chicken. Additionally, their heart rates and heart rate variability, which are indicators of anxiety, improved.

Try including salmon in your diet two or three times a week for maximum benefits.

Chamomile

One herb that may help lower anxiety is chamomile. It has anti-inflammatory and antioxidant qualities that may help

reduce anxiety-related inflammation. Although the exact mechanisms are unknown, chamomile is thought to aid in the regulation of mood-related neurotransmitters such as gamma-aminobutyric acid (GABA), serotonin, and dopamine. A key component of the body's stress response, the hypothalamic-pituitary-adrenocortical (HPA) axis, may also be regulated by it. The relationship between chamomile extract and anxiety reduction has been the subject of some research. More recent research is needed to assess the anti-anxiety effects of chamomile tea, which is most commonly consumed. A 38-week randomized study in 179 people with generalized anxiety disorder (GAD) found that consuming 1,500 milligrams of chamomile extract per day significantly reduced symptoms compared to those who did not. An older 2012 study found similar results, noting that those who consumed chamomile extract for 8 weeks experienced reduced symptoms of anxiety and depression. However, the study's small sample size could not provide enough statistical power to demonstrate cause-and-effect.

Turmeric

Curcumin, a substance found in turmeric, has been researched for its potential to support brain function and fend off anxiety disorders. Curcumin, which has strong anti-inflammatory and antioxidant qualities, may help shield brain cells from oxidative stress and chronic inflammation-related damage. Furthermore, research on animals indicates that curcumin may improve the brain's DHA levels and the conversion of alpha-linolenic acid (ALA), an omega-3 present in plants, to DHA. Daily supplementation of nano-curcumin, a smaller, more bioavailable form of curcumin, for eight weeks led to significantly lower anxiety scores than a placebo, according to a double-blind, randomized study involving 80 diabetics. One gram of curcumin taken daily for 30 days was found to significantly reduce anxiety levels when compared to a placebo in another small, randomized crossover research. Although encouraging, the majority of research focused on the effects of supplementing with curcumin instead of getting it from turmeric. Thus, further study in this field is required. Nevertheless, adding turmeric to your diet is definitely something you should consider. Try combining curcumin with black pepper to enhance its absorption.

Dark chocolate

Anxiety may also be reduced by including dark chocolate in your diet. Flavonols, which are plant-based antioxidants, include epicatechin and catechin and are found in dark chocolate. According to some research, dark chocolate's flavonols may have neuroprotective and other positive benefits on brain function. Specifically, flavonols may improve cell-signaling pathways and boost blood flow to the brain. You could be better able to cope with stressful events, which can cause anxiety and other mood problems, thanks to these effects. Some studies also contend that the flavor of dark chocolate, which can be reassuring to those with mood problems, may be the only

factor contributing to its beneficial effects on brain health. According to a cross-sectional study with 13,626 participants, people who ate dark chocolate frequently experienced significantly fewer depressive symptoms than people who ate it infrequently. Additionally, a review of nine research found that short-term mood and affect could be improved by consuming goods rich in cocoa. Even while this is encouraging, additional research is required to determine how dark chocolate affects mood and anxiety over the long run. Furthermore, due to its high calorie content and tendency to be overindulged, dark chocolate is best enjoyed in moderation. Eat 1 to 1.5 ounces at a time for optimal effects.

Yogurt

Certain yogurt varieties contain probiotics, or beneficial bacteria, which may enhance mental health among other areas of your health. Probiotics may help the gut-brain axis, a complex link between the brain and the gastrointestinal tract, albeit this is still a developing area of study. Specifically, studies indicate that improved mental health may be associated with beneficial gut flora. Furthermore, by lowering inflammation and stimulating the synthesis of mood-enhancing neurotransmitters like serotonin, probiotic foods like yogurt may improve mental health and brain function. One study found that postmenopausal women who had probiotic yogurt every day for six weeks experienced better levels of stress, anxiety, and quality of life. More human trials are required to investigate the direct link between yogurt consumption and anxiety, despite the fact that this is a promising area of study. Additionally, it is crucial to remember that not all yogurt has probiotics. Select a yogurt that contains live, active cultures as an ingredient to reap the benefits of probiotics.

Green tea

L-theanine, an amino acid found in green tea, has been researched for its potential benefits on anxiety and brain function. Participants who drank a beverage containing L-theanine reported significantly lower levels of subjective stress and cortisol, a stress hormone associated with anxiety, in one double-blind, randomized research. The ability of L-theanine to keep nerves from becoming overexcited may be the cause of these effects. L-theanine may also raise serotonin, GABA, and dopamine—neurotransmitters that have been demonstrated to have anti-anxiety properties. Additionally, the antioxidant epigallocatechingallate (EGCG), which is found in green tea, may help support brain function. By additionally raising GABA in the brain, it might help lessen some symptoms. It is interesting to note that L-theanine, EGCG, and other components in green tea seem to work in concert to promote relaxation and reduce anxiety; in fact, they could work better when combined than when used separately.

Almonds

Nutrients like vitamin E and good fats, which are believed to support brain function, are abundant in almonds.

Almonds may actually lessen inflammation and oxidative stress, which may contribute to the onset of anxiety, according to some animal research. Almonds might have additional mood-enhancing qualities. For example, one study discovered that eating more nuts, such as almonds, was linked to fewer depressive symptoms. Males who ate the most nuts had a 66% lower risk of experiencing anxiety than those who ate the fewest, according to a different study including 3,172 adults. For females, however, this association was not seen.

Blueberries

Vitamin C and other antioxidants, like flavonoids, which have been shown to enhance brain function and reduce anxiety, are abundant in blueberries. Daily supplementation with wild blueberries was associated with lower self-reported symptoms of depression in 64 teenagers, according to a 4-week trial. Certain chemicals in blueberries may also lessen oxidative stress and alleviate the symptoms of anxiety and depression, according to certain animal studies. Furthermore, some research has also linked a lower risk of anxiety to consuming more fruits, such as blueberries.

Eggs

Eggs are an excellent source of tryptophan, a neurotransmitter that may be beneficial for anxiety symptoms. According to one study, inadequate protein intake and tryptophan—both of which are plentiful in eggs—could be associated with higher anxiety levels. Eggs also contain vitamin D, with around 6% of the recommended Daily Value (DV) in one large egg. Some research has found that low vitamin D levels may be associated with increased symptoms of depression and anxiety. However, while several of the nutrients in eggs may be beneficial, further research is necessary to understand the effects of eggs on anxiety specifically.

Anxiety Therapy [11]

Therapy can be conducted in an individual, family, couple, or group setting, and its duration will depend on your specific symptoms and diagnosis. All therapeutic approaches aim to help you understand why you feel the way you do, what your triggers are, and how you might change your reaction to them. Some forms of therapy even teach useful techniques to help reframe your negative thinking and change your behaviors. With the wide range of anxiety disorders, therapy should be customized to your specific symptoms and diagnosis.

Cognitive Behavioral Therapy [12]

The most popular treatment for anxiety disorders is cognitive behavioral therapy (CBT), which has been shown to be successful in treating a variety of conditions, including panic disorders, phobias, SAD, and GAD. CBT's premise is that your thoughts, not your current circumstances, influence how you feel and behave, so its goal is to help you recognize and understand your negative thought patterns and ineffective behavior

patterns and replace them with more realistic ones as well as productive actions and coping mechanisms.

Exposure Therapy [12]

One of the most popular cognitive behavioral therapy (CBT) techniques for treating a range of anxiety disorders, such as PTSD, SAD, and specific phobias, is exposure therapy. The basic idea of exposure therapy is that facing your fears head-on is the best way to overcome them. During exposure therapy, your therapist will gradually expose you to situations or objects that cause anxiety, frequently using a technique called "systematic desensitization."

Dialectical Behavior Therapy [13]

One very successful kind of cognitive behavioral therapy is dialectical behavior therapy (DBT). DBT was first used to treat borderline personality disorder (BPD), but it is currently used to treat anxiety as well as other conditions. The main goals of DBT are to help you welcome change, practice acceptance, and cultivate what appears to be a "dialectical" (opposite) outlook. You will actively work to alter your anxiety while learning to accept it during DBT treatment. It is comparable to the idea of accepting yourself as you are while continuing to work on improving yourself.

Four key skills are taught in DBT treatment:

Mindfulness: focusing on the here and now and recognizing fleeting thoughts (such as anxiety) without letting them control you;

Stress tolerance: controlling your anxiety in stressful situations;

Interpersonal effectiveness: learning how to say no or ask for what you need;

Emotion regulation: controlling anxiety before it becomes unmanageable

Art Therapy [14]

An experience-based therapy is art therapy. It entails either using art to cultivate mindfulness and relaxation or using visual art (like painting, drawing, and sculpture) to express and process emotion. While it can be offered as a stand-alone therapy, it is frequently combined with other therapeutic approaches like cognitive behavioral therapy. Since it is a more recent therapy, more studies are required to verify its efficacy in lowering anxiety symptoms.

Psychoanalytic Therapy

This Freudian model states that unconscious conflicts are reflected in anxiety symptoms. Psychoanalytic therapy aims to address these issues. In order to better understand how you see yourself and to lessen your anxiety, you and your therapist explore your ideas, wants, and concerns during psychoanalysis. Finding patterns in your thought patterns might take years, making this one of the most demanding types of treatment.

Interpersonal Therapy

The focus of interpersonal therapy (IPT) is on relationships and social roles. In IPT, you will work with your therapist to identify interpersonal issues, such as

unresolved grief, conflicts with family or friends, changes in social or work roles, and issues relating to others. You will then learn how to communicate better with others and how to express your emotions in healthy ways.

Lifestyle and home remedies [15]

Although the majority of individuals with anxiety disorders require psychotherapy or medication to manage their anxiety, lifestyle modifications can also have an impact. Here are some suggestions: Maintain an active lifestyle.

Establish a routine that allows you to be physically active most days of the week. Exercise is a powerful stress reliever that can also help you stay healthy and improve your mood. Increase the quantity and intensity of your activities gradually. Avoid alcohol and recreational drugs. These substances can cause or worsen anxiety. If you can't quit on your own, see your doctor or find a support group to help you.

Use stress-reduction and relaxation techniques. Yoga, meditation, and visualization techniques are a few examples of relaxation techniques that can help reduce anxiety.

Make sleep a priority. If you are having trouble sleeping, see your doctor. Eat a healthy diet. Research is needed to determine whether eating a healthy diet, which emphasizes fruits, vegetables, whole grains, and fish, is associated with less anxiety. Quit smoking and cut back on or stop drinking caffeinated beverages.

Coping and Support [15]

To cope with an anxiety disorder, here's what you can do: **Learn About Your Disorder.** Consult your physician or mental health provider to determine the cause of your particular condition and the best course of treatment. Engage your loved ones and seek their support.

Stick to Your Treatment Plan. Being consistent can make a big difference, especially when it comes to taking your medication. Take your medications as prescribed. Attend therapy sessions and finish any assignments your therapist may give you.

Take Action. Find out what makes you feel stressed or anxious, and then put the techniques you learned with your mental health provider into practice so you are prepared to handle your anxiety in these circumstances.

Keep A Journal. You and your mental health professional can determine what stresses you out and what seems to make you feel better by keeping a record of your personal life.

Join an anxiety support group. The National Alliance on Mental Illness and the Anxiety and Depression Association of America offer information on how to find support, and

Keep in Mind That You Are Not Alone. Support groups offer empathy, understanding, and shared experiences. Socialize. Do not allow worry to keep you from activities or loved ones.

Break the cycle. Engage in a hobby or go for a vigorous walk to divert your attention from your anxieties when you are feeling nervous.

Table 1: Plants proved to possess anxiolytic activity [16]

Name of the Plant	Family	Extract used	Part used
Abies Pindrow Royle	Pinaceae	Ethanolic	Leaves
Achillea millefolium. L.	Asteraceae	Aqueous	Flowers
Aloysia polystachya griseb Moldenke	Verbenaceae	Hydro-Alcoholic	Leaves
Albizia Julibrissin Durazz	Fabaceae	Aqueous	Whole Plant
Angelica Sinensis Oliv. Diels.	Apiaceae	Essential oil	Plant
Aniba Riparia Nees Mez.	Lauraceae	Ethanolic	Leaves
Bacopa monnieri. L. Pennell	Scrophulariaceae	Aqueous	Whole Plant
Cannabis Sativa L.	Cannabaceae	Ethanolic	Seeds
Cecropia glaziovii. Sneath.	Moraceae	Aqueous & Butanolic	Leaves
Centella asiatica. (L) Urban	Apiaceae	Methanolic and Ethyl Acetate	Stem Bark
Citrus Aurantium. Linn.	Rutaceae	Methanolic	Leaves, Fruit
Citrus Sinensis. Osbeck	Rutaceae	ESSENTIAL OILS	Leaves, Fruit
Clitoria ternatea. L.	Fabaceae	Aqueous	TANINS AND RESINS
Coriandrum sativum L.	Apiaceae	Aqueous	Leaves
Coptis chinensis Franch	Ranunculaceae	Alcoholic	Stem Bark
Davilla rugosa Poir.	Dilleniaceae	Aqueous	WHOLE PLANT
Echium amoenum	Boraginaceae	Aqueous	Leaves
Eschscholzia californica Cham.	Papaveraceae	Alcoholic, Aqueous	LEAVES
Euphoria Longanalamk.	Sapindaceae	Butanol Fractions, Chloroform	Leaves
Euphorbia Hirta L.	Euphorbiaceae	Aqueous	Leaves
Euphorbia Neriifolia Linn.	Euphorbiaceae	Hydro-Alcoholic	Leaves
Gastrodia Elata Blume.	Orchidaceae	AQUEOUS	Leaves
Ginkgo Bilobal.	Ginkgoaceae	Alcoholic,	Roots

		Butanolic Fractions	
Hypericum perforatum L.	Hypericaceae	Ethanolic	Leaves
Ipomoea Stans Cav.	Convolvulaceae	Alcoholic	Roots
Justicia hyssopifolia Linn.	Acanthaceae	Methanolic	Leaves
Kielmeyera coriacea Mart. Ex Saggi.	Clusiaceae	Hydro-Alcoholic	Leaves
Matricaria chamomilla L.	Asteraceae	Hydroalcoholic	Leaves
Melissa Officinalis L.	Lamiaceae	Aqueous	Leaves
Mitragyna Speciosa Korth	Rubiaceae	N-Hexane	Whole Plant
Nardostachys jatamansi DC.	Valerianaceae	Methanolic	Root, Rhizome
Nepeta persicifolia Boiss.	Lamiaceae	Aqueous	Leaves
Pachyrrhizus erosus Linn.	Fabaceae	Ethanol	Seeds
Paeonia moutan Sims.	Paeoniaceae	Methanolic	Root Bark
Passiflora foetida L.	Passifloraceae	Aqueous	Flower
Passiflora Edulis Sims. E	Passifloraceae	Methanolic	Leaves
Rhodiola rosea L.	Crassulaceae	Methanolic	Leaves
Rubus Brasiliensis Martius.	Rosaceae	Ethanolic	Leaves
Salvia Officinalis Linn.	Lamiaceae	Hydroalcoholic	Leaves
Scutellaria Baicalensis Georgi	Lamiaceae	Hydroalcoholic	Leaves
Scutellaria Lateriflora L.	Lamiaceae	Ethanolic	Leaves
Sphaeranthus Indicus Linn.	Asteraceae	Hydroalcoholic	Flowers
Tragia involucrata Linn.	Euphorbiaceae	Methanolic	Root
Tilia americana L.	Malvaceae	N-Hexane, Ethylacetate, Aqueous, Methanolic	Aerial Parts
Uncaria Rhynchophylla (Miq.) Jacks	Rubiaceae	Aqueous	Leaves

Valeriana officinalis L.	Valerianaceae	Ethanolic Aqueous	Root
Vitex negundo Linn.	Verbenaceae	Ethanolic	Leaves
Withania somnifera (L.) Dunal	Solanaceae	Ethanolic	Root
Zingiber officinale Roscoe.	Zingiberaceae	Butanolic	Root
Ziziphus jujubamill.	Rhamnaceae	Ethanolic	

Conclusion

The most common mental illnesses are anxiety disorders. Strong evidence-based therapy recommendations can be developed thanks to the abundance of data from randomized controlled trials. Drug therapy, dietary changes, and cognitive behavioural therapy can all significantly enhance an anxious person's quality of life.

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