

Therapeutic Action of Anxiolytics in Anxiety Disorders

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Commentary

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ABOUT THE STUDY

Anxiety disorders affect millions of people worldwide, causing significant distress and impairing their daily functioning. Anxiolytics, a class of drugs used to treat anxiety disorders, have been widely prescribed for decades. While anxiolytics can provide significant relief from the symptoms of anxiety disorders, but they also have adverse effects. In this article, we will describe the benefits and limitations of anxiolytics in the treatment of anxiety disorders. Anxiolytics such as benzodiazepines and buspirone are commonly used to treat anxiety disorders. These medications work by increasing the activity of the neurotransmitter Gamma-Aminobutyric Acid (GABA), which has a calming effect on the brain. Anxiolytics are effective in reducing symptoms of anxiety such as worry, fear, and panic attacks, and can improve a person's quality of life.

However, anxiolytics have their limitations. Benzodiazepines, for example, can be highly addictive and can lead to withdrawal symptoms if taken for an extended period. Long-term use of benzodiazepines can also cause cognitive impairment, memory problems, and drowsiness. Buspirone, on the other hand, has a slower onset of action and may take several weeks to produce noticeable improvements in symptoms.

Another issue with anxiolytics is that they do not treat the underlying causes of anxiety disorders. While anxiolytics can provide symptomatic relief, they do not address the root causes of anxiety, such as trauma, genetics, or environmental factors. Therefore, anxiolytics are often used in conjunction with other forms of therapy, such as Cognitive-Behavioral Therapy (CBT) or Mindfulness-Based Stress Reduction (MBSR).

Despite these limitations, anxiolytics remain an essential tool in the treatment of anxiety disorders. In particular, anxiolytics can be helpful in managing acute symptoms of anxiety, such as panic attacks. In such cases, anxiolytics can provide rapid relief and prevent the escalation of symptoms.

Anxiolytics can also be useful in the short-term treatment of anxiety disorders. For example, benzodiazepines can be used to manage the symptoms of anxiety while a person undergoes CBT or MBSR. Once the person has learned coping skills and has addressed the underlying causes of their anxiety, they can gradually taper off the medication. In recent years, there has been growing interest in alternative treatments for anxiety disorders that do not involve medication. Mindfulness-based interventions, for example, have been shown to be effective in reducing symptoms of anxiety. Mindfulness involves paying attention to the present moment with a non-judgmental attitude and can help individuals manage their thoughts and emotions more effectively.

Exercise has also been shown to be an effective treatment for anxiety disorders. Regular physical activity can reduce symptoms of anxiety by increasing the production of endorphins, the body's natural mood-boosting chemicals. Exercise can also improve sleep quality, which is often disrupted in people with anxiety disorders.

Intensive care programs can also play a significant role in the treatment of anxiety disorders. These programs focus on providing Intensives to patients who adhere to their treatment plans, such as attending therapy sessions or taking their medication as prescribed. Intensive care programs have been shown to improve treatment adherence and reduce the overall cost of healthcare.

CONCLUSION

Anxiolytics remain an essential tool in the treatment of anxiety disorders. While they have their limitations, anxiolytics can provide significant relief from the symptoms of anxiety and can improve a person's quality of life. However, anxiolytics should be used judiciously and in conjunction with other forms of therapy, such as CBT or MBSR. Alternative treatments, such as mindfulness and exercise, should also be considered. By working collaboratively and holistically, we can ensure that patients receive the best possible care for their anxiety disorders.