

DIPRESSION, ANXIETY, STRESS AND SELF MEDICATION EFFECT HUMAN HEALTH

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ABSTRACT

Our well-being behavior is totally depending upon our mental health and mood which is majorly influence in stress. Young human may affect acute stress response due to overthinking. Stress is known as biological response of evoke to any intrinsic and extrinsic stimulus. It can change body language and life-threatening effect and lead to death. Like the good environment is very important to reduce the symptoms of depression and anxiety in human. We cannot say that the urban areas alone are unlikely to reduce mental illness, high temperature also changes the mood, mostly farmers effect their health due to their agriculture work stress by lack of rainfall and water supply. During COVID-19 pandemic most of the student suffers from anxiety and depression. We found a predate prevalence of stress and anxiety symptoms in most of the people. Our nervous system also badly effect by stress and lead to changes in different part of brain.

BACKGROUND

According to WHO in term of morbidity stress and depression became second largest illness by decade in the world 10 out of 7 humans suffer from these problems not just adult 8% of student and teenage suffer from this. This leads to weakness in personality due to this person suffer many types of issue they lost their ability to sleep, eat and enjoy the good life activities and it would take the major depression. Dysthymia is small type of depression but it takes to chronic symptoms but not to disable the person. Isolated responses send by nervous [1] system to produce integrated copy for removing single response. Various types of situations tend to elicit stress response in different pattern we feel different stress in same situation [2]. Although long term effect in emotion responses in genetic inheritance during these it take more exposure to intense and chronic stress in neuron biological effect and put the high risk of mood disorder, aggresses, dysfunction of immune system morbidity and changes in CNS and lead to early death. Loss of energy tend to impact on self-medication many people intake higher dose of drugs and medicine and choose incorrect medical advices and therapy which can making of severe disease risk to fall down of health this term self-medication is work to deal with pain, stress (physical and emotional) with the help of drugs. Mostly person intake drug and make it as habit by unknowingly the effect of drugs in health and also this medicine can pressurize your everyday life [3].

SYMPTOMS

When someone feel low, weak then our body send stress hormones when we are in stress our heart beat going faster result in more pumping of blood and limbs and also breathe very fast, we feel like scary this make our blood pressure high at this time our mind does not work well or nutrient present in our body ensure that all part of body have energy there are many symptoms related to anxiety and stress [4]

- Faster heartbeat
- Breathing faster
- Moody aggressive
- Unhappy
- Feeling loneliness
- Nausea
- Sweating
- Nervousness
- Tense
- Restlessness
- Uncontrollable feeling
- Concentration difficulties
- unsleeping

These are the part of body react in these problems stress can lead to solve in short term response weather anxiety can go through as long and can sometime trigger our body[5].

CAUSES

the cause of these disorder is fully understood person go through these disorder by their own life experiences traumatic events which appear in their life some people underlying the health issue the first indicator of anxiety stress and self- medication is medical illness the doctor only suspect you as anxiety by seeing the signs of a problem if a person have suffering from any type of disease like heart disease, diabetes, thyroid problem, respiratory disorder, or misuse of drugs also have anxiety and causes of stress disorder is complicated it may occur once and leads to other if a person go through the difficulties at work, relationship problem or family issue environmental stress and who have family with these disorder are more likely to have experience one themselves symptoms of different disease like surgery or prolonged recovery also affect health most people go to psychologist define many disorder or anxiety and electrical signals of brain mostly people take more stress of work and do not meditate their self or not o friendly because of their mental health is a person have physical issue mental health problems these common factor lead to self-medication[6].

TYPES OF DISORDER

- Agoraphobia it is a type of disorder in which the person feels helpless or embarrassed and feel trapped and avoid places which may cause these panic situations in them [7].
- Panic disorder it is a sudden feeling of intense anxiety the feeling of terror which lead to reach a peak within a minute is known as panic attack it may lead shorten of breath, chest pain, or rapid heartbeat this attack may happening to avoid the situation which they've occurred [8].
- Specific phobias it is when a person have fear of a particular object and a desire to avoid it phobia provoke panic attack in some people
- Generalized anxiety disorder GAD is a chronic anxiety which provoke nosing and stress [9].
- Post-traumatic stress disorder PTSD include violent personal assault a person who have suffered the disaster, accident have more fear to doing physical symptoms
- Obsessive-compulsive disorder the person who have OCD think unwanted thoughts(obsession) and compulsion mostly hand washing, cleaning performing the rituals for only temporary relief [10].

RISK FACTOR

- The risk factor of stress, anxiety, and self-medication can develop these disorders
- Trauma mostly the children who have suffered from abusive environment or witness traumatic events have higher risk of trauma.
- Personality the person who overthinking everything they broken from inside and loss their sense of thinking in positive way leads to weak their personality [11].
- Alcohol the over use of alcohol and drugs can cause stress and anxiety
- Stress mostly students stressed about their study and relationships which have taken their health condition very bad and serious illness can cause issues in future
- Losing a job person have additional problems like loss of jobs and loved one
- Brain structures the high amount of stress lead to affect nervous system which change the structure of brain parts

Complication

- Our mental health and physical health may totally change due to anxiety and stress it can worsen the condition of body such as
- Social isolation
- Suicide
- Headache
- Insomnia
- Bad quality of life
- Problem facing in family or school
- Trouble in sleeping
- Misuse of things
- Digestion problems

Prevention

- There is no proper way to prevent this because every person has a different way of thinking only the own person can release themselves from this situation by maintaining the proper health and mentality [12]
- Get up early if a person suffering from this, they have to change their life style and maintain mental condition by doing meditation, yoga, deep breathing in morning.
- Stay active go for long walk and drink healthy worship of God for positive vibes in body
- Avoid drugs and alcohol stop using of a greater number of drugs and alcohol it can cause a worse anxiety do not addict to these things make your life a wellbeing.
- Healthy diet eats healthy food and feel good
- Sleep well takes a well sleep at night worry free

Diagnosis

These are the medical conditions which include the symptoms of stress intense anxiety that are caused our physical and mental health the doctor will ask you some questions and use tools to find your mentality level they diagnose the problem which you have suffered from several times it is very important that you share each and everything clearly what you feel from inside it will help the doctor to diagnose easily doctor give you the psychological evaluation in which they involve the discussing your thoughts, feeling, and behavior to check the complications if a person has suffering any symptoms of stress they have to counsel a health specialist, psychologist or social worker in this diagnosis the doctor performs the physical activities to read your presence of mind also recommends a blood test which help to determine the other conditions related to health mostly many medicines may have affect you mentally to the doctor convince not to use overtake of drugs to manage other disease they will suggest you to go social and physical activities which will help you to positive your state of mind meet peoples do social work read books do not overthink these small changes lead to decrease the problems.

Treatment

- Treatment may include the combination of psychotherapy, behavioral therapy, and medication in some cases the person has to do self-medication by them to treat anxiety

- Exercise physical activities are very important to away from stress and negative thoughts that might be yoga as a result of relax and contain positive attitude
- Meditation meditates yourselves to remove the negative thoughts inside your mind and keep your body calm.
- Family be with family and used to support them share everything to keep your mind clean and sit with your family spend some time with them to feel light
- Study read books mythologies which change the sense of your thinking
- Nature feels the nature travel the areas which is full of nature to give you natural breathing
- Listen song songs are very soothing therapy to remove negative thoughts
- Relax relaxing yourself is an important part of stress management.

Conclusion

Stress and anxiety are normal but highly connect to human emotions it is common across ages, gender and culture stress may include both harmful and beneficial effect. Due to various pathological conditions the individual may receive more attention and reorganization. This need to more appreciation for the significant role of stress in medical community importance of physical therapy providing treatment for stress is vary in individuals to particular treatment. Dealing with depression and anxiety can be tough but it is curable and needs to have good environment for positivity. Most primary care physician can successfully treat this disorder in moderate form patient who live with anxiety they have to overcome with the help of family and these patients have need proper care and psychiatric monitoring to recover fast and need social support, reassurance and advocacy for these patients and their loved ones.

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