

A Review on Herble Drugs in Stressdisorder

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INTRODUCTION

Introduction:-

Stress:-

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.

Signs of stress:-

When we face a stressful event, our bodies respond by activating the nervous system and releasing hormones such as adrenaline and cortisol. These hormones cause physical changes in the body which help it 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 to meet the challenges of the stressful situation, they can cause other physical or psychological symptoms if the stress is ongoing.

INTRODUCTION

laid back

breakdown

Stress

burn-out

Fig.01:-

Stress Cycle

INTRODUCTION

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 any end to the level of stress we are willing to tolerate.

Body Symptoms:-

- Stress headache
- Back pain
- Chest pain
- Heart diseases
- Heart palpitations
- High blood pressure
- Decreased immunity
- Stomach upset Sleep problems

Emotional Symptoms:-

- Anxiety
- Restlessness
- Worrying
- Irritability
- Depression
- Sadness
- Anger
- Feeling insecure



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