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Email: admin@theantiseptic.in
subscription@theantiseptic.in

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The Quality Of Sleep**

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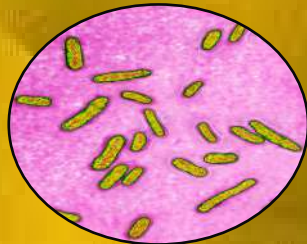


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ANXIETY DISORDERS STRONGLY AFFECTING THE QUALITY OF SLEEP



Anxiety is an unpleasant emotional state or a condition characterized by feelings of worry, tension and apprehension

Anxiety disorders are strongly associated with sleep disorders. Anxiety of school teachers affecting their sleep quality led to reducing their quality of life. Within the autonomic nervous system, the vagal nerve plays a significant role, which is made up of eighty per cent afferent fibers and twenty percent efferent fibers. Anxiety regulating brain regions receive input from the vagal nerve. One extremely secure, non-invasive, and easy way to stimulate the vagal nerve that has been shown to successfully reduce anxiety is transcutaneous auricular vagal nerve stimulation.

Anxiety is defined as an emotion that involves tense feelings, nervous idea, and physical disturbances, including

elevated blood pressure, according to the American Psychological Association. Large population-based surveys conducted in the 21st Century indicate that people are affected by an anxiety disorder of up to 33.7 per cent sometime in their lives. Anxiety disorders account for the majority of mental disorders. Based on epidemiology research, one out of every three individuals will experience anxiety disorders at some stage in their lifespans.

Their prevalence is greatest in midlife. Specific phobias, generalized anxiety disorders, social anxiety, and panic disorders are the four main types of anxiety. Obsessive-compulsive disorder and post-traumatic stress disorder are two more conditions that coexist with anxiety disorders. Simple phobia and agoraphobia are the most common phobias, with considerable prevalence rates for both. There is a lesser lifetime prevalence of panic disorder and obsessive-compulsive disorders (2percent) conflicting findings for generalized anxiety disorder (3%-30%) and social phobia (2%-16%). Anxiety can arise from genetic and social factors. Anxiety

disorders occur more frequently in women than in men. Breathing difficulties, chest tightness, an accelerated heartbeat, vomiting, dizziness, trembling and tingling or numbness are a few physical signs of anxiety that frequently represent autonomic arousal.

Anxiety can cause a range of emotional sensations from nervousness and apprehension to fear and panic. Worry, anxiousness, negative thoughts about possible risks, and trouble focusing are two cognitive signs of anxiety. The elusion, running away and looking for safety that characterize behavioral anxiety symptoms are frequently meant to minimize or prevent the perceived threat or distress. Ineffective functioning at work, home or in social situations is often the result of anxiety behavioral and cognitive symptoms. The diagnostic tools for anxiety disorder are the Hamilton Anxiety Rating Scale and the Generalized Anxiety Disorder-7-questionnaire.

Anxiety affecting the sleep

Studies on the prevalence of anxiety show that about half of those who suffer from anxiety have trouble sleeping, particularly insomnia, and that anxiety can be aggravated or caused by sleep deprivation. A reliable indicator of

both physical and mental fitness, as well as overall vitality, is good sleep quality. Problems with sleep are associated with reduced mental health, chronic illness, reduced cognitive performance, and early mortality. People with higher levels of chronic life stress, which includes general tension, economic difficulties, and work strain, have more sleep disturbances.

Teachers in the rural area

Technology in education has grown significantly over the past few decades, both in terms of its impact on education and teachers' professional development. With the rapid advancement of technology, teachers must adapt quickly to new standards and practices in education. Additionally, the technologies have had an impact on the minds of individuals due to a variety of causes, including a lack of training or pressure to utilize them and making people more anxious. The problem of teacher stress and anxiety brought on by educational technology has -gotten progressively worse over time. Teachers in the Tamil Nadu States Karakaikudi educational district experience stress at work and cognitive burden. Female private school teachers with heavier workloads, lack of support from family, inadequate pay, shifts in positions, and difficult interactions

with colleagues were significantly more likely to experience anxiety. The professional efficacy of teachers and their class room conduct may be significantly impacted by teaching anxiety. Teaching anxiety may make teachers less creative when creating lesson plans, less energized in the classroom, and less likely to want to adopt innovative teaching techniques. The demands placed on teachers impair their personal lives, leaving them with limited time for themselves or family. As a result, sleep-related symptoms like insomnia, tiredness, and unsatisfactory sleep have increased. According to a study of complaints about mental health in the state of Bahia, teachers reported 14.1 percent sleeplessness and 22.6 percent of drowsiness.

Medical management and their side effects

The pharmacological management of anxiety includes benzodiazepines, antiseizures medications, serotonin-norepinephrine reuptake inhibitors, tricyclic antidepressants, selective serotonin reuptake inhibitors and others such as hydroxyzine, atypical neuroleptic agents, mirtazapine, and nefazodone. The adverse effects of drugs need to be understood by both patients and doctors. These medicines can


all lead to weight gain and sexual dysfunction. Selective serotonin reuptake inhibitors and serotonin-norepinephrine reuptake inhibitors have been shown to increase the risk suicidality.

Transcutaneous auricular vagal nerve stimulation

Vagus nerve stimulation is a powerful anticonvulsant that has been found to have antidepressant benefits in chronic depression that is resistant to treatment. Because the Vagus nerve transmits information to brain areas including the insula, hippocampus, locus coeruleus, and orbitofrontal cortex that are crucial for controlling anxiety, this pathway may contribute to the perception or manifestation of different physical and cognitive symptoms that are distinctive of anxiety disorders. Transcutaneous Vagus nerve stimulation devices were first proposed by ventureyra. Since then, studies have demonstrated that these devices can achieve the same level of effectiveness as implantable device, in addition to offering the advantages of portability, low cost, non-invasiveness, and reduced side effects. Transcutaneous devices are divided into two categories: auricular and cervical approaches. The exterior auditory canal and the ear concha cavity are the

destinations of the Vagus nerves auricular branch, also known as the superficial branch, which arises from the upper cervical ganglia. This is the anatomical background for trans-auricular devices. Transcutaneous devices have proven to be effective in treating resistant epilepsy, serious depressive disorders, elderly patients, and post stroke rehabilitation.

We further recommend that

transcutaneous auricular vagal nerve stimulation is a safer and more effective method for school teachers to reduce anxiety and improve sleep quality. 

Dr. Sanjay Agrawal,
Leading Pharmaceutical
Consultant and
Editor-in Chief of IJM Today
Post Graduation Diploma in
Naturopathy and Yoga,
6/146, Malviya Nagar,
Jaipur -302017 , Rajasthan

QUESTIONS & ANSWERS

I have tuberculosis! How to recover from this?

Tuberculosis can affect the lungs. The symptoms are cough, fever, loss of appetite, weight loss, persisting for two weeks. If this is the case, immediately approach the nearest primary health centers and get an expert test, C.P. NET Test. to detect tuberculosis germs there. You can find out through these two types of tests.

You can find out even if you take an X-ray. Treatment for this is provided free of cost in government hospitals and primary health centers. The medicine and tablets should be taken for six months.

If tuberculosis is airborne, early detection of the disease should be done in the early stages and tablets should be taken as per the doctor's advice. Wearing a face mask is essential to avoid spreading the virus to others in the household.

Tuberculosis tests are done for pregnant women, diabetics, people who have already suffered from tuberculosis, cancer patients, and those who frequently suffer from colds.