



## HOME REMIDIES

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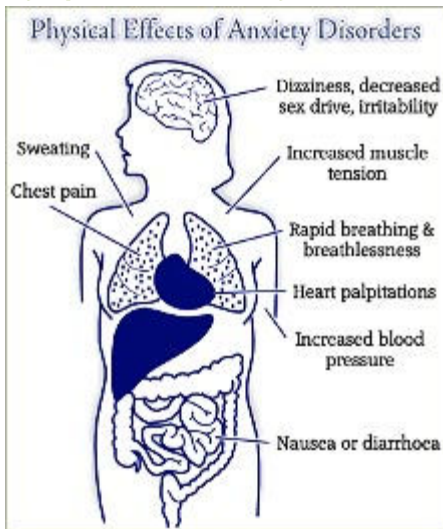
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# Home Remedy for Anxiety

When our mind sense some abnormal situation, the body releases adrenaline into the bloodstream. Adrenaline is the 'fight and flight' hormone that transmits nerve impulses throughout the body and increases heart rate, contracts blood vessels and dilates air passages preparing the body to tackle with the situation. **Stress** is the most common cause of anxiety leading to release of adrenaline. However, there may be other physical problems too that can be termed as causes of anxiety.

- **Hyperthyroidism**, which may produce symptoms that are similar to the symptoms of anxiety.
- **Heart disorders** can cause rapid heartbeat, a primary symptom of anxiety.
- **Caffeine** even in moderate amounts, in many situations, can lead to anxiety.
- **Premenstrual syndrome (PMS)** is one of the causes of anxiety in women.
- **Diet pills** can alter the normal functioning of body and be a cause of anxiety.
- **Anemia** can also cause anxiety as the deficiency of nutritive substances like folic acid and vitamins hamper the normal body functioning.
- **Diabetes** is one of the major causes of anxiety.
- **Hypoglycemia** or an abnormally low level of sugar in the blood, also is a cause of anxiety.

## Symptoms of Anxiety



## Symptoms of Anxiety

All persons experience anxiety at some point in their lives. It often accompanies heart palpitations, nausea, chest pain, shortness of breath, or tension headache. The various symptoms of anxiety attack include-

- Chest pain
- Shortness of breath
- Headache
- Heart Palpitation
- Dizziness
- Fainting spells
- Unexplained weakness
- A feeling of impending doom
- Inability to concentrate
- Muscle tension
- Dry mouth
- Sweating

- Stomach churning or a jittery feeling in the pit of the stomach
- Hyperventilation or overbreathing (breathing faster and/or deeper than necessary)

### Natural Remedies for Anxiety

One of the major causes of anxiety is stress that may occur when demands are greater than a person's ability to cope with them. Improving the coping skills or managing the demands and expectations in life can prevent anxiety. One can also bring some lifestyle changes to keep anxiety at bay. Prevention and some habits are the best natural remedies for anxiety. Here is a list of natural remedies for anxiety that can be tried by people who suffer from frequent anxiety attacks.

**Exercise-** Stay active to avoid the anxiety attacks. Exercise burns off extra adrenaline so jog, walk, cycle, or use exercise equipment like treadmill for at least half an hour four days a week

**Meditation and Deep Breathing-** Learn basic deep breathing techniques from some yoga expert or try it yourself by inhaling for longer than normal, hold the breath for a couple of second and then exhale it. Meditation can also be tried to sooth nerves.

**Avoiding Junk Foods and Drinks-** Refined Sugar and Carbohydrates, artificial sweeteners, caffeine, smoking and such other things should also be avoided to get rid of anxiety.

**Warm Bath and Aromatherapy-** A relaxing bath while listening to some soothing music can calm the anxious nerves. Essential oils used for aromatherapy can also be used to relax oneself and avoid anxiety.

**Being Positive and Relaxed-** Be positive, talk to people with positive attitude, listen to music, spend some time doing your favorite work, pursue hobbies, learn to say no in uncomfortable situations, develop the attitude that things will work out, ask for help when the work load is too much, read your favorite novel or book, talk to friends and family about the issues that concern you. All this will prevent anxiety attacks.

### Home Remedies for Anxiety

There are many home remedies for anxiety that require day-to-day stuffs used at home or those that can be found in neighborhood stores.

- Soak 10-12 raw almonds in water for at least 8 hours and peel off their skins. Blend the almonds with a cup of warm milk, little ginger and nutmeg. Drink this preparation before going to bed.
- Add equal amounts of baking soda and ginger powder in water for having a warm bath.
- Massage the whole body with warm sesame oil including scalp and the bottoms of your feet. Other oils like those of sunflower, coconut, or corn oil can also be used for massage before bath. Have celery and onions- raw or cooked- with meals for a couple of weeks. They both have good quantities of potassium and folic acid whose deficiencies also cause anxiety.
- Peel and inhale an orange whose aroma is considered to reduce anxiety. Orange juice with a teaspoon of honey and a pinch of nutmeg can also be had to relax the nerves.

Ayurveda prescribes certain very effective and fast home remedies for burns. Although burn treatment depends upon the degree of burns which are defined as first degree, second degree, and third degree burns depending upon their severity. The minor burns or first degree burns make the skin red and is accompanied by mild pain. In second degree of burns, skin develops blisters along with reddened with splotchy appearance. The burns victim experiences severe pain with swollen skin. Third degree burns, on the other hand are initially painless but they cause permanent damage to the skin tissues. It affect all the layers of skin, fat, muscles and even bones.