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## ABSTRACT

Anxiety issues are the group of mental disorder characterized by critical sentiments of nervousness and fear. Anxiety is a stress over future occasions and fear is a response to current events. These emotions may cause physical side effects, for example, a quick heart rate and insecurity. There are various uneasiness issues, including generalized anxiety disorders, specific phobia, social anxiety disorder, separation anxiety disorder, agoraphobia and panic disorder. The disorders vary by what brings about the symptoms. People regularly have more than one tension disorder. The reason for anxiety disorders is a mixture of hereditary and natural factors. Risk factors incorporate a background marked by child abuse, family history of mental issue, and poverty. Anxiety issue regularly happen with other mental issue, especially real depressive issue, identity issue, and substance utilize disorder. To be analyzed side effects ordinarily should be available for no less than a half year, be more than would be normal for the circumstance, and diminishing functioning. Other issues that may bring about comparable indications including hyperthyroidism; coronary illness; caffeine, liquor, or cannabis utilize; and withdrawal from specific medications, among others.

**KEYWORDS:** Anxiety, Pharmacotherapy, Natural remedies

## INTRODUCTION

Anxiety is a sentiment dread, worry and stress. They are not as much as known than schizophrenia, depression, and bipolar issue, they can be similarly as handicapping. At current times determinations of anxiety disorders may reconsidered step by step. Dimensional and structural diagnosis has been utilized for clinical treatment and research purposes. Anxiety is an ordinary feeling or emotion. Individuals encounter nervousness in their life time *viz* feeling on edge at exam time, or in interviews. Numerous beneficial encounters of anxiety prepare us to stage something other than what's expected or to play out our best in that circumstance. In the event that anxiety is past the common criteria or badly affects a man's life, that may be meet criteria for an anxiety disorder. Being a human, we have a characteristic response towards threat or something which isn't as indicated by our will and this appeared as Anxiety. This is additionally called as the 'battle or flight' response. Anxiety can occur at any age. Many have a beginning in youth or youthfulness. Some begin in adulthood. In spite of the fact that a man may describes anxiety that is felt by and large, most uneasiness issues fit into a particular nervousness issue.

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