


**A REVIEW ON MECHANISM , PATHOPHYSIOLOGY AND  
PREVALENCE OF ANTI ANXIETY DISORDERS****Shivam Yadav, Agrima Srivastava\*, Nidhi Mishra, Sonam Patel, Prabhat Kumar Yadav****Amity Institute of Pharmacy, Amity University, Uttar Pradesh, India.***Email ID- editorjohp@gmail.com***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.

**KEY WORDS:** Anxiety, Pharmacotherapy, Natural remedies

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