

DEALING WITH ANXIETY DISORDERS

Types and the Ayurvedic Cure

Worrying is a part of daily life. People worry about their family, their friends, their jobs, and themselves among many other things. Not all kinds of worries are bad. In fact, worrying about things motivates people to pay extra attention to them.

Four Types of Anxiety Disorders

PANIC DISORDER

This happens when a person feels suddenly when a terror strikes them and they begin to panic. Chest pains, sweating, and fast heartbeats accompany this disorder. They could feel like they are having a heart attack and cannot breathe.

SOCIAL ANXIETY DISORDER

A disorder that affects the self-conscious part of the mind, it prevents a person from having a normal social life. They feel overwhelmed by their daily social interactions. People with this disorder struggle with a constant need for approval that they cannot get.

SPECIFIC ANXIETY INDUCING PHOBIAS

There are many kinds of phobias. These are specific objects and situations that person is scared of. Heights, insects, water, and many other things can induce anxiety within patients with phobias.

GENERALIZED ANXIETY DISORDER

This is more common among those people who have trouble remembering things or seek perfection. They get excessively worried about things they have to do or they have done.

Our Product

In India alone, over 45 million people are officially reported to be suffering with one or more symptoms of nervous weakness like - Stress, Depression, Anger, Irritability, Sleeplessness, Fear, Anxiety, Hopelessness, Mood-swings, Lack of confidence, Intolerance etc. Supragya Plus is a safe and natural remedy which revives your nervous strength and helps you recover from these conditions altogether.

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Ayurvedic Cure

Ayurveda views anxiety attacks as the result of an aggravation in the pranavata. It weakens the nervous system and causes mental imbalance. Ayurvedic medicines control and reduce the pranavata and fuel the increase of sattvaguna. The mind becomes more stable and peaceful. It involves a change in diet and lifestyle, along with the natural solutions that Ayurveda provides. Fresh vegetables and fruits are compulsory for a person who wants to get well. Exercises are also an important part of recovering from anxiety disorders.