

Clinical Study of Panic Attacks in Anxiety and Depression

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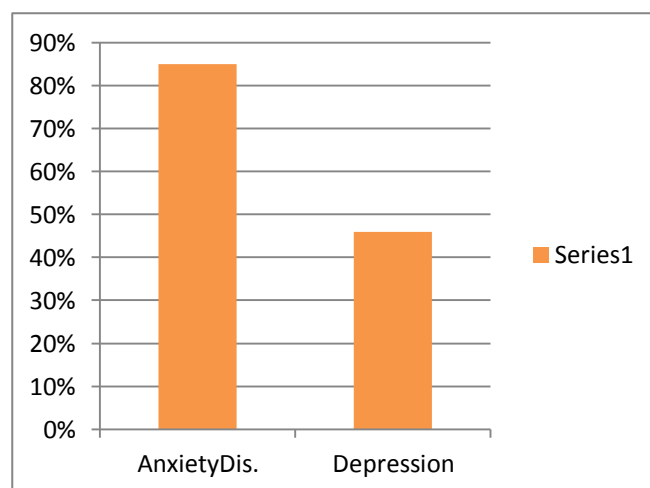
Introduction: The use of term PA in psychiatry is not very old and has a recent history and date back nearly 100 years diagnosed under different names such as anxiety neurosis, effort syndrome, cardiac neurosis, soldiers heart, neurocirculatory asthenia etc. But recently it gained much attention by cardiologist, physicians, general practitioners, emergency duty officers and by psychiatrist. This is because most of the symptoms of PA are much similar as severe cardiovascular disease.

Aims and Objectives: The main objective of my study is to recognize the symptoms of PA which simulates severe cardiovascular disease and to create awareness among other specialities to diagnose as PA rather than Cardiovascular disease.

Method: In this study total 1192 patients were selected among them there were 584 patients of depression and 608 patients of anxiety disorder. All of them were thoroughly screened for PA during their course of illness and a detailed treatment history were also obtained.

Results: In my study ,I found following symptoms of PA in in both types of patients displayed in table below.

Column1	Depression		Anxiety
	N	(%)	N(%)
Dyspnoea	99	(16.95%)	492(80.92%)
Dizziness	234	(40.07%)	304(50%)
Palpitation	362	(61.98%)	600(98.68%)
Trembling&Shaking	35	(5.99%)	340(55.92%)
ExcessiveSweating	286	(48.97%)	511(84.05%)
ChockingSensation	82	(14.04%)	339(55.76%)
Nausea&Abd.Discomfort	175	(29.97%)	395(64.97%)
Numbness&Tingling	345	(59.07%)	492(80.92%)
Hot&Cold Flashes	216	(36.99%)	509(83.72%)
Chest Pain	169	(28.94%)	322(52.96%)
Fear Of Dying	520	(89.04%)	493(81.09%)
Fear Of Being Crazy	111	(19%)	510(83.88%)



Although Fairly good number of depression patients has severe symptoms of PA which simulates cardiac disease but only N 268(46%) patients of depression consulted doctor for PA and majority of them ignored and tolerated the symptoms. This may be because of hopelessness and thought of end of their life. On the other hand N 516(85%) patients of anxiety disorder patients consulted doctor for their PA. Another finding is alarming that approximately 60% patients of anxiety disorder first consulted cardiologist then medical emergency, medical o.p.d, and lastly family physician respectively in decreasing order. One very interesting finding which I found , although anxiety disorder patients seeks very early consultation to doctor but reaches to psychiatrist very late in comparison to depression patients although these patients seeks very late treatment from doctor but reaches to psychiatrist early.

Conclusion: In my study, I found that most of anxiety patients when reached to me were having multiple PA per day, fulfilling the criteria for PD which further complicates the treatment ,while on other hand depression patient reached to me very late but with severe symptoms of PA

PD: Panic Disorder