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All the Many Choices Of Anti Anxiety Medication

There are many types of [anti anxiety medication](#) since drugs are usually the first to use when suffering from an intense and unexpected panic attack. However, tranquilizers represent just a temporary relief method that can only be used in perfect safety for a very short period of time, due to the high risk of side effects. Here are some of the paradoxical and troublesome adverse reactions triggered by anti-anxiety medication in general. While the main benefit from their use consists of the relaxation of the nerves, too much soothing can make the patient feel sleepy even when you need alertness.

Since anti-anxiety medication blocks the secretion or the release of certain chemicals at the level of the central nervous system, this may often result in a poor coordination, lack of energy and slow reflexes. Some people have even reported dizziness, confusion, disorientation and impaired thinking, not to mention the impossibility to drive or operate machines. The extensive use of anti-anxiety medication can also cause depression with or without suicidal feelings. The problem is that such drugs not only eliminate anxiety but also make it impossible for one to feel pleasure or even pain, which can often go hand in hand with depression.

Some reactions to anti-anxiety medication are truly paradoxical. For instance, tranquilizers are supposed to induce calm and relaxation, but in certain cases drugs can increase the agitation and the irritability level. Plus, mania, hostility and even rage have been noticed in some cases. The severest forms of side effects include hallucinations and aggressive behaviors, which, although rare, remain very dangerous. More than half of the peculiar reactions to anti-anxiety medications are usually encountered with the elderly and children, as well as with people that suffer from some developmental disabilities.

Consequently, choosing the treatment to [stop anxiety attacks](#) well and complementing it with some other form of therapy represent essential stages for the patient's full recovery, and thus should be considered as priorities for any treatment program or approach. Anti-anxiety medication only reduces or stops the symptoms without improving the health condition in any way. The factor or the problem responsible for the panic attacks is still there, somehow kept under control, and once you cease taking the medication, you're likely to experience anxiety all over again. Therefore, all the treatment efforts should be directed towards attacking anxiety and depression by proper diagnosis and identification of the causes behind the disorder.

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