

## Present Perspective on Depression and Anxiety

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### EDITORIAL

It is one of the saddest and brutal truth at the moment that we into an era where mental health issues are becoming a serious problem in majority. The epidemiological study suggest that globally 970 million people are suffering from mental disorders with the highest count in countries like the United States, Ukraine, Netherlands and Colombia holding the highest counts. Among several mental diseases Depression and Anxiety are the two most commonly found disease?

Depression is a state of mind which is characterized by loss of interest from normal life, anger and unnecessary tension. Such condition of our mental state harms our daily life and does not allow us to work with efficiency. Depression can be dangerous if not treated properly and can result in gaining of weight, panic attacks, substance use problem, body aches and thought of mental health. From the perspective of science Depression occurs as a result of loss of balance of neurotransmitters namely norepinephrine, dopamine and serotonin.

Anxiety on the other hand is a disease associated with a feeling of insecurity and fear about the future knocking at the door. Anxiety in reality is a common reflex of emotion towards a stressful situation. The condition can be termed as a disease, only when such conditions become chronic and start affecting our daily life. Patients suffering from anxiety suffer from sleep disorder, racing thoughts, and uncontrolled overthinking.

To conclude, therefore it can be said that Depression and anxiety needs proper attention in the society. It is very common that people tend to ignore mental illness but the fact that such mental condition often leads an individual to suicide is often overlooked. Campaigns running in different parts of the world to create awareness of mental health are indeed working effectively as we urge for more such awareness among common mass regarding..

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