Preface

In the modern scenario, human life has become very fast, hectic and demanding. The present life style demands adjustment on the part of the individual. Each of us, as per our coping resources, tries to adjust in this changing world. Some adjust in this changing world. Some adjust by becoming over active and others by withdrawing from the situation. When we fail to make a proper adjustment according to the demands of the situation, a state of negative stress or distress develops in our personality, which gives rise to mental or psychological problems.

A number of therapies have been applied by different clinicians to cope-up from the anxiety disorders. Ansgar and Walton (2007) has published a review on muscle relaxation therapy for anxiety disorders. This review describes the most common MRT (muscles relaxation techniques), summarizes recent evidence of their effectiveness in treating anxiety and explains their rationale and psychological bases.

Smith et.al, (2007) compared yoga and relaxation therapy in reducing stress and anxiety. He found both the therapies effective in reducing stress, anxiety and improving health status. Yoga was more effective than relaxation in improving mental health.

According to Megha Deuskar and Usha Ram (2002), psychological stress adversely affects the functioning of the human
immune system. Yoga nidra may enhance the capacity of immune system in wording off diseases.

Kerkwood et.al, (2005) has given a systematic review of the research evidence on the effectiveness of yoga for the treatment of anxiety and anxiety disorders. He reviewed eight studies and all were reported positive results. According to them yoga is effective in treating anxiety or anxiety disorders in general. However, there are encouraging results particularly with obsessive compulsive disorder.

Winnie et.al, (2001) presented an article in which they briefly described cognitive behavioral treatments for social anxiety disorder (also known as social phobia). In this article they evaluated the effectiveness of CBT (cognitive behavior treatments) and discussed the characteristics of patients which may influence response to treatment.

Marks et.al, (1998) made treatment of post traumatic stress disorder by prolonged exposure and cognitive restructuring. They concluded that both prolonged exposure and cognitive restructuring were each therapeutic on their own, were not mutually enhancing when combined, and were each superior to relaxation.

While studying in my post-graduation classes of clinical psychology, always an idea flashed in my mind that different therapies should be compared for a particular anxiety disorder and to
investigate the best one for prescription. This idea led the present research work in which three therapies (for the treatment of different anxiety disorders) have been compared and the best one for a particular anxiety disorder has been worked out for prescription.

First of all with folded hands I would like to bend my head in the Lotus feet of Guru Dev, Pt. Shri Ram Sharma Acharya and Vandaniya Mata ji, Bhagwati Devi Sharma who are my spiritual Guru and power.

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