

## Buspirax(Buspirone) compared to Benzodiazepines in the treatment of Multiple Sclerosis related Stress disorders

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**Introduction** : Multiple Sclerosis is accompanied by severe Stress, Anxiety and related disorders causing mental incapacitation in patients especially in the early stages after diagnosis and patient knowledge of existence of the disease, informed by the doctor. It is common practice to stress only on Depression in MS patients. Pharmaceuticals are actively involved in research for such patients so as to produce suitable medications for Multiple Sclerosis patients.

**Objective:** It was proved by us that Alprazolam and Diazepam are quite effective in the treatment of Multiple Sclerosis Stress related disorders (anxiety) in the absence of respiratory deficiency. However as Alprazolam and Diazepam have numerous undesirable side effects viz. sedation, respiratory depression and addiction, we studied the effects of Buspirax.

**Methods** : We studied One Hundred (100) patients suffering from Multiple Sclerosis Stress related disorders (anxiety) who reported to Al-Shafa Hospital, Gujrat, Pakistan during a period of Five (5) years viz. 2005-2010 and underwent treatment. Seventy (70) were male and Thirty (30) were female. We treated Fifty (50) of them with Alprazolam tabs (1mg) o.d or Diazepam tabs (2mg) b.d. (in case of no respiratory depression or difficulty) and the other Fifty (50) with Buspirax tabs (5mg) B.D. Alprazolam, Diazepam and Buspirax tablets were provided by a reputed Iranian pharmaceutical Company, Tehran, Iran for this study.

**Results** : All patients treated with Alprazolam or Diazepam tablets responded well to the medication, however sedation, respiratory depression and inability to concentrate and perform duties were reported in all such patients, as expressed by them in follow up studies. Also 75% of patients asked us to continue their Alprazolam or Diazepam medication, provision on a daily basis without any indication suggesting addiction. Patients treated with Buspirax responded far better to the medication and none of them suffered from the side effects of the Alprazolam or Diazepam group.

**Conclusion:** It is proved that Buspirax is superior to Alprazolam and Diazepam in the treatment of Multiple Sclerosis Stress related disorders (anxiety).

**Keywords:** Buspirax, Alprazolam, Stress, Diazepam