



AILUROPHOBIA- IRRATIONAL FEAR OF CATS WITH POSSIBLE TREATMENT SPOTLIGHTS TO A PREVAILING DISORDER.

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ABSTRACT

Ailurophobia is one of the most prevailing disorders worldwide and is associated with major anxiety which will lead to depression and other serious neurological disorders. Ailurophobia refers to the fear of cat that is also associated with hatred of cat that will lead to severe anxiousness, depression and sometimes demise of an individual is also observed. Signs of Ailurophobia include crying, nervousness, stiffness in chest, fainting and palpitations. Observed causes of this fear are psychodynamic, trauma, behavioral. A possible treatment of Ailurophobia may be psychotherapy, *Murraya koenigii* leaves for anxiety as well as cognitive behavior therapy. This short communication suggests proper awareness, therapy, and treatment of this phobia as Ailurophobia is the most predominant anxiety disorder. Patients suffering from Ailurophobia need proper assistance and medicine to get rid of this long-term disorder.

Keywords: Ailurophobia; *Murraya koenigii*; psychodynamic; psychotherapy.

INTRODUCTION

Fear and phobia are one of the types of anxiety syndrome and it is characterized by unnecessary fear of an entity or circumstances. There are many types of phobias and it establishes itself in altered ways [1]. Ailurophobia is an unambiguous type of phobia that belong from the fear and hatred of cats [2]. The term Ailurophobia comes from the Greek word which means excessive fear from the cats and we also named as felinophobia, Europhobia as well as cat phobia [3] but Ailurophobia is a medical terminology for the fear of cats. While, it is very challenging to understand the fear from the cats for cats' lovers, but it is very serious

issues for those people who suffer from this fear [4].

Ailurophobia is reflected to be the type of anxiety disorder and in which person suffering excessive, crazy, and tenacious fear of cats. In this disorder experience to the dreaded spur can causes wilting, juddering, heart tremors, shortness of breath and improper speak and loss of memory and power of thinking and it is not only a hatred of cats, it is a very strong sentiments of fear even at the picture of the cats or on television medium [4, 5]. A person who is suffering from this kind of phobia may feel fear any gentle contacts with a cat, such as scratches, biting,

jumping and touching of fur even they may feel fear cat like toys [6]. Persons having Ailurophobia had a fear – provoking experience in a very young age or having a child hood evil memories with cats because of these horrifying incidences they become emotionally and mentally distressed [7].

The Psychosomatic Signs of Ailurophobia

There are lots of sign and symptoms of Ailurophobia:

- Pain or stiffness in the chest
- Nervousness
- Forestalling the worst
- Lackness of breath
- Restlessness
- Trembling and shaking
- Dizziness
- Nausea
- Fear or horror
- Loss of memory for a time being
- Experience anxiety due to cat voices or sound of meowing
- Increase heart rate
- Faintness
- Crying
- Anger
- Inability to proper speak
- Feeling anxious and frightened

Causes of Ailurophobia

There are few causes of Ailurophobia due to which persons experience this trauma and the factors are biological, behavioral, intellectual, psychodynamic, mystical, and social. These factors are the main reason causing Ailurophobia [8].

Treatment

Persons having Ailurophobia usually avoid pursuing treatment because they are

feeling self-conscious about dreading animals that is usually viewed as a symbol of cuteness and innocence. Cognitive behavior therapy (CBT) is strongly suggested because it may become dangerous for mental health of individuals suffering from this phobia leading to panic attacks [9]. proper guidance and assistance from therapist will be a best supportive care for their health, by first touching soft or fur type of fabric, then moving towards soft or furry toys and soft kitten toys, watching pictures of cats and videos and last but not the least we introduce live kitten in their life and person subsequently accepted. As the pat developed, person become familiar and less afraid of full developed cats. By the help of these kind of psychotherapy we are playing with persons mind and remove all fear or myths from their mind [5, 7, 10]. Even sometimes it is observed that patients suffering from Ailurophobia may lead to depression so in this regard *Murraya koenigii* leaves are also useful in the treatment of anxiety induced by Ailurophobia [11].

CONCLUSION

Ailurophobia as a predominant anxiety disorder which population is unaware of is an alarming situation for their mental health. These reports strongly suggest proper awareness, therapy, and treatment of this phobia. Moreover, family support and cognitive behavior therapy will help with their fear. They need proper assistance and contribution from their therapist as well as therapeutic intervention to eliminate this phobia.

CONFLICT OF INTEREST

The authors have no conflict of interest to declare.

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None

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