

**RANDOMIZED CONTROLLED UPSHAYATAMAK TRIAL OF
MEDHYA VATI ON MANAS ROGA W.S.R. TO ANXIETY DISORDER****Dr. Ranjana Pandey^{1*}, Dr. Pawan Kumar Godatwar² and Dr. Bal Krishan Sevatkar³**¹Lecturer, K G Dwivedi Ayurvedic Medical College, Jhansi.²Professor, National Institute of Ayurveda Jaipur.³Assistant Professor National Institute of Ayurveda Jaipur.**ABSTRACT**

As the twenty first century has develop into the era of communication, where the complete world has packed together to a Global community, by which nerve-racking events are distressing the life style of present society and more public with psychiatric illnesses than any other health problems. When we are under constant strain or if we do not deal with it appropriately, it leads to physical and psychological problems such as depression, hypertension etc., so our present research work entitled “Randomized Controlled Upshayatamak Trial of Medhaya Vati” is the same kind of effort. We have tried to evaluate therapeutic as well as preventive effect of Medhya Vati in the Anxiety Disorder.

KEYWORDS: Anxiety Disorder, Medhya Vati, Upshayatamak, Manas Roga.**INTRODUCTION**

According to Ayurveda life is believed to complete three main objects Dharma, Artha, Kama which ultimately leads to Moksha.^[1] One requires healthy life to acquire all these. Every part of these objects may not occur without company of Manas (psyche) and Atma (soul). Our ancient legend of health – Ayurveda, defines Ayu (life) as the combined state of Sharira (body), Indriya (senses), Sattva (psyche) and Atma (Soul).^[2]

Like this, Manas is predominantly accountable for recognizing excellent healthy existence. Signs of good health are stated in Sushruta Samhita as.^[3]

A healthy individual is one whose humors (Doshas) and metabolic status (Agni) are in balance, whose functional procedures of the tissues and excretory systems are in equilibrium,

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and the soul, senses and mind experience sound. Hence, positive status of mind is essential for the good quality of healthy life.

Prakriti is the balanced state of body and mind. It refers to natural /innate/inherent state of body & mind is termed as Prakriti means Svabhav & just opposite to this deviant /disturbed /perverted state of physical & psychological components is known as vikriti. Raja & Tama doshas are the main pathogenic agent for the Manas Vikriti.

In other words general behaviour is considered abnormal and is suggestive of manas vikriti when it occurs without an understandable reason; it lasts for a longer time and causes disability to the individual or others.

Chittodvega can be defined as Chitta (mind) + Udvega (anxiety) = Chittodvega – ‘Anxious status of mind’. Chittodvega is a mental disorder which originates by involving different factors like Dosha, Dusya, Agni, Srotas etc. Due to Nidana Sevana (Occupational pressures) i.e. Asatmyendriyarthasamyoga, Prajnaparadha and Parinama; Manasa Dosha i.e. Raja and Tama and Sharira Dosha Vata, Pitta and Kapha are vitiated. Prana, Udana and Vyana Vayu, Sadhaka Pitta and Tarpaka Kapha are comparatively more vitiated among subtypes of Sharira Dosha. Vitiated Raja and Tama (Manodoshas) enters Hridaya and due to Ashraya Ashrayibhava vitiates the Hridaya. Vitiated Manas by involving Manovaha Srotas produces Manasika Lakshanas of Chittodvega.

A mental disorder or mental illness is a psychological pattern or anomaly, potentially reflected in behavior, that is generally associated with distress or disability, and which is not considered part of normal development of a person's culture. Anxiety (also called angst or worry) is a psychological and physiological state characterized by somatic, emotional, cognitive, and behavioral components. It is the displeasing feeling of fear and concern. The root meaning of the word anxiety is 'to vex or trouble'; in either presence or absence of psychological stress, anxiety can create feelings of fear, worry, uneasiness, and dread.

Plan of Study

Total about 60 cases of Anxiety were recruited & randomly assigned into two groups.

1. GROUP A -Placebo controlled group – empty soft gelatin capsules 250 mg B.D. for 15 days.

2. GROUP B –Medhya Ghana capsule - 1gm. T.D.S. for 15 days.

This study was recruited a population of 65 persons. Out of them only 60 cases were turned up for complete follow up.

Preparation of the trial drugs and dose –Ghana satva of following drugs were prepared & then filled in capsules of 500mg. Two capsules were advised thrice in a day after meal with normal water for 15 days.

Drug name	Part used
Shankhpushpi	Panchaang
Brahmi	Panchaang
Yashtimadhu	Twak
Guduchi	Kand

INCLUSION CRITERIA

- Patients were selected randomly irrespective of sex.
- Patients of age group 25yrs -65 yrs.

EXCLUSION CRITERIA

- Mentally challenged Patients.
- Uncooperative Patients.
- Patients suffering from major illness.
- Patients on any maintenance therapy.

CRITERIA FOR ASSESSMENT

- For assessment Hamilton Anxiety Rating scale were considered.
- On the basis of self graded scores improvement in signs and symptoms were assessed.

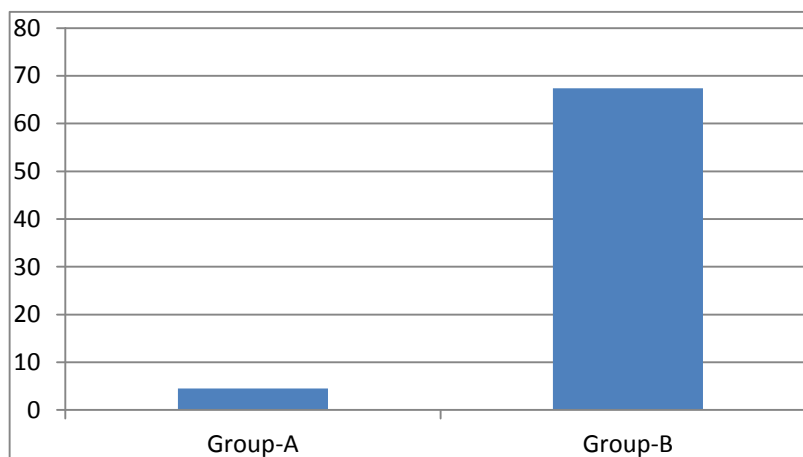
OBSERVATIONS AND RESULTS

Fig. 15: Showing the percentage effect of drug on symptom Anxious Mood.

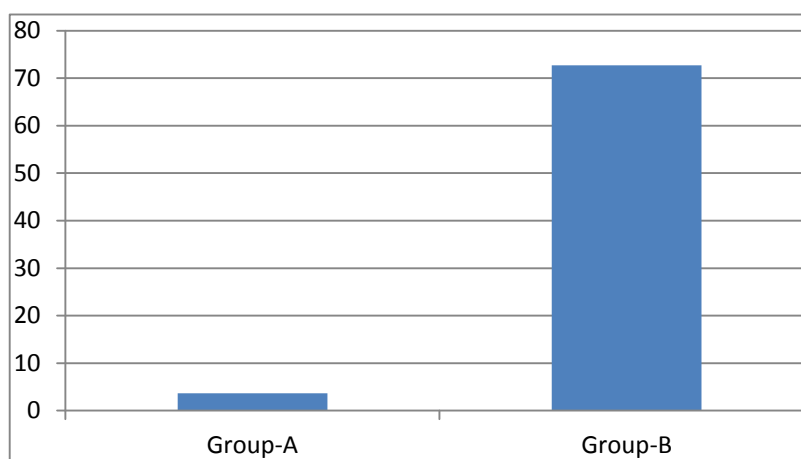


Fig. 16: Showing the percentage effect of drug on symptom Tension.

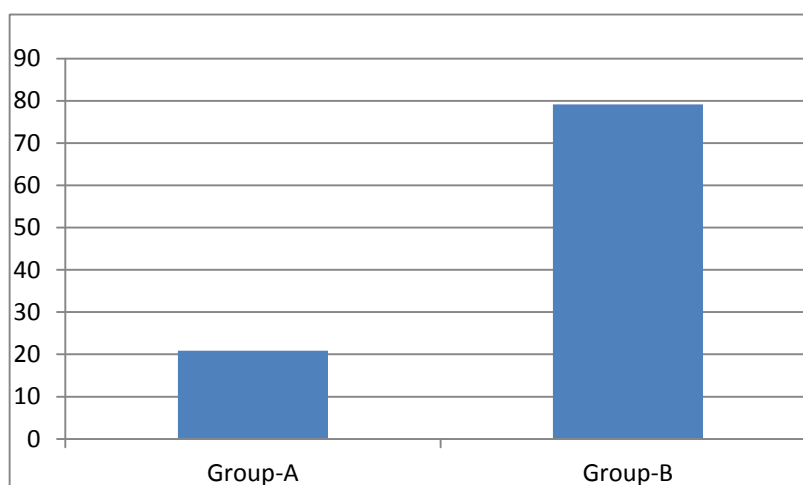


Fig. 17: Showing the percentage effect of drug on symptom Fear.

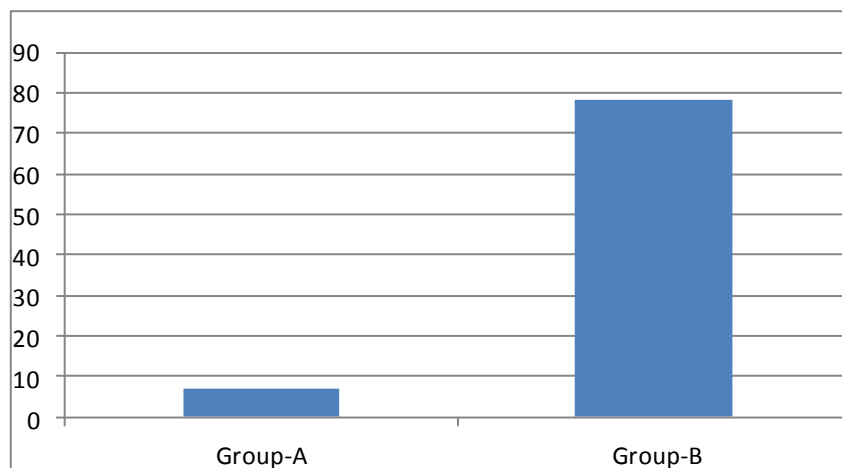


Fig. 18: Showing the percentage effect of drug on symptom Insomnia.

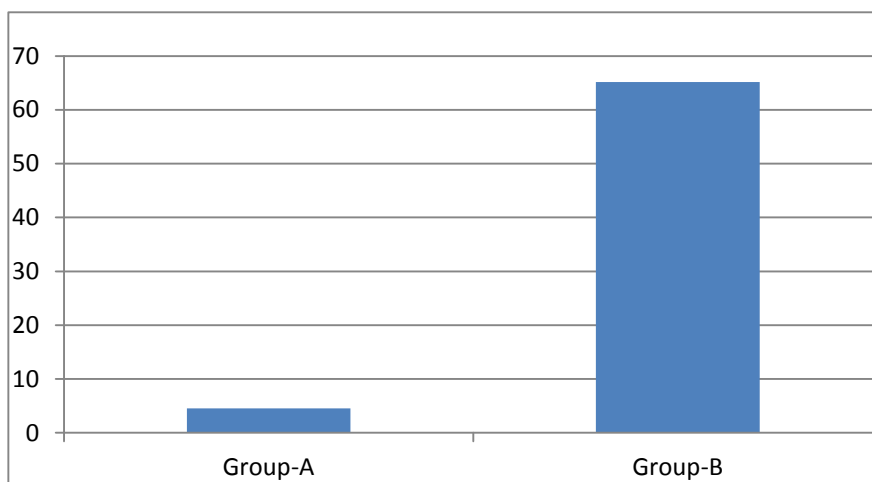


Fig. 19: Showing the percentage effect of drug on symptom Intellectual.

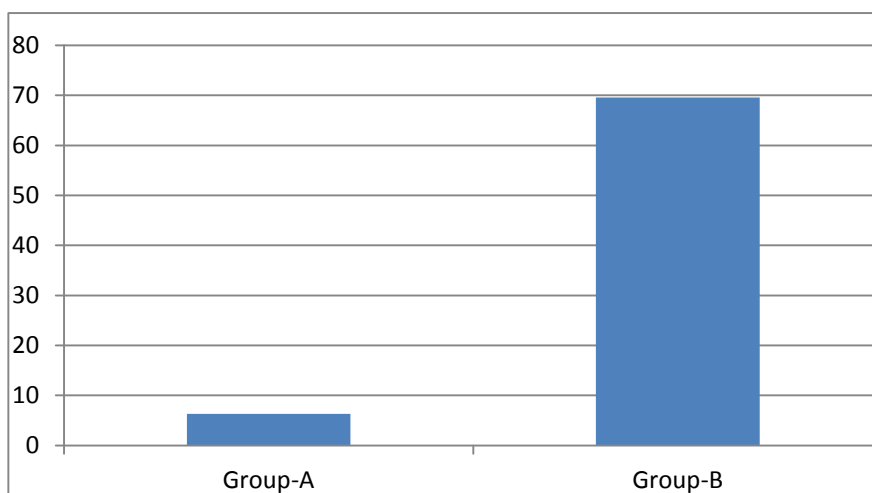


Fig. 20: Showing the percentage effect of drug on symptom Depressed Mood.

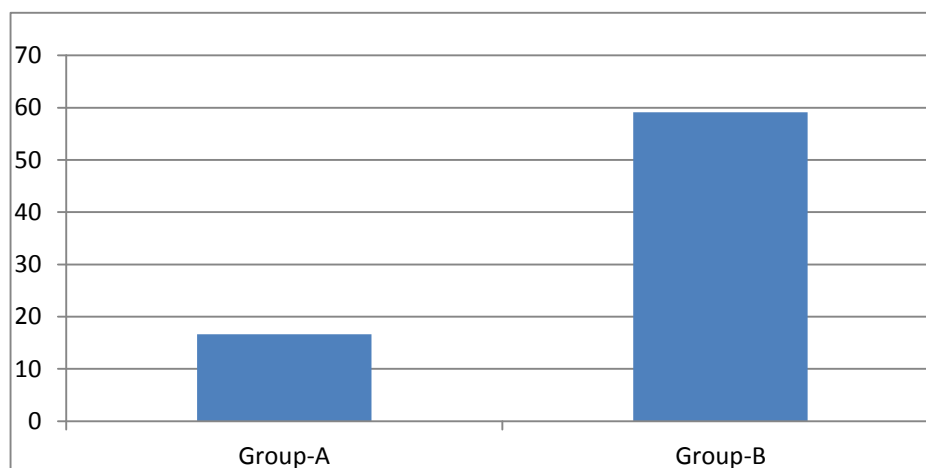


Fig. 21: Showing the percentage effect of drug on symptom Physical/Muscular Pain.

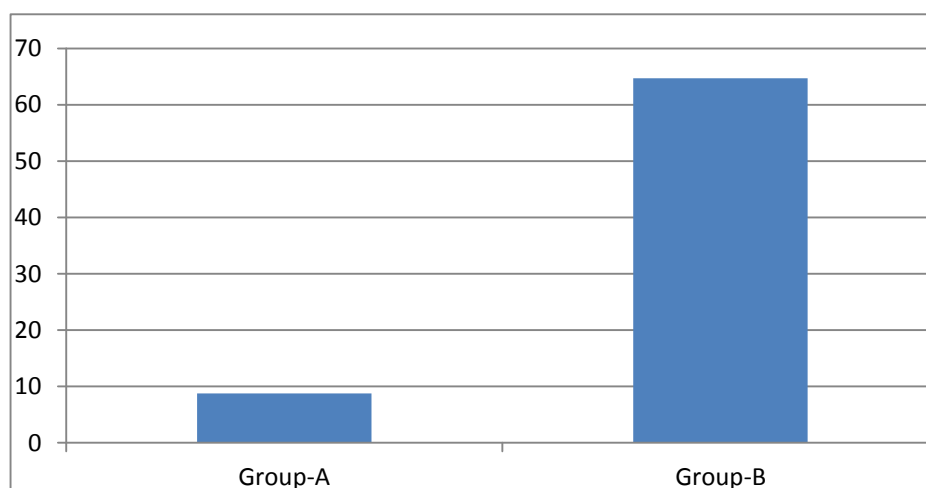


Fig. 22: Showing the percentage effect of drug on Senses Symptom.

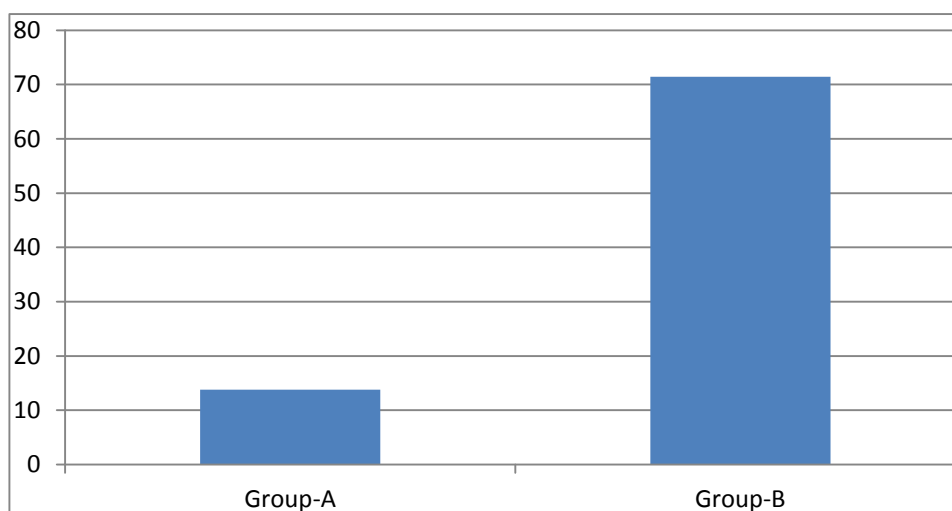


Fig. 23: Showing the percentage effect of drug on cardiovascular Symptoms.

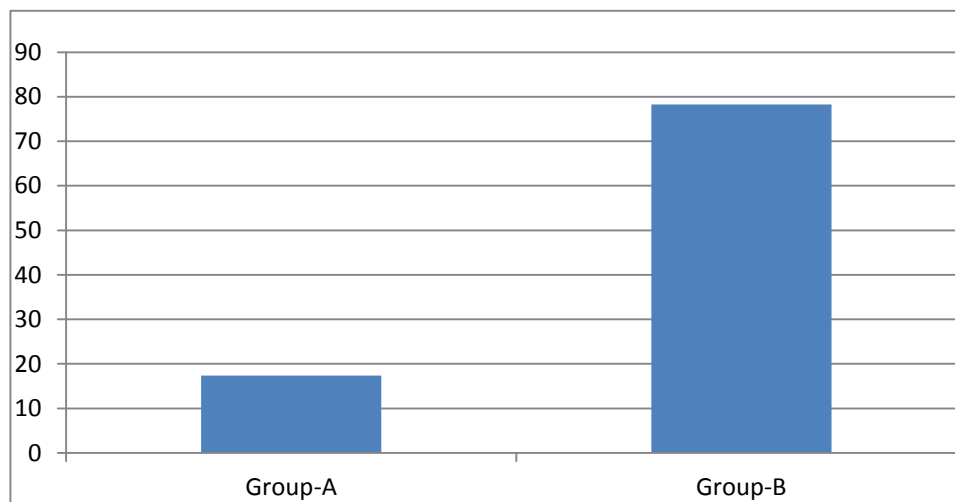


Fig. 24: Showing the percentage effect of drug on Respiratory Symptoms.

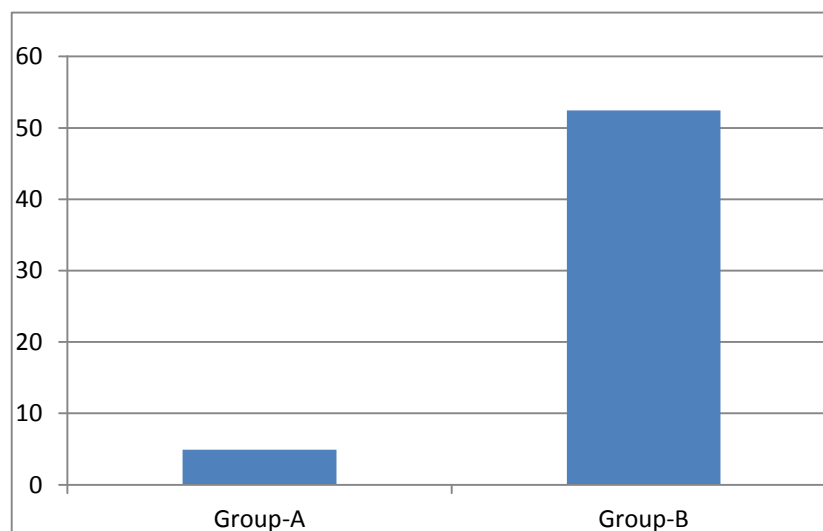


Fig. 25: Showing the percentage effect of drug on Digestive Symptoms.

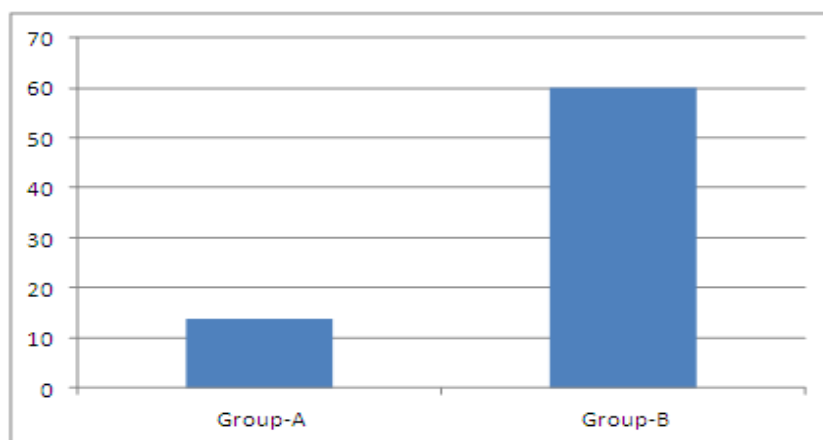


Fig. 26: Showing the percentage effect of drug on Genitourinary Symptoms

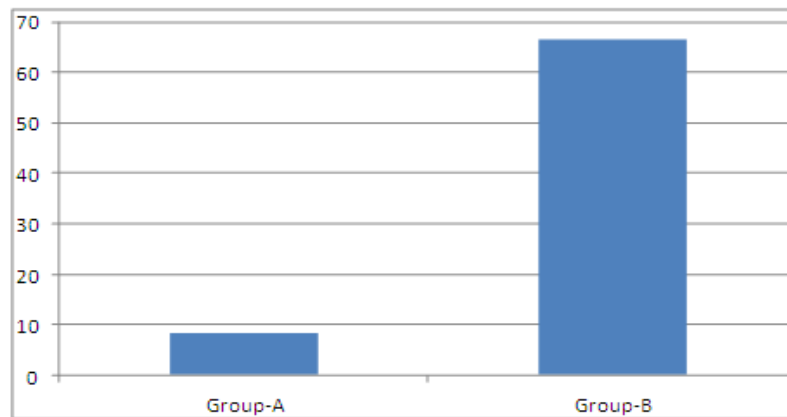


Fig. 27: Showing the percentage effect of drug on Autonomic Symptoms.

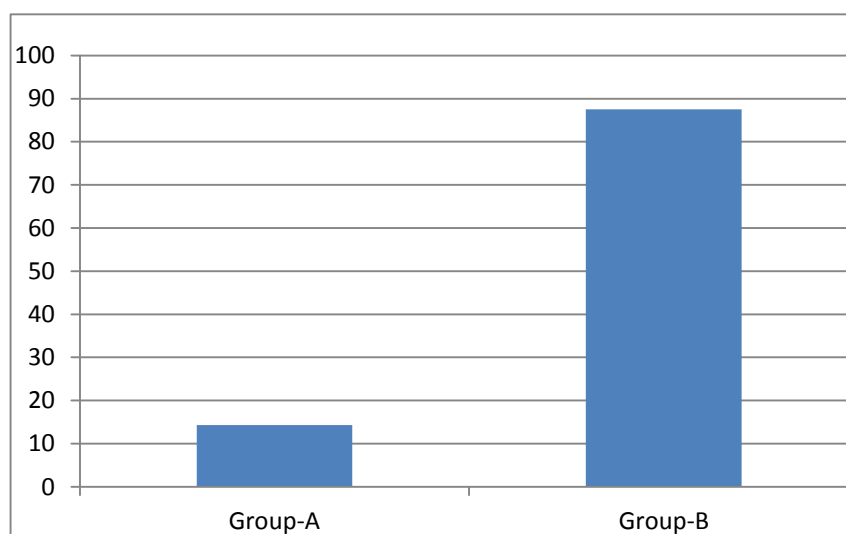


Fig. 28: Showing the percentage effect of drug on symptom Behavior at interview.

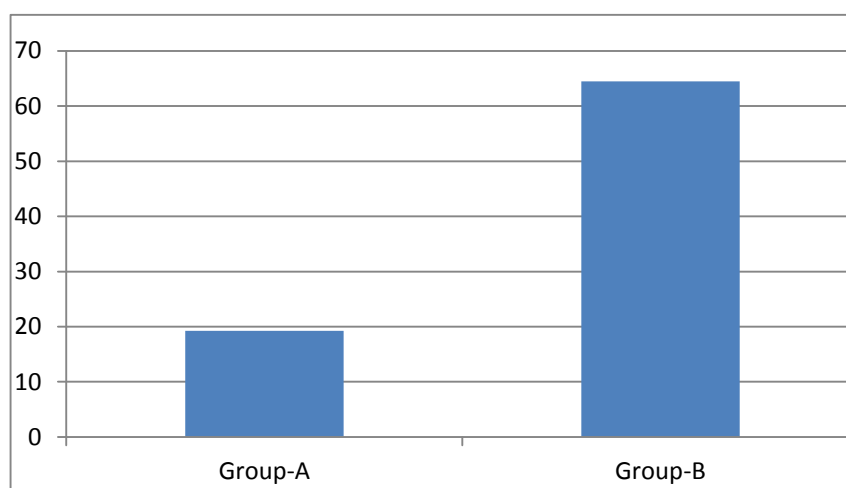


Fig. 29: Showing the percentage effect of drug on symptom Bhram.

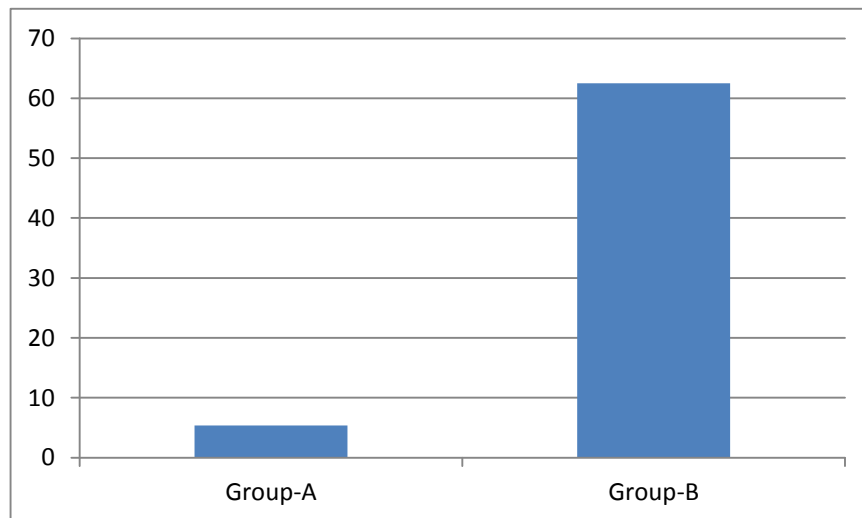


Fig. 30: Showing the percentage effect of drug on symptom Visad.

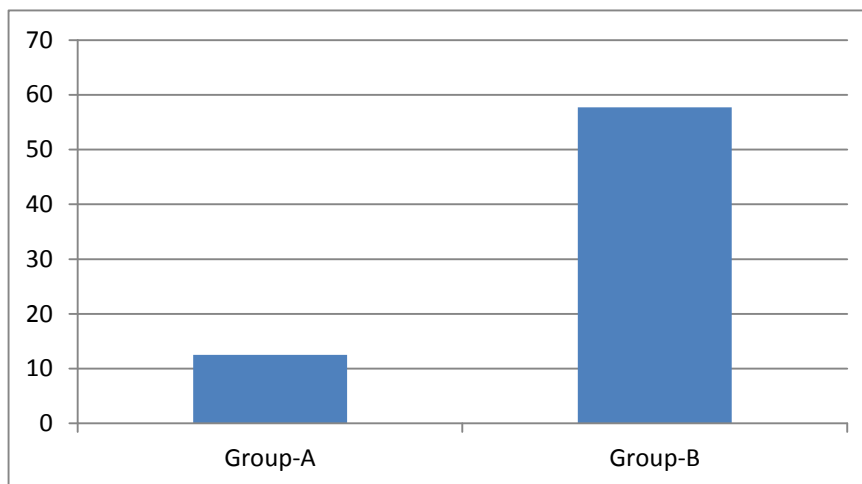


Fig. 31: Showing the percentage effect of drug on symptom Atipralap.

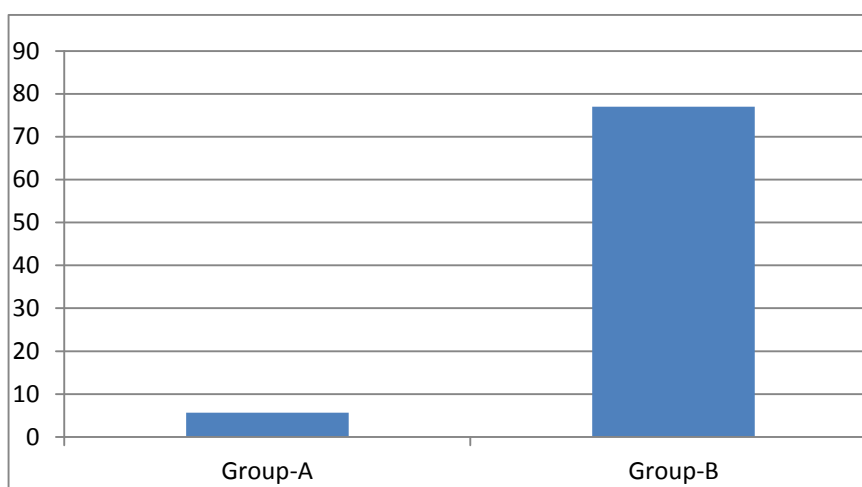


Fig. 32: Showing the percentage effect of drug on symptom Aswapna.

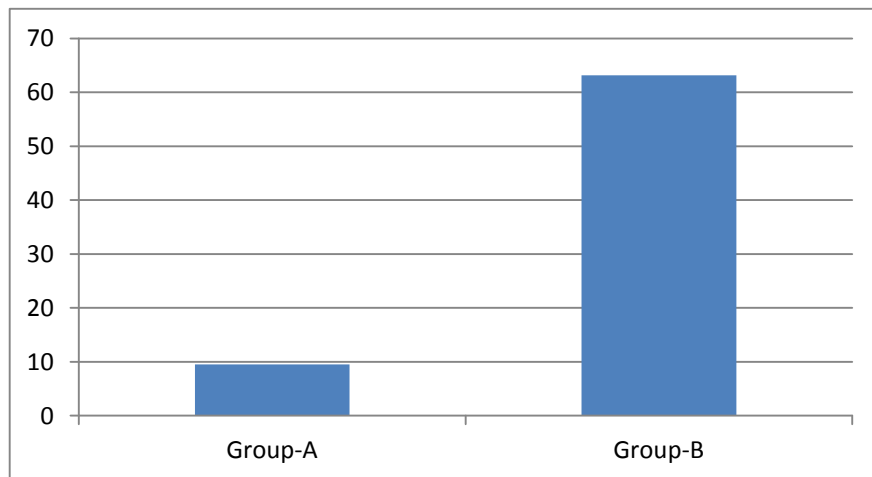


Fig. 33: Showing the percentage effect of drug on symptom Bhaya.

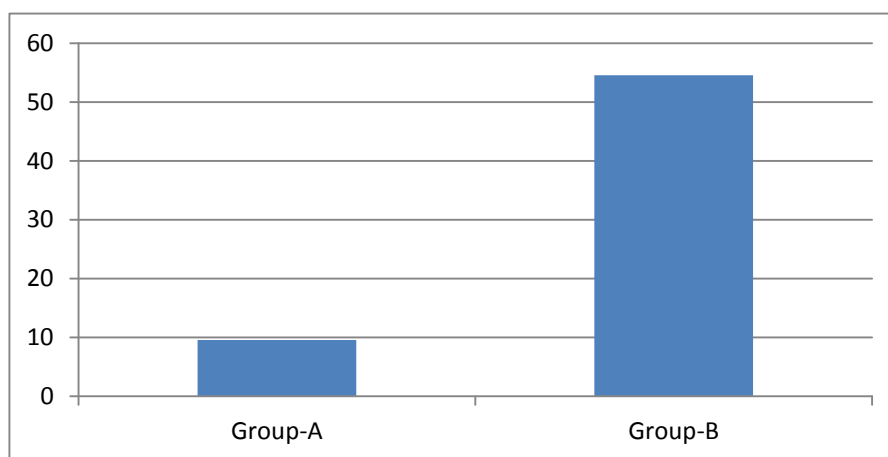


Fig. 34: Showing the percentage effect of drug on symptom Shoka.

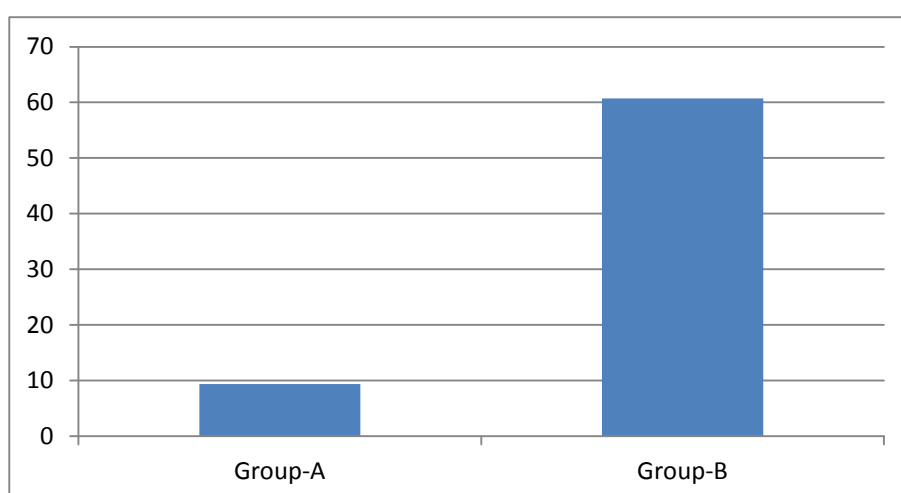


Fig. 35: Showing the percentage effect of drug on symptom Dainya.

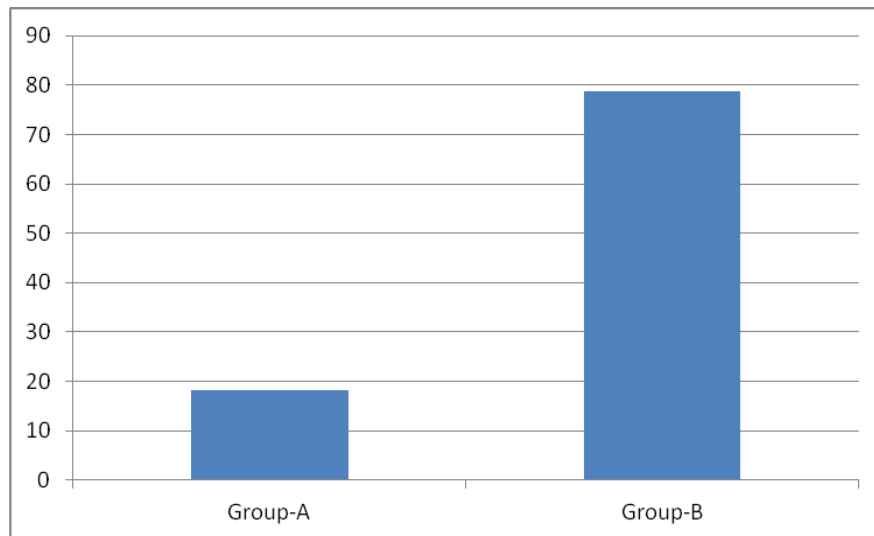


Fig. 36: Showing the percentage effect of drug on symptom Chittotplav.

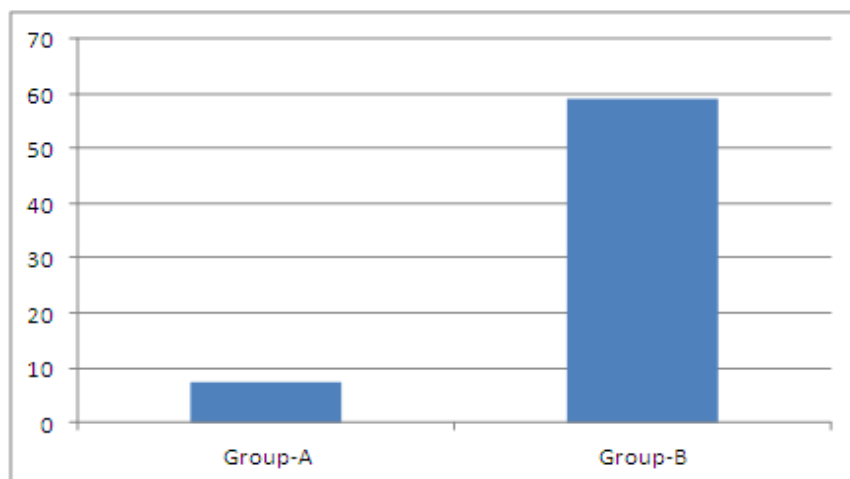


Fig. 37: Showing the percentage effect of drug on symptom Utsabhranse.

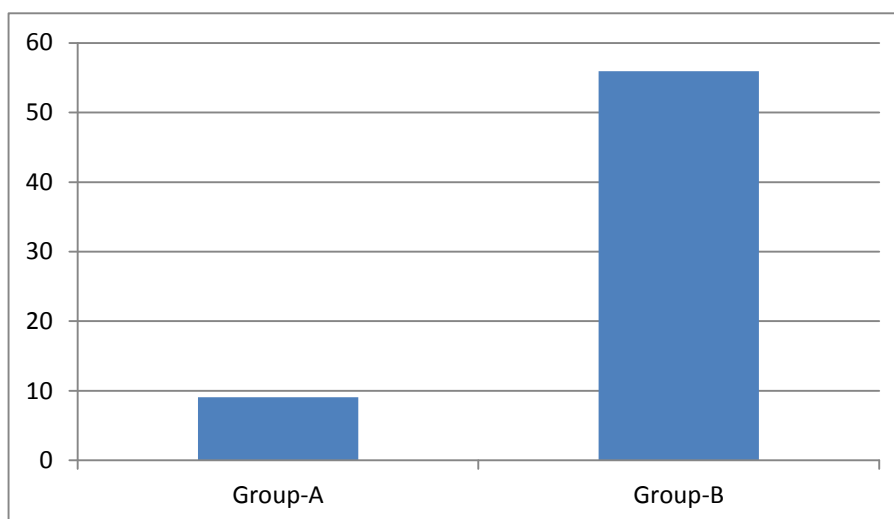


Fig. 38: Showing the percentage effect of drug on symptom Krodha.

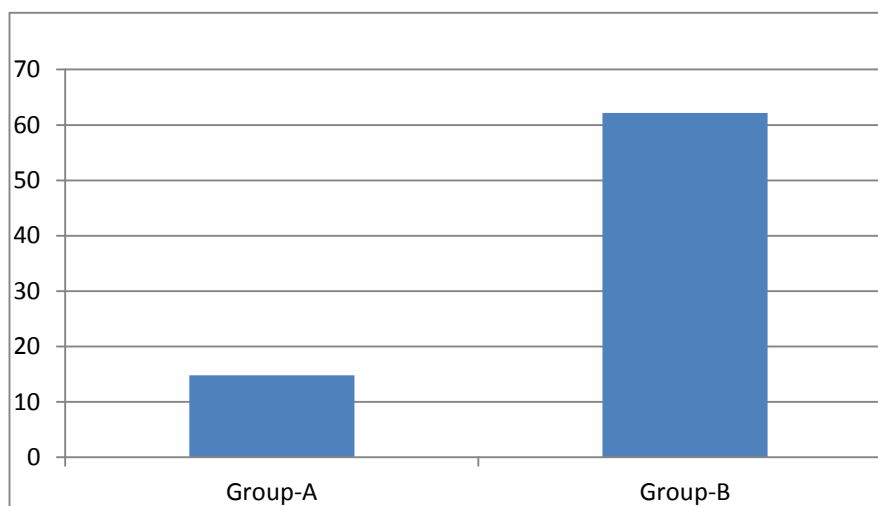


Fig. 39: Showing the percentage effect of drug on symptom Moha.

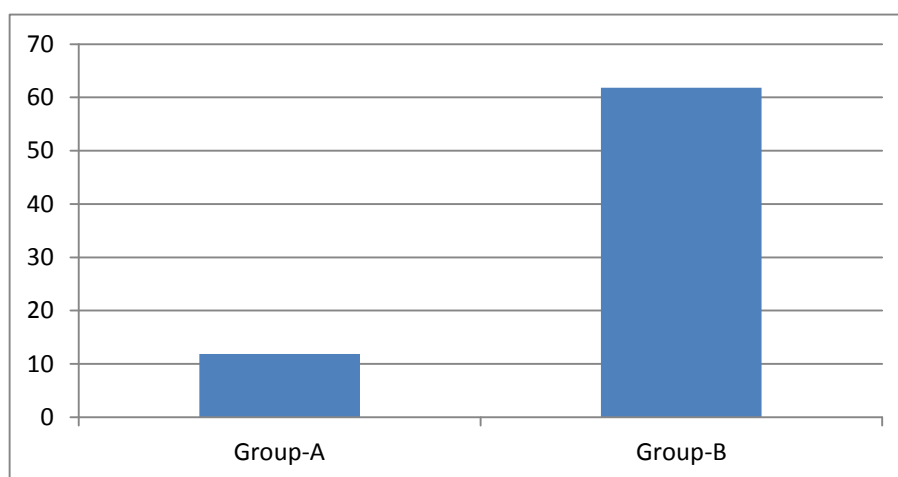


Fig. 40: Showing the percentage effect of drug on symptom Alasya.

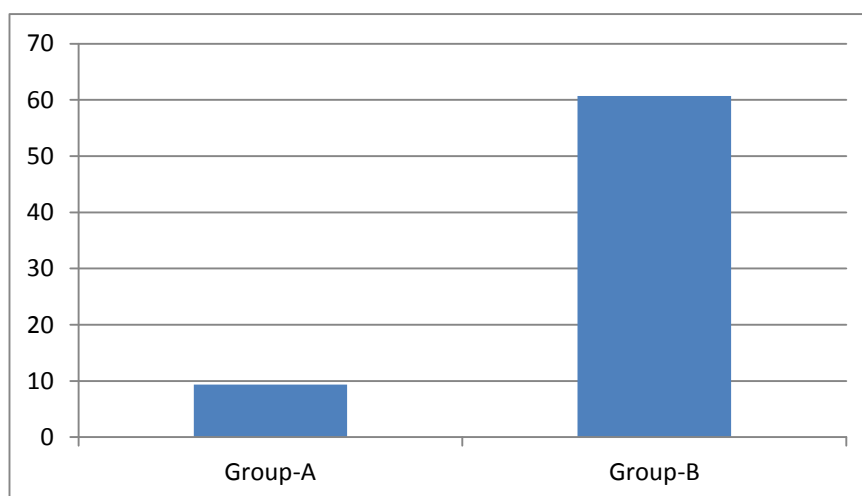


Fig. 41: Showing the percentage effect of drug on symptom Tandra.

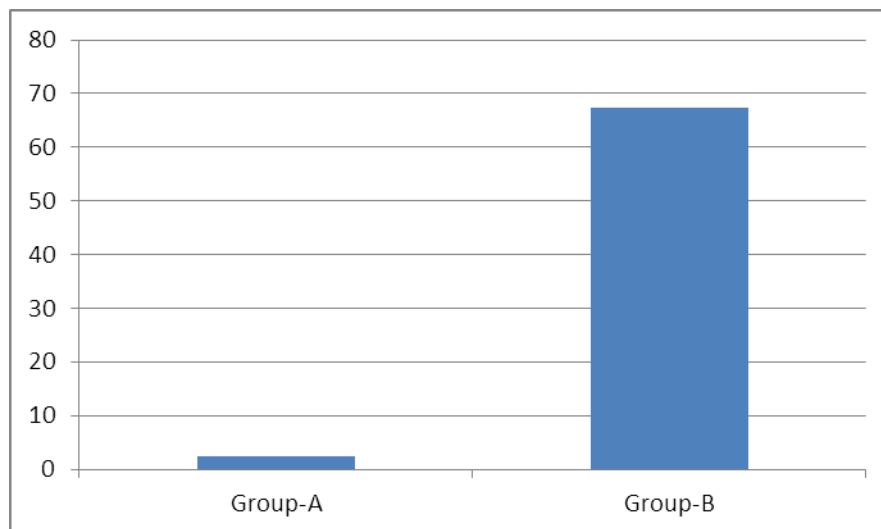


Fig. 42: Showing the percentage effect of drug on symptom Abhiksanam Dhyanam.

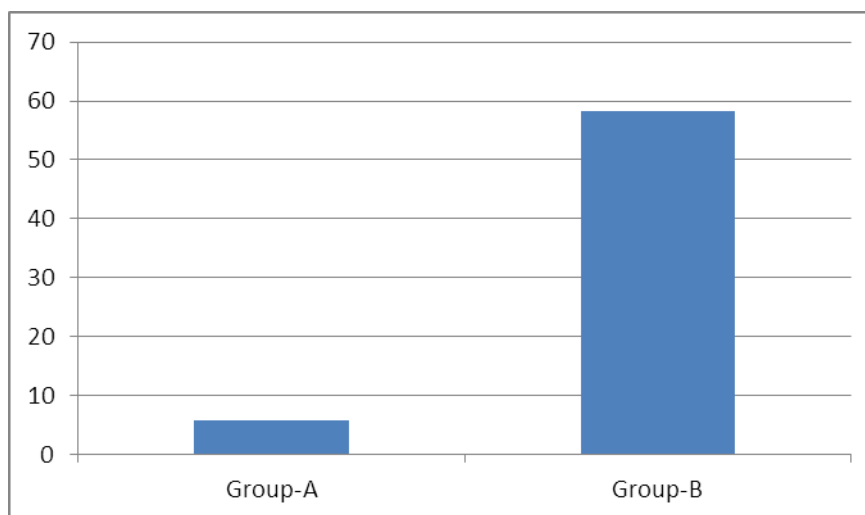


Fig. 43: Showing the percentage effect of drug on symptom Durnana.

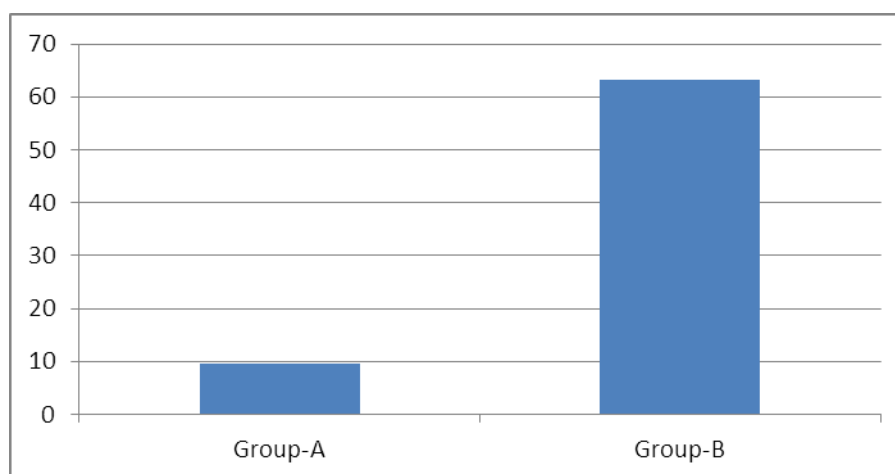


Fig. 44: Showing the percentage effect of drug on symptom Indryavatha.

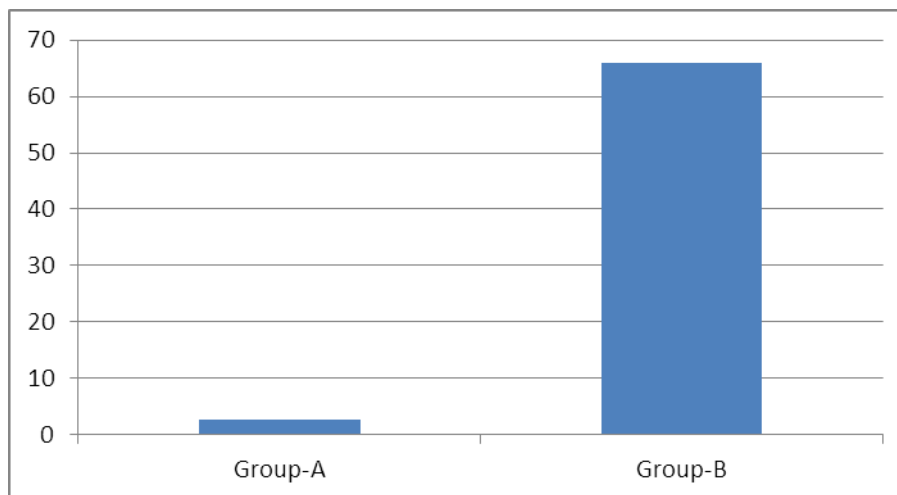


Fig. 45: Showing the percentage effect of drug on symptom Anawasthitchittatva

SUMMARY AND CONCLUSION

The trial drug Medhya Vati is the beneficial drugs which can be given to persons suffering from Anxiety Disorder. Ghana satva of Shankhpushpi, Brahmi, Yashtimadhu and Guduchi were prepared & then filled in capsules of 500mg. Two capsules were advised thrice in a day after meal with normal water for 15 days. They provide better relief in symptoms of anxiety thus it can be concluded that Medhya Vati offer a great promise for the persons suffering from anxiety disorder and this research will pave the path for further research in this field.

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