

ROLE OF SHIRODHARA AND NASYA IN THE MANAGEMENT OF CHITTODVEGA W.S.R ANXIETY DISORDER- A SINGLE CASE STUDY

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ABSTRACT

Chittodvega is considered as a manasa vikara. It can be correlated with generalized anxiety disorder. which is produced due to vitiation of Raja and Tama. In addition Prana, Udana, Vyana Vayu; Sadhaka Pitta; and Tarpaka Kapha are also provoked factors in it. A 35 year male patient with the history of inability to relax, lack of sleep, palpitation and increased sweating since 2 years came to Panchakarma opd in RAU campus, jodhpur for treatment. He was treated with shirodhara with dashamula kshira kwatha, nasya with Anu tail and certain Ayurveda internal medicines (Ashvaganda churna, kalyanaka ghrit, sarasvatarishta, Avipattikar churna) for 15 days. Nasya karma is one of the Panchakarma treatment which is capable of expelling the doshas from the urdhvanga (the head). As mentioned in *Ayurveda*, Nasa (Nose) is the gateway of the head. The therapy is highly effective in

curing a number of diseases pertaining to the head and manas. Shirodhara although being a procedure of choice in insomnia but marked relief in other lakshanas of chitodvega were observed after the completion of treatment. He had good sleep and was satisfied with Ayurveda management. shirodhara has good effect in the mental aliment by soothing the mind. Ayurveda management can be a treatment of choice in anxiety disorder.

KEYWORDS: *Chittodvega, Anxiety Disorder, shirodhara, nasya.*

INTRODUCTION

Ayurveda is a science of life and being holistic in approach, not only gives importance to physical health but also to mental, social and spiritual well being of an individual. Anxiety is often accompanied by physical sensations such as palpitation, nausea, chest pain, shortness of breath, diarrhea, chills, dryness of mouth, abdominal pain and headache, Somatic sign of anxiety may include pale skin, sweating, trembling and papillary dilatation. Generalized anxiety disorder is one of the most prevalent anxiety disorders in older persons. Ageing brings with it a higher prevalence of certain medical conditions as a result. In the older persons differentiating a medical condition (dementia, depression) from physical symptoms of an anxiety disorder is more complicated. It comes under manasa roga in Ayurveda.

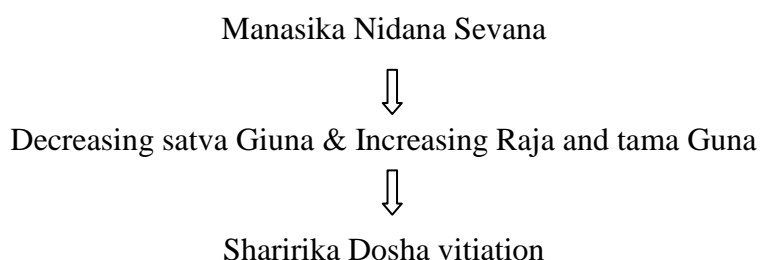
Case report

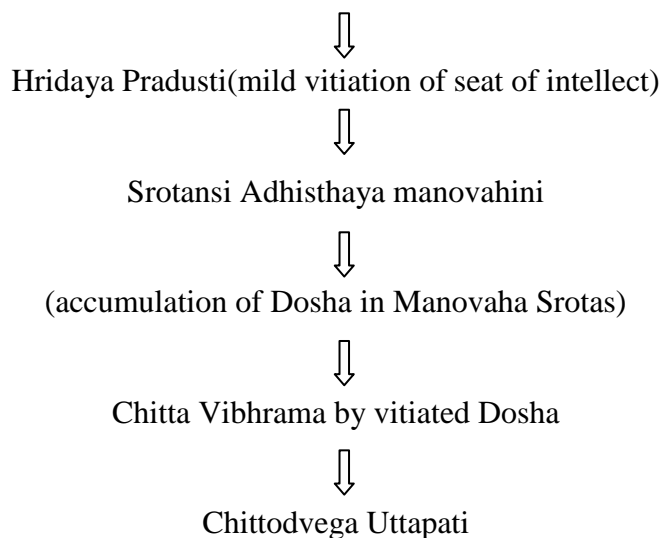
A 35 years old male patient, bank staff, got admitted in IPD of Panchakarma Department, Dr SR Rajasthan Ayurvedic University jodhpur on 5/2/2020 with complaints of anxiety, stress, lack of sleep, palpitation and increased sweating since 2 years. OPD no-5486 and IPD no-164.

Clinical findings

Patient complains of feeling anxiety and work related stress all the time, although he feels these things for a couple of years but in last one year his situation got worsened. He works in a bank and posted far away from his home and living alone here, whenever he got worried, he felt palpitation, sweating, breathing difficulties, poor sleep, restlessness and irritability. Although he takes good food and do not have bad habits like drinking alcohol or etc but have depression history in his family, and do not have any allergy. After dasavidha pareeksha it is found that patient have vata pitta Prakriti with Madyama Sara, Sanhanana, Pramana, Aharashakti, and Vyayama Shakti. He have Avara Satwa.

Samprapti





Samprapti ghatak

Dosha- manasika- Raja, Tama

Saririka- Vata- Prana, Udana, Vyana

Pitta- Sadhaka

Kapha- Avalambaka, Tarpaka

Dusya- Mana, Rasadi Sarvadhātu

Adhishthana- Hridaya, Manovaha Srotas

Agni- Jatharagni, Dhatuagni

Srotas- Manovaha, Sarvasrotodusti

Sadhya Asadhyata- Kricchrasadhya

Updrava- Rasavaha, Raktavaha, Manovaha Srotodushti Lakshanas

Table 1: Interventional schedule.

Treatment	Days	Drug	Dose
1.Nasya	7	Anu tail	6 drop each nostril
2.Shirodhara	7	dashmul kshir kwath	Dashmul kwath (1lit.) and kshir (2lit.)

RESULT

After the treatment schedule of 14 days, patient had considerable relief in anxiety and sound sleep, feeling relaxed. After 30 days of internal medication, on follow up, patient was able to sleep for 7 hours without discomfort and increased clarity in sense of smell and vision. The assessment is given in below table.

S. no.	Parameter	BT	AT
1	Anxious mood	3	1
2	Tension	3	1
3	Fear	1	1
4	Insomnia	3	1
5	Intellectual	1	1
6	Depressed mood	1	0
7	somatic(muscular)	0	0
8	somatic (sensory)	0	0
9	cardiovascular symptoms	1	1
10	Respiratory symptoms	2	2
11	Gastrointestinal symptoms	1	1
12	Genitourinary symptoms	0	0
13	Autonomic symptoms	2	2
14	Behavior at interview	0	0
15	TOTAL SCORE	18	11

DISCUSSION

Manobhigata(mental trauma) and Pragnyaparadha may be the triggering factors for the mental disorders. Tridosha plays an important role in the manifestation of the disease Chittodvega. Vata is the Niyanta (controller), and Praneta (motivator) of mind and seems to play a major role in the onset of Chittodvega Vata is also responsible for manovyapara (mental disturbances) and gives rise to symptoms like Bhaya, Shoka, Moha, Dainya and Pralapa further leading to Balahani and Sukhahani. Vitiation of Pitta and Kapha can also be seen in Chittodvega. The impact of Pitta Prakopa in general and Sadhaka Pitta and Alochaka Pitta Dushti in particular and other causative factors are responsible for Chittodvega. Acharyas Charak has mentioned that Jwaradi Sharirika Roga and Kamadi manasika Vikara are interconnected I.e. Sharirika Roga may produce a Manasika Vikara and viceversa. Hridaya is considered as seat of mind and when it is engulfed by Tamoguna person gets sleep. Hridaya is mentioned as the seat of Chetana, also a place of all Indriyas, very vital part and related to memory, intelligence, sleep. Acharya bhela has clearly mentioned the Nindra is a state where predominance of Kapha and Tama is seen. Nindranasha may be Vata Nanatmaja Vikara and Vata Pitta Dosha Viriddhi Lakshana and as Lakshana of other diseases. In this particular case Anindra was due to Chittodvega leading to other Sharira Vikar also. The procedure of Shirodhara brings the sanjayavaha Srotas is peaceful state of rest which helps in inducing sleep. The milk used in Shirodhara has madhura Rasa, Snigdha Guna, Sita Virya and Madhura Vipaka which subsides Vata, Pitta Dosha and increase the Kapha Dosha. It increases Tamoguna in Sirah Pradesh hence inducing sleep. Pratimarsha Nasya with Anu Taila is helpful in Vata Pitta Shamana and also does Brimhana. Shirodhara

has a good effect in the mental ailment by soothing the mind. Continuous flow of Shirodhara on Shira may improve the Dhi (intellect), Dhiriti (restraint/retention) and Smirti (memory) i.e. there is balance of Raja and Tama Dosha and improvement of Satva Guna. Through its mechanical effect, Shirodhara re-establishes the functional integrity between the Doshas located in Shira or Hridaya i.e. Prana, and Vyana Vayu, Sadhaka Pitta and Tarpaka Kapha. The Shirodhara helps the patient to concentrate, which eventually leads to stability in the functions of the mind. Prakriti of the patient being Vata Pitta Pradhana and considering the involvement of Tridosha dusti in this case dashamula Kshira Kwatha was selected. Dashamula being vata Kaphagna and Kshira being Pitta Shamaka Dashamula Kshira Kwatha was taken. Temperature of the Dravya Dhara was taken Shukoshana depending on the Dosha status to avoid Ama Dosha in the Srotas. Anutaila possess a good spreading capacity through minute channels. Tikta- Katu Rasa, Laghu- Tikshna Guna, Ushna Veerya and Katu- Vipaka make Srotoshodakatwa. By the above two properties the Nasya drug removes the obstruction of natural sinus ostia and facilitate the drainage of purulent discharge. Indriyadardhyakarata, Balya, Preenana and Brimhana properties can increase general and local immunity. Madhura Rasa, Sheeta Veerya, Snigdha Guna and Tridosahara properties will promote the nourishment of Dhatu which ultimately increases the general and local immunity (mucosal health). This immunomodulation will reduce the frequent episodes of inflammation in nasal cavity and sinuses. Majority of ingredients possess anti-inflammatory activity which also prevent the inflammatory process. The local irritation made by the drug is helpful to liquefy the purulent sputum and ultimately expulsion. The bacteriostatic property of ingredients will arrest the secondary infection.

CONCLUSION

There was significant improvement in the case of chittodvegajanya anindra. Chittodvegajanya anindra though is difficult to manage, but shirodhara with dashamula kshira kwatha, nasya with anu tail and Ayurveda internal medicine can be good option for better management.

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