

**A CASE STUDY OF AYURVEDIC MANAGEMENT OF
CHITTODWEGA WSR TO GENERALIZED ANXIETY DISORDER****Dr. Jyoti Dnyanoba Ippar^{1*}, Dr. Sanjeev B. Lokhande² and Dr. Jyoti S. Khandare³**

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ABSTRACT

There is tremendous increase in the psychological disorders like anxiety, depression and stress due to various factors like social distancing, lockdowns, poor socioeconomic conditions. Among these, generalised anxiety disorder (GAD) has become an alarming situation in the country. The prevalence of GAD is high in India, at 5.8%. Its severity is lower than that of a panic attack, but its duration is longer. Due to the extensive spectrum of functional somatic symptoms in GAD, a person with GAD experiences mental and physical exhaustion as well as emotional and behavioural issues that negatively impact their quality of life. According to Ayurveda, GAD symptoms exhibit traits of Chittodwega and point to a highly successful treatment plan. A 34years old male who was admitted in our hospital with insomnia, body pain, throat pain, dry cough, headache, fear of being left alone, loss of Interest in work and social gathering. Irritability, early morning

fatigue. He had been experiencing the symptoms for the past two years, it was discovered during questioning. A mental health assessment was conducted. Given the symptoms and indicators, he was given a GAD diagnosis. Internally he was given ampachak vati, kalyanak ghruta, manasmitra vati. Procedures done were virechan, shirodhara, shiropichu, sarvabhyanga to reduce his anxiety and other problems. During this period he was also subjected to yoga, Satvavjaya and relaxation therapies. The patient's symptoms considerably

improved as a result of the treatment. Prior to treatment, the HAM-A scale score was 26, but following treatment, it dropped to 7. He was instructed to keep taking the medications and practicing relaxation techniques after being released. The effectiveness of the Ayurvedic protocol in treating GAD emphasises the value of Ayurvedic psychiatric therapy for related illnesses.

KEYWORDS: Ayurveda, Generalized Anxiety Disorder, chittodvega, Shodhan, Satwavjay.

INTRODUCTION

Anxiety is a subjective sensation of dread or fear about the past or the present that is accompanied by a variety of somatic and autonomic symptoms. It's the sensation of fear without a valid reason.^[1] The symptoms of generalised anxiety disorder include worry, apprehension, psychological arousal, muscle tension, sleep difficulties, and restlessness, as stated in ICD 10 and DSM IV.^[2] A common occurrence in daily life, generalised anxiety disorder hinders a person's capacity to engage in relationships, employment, and other facets of life. Due to the difficulties of the materialistic, competitive world and the way of life of today, these kinds of symptoms and disorders are becoming more prevalent every day. Anxiety is a normal and adaptive response to threat that support the organism for fight or flight. But some persons are seem to be anxious about almost everything.^[3] The ratio of women to men with the disorder is 2:1.^[4] In India having high prevalence of 5.8%.^[5] Anxious mental states are referred to as chittodvega, one type of Manovikara.^[7] Udvega (anxiety) and Chitta (mind) are the terms used to describe it. It is acknowledged that Anavastitha Chitta is one of the VatajaNanatmaja Vikara.^[8] When the Manasika Dosha is out of balance, Manovikara circumstances arise. Dosha, Dushya, Agni, and Shrotas are some of the factors that must be recognised in order to comprehend a sickness. Hrudaya (heart), the seat of the mind, has SthanaSamshraya (lodgment) of vitiated Dosha in the Samprapti (pathogenesis) of Chittodvega. This causes the ManavohaStrotas (thought channels) to become vitiated, or Dushti, which leads to Chittodvega. Three basic Ayurvedic therapy strategies are called Shodhana (cleaning), Shamana (palliative), and Rasayana (rejuvenation). In addition to its positive effects on the body, rasayana aids in promoting health, extending life, healing illnesses, and enhancing mental abilities. Panchakarma therapy, pharmacological treatment with drugs, and dietary and lifestyle changes are all part of Yukti vyapashraya Chikitsa, a standard treatment plan for mental disorders. Practices like mantra (chanting), bali (ritual offering), hawan (fire ritual), upwas (fasting), and pryashchit (penance) are all part of

Daivvyapashraya, which is linked to religion. In order to balance Mansika Doshas (mental imbalances), Satvavjaya Chikitsa, the foundation of Ayurveda for mental health, encourages the elevation of Satva Guna (mental equilibrium).

Patient information

A 34years old male who was admitted in our hospital with insomnia, body pain, throat pain, dry cough, headache, fear of being left alone, loss of Interest in work and social gathering. Irritability, early morning fatigue. On history taking, patient is belonged to a middle class family. He was Married in 2018. Within a week he got divorced. In 2021 he was married 2ly. Because of some issue in 1yr they got divorced, his friends and relatives blamed him. Which leads to he started to live alone, increase irritability, insomnia, get fear of being left alone. So he consulted a psychiatrist. The patient was taking allopathic treatment since last two years. In starting some months he took antipsychotic medicines regularly. After that he started to take medicines intermittently. So he was again complaining these symptoms so he came in our hospital for better treatment.

Clinical examination

On mental status examination patient was well groomed, well cooperative, maintain occasionally eye contact during conversation. was seeking help to resolve his issues. Well socially behaved and was responding to questions but attention and concentration were slightly reduced. on general assessment patient was complaining of loss of sleep, throat pain, dry cough, body pain, headache, stress, early morning fatigue, irritability, lost interest in work. Hamilton Anxiety rating scale was used before treatment which was scoring 26 which indicated moderate to high level of anxiety.

Hamilton anxiety rating scale

| Sr. No. | Symptom | Before treatment score | After treatment score |
|---------|-------------------------|------------------------|-----------------------|
| 1. | Anxious mood | 3 | 1 |
| 2 | Tension | 3 | 1 |
| 3 | Fear | 3 | 1 |
| 4 | Insomnia | 2 | 0 |
| 5 | Intellectual | 2 | 1 |
| 6 | Depressed mood | 2 | 1 |
| 7 | Somatic (muscular) | 2 | 0 |
| 8 | Somatic (sensory) | 1 | 0 |
| 9 | Cardiovascular symptoms | 2 | 0 |
| 10 | Respiratory symptoms | 1 | 0 |

| | | | |
|----|---------------------------|----|----|
| 11 | Gastrointestinal symptoms | 1 | 0 |
| 12 | Genitourinary symptoms | 0 | 0 |
| 13 | Autonomic symptoms | 2 | 1 |
| 14 | Behaviour at interview | 2 | 1 |
| | Total score | 26 | 07 |

Assessment

History of past illness – similar anxiety problems and took medication from 2021 irregularly.

No H/O – DM and HTN

Family history – no relevant family history.

General examination – Bp -130/70 mmHg, PR- 90/min, RR- 23/min

Weight –64kg

Height –167 Cm

Pallor cyanosis and icterus were absent.

Systematic Examination – All are within normal limits

Diagnosis

Based on the symptoms presented the diagnosis was made to chittodwega (Generalized Anxiety disorder)

And on routine blood investigation all parameters assessed were all within normal limits.

Based on signs, symptoms and examination he was diagnosed as a case of Generalized Anxiety Disorder.

Therapeutic interventions

Panchakarma therapies

| Sr. No | Treatment | Medicine | Duration | Observation |
|--------|--------------|--|----------|---|
| 1 | Snehapan | Kalyanak ghruta | 4 days | Specifies vitiated vata dosha |
| 2 | Virechana | Trivruttavleha | | 1. Helps in koshta shuddhi Corrected vitiate ed vayu. |
| 3 | Shirodhara | Bramhi tail | 8 days | 1. Improve cognition 2. Behavioral changes noted |
| 4 | Shiropichu | Amalaki+guduchi jatamansi with bramhi tail | 4 days | 1. Help in inducing sleep and stress reduced Tamohara |
| 5 | Sarvabhyanga | Nirgundi tail | 3 days | 1. Vatahara 2. Para sympathetic stimulation which induces relaxation |

Internal treatment

| Sr. no | Medicine | Dosage | Duration |
|--------|-----------------|---------|----------|
| 1 | Amapachak vati | 2BD A/F | 3 days |
| 2 | Manasmitra vati | 2BD A/F | 20 days |

Non pharmacological theories

| Sr. No | Theory | Observation |
|--------|--|--|
| 1. | JACOBSON'S PROGRESSIVE MUSCULAR RELAXATION | Helps in activating parasympathetic nervous system there by a shows positive reinforcement in the brain and reduces stress |
| 2. | Satvavjay chikitsa | Counselling was done to boost confidence and for self-realization Juana (Insight oriented approach)-SWOT (strengths, weaknesses, opportunities, and threats) analysis was done Vijnana, (Educative approach)- Avoidance of misconception with a better understanding of the disease, Positive reinforcement Dhairya (Supportive approach) helped to develop Anchoring ability Smriti (Cognitive approach) helped in identifying and accepting the problem causing behaviour Samadhi (Percho philosophical approach) help to achieve higher level of awareness, a change from negativity to positivity |
| 3. | Yoga therapy | Helps in reducing the levels of cortisol which is related to brain changes in the hippocampus, prefrontal cortex and amygdala of patients |

DISCUSSION

The case was evaluated as vata pradhana pittaja conditon. Vata -pittahara, brumhana, tridosahara dravya play a major role along with vata pittahara pathya. Virechana karma (Therapeutic purgation) is one among the Panchakarma therapies, which eliminates excessive vitiated Dosha in general and Pitta Dosha in particular from the body through the anal route. Before performing the pradhana virechana karma, poorva karma procedures (deepan, pachan) internal medication for correcting the improper metabolism was performed on the first three days. Ayurveda metabolizing formulations (ama pacana and deepana dravyas) was administered to improve and correcting Agni which aids in digestion. After that kalyanak ghrita was given for abhyantar snehapan 30 ml, 70,100,140ml sequencely for 4days.snigdha Guna pacifies the vitiated Bata dosha hence proved to be beneficial in mental disorders.after snehapan in vishranti kal sarvabhyana (with nirgundi tail) & swedan(Nadi sweda) was

given. On 4th day trivruttavleha 50gm was given for virechana and patient had 8 vega (madhyama shuddhi), peyadi krama was advised for 5 days. Shirodhara is regarded as one of the best relaxants, lowering stress levels significantly. The pineal gland is atavistically tied to the forehead's centre, which was formerly evolutionary related to the third eye. In the yoga tradition, this location is referred to as Agnya Chakra. Psychosomatic harmony is achieved during meditation by closing your eyes and concentrating on the agnya chakra. It is suggested that the meditative impact of the oil dripping on the agnya chakra.

The purpose of yogic therapy was to elevate Satva Guna through the practice of Rajyog meditation, Shavasana, and Bhramari pranayama. Yoga breathing techniques like Bhramari pranayama influence the autonomic nervous system's reflex, which in turn affects adrenaline levels. This helps to lower the neurohormones that cause stress, anxiety, and sadness. Techniques like Shavasana and Rajyog meditation balance the autonomic nerve system's sympathetic and parasympathetic activity, which lowers.

CONCLUSION

This study came to the conclusion that generalised anxiety disorders can be effectively treated using an integrated Ayurvedic approach. In addition, it aids in the development of personality. Prior to treatment, the HAM-A scale score was 26, but following treatment, it dropped to 7.

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