

**COMPARATIVE CLINICAL STUDY OF SIDDHARTHAKA GHRITA
AND LASHUNADI GHRITA IN THE MANAGEMENT OF KAPHAJA
UNMADA W.S.R TO MAJOR DEPRESSIVE DISORDER**

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ABSTRACT

In India, it is estimated that nearly one-third of patients seeking help from healthcare facilities could have symptoms related to depression. The prevalence of Depressive disorders in 2019 was 197.3 million (95% UI 178.4–216.4) people had mental disorders in India, including 45.7 million (42.4–49.8) with depressive disorders and 44.9 million (41.2–48.9) with anxiety disorders.^[7] It is prevalent in almost each and every society and creates enormous social and economic burden. Mental illness is characterized by disturbances in a person's emotions, thoughts and behaviour.^[8] Depression can complicate serious health conditions such as heart disease or cancer and lead to problems with pain, sexual desire etc. Despite all the developments with regard to the management of depression and the worldwide researches, a satisfactory management of depression is still elusive. Though, many

modern medications are available but they are not free of adverse effects. Further, their effects are also not sustained for long time unless the real cause of the disease is not rooted out. The treatment approach according to classics, provide better results. Lashunadya Ghrita

is mentioned in Charaka Chikitsa in the treatment of unmada chikitsa. Also Siddharthaka Ghrita is used in kaphaja Unmada in Charaka Chikitsa. In view of all these facts, this study is planned to evaluate the efficacy of Lashunadya Ghrita and Siddharthaka Ghrita in Kaphaja Unmada w.s.r to Major depressive disorder”.

KEYWORDS: Kaphaja Unmada, Siddharthak Ghruta, Lahsunadi Ghruta.

AIMS AND OBJECTIVES

- a) To evaluate the efficacy of Lahsunadi Ghrita in the management of Kaphaja Unmada w.s.r. to Major Depressive disorder.
- b) To evaluate the efficacy of Siddharthaka Ghrita in the management of Kaphaj Unmada w.s.r. to Major Depressive disorder.
- c) To compare the efficacy of Lahsunadi Ghrita and Siddharthaka Ghrita in the management of Kaphaja Unmada.

INTRODUCTION

In Ayurveda Unmada is a Manasvyadhi is which understood as the unsettled condition of the Manas (mind), Buddhi (understanding), Samjna (consciousness), Gnana (perception), Smriti (memory), Bhakti (inclination), Sheela (character), Chesta (behaviour), and Achara (conduct). As a result Citta gets disturbed and in turn causes impairment of Budhhi. It vitiate the ‘Manovaha Srotas’ by various etiological factors. All acharyas had explained mainly two type of Unmada, Nija Unmada & Agantuja Unmada. Vataja, Pittaja, Kaphaja, Sannipataja are the sub types of Nija Unmada, Aadija & Vishaja are the sub types of Agantuja unmada.

Kaphaja Unmada is one of the varieties of Nija unmada having lakshanas like Sthaanamekadeshe (catatonic features), Tushnibhava (keeping silence), Sadana (fatigue), Anannabhilasha (disinclination for food), Alpabhuk (less appetite), Rahaskamata (prefer solitude), Bhibhatsatva (disgust feeling), Shauchadvesha (aversion for cleanliness), Svapnanityata (hypersomnia), Shvayathuranana (edematous face), Chardi (vomiting) and Alpamati (less intellectual activity). The management of Kaphaja Unmada involves the optimization in functions of physiological entities (doshas) Vata, Pitta and Kapha at physical level and sattva, rajas, tamas at psychological level.

Kaphaja Unmada can be correlated with major depressive disorder on the basis of symptoms. Depression which is a common but serious illness and anyone who experiences it need

treatment to get better. Major depression is defined as depressed mood on a daily basis for a minimum duration of two weeks. An episode may be characterized by sadness, indifference, apathy, or irritability and is usually associated with changes in sleep patterns, appetite, and weight; motor agitation or retardation; fatigue; impaired concentration and decision-making; feelings of shame or guilt; and thoughts of death or dying. Patients with depression have a profound loss of pleasure in all enjoyable activities, exhibit early morning awakening, feel that the dysphoric mood state is qualitatively different from sadness, and often notice a diurnal variation in mood (worse in morning hours). Thus through this an attempt has been made to give full grown description of the disease depression in Ayurvedic view.

MATERIAL AND METHODS

Minimum of 60 patients eligible and willing will be randomly selected and assigned in 2 groups each, consisting of 30 patients, with a definite diagnosis of fulfilling the diagnostic, inclusion criteria of major depressive disorder, for the study, irrespective of sex, caste and religion from the OPD and IPD of SSRAMC INCHAL.

1. **Group A:** Treated with Lahsunadi Ghruta.
2. **Group B:** Treated with Siddharthaka Ghruta

A) Inclusion criteria

1. Patients diagnosed as per the criteria for Kaphaja Unmada and according to criteria of DSM 5
2. Patients of age group 24 – 60 yrs.
3. No discrimination of sex, race, caste and religion.

B) Exclusion criteria

1. Patients suffering from Organic Mental Disorders.
2. Patients of Agantuj Unmada and Bhutonmada.
3. Patients suffering from Neurological Illnesses like Alzheimers Dementia, Parkinsonism etc.
4. Patients suffering from Mental Retardation and Personality Disorders.

C) Parameters of study

1. Sthanamekadeshe - Catatonic features
2. 2Tushnibhava - Keeping Silence.
3. Sadana - Fatigue.

4. Anannabhilasha - Disinclination for food.
5. Alpabhuk - Less appetite.
6. Rahaskamata - Prefer solitude.
7. Bhibhatsatva - Disgust feeling
8. Shauchadvesha - Aversion for cleanliness
9. Swapnanityata - Hypersomnia
10. Shvayathuranana - Edematous face
11. Chardi - Vomiting
12. Alpamati - Less intellectual activity

D) Study design

Study design: Interventional Study
Allocation: Randomization method
Intervention model: Parallel assignment
Masking: It will be done with proper bottle for each Ghrita.

E) Diagnostic criteria: Diagnosis will be made on the basis of classical signs and symptoms mentioned in Ayurvedaic Text.

F) Treatments Plan and Period

1. Group A: 30 diagnosed patients of Kaphaja Unmada will be given Lashunadya Ghrita in the dose of 10 gms twice daily, before food, for 28 days.
2. Group B: 30 diagnosed patients of Kaphaja Unmada will be given Siddharthaka Ghrita in the dose of 10 gms twice daily, before food, for 28 days.

G) Follow Up: 28 days after treatment.

H) Total duration of study: 56 days 28 days of intervention and 28 days of follow up period.

I) Assessment criteria

1. Sthanamekadeshe - Catatonic features
2. Tushnibhava - Keeping Silence.
3. Sadana - Fatigue.
4. Anannabhilasha - Disinclination for food.
5. Alpabhuk - Less appetite.

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|---------------------|---|----------------------------|
| 6. Rahaskamata | - | Prefer solitude. |
| 7. Bhimbhatsatva | - | Disgust feeling |
| 8. Shauchadvesha | - | Aversion for cleanliness |
| 9. Swapnanyata | - | Hypersomnia |
| 10. Shvayathuranana | - | Edematous face |
| 11. Chardi | - | Vomiting |
| 12. Alpamati | - | Less intellectual activity |

All of these will be assessed by adopting the following scoring system.

None	0
Mild	1
Moderate	2
Severe	3
Grossly disabling	4

OBSERVATION AND RESULT

60 patient registered for the present study had completed their treatments. Among these Group A-30 are treated with Lahsunadi Ghruta and Group B-30 are treated with Siddharthak Ghruta. Total effects of treatments was assessed on the basis of score given to each symptoms or Subjective parameters.

DISCUSSION

Discussion was done from the data available, Samhitas and Texts. The patients assessed on different parameters to obtain the effect of therapy. All the signs and symptoms assessed on 28th day. The result and observation during follow up and after completion of study are mentioned earlier and discussed as follows.

1. General discussion
2. Clinical parameters
3. Effect of therapy
4. Probable mode of action
5. Further scope of study

CONCLUSION

1. Kphaja Unmada is unstable state of mind which change the lifestyle of human beings.
2. Conclusion drawn from the various aspect of clinical trials on patients.

3. In the present study of clinical trials of Lahsunadi Ghruta and Siddharthak Ghruta on Kaphaja Unmada but Siddharthak Ghruta is most effective than Lahsunadi Ghruta.

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