

MANAGEMENT OF CHITTODVEGA – A CASE REPORT

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ABSTRACT

Anxiety is a feeling of worry, nervousness or unease about something with an uncertain outcome. Generalized anxiety disorder is the most common anxiety disorder in primary care, being present in 22% of patients who complain of anxiety problems. Satwa, Raja, Tama are the 3 qualities of Mind. where satwa is pure and is not the cause of disease. But Raja & Tamas are the vitiators responsible for the manifestation of mental illness. This is a case of 39-year-old Male patient came to OPD with complains excessive worry, irritability, reduced sleep, palpitation and restlessness. The patient was treated by Shamana aushadhis & Nasya. Assessment of the condition of the patient before and after treatment was done using Hamilton Anxiety rating scale to evaluate efficacy of treatment.

KEYWORDS: Chittodvega, Generalised anxiety disorder, Shamana aushadhis, Nasya.

INTRODUCTION

Generalized anxiety disorder is marked by excessive, ongoing worry & tension about daily life events for no such reason. People with GAD can't stop worrying about family, work or school, health, money etc. Acharya Charaka described Chittodvega which is one among the Manasa vikaras in Vimana sthana considered as a perfect word for highlighting the status of Anxiety. Rajas and Tamas are two Manasika doshas, having unbreakable relation with each other because "Tamas" cannot act without help of Rajas. Manasika doshas generally vitiate "manas" leading to various psychological disorders. Thus Rajas and Tamas must be

sufficiently provoked to vitiate “manas” and then only the respective Manasika Vyadhi can be produced.

CASE REPORT

A 39-year-old, Hindu, married, male patient from Nimapada, Puri came to the Kayachikitsa O.P.D of Gopabandhu Ayurveda Mahavidyalaya, puri on 28th July 2023. His chief complains was excessive worry since 6 months associated with irritability, reduced sleep. sometimes palpitation and restlessness occur.

PAST HISTORY

No such relevant history.

FAMILY HISTORY: His father was suffering from some Psychiatric issues.

FAMILY TYPE: Joint family

PERSONAL HISTORY

Diet –Mixed

Appetite –poor

Bowel –Regular

Urine –Normal

Addiction –Alcohol

Nature of sleep: Disturbed

Diva Swapna: Never

History of attempt to suicide: Absent

O/E

Bp – 126/80 mm Hg

Pulse Rate – 80/min

Respiration –20/min

OCCUPATIONAL HISTORY

1. Feeling about current job: Unsatisfied
2. Relationships with co-workers: Satisfactory

MARITAL HISTORY

1. Marital life: satisfactory
2. Sexual life: satisfactory

PRESENT SOCIAL SITUATION

1. Housing: Uncapable
2. Financial problem: Yes
3. Social relation: Satisfactory

MATERIALS AND METHODS

Source of Data - A diagnosed case of Chittotdvega selected from OPD of GAM, PURI.

Method of collection of Data – A special proforma was prepared with details of history, cardinal sign & symptoms as mentioned in Ayurvedic texts.

Diagnostic criteria – Patient was diagnosed by the Hamilton Anxiety rating scale.

TREATEMENT PROTOCOL

1. Brahmi ghrita – 4 ml in each nostril
2. Aswagandha vati – 1-0-1 after food
3. Saraswatarista – 15ml-0-15 ml After food
4. Saraswata churna – 1 tsp – 1 tsp with unequal amount of madhu & ghrita

RESULT: The patient got improvement symptomatically and there is a drastic change in score of HAM-A.

ASSESSMENT

Table 1.

Sl. No	Sign & symptoms	Before treatement	After treatement
1	Excessive worrying	++	+
2	Irritability	++	--
3	Insomnia	++	+
4	Palpitation	++	--
5	Restlessness	++	--

Table 2: Assessment of symptoms on HAM-A SCALE.

Sl. No	Parameter	BT	AT
1	Anxious mood	3	1
2	Tension	3	2
3	Fear	1	0
4	Insomnia	3	2

5	Intellectual	1	1
6	Depressed mood	3	2
7	Somatic(Muscular)	0	0
8	Somatic(sensory)	0	0
9	Cardiovascular symptoms	1	0
10	Respiratory symptoms	2	1
11	Gastrointestinal symptoms	1	1
12	Genitourinary symptoms	0	0
13	Autonomic symptoms	2	2
14	Behaviour at interview	0	0
15	TOTAL SCORE	20	12

DISCUSSION

Chittodvega is a Manasa vikara and many Herbo mineral drugs explained for the same disease in Ayurveda classics.

Brahmi has antioxidant & stress relieving action. It reduces lipid peroxidation in prefrontal cortex, hippocampus & striatum in Rats, aids in recovery of the derangements in neurotransmission & neuronal function and has antidepressant activity.

Brahmi ghrita was given as Nasya that reaching the brain and acting on important centres controlling different neurological, endocrine and circulatory functions and thus showing systemic effects. The four ingredients of Brahmi ghrita Brahmi, vacha, kustha and sankhapushpi have proven Anxiolytic effect.

Saraswatrista is mainly having Brahmi panchanga as main ingredient which is having the property of Rasayana and chittasantosha.

Ashwagandha helps to decrease anxiety & stress as it is having anti stress, anti anxiety and anti depressant activity.

CONCLUSION

Ati chinta (excessive worry) & bhaya (fear) found in Chittodvega are due to increased Rajo guna & vata-pitta dosha. This pathophysiological condition requires Snehana as the 1st line of treatment. Oleation of brain cells as well as cerebral circulation can be achieved by Brihmhana Nasya i.e Nutritive Nasal Therapy. The brahmi ghrita used for same helped a lot to alleviate the Vata-pitta dosha.

This is a single case study of Chittodvega which is relatable to Generalized anxiety disorder has been effectively treated with the Medicines – Brahmi vati, Aswagandha churna, Saraswatarista. On assessing the patient condition after treatment was improved condition in a very short time period. This is a single case study, if patient seeks for Ayurvedic Treatment then the percentage of recovery will be more.

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