



AYURVEDA MANAGEMENT OF GENERALIZED ANXIETY DISORDER - A CASE STUDY

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ABSTRACT

Generalized anxiety disorder is excessive anxiety and worry about the number of events or activities. The intensity, duration and frequency of anxiety is out of proportion of the anticipated event. The individual finds it difficult to keep the worrisome thoughts from interfering with the routine. It is associated with restlessness, fatigue, difficulty concentrating, irritable, muscle tension, sleep disturbance. This is correlated to *chittodvega*. It is a *manovikara* caused by imbalance in *manasika dosha* that is *raja* and *tama*. The case presented here is a review of 64 years old female patient with the history of generalized anxiety disorder who was treated with *rasayana*.

KEYWORDS

Generalized anxiety disorder, *Chittodvega*, *Kushmanda rasayana*.

INTRODUCTION

Anxiety is normal and adaptive response to threat that prepares an organism for fight or flight.¹ Normal anxiety becomes pathological when it causes significant subjective distress or impairment in functioning of an individual.² Generalized anxiety disorder is defined as excessive worrying about several events of life for at least 6 months. The worry becomes difficult to control associated with somatic symptoms like muscle tension, irritability, palpitations and disturbed sleep. Generalized anxiety disorder has a life time prevalence varying from 3 to 8%. Females are more likely to experience generalized anxiety disorder.³ Risk factors like behavioral inhibition, negative affectivity, harm avoidance is noticed.⁴

Chittodvega is one among the *manovikara*. Term *chittodvega* comprises of two words *chitta* and *udvega*, which refers to anxious state of the mind. *Anavastitha Chitta* has been mentioned as one of the *Vataja Nanatmaja Vikara*.⁵ *Manovikara* are the outcome of morbid *manasika dosha*. To comprehend about a disease the afflicted variables like *dosha*, *dushya*, *agni*, *shrotas* has to be recognised. In *samprapti* there is *sthana samshraya* of vitiated *dosha* in *hrudaya*, which is the seat of *manas*, causing *dushti* of *manavoha shrotas* and leading to *chittodvega*. *Shodana*, *shamana*, *rasayana* are the basic treatment modalities in Ayurveda. *Rasayana* is helpful in increasing longevity, cures disease, promotes health improve the mental faculties in addition to their beneficial effects on the body.⁶ *Kushmanda* is well known for treating the psychological disorders. *Kusmandarasayana* is used in cough, hiccup, fever, dyspnoea, bleeding disease, injury to chest, and is best for intelligence, memory, and strength

CASE REPORT

A female patient of age 64 years not a K/C/O DM, HTN complains of fear, agitation, feeling of worst happening, restlessness. She feels bothered by not being able to control her worrying due to which she gets irritated, unable to initiate any activity, also finds it difficult to focus on her routine from past one year. She also complains of difficulty in initiating sleep and maintaining sleep, due to lack of sleep she feels tired. Later she gradually developed agitation to go out of the house. For these complaints she got consulted and was diagnosed with generalised anxiety disorder, she was put on allopathy medications. She took her medications for one year but got no relief from her complaints so she discontinued her treatment. From past three months her condition has aggravated along with that she also has pain in her shoulders, tightness of chest, with no history of trauma or injury, palpitation, tremors in hands and tinnitus. She feels guilty for being withdrawn from her family due to her condition. None of her family members have a history of psychiatry disorder.

EXAMINATION**GENERAL EXAMINATION**

Pallor-Absent
 Icterus-Absent
 Cyanosis-Absent
 Clubbing-Absent
 Lymphadenopathy-Absent
 Oedema-Absent

SYSTEMIC EXAMINATION

CNS-Conscious and oriented
 CVS-S1 S2 heard no added sounds
 RS-NVBS heard

MENTAL STATUS EXAMINATION**1.General Appearance and Behaviour**

- General Appearance- looks uncomfortable, groomed
- Attitude towards examiner-Cooperative, attentive, anxious
- Comprehension-Intact
- Gait and posture-Normal
- Motor Activity-Restlessness
- Social Manner-Hesitant eye contact
- Rapport- Maintained

2.Speech

- Rate and Quantity-Spontaneous
- Volume and tone of speech-Normal
- Flow and Rhythm-Hesitant

3.Mood and Affect- Anxious and Restless**4.Thought**

- Flight of ideas-Absent
- Blocking of thoughts- Absent
- Thought broadcasting- Absent
- Thought control by others- Absent
- Obsession and fixed ideas- Absent
- Sudden strange ideas- Absent

5. Perception

- Perception of time-Intact
- Hallucination-Absent
- Illusion-Absent

6.Cognition

- Consciousness-conscious
- Orientation-oriented to time, place, person
- Attention-Attentive
- Concentration-Present
- Memory- Intact
- Intelligence-Normal
- Abstract thinking- Intact

7.Insight-Present**8.Judgement-Intact**

The principle of treatment of chittodvega is based on the involvement of dosha and dushya, here there is vitiation of vata, pitta, raja and tama. The patient was managed with *shamana (bahya and abhyanatara)* along with *rasayana*. *Kushmanda rasayana* is prescribed for 30 days.

S.NO.	Symptoms	Treatment	Dosage	Anupana	Duration
1.	Anxiousness Restlessness	<i>Taila dhara with ksheerabala taila</i>	-	-	7 days
2.	Irritability	<i>Kachuradi taladhara</i>	-	-	7 days
3.	Pain and stiffness in	<i>Nadi sweda to both the B/L upper</i>	-	-	5days

	shoulder joints	limb after applying sandilin			
4.	Disturbed sleep	Saraswata arishta	15ml tid	Warm water	7days
		Cap. Guduchi	2tid	Warm water	7days
		Kushmanda rasayana	12gm empty stomach	Warm water	30 days

ASSESSMENT CRITERIA

ASHTAVIBHRAMA

0=NOT PRESENT 1=MILD 2=MODERATE 3=SEVERE 4=VERY SEVERE

	BT	AT
1. Mana vibrama	4	2
2. Buddhi vibrama	4	1
3. Samjnajnanan vibrama	-	-
4. Smriti vibrama	-	-
5. Bhakti vibrama	-	-
6. Sheela vibrama	-	-
7. Cheshta vibrama	-	-
8. Achara vibrama	-	-

Hamilton's Anxiety Scale:(HAM-A)

0=NOT PRESENT 1=MILD 2=MODERATE 3=SEVERE 4=VERY SEVERE

CRITERIA	BEFORE TREATMENT	AFTER TREATMENT
1. Anxious mood	4	1
2. Tension	4	1
3. Fear	4	1
4. Insomnia	4	1
5. Intellectual	2	2
6. Depressed mood	3	1
7. Somatic muscular	3	2
8. Somatic sensory	1	0
9. Cardiovascular symptoms	2	1
10. Respiratory symptoms	2	0
11. Gastrointestinal symptoms	1	0
12. Genitourinary symptoms	2	1
13. Autonomic symptoms	2	1
14. Behavior at interview	3	2

RESULT

As evidenced in the scale, manifestation of symptoms like fear, anxiousness, feeling of restlessness, sleep disturbances have reduced. According to the patient she feels positive, her complaints of pain in the shoulder and tightness in the chest were markedly reduced. There was overall improvement in her condition.

DISCUSSION

The triggering factors of *manovikara* are *prajnaparadha*, *asatmendriyarthasamyoga* and *kala parinama* as mentioned in the classics.⁸ The role of *vata*, *pitta*, *kapha* is also seen in the manifestation of *chittodvega*. *Vata* when gets vitiated gives rise to symptoms like *bhaya*, *shoka*, *chinta*, *pralapa* further causing *balahinata* and *sukhahani*. *Pitta dushti* is also seen in *chittodvega*. *Ayurveda* has categorized *chikitsa* into three types that is *daivavyapashraya*, *yuktivyapashraya*, *satvavajaya*, based on this the treatment was planned.⁹ *Tailadhara* is one of the treatment mentioned under *murdhni taila chikitsa* that is *shirodhara* in *Ashtanga hridaya*, this procedure has a demonstrable anxiolytic effect by decrease in plasma noradrenaline and urine serotonin excretion, it

also seen that there is reduction in diastolic blood pressure with lowered sympathetic tone. It is postulated that, when oil is poured on *agnyadhara chakra* it brings about consonance in psychosomatic axis.¹⁰ *Tailadhara* was done for 7 days with *ksheerabala taila* which consists of *balamula* having the properties of *rasayana*, *hridaya*, *balya* it is rich in phytochemicals like ephedrine, hypaphorines.¹¹ *Taladharana* with *Kachoradi churna* was done for 7 days. *Taladharana* was proved to be effective in pacifying *pitta dosha* and anxiety. *Kachuradhi churna* is effective in insomnia.¹²

Kushmanda rasayana 12gm with warm water on empty stomach early morning was administered, the main ingredient is *kushmanda* and is very well known to treat psychological disorders. it is *brahmana*, *hridaya*, *balaya*, *medhya*, *vata pitta shamaka* because *rasa* and *vipaka* are *madhura*, *virya* is *shita*.¹³

Saraswatha arishta 15ml was administered thrice, it is *smrithi vardaka*, *hridaya*, *rasayana*,¹⁴ it mainly contains *brahmi* which has properties like *medhya*, *rasayana*, *smritivardhaka*, *vayastapana*.

Capsule *Guduchi* of 500mg was administered thrice, *guduchi* has a rejuvenating property, it promotes longevity. It is *tridosha shamaka* because of *tikta kashaya rasa*, it is *guru* and *snigdha* in *guna*. *Vipaka* is *madhura* and *virya* is *ushna*.¹⁵

CONCLUSION

The treatment protocol in this case was based on the *dusti* of *vata* and *pitta* along with *raja* and *tama* as seen in *chittodvega*. The treatment increased the *manobala* thus showing notable effect.

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