

A ROLE OF MANASMITRA VATAK AND BRAMHI TAIL SHIRODHARA IN MANAGEMENT OF STRESS

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ABSTRACT

Stress is a feeling of emotional or physical tension. It can come from any event or thought that makes you feel frustrated, angry or nervous stress in your body's reaction to a challenge or demand. In short burst, stress can be positive, such as when it helps you avoid danger or meet a deadline but when stress last for a long time it may harm your health. In Ayurveda *Ojakshaya* can be correlated with Stress. *Ayurveda* is reported to have several combinations and approaches effective for STRESS with the help of *Panchakarma* like *Shirodhara* and *Shaman chikitsa* with *Manasmitra Vatak*. **Aim and Objective:** To study the effect of *Manasmitra vatak* and *Bramhi tail Shirodhara* in management of *Stress*. **Material and Method:** The 38 years old female patient, suffering from Stress since last one year and having complaints of Insomnia, Inability to concentrate, anxious, constant worry, anger, feeling overwhelmed, constipation, frequent cold. These symptoms increases day by day since last six months. She was approached to our OPD and prescribed *Manasmitra avatak* once a day for one month and *Bramhi tail Shirodhara* 5 days in every month for 3 months. **Observation and Results:** Patient was assessed on the basis of Perceived Stress scale score which was 30 before treatment; it would be consider high perceived stress. After administration of *Manasmitra vatak* once a day for one months and *Bramhi tail Shirodhara* 5 days in every month for 3 months. There is significant relief seen *and the perceived stress* score reduced up to 10 after treatment. *Manasmitra Vatak* and *Shirodhara* helps in improving brain functions and reduced stress.

Conclusion:

1. *Manasmitra vatak and Bramhi tail Shirodhara* showed significant improvement in this case.
2. No adverse effects were observed.

Keywords: Stress, *Rasayana, Manasmitra Vatak, Shirodhara.*

INTRODUCTION

Stress is the body's natural defense against predators and danger. It flushes the body with hormones to prepare systems to evade or confront danger. This is known as the "fight-or-flight" mechanism. The body produces larger quantities of the chemicals cortisol, adrenaline, and noradrenaline. These trigger an increased heart rate, heightened muscle preparedness, sweating, and alertness. All these factors improve the ability to respond to a hazardous or challenging situation. Factors of the environment that trigger this reaction are called stressors. Examples include noises, aggressive behavior, a speeding car, scary moments in movies, or even going out on a first date. The more stressors we experience, the more stressed we tend to feel.

There are two main types of stress:

- **Acute Stress:** This is short-term stress that goes away quickly. You feel it when you slam on the

Presenting Symptoms:

- Insomnia
- Inability to concentrate
- Anxious
- constant worry
- anger
- feeling overwhelmed
- constipation
- frequent cold

Since 6 months

History of present illness:

Study individual was symptomless before 1 year. Then gradually emerging symptoms where inability to concentrate, constipation, anger, Anxious, insomnia. In progression behavioral changes appeared since 6 months hence study subject approach for management.

Ashtavidh Pariksha:

- *Nadi: Sarpgati*

brakes, have a fight with your partner, or ski down a steep slope. It helps you manage dangerous situations. It also occurs when you do something new or exciting. All people have acute stress at one time or another.

- **Chronic stress:** This is stress that lasts for a longer period. You may have chronic stress if you have money problems, an unhappy marriage, or trouble at work. Any type of stress that goes on for weeks or months is chronic stress. You can become so used to chronic stress that you don't realize it is a problem. If you don't find ways to manage stress, it may lead to health problems.^[1]

Case History: A Female study of age 38 years Hindu by religion, Engineer by occupation residing in Thane district visited to OPD with following complaints, on 13/4/2019

- *Mal: Malavshambha*
- *Mutra: Samyak*
- *Jivha: Saam*
- *Shabda: Spashta*
- *Druk: Prakrut*
- *Akruti: Madhyam*

O/E:-

- GC – fair
- T – Afeb
- P – 86/m
- BP- 140/90 mm of hg

P/A:-

- Soft, Non tender

S/E:-

- RS – AEBE Clear
- CVS – S1 S2 normal
- CNS - Conscious

P/H:-

- Bowel – Constipation
- Bladder – Normal
- Appetite –Loss of appetite
- Sleep –Disturbed
- Thirst – Normal
- **Investigations Advised:** - Diagnosis confirm with Perceived Stress scale score Test

Findings:

Objective

-Perceived Stress scale -Screening Test

Subjective^[2]

Insomnia

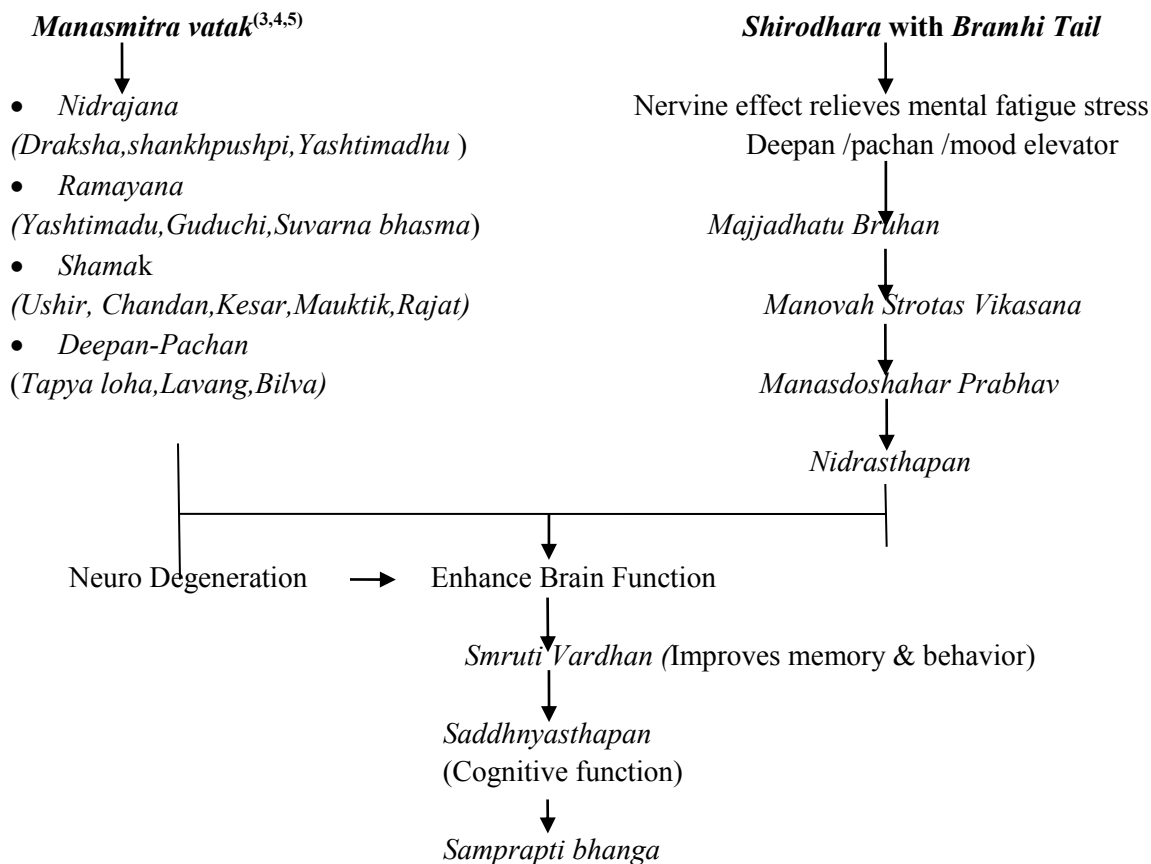
- Inability to concentrate
- Anxious
- constant worry
- anger
- feeling overwhelmed
- constipation
- frequent cold

Table 1: Treatment plan

	Follow UP	Symptoms	Treatment
1	first visit -13-4-19	-Inability to concentrate ++++ -Anxious++++ -Constant worry++++ -Anger++++ -Feeling overwhelmed++++ -Constipation++++ -Frequent cold++++ -Insomnia++++	1.Manasmitra Vatak 125 mg HS 2.Bramhi Tail Shirodhara for 5 days
2	Second visit - 13-5-19	-Inability to concentrate++ -Anxious++ -Constant worry++ -Anger++ -Feeling overwhelmed++ - Insomnia+ -Constipation ↓ Frequent cold	1. Bramhi Tail Shirodhara for 5 days
3	Third visit - 13-6-19	-Inability to concentrate + -Anxious + -Constant worry + -Anger ↓ -Feeling overwhelmed ↓ -Insomnia ↓ -Constipation ↓ -Frequent cold	1.Bramhi Tail Shirodhara for 5 days
	Follow UP	Symptoms	Treatment
1	first visit -13-4-19	-Inability to concentrate ++++ -Anxious++++ -Constant worry++++ -Anger++++ -Feeling overwhelmed++++	1.Manasmitra Vatak 125 mg HS 2.Bramhi Tail Shirodhara for 5 days

		-Constipation++++ -Frequent cold++++ -Insomnia++++	
2	Second visit - 13-5-19	-Inability to concentrate++ -Anxious++ -Constant worry++ -Anger++ -Feeling overwhelmed++ - Insomnia+ -Constipation ↓ Frequent cold	1. Bramhi Tail Shirodhara for 5 days
3	Third visit - 13-6-19	- Inability to concentrate + - Anxious + - Constant worry + - Anger - Feeling overwhelmed - Insomnia - Constipation - Frequent cold	1. Bramhi Tail Shirodhara for 5 days

Mode of action



DISCUSSION

Stress has been postulated to be involved in the aetiopathogenesis of a variety of diseases ranging

from psychiatric disorders like depression, anxiety and cognitive dysfunction, immunosuppression, to

endocrine disorders. Antistress agents are therefore, required to break this cycle.

In *Manasmitra Vatak* several *Rasayana* herbs used as antistress agents have shown antioxidant, immunomodulator, hepatoprotective, antidepressant and anxiolytic effects. Oxidative free radicals (OFR) are constantly formed in the body and an excessive generation of OFRs or/and defective scavenging mechanisms have been implicated in a diverse range of degenerative disorders. Chronic stress is known to augment the generation of OFRs in various biological systems and to interfere with the activity of enzymes like superoxide dismutase, catalase and glutathione peroxidase which help in the removal of OFRs. Abnormal accumulation of OFRs leads to cell membrane lipid peroxidation. Toxic peroxide metabolites induce excessive cellular injury. Apart from diseases, free radical induced stress has been implicated in aging and immunosuppression. Several *rasayan* drugs like *Asparagus racemosus*, *Bacopa monnieri*, *Centella asiatica*, *Convolvulus pluricaulis*, *Piper longum*, *Tinospora cordifolia*, *Picrorrhiza kurroa*, *Withania Somnifera* have been reported to have significant antioxidant action. Since these *rasayanas* have widespread clinical use, including disease postulated to be induced by OFRs it is possible that, at least a part of their therapeutic effects is due to reduction of oxidative stress.

These herbs with predominant hepatoprotective effects, like *Picrorrhiza kurroa*, *Tinospora cordifolia* possibly help to xenobiotics⁽⁶⁾. Some drugs are used to the modulation of immune response, as chronic stress has an immunosuppressive action which adversely affects the defense mechanisms of the body increasing its susceptibility to various diseases. Few herbs that have been shown to possess a significant immunomodulatory action are *Asparagus racemosus*, *Picrorrhiza kurroa*, *Curcuma longa*, *Withania somnifera*, *Tinospora cordifolia*, *Piper longum*⁽⁷⁻⁸⁾. The difference between *Rasayana* drugs and classical immunostimulants is that the former appears to optimize the immune system only when it is compromised. They have been shown to influence both cellular and humoral immunity by acting on

immune function mediators. These *Rasayana* drugs are, likely to be of immense value in drug – and radiation – induced immunosuppression and that seen with prolonged illness and intractable prolonged stress.

Thus, all the ingredients from *Manasmitra Vatak* combinedly act for neuro protection, anti-depressant, antioxidant and anti-anxiolytic proves to be effective in management of stress by decreasing neuro degeneration stress. There is significant relief seen and the perceived stress score reduced up to 10 after treatment.

CONCLUSION

Ayurveda plays an important role to control stress. *Ayurveda* provides a combination of benefits such as *Bramhi Tail Shirodhara (Pancha karma)* and *Manasmitra vatak (Medicines)* so in conclusion, it is capable of counteracting the stress, promote the adaptogenic abilities of the body, and enhance mental endurance it is a great remedy for stress. No adverse effects were observed. *Manasmitra Vatak* and *Bramhi Tail Shirodhara* showed significant improvement in this present case.

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