

A CASE OF GENERALIZED ANXIETY DISORDER SUCCESSFULLY MANAGED BY SHIRODHARA: A CASE REPORT

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ABSTRACT

Generalized anxiety disorder (GAD) is a mental health issue, emotional and behavioural problem. GAD is a justifiable reaction to the stresses of modern living. It provokes an anticipatory and adaptive response to challenging or stressful events. The standard of living is throwing away from the naturalistic due to engaged lifestyle. GAD is considered as work-related ill health which impacts negatively on health or welfare of a human being and recognized as a major social problem. The symptoms of this disease show resemblance with the *Chittaodvega* which is one among the *Manovikara* explained by *Acharya Charak*. This is a case of 59 yrs old female patient who presented with the complaints of insomnia, anxiety, fear, tension, depressed mood. Treatment planned was done by *Shirodhara* for 30 minutes for 7 consecutive days. *Shirodhara* was administered with *Bala taila* which is *Vatahara*. By *Shirodhara*, prolonged pressure and temperature over the forehead excite the neurotransmitter hormonal agents into the brain such as Serotonin, Acetylcholine, Norepinephrine, Catecholamines, Angiotension-II, GABA, and Dopamine. Serotonin and Catecholamine helps to control mood, establish memory and to produce sleep. Norepinephrine creates happiness, psychomotor balance and increase the level of wakefulness. The neurotransmitter hormonal agents such as Serotonin and Catecholamines get in normal state by *Shirodhara*. The assessment criterion was done by Hamilton anxiety rating scale observed before and after the treatment. The result was reduced significantly in score from 13 to 4 after the completion of the schedule of 7 days.

Keywords: *Chittaodvega*, Generalized anxiety disorder (GAD), *Manovikara*, *Shirodhara*, *Bala taila*.

INTRODUCTION

Ayurveda is an integrated medicine to cure the physical, mental, social and spiritual of the individual. In the present era, life became disperse and stressful due to heavy workload. It became a major social problem which affects the quality of life of the patient. According to WHO, Anxiety disorders are among one of the

most prevalent mental, emotional and behavioral problems in the world, estimated to affect 3.6% of the global population as of 2015 or about 264 million people¹. *Acharya Charak* explained *Chittaodvega* under *Manovikara* which is associated with the symptoms of Generalized anxiety disorder (GAD)². *Rajo*

and *Tamo guna* are the two main *Doshas* of *Manas Roga* which are responsible for producing *Chittaodveda*. Generalized anxiety disorder (GAD) have persistent, excessive and unrealistic worry associated with muscle tension, impaired concentration, autonomic arousal, feeling “on edge” or restless and insomnia³. The administration of the anxiolytic drugs such as short and long acting agents continuously for long time may cause sedation, impairment of cognition, poor psychomotor performance and dependency. *Shirodhara* is the most proficient technique that employs the state of consciousness, circulation and sense of well being. *Tarpaka Kapha* is located in the head which perform the functions of the *Indriya* through its internal potency⁴. This potency is derived from *Snehana* and *Santarpana*. *Shirodhara* with *Sneha dravyas* promote the function of contentedness of *Tarpaka Kapha* and execute the specific action in the diseased condition⁵.

CASE REPORT

A 59 yrs old female patient presented with the complaints of insomnia, fear, negative thoughts, irritability, impaired concentration, restlessness, palpitation since 3 months. She also suffered from Hypertension, DM-II, Hypothyroidism. She has no family history of Depression or Anxiety disorder and no suicidal or homicidal tendencies. She suffered from the same symptoms before 10 yrs back in the past that was the worst condition of the patient. She took Anxiolytic drugs continuously for 3-4 yrs then after she left it. The same episode repeated in 2019 complained with the symptoms of severe insomnia, depressed mood, anxiety, restlessness, irritability, fear, unrealistic worry, negative thoughts. Although she felt the same symptoms since 3 months but the condition of the patient was worst in February 2019. She visited Panchakarma OPD in Pt. Shivnath Shastri Govt. Ayurved College, Burhanpur (M.P.) and advised for Panchakarma.

DIAGNOSIS AND ASSESSMENT

She was diagnosed as a generalized anxiety disorder on the basis of the sign and symptoms. Hamilton's anxiety rating scale was used for the assessment of the

patient before and after the intervention. According to the sign and symptoms of the condition of the patient, the score was observed 13 indicate mild severity.

Table 1: Showing the grading of Hamilton Anxiety Rating Scale⁶

0	Not present
1	Mild
2	Moderate
3	Severe
4	Very severe

Table 2: Assessment of the Symptoms before and after the treatment

S.No.	SYMPTOMS	B.T.	A.T.
1	Anxious mood	2	1
2	Tension	2	1
3	Fears	1	0
4	Insomnia	3	0
5	Intellectual	0	0
6	Depressed mood	2	1
7	Somatic (muscular)	0	0
8	Somatic (sensory)	0	0
9	Cardiovascular symptoms	2	1
10	Respiratory symptoms	0	0
11	Gastrointestinal symptoms	0	0
12	Genitourinary symptoms	0	0
13	Autonomic symptoms	0	0
14	Behaviour at interview	1	0
15	Total score	13	4

DISCUSSION

Satva, *Raja* and *Tamo guna* are three main *Doshas* of *Manas Roga* are considered as the functional qualities of mind. *Pragyaparadha*, *Asatmyaindriyarthasanyoga* and *Kalaparirama* are the stressful condition which may cause Anxiety disorder. *Rajo* and *Tamo guna* of *Manas Doshas* are responsible for causing Anxiety disorder. GAD is produced by the vitiated *Rajo* and *Tamo guna*. *Rajo guna* having the properties of *Kriyasheelta* and *Uttejana* which are responsible for different types of psychological disorders. *Tamo guna* are *Guru* and *Sthira* may produce obstacle for getting perception of senses or any other psychological functions and also responsive to cause *Asatyagyan*,

*Alasya and Nidra*⁷. In GAD, the activity of Serotonin and Norepinephrine are diminished. These Serotonin and Norepinephrine secreting neurons send fibers to the limbic system, thalamus, hypothalamus and cerebral cortex. The limbic system concerned with emotion, short-term memory, smell and primitive behaviors. Some antidepressant drugs block the secretion of Serotonin and Norepinephrine which frequently cause depression⁸. When there is lots of stress, CNS perceive the threatening situation activate sympathetic nervous system i.e. hypothalamus which are excited by emotional stimuli. These hypothalamic nuclei send impulses to adrenal medulla through sympathetic fibers and to release large quantity of Catecholamines which are essential to cope up with emotional stress⁹. The body will be able to respond to the most optimum way to the stress or all those tissues which can help to fight with stress that is called fight or flight reactions. *Sirah* is a site of all *Indriyas* and *Prana* which are mainly vitiated by the psychological disorder. *Shirodhara* facilitates to get rid of stressful condition, give strength to *Indriyas*, *Prana* and to re-establish *Dhee*, *Dhriti* and *Smriti*. *Acharya Charak* has explained *Snehana* as the treatment which produces *Sneha*, *Vishyandana*, *Mardava*, *Kleda* in the body¹⁰. *Bala taila* was used for *Shirodhara* in this case. *Bala taila* are absorbed by the hair follicles which are linked up to the tactile stimulation of the skin. The impulses are transmitted via the frontal lobe to the thalamus and to Limbic system or to cerebral cortex. The active constituent of *Bala taila* produces *Vatahara* effect and *Tarpaka Kapha* properly facilitates the connection of *Indriyas* due to *Snighatva* properties and *Vishaya* which have been distracted by aggravated *Vata*¹¹. *Shirodhara* helps to alter the state of consciousness and to relief from anxiety. *Shirodhara* is the most proficient technique that manipulates the state of consciousness, circulation and sense of well being. *Shirodhara* creates vibration and pressure when *Bala taila* continuously poured over the forehead for a particular time period. Particular temperature and pressure are created over the forehead. The temperature of oil is about 30-35°C, the warmth receptors are stimulated at this temperature. The temperature re-

mains constant over the forehead for 30-45 minutes. Warmth signals having free nerve endings are transmitted mainly unmyelinated type-C nerve fibres¹². The deeper tissues are deformed due to hot temperature and to produce vibration in the tissues. Pacinian corpuscles will stimulate for detecting the vibration and mechanical changes in the tissues¹³. Somatosensory signals are transmitted through Antero-lateral pathway has an ability to transmit a broad spectrum of sensory modalities such as warmth, cold sensation and pressure sensation to the spinal cord and into the brain by the way of Antero-spinothalamic and lateral spinothalamic tract. They secrete excitatory and inhibitory neurotransmitter hormonal agents into the brain such as Norepinephrine, Dopamine, Serotonin, Acetylcholine, GABA, Angiotensin-II¹⁴. Serotonin appears to have a role in Anxiety. Serotonin helps to control mood, establish memory and to produce sleep. Norepinephrine helps to create happiness, to control psychomotor balance, to increase the level of wakefulness, sense of well being.

CONCLUSION

Shirodhara is a well-established and classical method of *Ayurveda* in which continuous pressure is applied over the forehead by medicated oil and other liquid. This procedure induces a relaxed state of mind in Generalized Anxiety Disorder (GAD). A sense of well being, intellectual power and spiritual welfare are experienced in this process. The signs and symptoms of the disease were considerably relieved especially in insomnia, depressed mood and anxiety after the completion of the treatment. The result was reduced significantly in score from 13 to 4 after the completion of the schedule of 7 days. Thus, Anxiety level as well as assessment score both were significantly reduced.

Figure 1: Showing the figure of *Shirodhara*



Figure 2: Showing the figure of *Shirodhara*



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