

A SINGLE CASE STUDY ON AYURVEDIC MANAGEMENT OF GENERALIZED ANXIETY DISORDER

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ABSTRACT

Generalized Anxiety disorder is marked by excessive or unwarranted worry over two or more aspects of life (job, relationships, finances, etc.), frequently accompanied by bodily symptoms such as palpitations or shortness of breath, etc. *Rajas* and *Tamas* are the two primary doshas of *Manas*, *Chittodvega* is one of the *manasika roga* that can result from an imbalance. *Chittodvega* symptoms are similar to those of Generalized Anxiety Disorder. This particular case here discussed, is regarding a 22 yr. old female suffering with GAD/ *Chittodvega* and the treatment methods followed like Kramata shodhana along with Kushmanda rasayana chikitsa. Significant changes in signs & symptoms of GAD as well as changes in GAD-7, and HAR Scales are being discussed here.

Key words: Generalized anxiety disorder, *Chittodvega*, *Shodhana*, *Kushmanda Rasayana*.

INTRODUCTION

A balanced state of *dosha*, *agni*, *dhatu*, *mala*, *manas*, *atma*, and *indriya* is considered to be healthy.¹ Since ancient times, people have understood how the "mind affects health". The three components of *manas* are *satva*, *raja*, and *tama*, where *raja* and *tama* are regarded as the *dosha* of *manas*. When these two *ma-*

nasika doshas unite with *shareerika dosha*, they result in a variety of *manovikara* and *shareera manasika vyadhi*. One such *manovikara* is *Udvega/Chittodvega*. Different meanings of *Udvega* and the presentation of it mimic the features of Generalized Anxiety Disorder (GAD). Anxiety is the

commonest psychiatric symptom in clinical practice. Characterized by a state of apprehension or unease arising out of anticipation of danger. Anxiety disorders are one of the commonest psychiatric disorders in the general population. Generalized Anxiety Disorder is characterized by excessive or unrealistic anxiety about two or more aspects of life (work, social relationships, financial matters, etc.), often accompanied by symptoms such as palpitations, shortness of breath, or other somatic symptoms. About 5.8% in India and 4% globally are said to be suffering from GAD at some point in their life.² Shodana and *Shamana* are the basic treatment modalities in *Ayurveda*³, *Shodhana* can be a *Pradhan chikitsa* or it can also be a *purvakarma* for *Rasayana chikitsa* as we followed in this case. Rejuvenation therapy helps in attaining longevity, memory, intellect, and freedom from diseases, excellence of luster, complexion & voice, excellence potentiality of the body and the sense organs⁴. That by which one gets the excellence of *rasa* is known as *rasayana* or rejuvenation therapy. *Kushmanda* is well known for treating psychological disorders. *Kushmanda rasayana* is ideal for boosting one's intelligence, memory & strength and is also used in conditions like cough, hiccups, fever, dyspnea, blood disorders, and injuries to the chest⁵.

CASE REPORT

A 23 yrs. old female patient presented with complaints of anxiety, worry, restlessness, palpitation, and sleep disturbance i.e., difficulty in initiating and unsatisfying sleep. She is not having any confidence in taking responsibility. Always has a feeling of the worst happening to her over the past 5 to 6 years. According to the parents of the patient, she gets irritation for performing the day-to-day activity as well as having little difficulty completing the task, particularly during the examination, doing new work, on interaction with new people. These above-mentioned symptoms were getting worse over the past 8 to 9 months and bothering her too much in-turn affecting her study as well as normal routine which she used to do without any difficulties. The patient was not suffering from any other organic disorder or psychiatric condition. There is no history of substance abuse.

None of her family members have a history of psychiatry disorder. The patient had a good appetite, and her bowel habits and micturition were regular. Vitals were within normal limits with BP-130/90 mm of Hg, Pulse rate- 80/min. No abnormalities were detected during Systemic examinations.

MENTAL STATUS EXAMINATION

1) General Appearance and Behaviour

- General Appearance- Well built, looks uncomfortable, Groomed, Good Hygiene, and Self-Care present.
- Attitude towards examiner- Co-operative, 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, Irritable, 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

- Hallucination- Absent
- Illusions and misinterpretation- Absent

6) Cognition

- Consciousness- Conscious
- Orientation- Oriented to time, place, and person
- Attention- Attentive
- Concentration- Present
- Memory- Immediate, Recent, and Remote memory was Intact
- Intelligence- Normal
- Abstract thinking- Intact

7) Insight- Present

8) Judgement- Intact

INTERVENTION

The treatment adopted here, in this case: *Deepana-Pachana, Snehana, Swedana, and Shodhana*. After *Samsarjana krama, Rasayana chikitsa* was followed. The treatment modality adopted here is mentioned likewise.

1. Tab. *Chitrakadi vati* 2-2-2 B/F for 2 days. [Day 1 and 2]

2. *Snehapana* with *Guggulu Tiktaka Ghrita* [Day 3, 4 and 5]

- 1st day 50 ml
- 2nd day 180 ml
- 3rd day 250 ml

3. *Sarvanga Abhyanga* with *Maha Narayana taila* followed by *Bhashpa Sweda* for 3 days [Day 6, 7 and 8]

4. *Sarvanga abhyanga* with *Maha Narayana taila* followed by *Bhashpa Sweda* was done as *poorva karma* before administration of *Virechana aushadi* i.e., with 50 gm *Trivruth lehya* along with 200 ml of lukewarm milk. [Day 9] Total No. of *Virechana ve-gas* - 13. *Samsarjana karma* for the *Madhyama Shodhana* was advised. (For 5 days) *Rasayana chikitsa: Kushmanda Rasayana* 12gm-0-0 (B/F) with lukewarm water for 30 days⁶.

RESULT

GAD 7 Scale⁷

(Over the last 2 weeks, how often have you been bothered by the following problems?)

0=Not at all sure, 1=several days, 2=Over half the days, 3=nearly every day.

	BT 0	AT 30	FOLLWUP 60
1. Feeling nervous, anxious, or on edge	3	2	1
2. Not being able to stop or control worrying	2	1	0
3. Worrying too much about different things	2	0	0
4. Trouble relaxing	2	0	0
5. Being so restless that it's hard to sit still	1	1	0
6. Becoming easily annoyed or irritable	2	1	1
7. Feeling afraid as if something awful might happen	1	0	0

Hamilton's Anxiety Rating Scale⁸

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

	BT 0	AT 30	FOLLWUP 60
1. Anxious mood	3	1	0
2. Tension	3	1	0
3. Fears	3	1	1
4. Insomnia	4	3	1
5. Intellectual	2	1	0
6. Behavior at interview,	3	2	0
7. Somatic (muscular),	2	1	0
8. Somatic (sensory)	3	1	0
9. Depressed mood,	3	2	2

10. Respiratory symptoms	2	1	1
11. Cardiovascular symptoms	3	2	1
12. Genitourinary symptoms	3	2	1
13. Gastrointestinal symptoms	2	2	1
14. Autonomic symptoms	3	2	1

The results were measured by the GAD-7 (Generalized Anxiety Disorder) scale and HAR (Hamilton's Anxiety Rating) scale. The GAD-7 score was 13 before the treatment and it scores 5 after the treatment of 30 days, scores 3 after the follow-up period of 60 days. HAR scale scores 39 before the treatment, later reduced to 22 after the treatment, and is 09 after the follow up.

DISCUSSION

Rasayana chikitsa shall be adapted for the person suffering from physical illness, mental disorders, and psychosomatic disorders as well. *Chittodvega* is one of the *manasika vyadhi* in which involvement of *Pitta*, *Vata dosha* along with *rajas* is predominantly seen. By understanding the clinical signs and symptoms of Generalized Anxiety Disorder we can correlate it with the *Chittodvega*. Before starting the *Rasayana chikitsa*, *kramataha shodhana* was done to this patient. *Virechana* line of treatment was adopted here because of the involvement of *Pitta*, *Vata* and *Rajas* predominantly. The patient had 13 *Virechana Vega*, by this we achieved *koshta shodhana*, elimination of excess morbid dosha from the body. After the completion of *Samsarjana krama*, the patient is fit for the administration of the selected *rasayana* here we have chosen *Kushmanda Rasayana*. It was given once in the morning at the dosage of 12 gm along with warm water before food for the period of 30 days. *Kushmanda* is having the property of *vata-pitta shamaka*, *hridaya*, *medhya*, *sheeta virya*, *madhura vipaka*, and *chetovikaraghna*. Hence this particular *Rasayana* was selected for the management of this disorder. *Kushmanda*, as an antioxidant, plays an important role in reducing oxidative damage to the brain and thereby improving brain functions. Also helps in regulating the nor-epinephrine and gamma-aminobutyric acid (GABA). The neurotransmitters

namely, Serotonin and Dopamine are linked with anxiety disorder, *Kushmanda* helps in reducing this. This specific formulation contains *Ghritha*, which improves cognition, aids in the correction of *agni*, enhances *Ojas*, and is beneficial for improvement in *Rasa* and *Shukra dhatu*. It is best for a psychological disorder, it removes inauspiciousness, eliminates intoxication. It increases the complexion and is considered to be one of the best *Medhya Rasayana*. *Kushmanda Rasayana* affects the *Hrudaya*, which is impacted in the condition such as *Chittodvega/ GAD*, by acting on the *Manovaha Srotomula*. By establishing *Prakritha avastha* of *Avalambaka* and *Tarpaka kapha*, normal functioning of *prana vayu* and *Sadhakapitta*, the elevation of *Ojas*, and elevation of *sattva guna*, re-establishment of *Dhriti* and *Dhairya*, correction of disturbed *rajas* and *tamas*, and by *Chitta Shodhana*, *Kushmanda Rasayana* alleviates the signs and symptoms of *Chittodvega*.

CONCLUSION

The treatment protocol adopted in this case of *Chittodvega/ Generalized Anxiety Disorder* shows that the *Kushmanda Rasayana* is having a significant role in reducing the signs and symptoms pertaining to this disorder.

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