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Shirodhara in the management of chittodvegajanya anindra (insomnia due to generalized anxiety disorder)

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Abstract

Chittodvega is considered as a *Mano Vikar* and has been mentioned as a causative factor of *Unmada Roga*. *Chittodvega* can be correlated with Generalized Anxiety Disorder. In *Chittodvega Kama*, *Krodha*, *Lobha*, *Moha*, *Irshya*, *Mana*, *Mada*, *Shoka*, *Bhaya* are found. A 19 year female patient with the history of *Anindra*, *Krodha*, *Shoka*, *Bhaya*, *Daurbalyata* since one year came National Institute of Ayurveda Jaipur, for treatment. The patient was *Vata Pitta Prakriti* with no history of any other systemic diseases. She was treated with *Shirodhara* with *Dashamula Kshira Kwatha*, *Pratimarsha Nasya* with *Ksheerabala Taila* and certain *Ayurveda* internal medicines (*Saraswatarishta*, *Ashwagandharishta*, *Brahma Rasayana*, *Avipattikar Churna*) for 14 days. *Shirodhara* although being a procedure of choice in *Insomnia* but marked relief in other *Lakshanas* of *Chittodvega* were observed after the completion of treatment. She had good sleep and she gained weight and was very happy with *Ayurveda* management. After follow up also the same status was maintained. *Medhya* drugs have the property of reducing anxiety and promote mental health. *Shirodhara* has good effect in the mental ailment by soothing the mind. *Ayurveda* management can be a treatment of choice in Anxiety Disorders.

Keywords: *Chittodvega*, *Shirodhara*, *Ayurveda*, Anxiety Disorders

Introduction

Chittodvega is considered as a *Mano Vikar* and has been mentioned as a causative factor of *Unmada Roga* [1]. There is no separate description of *Chittodvega* but the factors which vitiate *Raja* and *Tama* can be considered as the *Nidana* of *Chittodvega*. In *Chittodvega Kama*, *Krodha*, *Lobha*, *Moha*, *Irshya*, *Mana*, *Mada*, *Shoka*, *Bhaya* are found. Patients with generalized anxiety disorder have persistent, excessive and /or unrealistic worry associated with muscle tension, impaired concentration, autonomic arousal, and feeling on edge or restless and insomnia [2]. Anxiety is a psychological and physiological state characterized by somatic, emotional, cognitive and behavioral components [3]. *Chittodvega* can be correlated with Anxiety Disorders. According to *Sabdakalpa Druma Nindra* is the state where mind and intellects are at rest. Due to lack of sleep symptoms like *Jrumbha*, *Angamarda*, *Tandra*, *Shiroroga*, *Akshigaurav* [4] and *Apakti*, *Jadyata*, *Vataja Roga* and *Glani* [5] are present. Modern medical treatments of Anxiety disorders require long term use of sedative, hypnotic and anxiolytic drugs which may lead to side effects. In *Chittodvega* there is vitiation between *Vata* and *Pitta* along with *Raja* and *Tama* so *Medhya* drugs, *Shirodhara* and *Nasya* procedure were selected in the case of *Chittodvegajanya Anindra*.

Case report

A female patient aged 19 years came to the *Panchkarma* OPD at National Institute of Ayurveda Jaipur, India with complaint of *Chittodvega* (anxiety), *Anindra* (insomnia), *Krodha* (anger), *Shoka* (sorrowness), *Bhaya* (fear), *Daurbalyata* (weakness) since one year. The patient was unable to get sleep since 1 year back after she observed some short of family dispute of her parents. The family dispute was sort tempered anger between parents only. Since then she couldn't get proper sleep and the symptoms of *Krodha*, *Bhaya*, *Daurbalyata* increased. She was finding difficulty in initiation of sleep and also disturbed and broken sleep at night. Patient consulted different doctors but didn't get satisfactory relief.

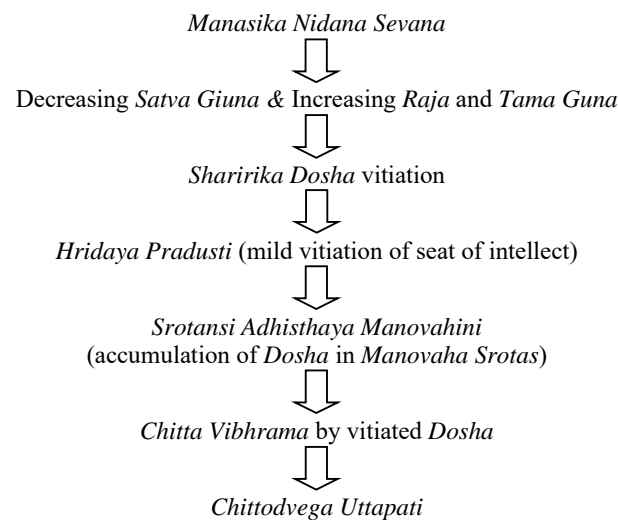
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Stress regarding the disease was present and patient was very anxious about the problem. So patient came to National Institute of Ayurveda for Ayurveda management. No any past history of Psychiatric disorder was present. No personal and family history of any major systemic illness was present.

Clinical findings

On physical examinations patient was found afebrile with Blood pressure – 100/ 70 mm of Hg, Pulse rate - 84/minute, R.R. - 21/minute. On Systemic examination no abnormality was found in respiratory, cardiovascular and central nervous system activity. MRI report of head showed no any significant abnormality. The patient was *Vata Pittaprakruti*, having *Madhyam Koshtha*, *Alpa Bala*, and *Rasavaha*, *Raktavaha*, *Manovaha Srotodushti Lakshanas* were observed.

Samprapti



Samprapti Ghatak

Dosha - Manasika – Raja, Tama
Saririka - Vata- Prana, Udana, Vyana
Pitta - Sadhaka
Kapha - Avalambaka, Tarpaka
Dusya- Mana, Rasadi Sarvadhātu
Adhithana- Hridaya, Manovaha Srotas
Agni- Jatharagni, Dhatuagni
Srotas- Manovaha, Sarvasrotodushti
Sadhya Asadhyata- Kricchrasadhya
Updrava - Rasavaha, Raktavaha, Manovaha Srotodushti Lakshanas

Therapeutic intervention

Patient with OPD registration number 20922052017 was admitted on 22/5/17 having I. P.D. NO. 2018. Patient was treated by *Yuktivyapashraya* and *Satwavyajaya Chikitsa*. In *Yuktivyapashraya Shirodhara* with *Dashamula Kshira Kwatha*, *Pratimarsha Nasya* with *Ksheerabala Taila* [6] for 14 days and certain Ayurveda internal medicines (*Sarswatriшта* [7] 2 TSF BD with equal amount of lukewarm water, *Ashwagandharishta* [8] 2 TSF BD with equal amount of lukewarm water, *Brahmarasyana* [9] 5gm BD & Combination of *Pittantaka Yoga* 1 gms and *Avipattikar Churna* [10] 2 gms BD) were given for 14 days. Counseling

was done to the parents and the patient to maintain *Dhairya* (patience), and avoid *Krodha* (family disputes which may be the *Nidana* for *Krodha*), and *Bhaya*.

Follow up & outcomes

Till time of treatment Patient had marked relief in Symptoms. Patient was not so anxious about the disease and was feeling better. There was marked improvement in sleep initiation and disturbed sleep as result patient was getting happier. No marked gain in weight was observed but patient was satisfied due to feeling of well being. On follow up after 15 days patient had sustained improvement in symptoms. Patient was happy and satisfied with the management.

Discussion

Manobhigata (mental trauma) and *Pragnyaparadha* may be the triggering factors for the mental disorders. *Tridosha* plays an important role in the manifestation of the disease *Chittodvega*. *Vata* is the *Niyanta* (controller), and *Praneta* (motivator) of mind and seems to play a major role in the onset of *Chittodvega* [11]. *Vata* is also responsible for *Manovyapara* (mental disturbances) and gives rise to symptoms like *Bhaya*, *Shoka*, *Moha*, *Dainya* and *Pralapa* further leading to *Balahani* and *Sukhahani* [12]. Vitiation of *Pitta* and *Kapha* can also be seen in *Chittodvega*. The impact of *Pitta Prakopa* in general and *Sadhaka Pitta* and *Alochaka Pitta Dushti* in particular and other causative factors are responsible for *Chittodvega*. *Acharyas Charaka* has mentioned that *Jwaradi Sharirika Roga* and *Kamadi Manasika Vikara* are interconnected i.e. *Sharirika Roga* may produce a *Manasika Vikara* and viceversa [13]. *Hridaya* is considered as the seat of mind and when it is engulfed by *Tamoguna* person gets sleep [14]. *Hridaya* is mentioned as the seat of *Chetana*, also a place of all *Indriyas*, very vital part and related to memory, intelligence, sleep [15]. *Acharya Bhela* has clearly mentioned the site of *Manas* in between *Shirash* and *Talu* which is indicative of brain [16]. *Sarangadhara* has mentioned that *Nindra* is a state where predominance of *Kapha* and *Tama* is seen [17]. *Nindranasha* may be *Vata Nanatmaja Vikara* and *Vata Pitta Dosha Vriddhi Lakshana* and as *Lakshana* of other diseases. In this particular case *Anindra* was due to *Chittodvega* leading to other *Sharira Vikar* also. The procedure of *Shirodhara* brings the *Sanjyavaha Srotas* in peaceful state of rest which helps in inducing sleep. The milk used in *Shirodhara* has *Madhura Rasa*, *Snigdha Guna*, *Sita Virya* and *Madhura Vipaka* which subsides *Vata*, *Pitta Dosha* and increases the *Kapha Dosha*. It increases *Tamoguna* in *Sirah Pradesh* hence inducing sleep. *Acharya Charaka* has mentioned *Medya Rasayana* for the management of mental disorders [18]. *Medhya* drugs have the property of reducing anxiety and promote mental health [19]. *Sarswatriшта* is *Medhya* drug and *Ashwagandharishta* is beneficial in *karshya*, *Vataroga* and also is nerve tonic. *Brahma Rasayana* is helpful in curing *Mano Daurbalya*. *Pratimarsha Nasya* with *Ksheerabala Taila* is helpful in *Vata Pitta Shamana* and is also does *Brimhana*. *Shirodhara* has a good effect in the mental ailment by soothing the mind. Continuous flow of *Shirodhara* on *Shira* may improves the *Dhi* (intellect), *Dhiriti* (restraint/ retention) and *Smirti* (memory) i.e. there is balance of *Raja* and *Tama Dosha* and improvement of *Satva Guna*. Through its mechanical effect, *Shirodhara* establishes the functional integrity between the *Doshas* located in *Shira* or *Hridaya* i.e. *Prana*, and *Vyana Vayu*,

Sadhaka Pitta and *Tarpaka Kapha*. The *Shirodhara* helps the patient to concentrate, which eventually leads to stability in the functions of mind. *Prakriti* of the Patient being *Vata Pitta Pradhana* and considering the involvement of *Tridosha Dusti* in this case *Dashamula Kshira Kwatha* was selected. *Dashamula* being *Vata Kaphagna* and *Kshira* being *Pitta Shamaka Dashamula Kshira Kwatha* was taken. Temperature of the *Dravya Dhara* was taken *Shukoshana* depending on the *Dosha* status to avoid *Ama Dosha* in the *Srotas*.

Conclusion

There was significant improvement in the case of *Chittodvegajanya Anindra*. *Chittodvegajanya Anindra* (Insomnia Due To Anxiety Disorder) though is difficult to manage, but *Shirodhara* with *Dashamula Kshira Kwatha*, *Pratimarsha Nasya* with *Ksheerabala Taila* and *Ayurveda* internal medicines can be good option for better management.

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