

A Case Study on Ayurvedic Management of *Chittodvega* w. s. r. to Generalized Anxiety Disorder

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Abstract: Anxiety states are prevalent neurotic syndromes, characterized by a combination of physical and psychological manifestations of anxiety. These symptoms do not arise from any real danger and can occur either as panic attacks (in panic disorder) or as a persistent state (in Generalized Anxiety Disorder). To address these symptoms and reduce the need for allopathic medications with their potential adverse effects, a combined approach of purificatory and palliative therapy based on Ayurvedic principles is beneficial. In the outpatient department of Kayachikitsaat Baba Khetanath Government Ayurvedic College and Hospital in Pattikara, Narnaul, Haryana, India, a 28 - year - old male patient preparing for competitive exams for a government job sought treatment. He presented complaints of excessive fear of failure in exams, preoccupation with negative thoughts about his health and career, increased somatic pain in the early morning, fatigue, forgetfulness, dizziness, and occasional palpitations with sweating and insomnia. The initial treatment protocol implemented during the patient's first visit involved Deepana and Pachana therapy, followed by Shirodhara for 7 days. This was followed by Shaman Chikitsa for 21 days, and finally, a follow - up treatment with Medhya Rasayan for 42 days was recommended.

Keywords: Ayurveda, *Chittodvega*, Anxiety, *Satvajaya*, *Rasayan*

1. Introduction

Anxiety is a normal and adaptive response to threat that prepares an organism for fight or flight. However, it becomes pathological when it causes significant subjective distress or impairs an individual's functioning. Generalized anxiety disorder is characterized by excessive worrying about various aspects of life for a minimum of six months. This excessive worry becomes difficult to control and is accompanied by somatic symptoms such as muscle tension, irritability, palpitations, and disrupted sleep¹. The lifetime prevalence of generalized anxiety disorder ranges from 3 to 8%, and risk factors such as behavioral inhibition, negative affectivity, and harm avoidance have been observed².

Chittodvega, one form of *Manovikara*, refers to the anxious state of the mind. It is described as *Chitta* (mind) and *Udvega* (anxiety). *Anavastitha Chitta* is recognized as one of the *VatajaNanatmaja Vikara*³. *Manovikara* conditions are the result of imbalances in the *Manasika Dosha*. Understanding a disease requires recognition of the involved variables such as *Dosha*, *Dushya*, *Agni*, and *Shrotas*. In the *Samprapti* (pathogenesis) of *Chittodvega*, there is *SthanaSamshraya* (lodgment) of vitiated *Dosha* in *Hrudaya* (heart), which is the seat of the mind. This leads to *Dushti* (vitiation) of the *ManavohaStrotas* (channels of the mind) and results in *Chittodvega*. *Shodhana* (cleansing), *Shamana* (palliative), and *Rasayana* (rejuvenation) are the fundamental treatment modalities in Ayurveda. *Rasayana* plays a significant role in increasing longevity, curing diseases, promoting health, and improving mental faculties, in addition to its beneficial effects on the body⁴. *Mulethi* (Licorice) is well - known for treating psychological

disorders as it is considered the best *Medhya Rasayana*⁵ (brain tonic).

The common treatment protocol for mental disorders includes *Yukti vyapashraya Chikitsa*, which involves pharmacological treatment with medications, Panchakarma therapy, and dietary and lifestyle adjustments. *Daivvyapashraya* is associated with faith and includes practices such as *Mantra* (chanting), *Bali* (ritual offering), *Hawan* (fire ritual), *Upwas* (fasting), and *Prayashchit* (penance). *Satvajaya Chikitsa*, the essence of Ayurveda for mental health, promotes the upliftment of *Satva Guna* (mental equilibrium) and aims to balance *Mansika Doshas*⁶ (mental imbalances).

Patient Information

A 28 - year - old male patient presented with excessive fear of failure in exams, preoccupation with negative thoughts about his health and career, increased somatic pain in the early morning, fatigue, forgetfulness, dizziness, palpitations with sweating, and insomnia. These symptoms had been present for the past two years as he prepared for competitive exams for a government job. However, the symptoms had worsened over the past year. The patient had been inconsistently taking allopathic medicines as they were not providing the desired effects and were causing adverse effects such as drowsiness and weight gain. The patient's parents brought him to the outpatient department of *Kayachikitsa* at Baba Khetanath Government Ayurvedic College and Hospital in Pattikara, Narnaul, Haryana, India. The case report was conducted according to the CARE case report guidelines, and none of the patient's family members had a history of psychiatric disorders.

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Past History

Patient is not having history of any chronic illness like DM/HTN and Thyroid disorders.

On Examination**General examination**

- Height: 5.9"
- Weight: 76 kgs
- Pallor: No
- Icterus: No
- Cyanosis: No
- Clubbing: No
- Edema: No
- Lymphadenopathy: No
- Gait: NAD (No abnormality detected)
- Weight - 76 kgs

Vital signs:

- Temp.98.60 F
- Pulse - 78/min
- Respiratory rate - 20cycles/min
- Blood pressure - 122/84 mm of hg

Mental Status Examination**1) General Appearance and Behaviour**

General Appearance:

- Well - built with good hygiene and self - care
- Appears uncomfortable
- Presents in a groomed manner
- Attitude towards examiner:
- Cooperative and attentive
- Displays signs of anxiety
- Comprehension: Intact
- Gait and posture: Normal
- Motor Activity: Restlessness observed
- Social Manner: Exhibits hesitant eye contact
- Rapport: Maintained throughout the interaction

2) Speech

- Volume and tone of speech: High
- Flow and rhythm of speech: Hesitant
- Rate and quantity of speech: Spontaneous

3) Mood and Affect - Anxious, Irritable, and Restless**4) Thought Process:**

- Flight of ideas: Absent
- Blocking of thoughts: Present
- Thought broadcasting: Absent
- Thought control by others: Absent
- Obsession and fixed ideas: Absent
- Presence of sudden strange ideas

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 intact
- Intelligence: Normal
- Abstract thinking: Intact

7) Insight - Present**8) Judgement - Intact****Diagnostic assessment**

Based on the presented symptoms, the patient was diagnosed with *Chittodwega* (Generalized Anxiety Disorder) with mild depressive features. The diagnosis of Generalized Anxiety Disorder was made after considering the signs, symptoms, and examination findings. The assessment of the patient was conducted before and after the intervention using Hamilton's Anxiety rating scale.

Therapeutic intervention

The treatment protocol consisted of *Deepana* and *Pachana* for 3 days, followed by *Shirodhara* for 7 days, *Shaman Chikitsa* for 21 days, and *Medhya Rasayan* for 42 days during the follow - up period. The total duration of the treatment was 73 days. During the initial 3 days, *Panchakola Phanta* was administered, followed by *Shirodhara* for 7 days with *Tila Taila*. The *Shamana Chikitsa* phase for 21 days included *Saraswatharista*, *Chitrakdi Vati*, *Brahmi Churna*, and *Avipattikar Churna*. In the follow - up period, *Yastimadhu Churna* was given continuously with milk for 42 days.

Sr. no.	Medicine name	No. of days	Amount
1	<i>Panchakola Phanta</i>	3	15 - 20 ml BD
2	<i>Saraswatharista</i>	21	15 - 20 ml after food with equal amount of water (BD)
3	<i>Chitrakdi Vati</i>	21	1tab before food (BD)
4	<i>Brahmi Churna</i>	21	3gram after food (BD)
5	<i>AvipattikarChurna</i>	21	3gram before food (BD) with normal water
6	<i>YastimadhuChurna</i>	42	2 - gram BD with milk

Hamilton's Anxiety Rating Scale⁷

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

Sr. no.	Symptom	BT	AT
1	Anxious mood	3	1
2	Tension	3	1
3	Fears	3	1
4	Insomnia	3	1
5	Intellectual	3	1
6	Behaviour at interview,	3	1
7	Somatic (muscular)	3	1
8	Somatic (sensory)	3	1
9	Depressed	2	0
10	Respiratory symptoms	3	0
11	Cardiovascular symptoms	2	0
12	Genitourinary symptoms	2	1
13	Gastrointestinal symptoms	2	0
14	Autonomic symptoms	2	0

2. Result

As evidenced in the HAR scale scores 37 before the treatment, later reduced 09 after the follow up, manifestation of symptoms like early morning pre occupied negative thoughts pertaining to his health and to his carrier, increased somatic pain at early morning, fatigue, forgetfulness, giddiness, and palpitation with sweating and insomnia have reduced. According to the patient he feels positive, his complaints of pain in the morning and fatigue were markedly reduced. There was overall improvement in his condition.

3. Discussion

In Ayurveda, the understanding of *Roga* is based on *Lakshana* (symptoms), *Udbhavasthana* (site of origin), and *Adhithana* (seat of manifestation). According to *Sushruta*, *Roga* is classified into *Sharira* (physical) and *Manas* (mental) disorders⁸. In today's stressful lifestyle, many people experience psychiatric disorders ranging from minor to major. Ayurvedic texts describe various preparations for disorders like *Chittodwega* (anxiety disorder), and the selection of these preparations depends on the involvement of *Dosha* and *Dushya*. In this case, the patient presented with *Dushti* (vitiation) of *Pitta - Vata* and *Manas*, hence the chosen drugs mentioned above. *Brahmi Churna* acts as a tonic for the mind and helps pacify *Pitta*. *Saraswatharista*, containing *Bramhi Panchanga*, has *Rasayana* (rejuvenating) and *Chittasantosha* (mental satisfaction) properties. *Avipattikara Churna*, mainly used for *Annavaha Strotovikara* (disturbances in digestion), reduces *Pitta dosha*, promotes *Vatanulomana* (normalization of *Vata*), and *Rechana*⁹ (purgation). The combination of different formulations is necessary for *Chittodwega* and other psychiatric disorders. *Yastimadhu Churna*, taken with milk, acts as *Medhya Rasayan* (brain tonic). *Rasayana* promotes longevity, cures diseases, and improves mental faculties. *Tailadhara*, a form of *Shirodhara* mentioned in *Ashtanga Hridaya*, has an anxiolytic effect and helps reduce symptoms of anxiety¹⁰.

4. Conclusion

The treatment protocol employed in this case of *Chittodwega*, including *Deepana* and *Pachana*, *Shirodhara*, *Shaman Chikitsa*, and follow - up with *Medhya Rasayan*,

has shown significant efficacy in reducing the signs and symptoms of this disorder.

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