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Manifold Ayurvedic Management of *Chittodvega* (General Anxiety Disorder)

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ABSTRACT

Chittodvega (Generalised anxiety disorder) is one of the most prevalent anxiety disorder characterized by cognitive, somatic, emotional and behavioural components. Though exact cause of disease is not known, but it appears to be caused by stressors acting on a personality predisposed by a combination of genetic factors and environmental influences from childhood. A case of 19 year old male patient with complaints of fearfulness, hesitation to talk, restlessness and disturbed thoughts since 3 years attended OPD for Ayurveda line of treatment. Detailed history and examination was done diagnosed as a case of *Chittodwega* (Generalized anxiety disorder). Treatment was planned with *shodhana*, *bahiparimarjana*, *shamana* and *stavavajaya chikitsa*. Patient got a remarkable relief in signs and symptoms.

KEYWORDS

Chittodvega, Generalised anxiety disorder, Ayurveda, treatment



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INTRODUCTION

Chittodvega is one of the *Manasika vikara* where affliction of mind by anxiety, fear and agitation are predominant features¹⁻². *Anavasthita chittata* has been mentioned as one of the *vataja nanatmaja vikara* which is the main feature of *Chittodvega*³. It is a state of mind in which features of Generalized Anxiety Disorder are seen⁴. Anxiety is defined as a subjective feeling of apprehension or fear about the present or the past accompanied by a number of autonomic or somatic signs and symptoms⁵. It is the feeling of distress with no adequate cause. Symptoms of Generalised anxiety disorder are worry, apprehension, psychological arousal, muscle tension, sleep disturbances, restlessness⁶.

CASE REPORT

A patient named xxx, 19 years old male visited outpatient department of SDM Hospital, Udupi on date 27/01/2020 with complaints of fearfulness, hesitation to talk, restlessness and disturbed thoughts since 3 years. He said to have excessive sweating, tremors and headache.

Patient was apparently normal before 3 years. He started observing symptoms when he was studying at college for 11th standard. Initially he started experiencing sudden fear and occasional restlessness.

Later it exaggerated to restlessness and disturbing thoughts. He experienced claustrophobia (being trapped in a closed room). Other physical signs and symptoms were profuse sweating, palpitation, tremors in hands and headache.

There was no history of shock, familial issues as per the knowledge of patient and his attendant in his childhood. As per patient attendant (father), patient was not used to be a friendly and never liked socializing or going out to play. History of crime, legal punishment, suicidal tendency were absent.

As per personal history he was vegetarian, appetite was normal, but used to get flatulence, micturition was regular, with undisturbed sleep. As per physical examination findings pallor, icterus, lymphadenopathy, cyanosis were absent. Blood pressure was 110/80/mm Hg, pulse was 72/min, with normal heart rate. 16/min. CNS examination showed, he was conscious and oriented. Haematological parameters like blood sugar, liver function tests, renal functions, thyroid tests were normal.

*Manaha pareeksha*⁷ was done, where *manonigraha* was occasionally absent. Other parameters like *Buddhi*, *Ooha*, *indriya nigraha*, orientation of time place, person was intact. *Sheela vibhrama*⁸ features like restlessness, hesitation, scary



nature, unusual thoughts, anxiety were found positive. *Achara vibhrama* features like lack of concentration while listening to lectures, concentration on study were found⁹. Particularly obsession with certain sentences, thoughts for few days which used to fade away after certain period of time were there.

Diagnosis

Based on signs and symptoms, clinical features, laboratory findings patient was

diagnosed as case of *Chittodwega*/Generalised Anxiety disorder. Based on analysis of *dosha/dooshya* involvement, *prakriti*, *manasika bhava*, *desh*, *kala* management started. Assessment of the patient before and after treatment was done using Hamilton Anxiety rating scale¹⁰.

Treatment was planned with following *shodhana*, *bahiparimarjana*, *shamana* and *stavavajaya chikitsa*. (Table 1).

Table 1 Treatment protocol

Treatment	Days	Drug	Quantity	Duration/day
<i>Nitya virechana</i>	7	<i>Gandhrava hastadi erenda taila with ushnodaka</i>	7.5 ml of tiala and ushnodaka 20 ml	-
<i>Shirodhara</i>	7	<i>Brahmi taila</i>	QS	20 minutes
<i>Taila dhara</i>	7	<i>Murchita tila taila</i>	750 ml	20 minutes
<i>Mridu abhyanga</i>	7 days	<i>Mahanarayana taila</i>	250 ml	30 minutes
<i>Shamanoushadhi</i>	7 days	<i>Tab,Sarpagandha</i> <i>Tab Ashwagandha</i>	500mg 500 mg	1-0-1 1-0-1
<i>Satvavajaya chikitsa</i>	7 days	<i>Counselling</i>	-	30 minute
<i>Yoga</i>	7 days	<i>Pranayama, Surya namaskara</i>	-	30 minute

RESULTS

After 7days of treatment condition of the patient improved very much. Patient found remarkable relief in few symptoms and occasions of anxiety has reduced to a considerable extent. Said to have reduction in uncontrolled thoughts. Hamilton Anxiety rating scale displayed below shown remarkable reduction in few signs and symptoms. (Table 2)

Table 2 Hamilton Anxiety Rating Scale

SIGNS/SYMPTOMS	BT	AT
Anxious mood	4	1
Tension	4	0
Fears	4	1
Insomnia	4	0

Intellectual	4	2
Depressed mood	3	1
Somatic(muscular)	3	0
Somatic(sensory)	4	0
Cardiovascular	3	0
Respiratory symptoms	3	0
Gastro intestinal	2	0
Autonomic symptoms	4	0
Behaviour at interview	4	0

DISCUSSION

Production of *Manasa vikara* is considered due to the impairment of general mental functions because of weak psyche(*alpasatva*), vitiation of both *saririka* and *manasa dosa*(*rajo* and *tama*) and also by the vitiation of *manovaha*



*srotas*¹¹. This may occur as primary involvement of *manasa dosa* while physical involvement is secondary, or sometimes the primary involvement is *saririka dosa* and subsequently *manasa dosa* get involved¹². *Chittodvega*(Generalised anxiety disorder) one of the most predominant anxiety disorder characterized by cognitive, somatic, emotional and behavioural components². Though exact cause of disease is not known, but it appears to be caused by stress factors acting on a personality predisposed by a combination of genetic factors and environmental influences from childhood¹³. Though *Manasika dosas* like *raja* and *tama* are causative factors for *chittodvega*, *vata* is the chief initiative factor¹⁴. *Charaka* mentioned *Anavasthita chitta* (unstable mind) as one among *vataja nanatmaja vyadhi* which is also a cardinal feature of *chittodvega*¹⁵.

Here the patient who was a student, with *alpasatva* exposed to stress factors like excessive study, isolation from homely atmosphere, resulted in *udvega avastha* of *manas* (excited state of mind), along with vitiated state of *vata*, *pitta* and *rajo guna*; accordingly presentations like fearfulness, restlessness, diffuse thoughts. Hence treatment was planned with *snigdha virechana* with *gandharva hastadi eranda tala* which is *pittahara*, *vatahara*¹⁶.

Shirodhara with *brahmi taila* which is a best *medhya*, *sheeta veeryatmaka* and *vatashamaka*¹⁷. *Taila dhara* is an indication in *manasika vayadhi* with *rajo guna vrddhi*¹⁸. *Mridu Abhyanga* brings down the control *vatadosha*, which is done here is *Mahanarayana taila*¹⁹.

Satvavajaya chikitsa with different counselling modes will help in restoration of *satva guna*²⁰. Yoga and pranayama are finest modes operandi for *anavasthita chitta*²¹. *Pranayama* especially helpful in stress related disorders, reduces signs of oxidative stress, simultaneously improves autonomic functions²².

Oral intake of Tab. *Sarpaganadha* helps in maintaining peace of the mind, relieves stress and anxiety²³. Researches have proved that Tab. *Ashwaganadha* has a cooling effect on mind, known as *medhya rasayana*, beneficial in balancing *vata*²⁴.

CONCLUSION

A person with *alpasatva* when exposed to stressful atmosphere because of *doshik vitiation*(*raja* and *tama*), misuse of mental ability begins and one goes into severe emotional changes, resulting in pathological state of mind causing *Chittodvega*. Chronic insecurity, low self-esteem, nervousness leads to several physical and psychological changes, which



will be further mediated through autonomic nervous system leading to a stress or anxiety disorder²⁵. These particular set of treatment with counselling can give a reliable benefit in the above patient.



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