



## Understanding the treatment modalities of Generalized Anxiety Disorder (Chittodvega) - A Single Case Study

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Generalized anxiety disorder is a mental health disorder that produces fear worry and a constant feeling of being overwhelmed. It is characterized by excessive, persistent and unrealistic worry about everyday things. This worry could be multifocal such as finance, family, health and future. It is excessive, difficult to control, and is often accompanied by many non-specific psychological and physical symptoms. Excessive worry is the central feature of GAD. It is evident from textual references that the Acharyas knew different forms of mental status. Among all those terms, Chittakshobha, Asvastha Chitta, Anavasthita Chitta, Chittodvega are indirectly towards the meaning of anxious status. However, Chittodvega is more applicable term to illustrate whole anxious status. A case report of 28year old female patient with chief complaints of Unexplained Stress, Overthinking, Headache followed by increased irritability and Anger issues, palpitations on and off received medication in modern medicine which caused adverse effects and dependency. Panchakarma therapies coupled with Samshamana medication and Yoga module has been proved effective in Manas Roga. Hence in this study, Shirodhara for 14 days and Nasya in two sittings for 7 days each was given along with Samshaman Ausadhi for 1 month. The subjective parameters scale i.e., Hamilton anxiety scale, were compared before and after treatment.

**Keywords:** Chittodvega, Generalized anxiety disorder, Nasya, Yoga, Shirodhara

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## Introduction

Anxiety disorders, as defined by Harrison's principles of internal medicine is "a subjective sense of unease, dread, or foreboding, can indicate a primary psychiatric condition or can be a component of, or reaction to, a primary medical disease".[1] *Chittodvega* is mentioned by *Acharya Charaka* in the *Vimana Sthana*, in the context of physical and psychic *Doshas* and their vitiators. But the detailed description of the disease is not available in the classics. The term *Chittodvega* comprises of two words i.e., *Chitta* + *Udvega* (i.e., Anxious state of mind).

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The Diagnostic and Statistical Manual of Mental Disorders (DSM-V) specifically describes GAD as excessive worry and apprehensive expectations, occurring more days than not for atleast 6 months, about a number of events or activities, such as work or school performance etc.[2]

Global Burden-GAD a common variant of anxiety disorders has 5-6% prevalence in general population.[3]

The anxiety and worry are associated with three (or more) of the following six symptoms (with atleast some symptoms having been present for more days than not for the past 6 months)[4]:

- Restlessness or feeling keyed up or on edge.
- Being easily fatigued
- Difficulty concentrating or mind going blank.
- Irritability
- Muscle tension
- Sleep disturbance (difficulty in falling or staying sleep or restless, unsatisfying)

### Patient's Demographic Profile

Name: xxxx  
Age/Sex: 28yr/F  
OPD No.: Py -6241/30100  
Occupation: Housewife  
Religion: Christian  
Address: Haridwar

## Case Report

According to patient, she was apparently well 7months back. Then she gradually started worrying unnecessarily in her routine work, overthinking about small things ending up with headache since last 7months, since 5months she has complaint of aggravated anger issues, & palpitations in on-off pattern. She took allopathic treatment from AIIMS Rishikesh for 2months & got temporarily relief but she used to feel dizzy whole day while taking those medicines so she left them & her symptoms got more pron. after withdrawal of her medications. With these complaints patient came to Rishikul Campus on 26/09/2024 for further management.

**Treatment History** - The patient took some Ayurvedic medicines on & off Allopathic medications

1. Tab Clonazepam 0.5mg
2. Tab Alprazolam 0.5mg

**Family History** - Patient's elder sister has same kind of same complaints.

No. of siblings - None of the parent has same kind of symptoms

- one elder sister (affected)
- one younger brother (healthy)

Patient did not have any kind of psychiatric illness history in the family

### Personal History

Appetite: Reduced  
Thirst: Normal  
Bowel: Occasionally loose stools  
Micturition: Normal  
Sleep: Disturbed x 5months  
Diet: Mixed

### General Examination

Pallor: Not Present  
Icterus: Not Present  
Clubbing: Not Present  
Cyanosis: Not Present  
Lymphadenopathy: Not Present  
Edema: Present

### Vital Examination

Blood Pressure: 128/80mmHg  
Pulse rate: 88/min  
Respiratory rate: 18/min

Weight: 58kg

Temperature: 98.6°F

### Ashtavidha Pariksha

1. Nadi - Vata Pradhan Pitta Anubandhi
2. Mala - Aniyamit, Avbadhha
3. Mutra - Samanya (4-5 Times a day, No burning sensation)
4. Jivha - Nirlepit (white coated)
5. Shabda - Bahuvaak
6. Sparsha- Khara (dry), Alpa Ushna (warm)
7. Drika - Pittabh Shweta (yellowish white)
8. Akriti- Madhyam

### Dashvidha Pariksha

1. Prakriti-Vata Pitta
2. Vikriti- Vata Rajah
3. Sara- Mamsa Sara
4. Samhanana- Madhyam
5. Pramana - Madhyam
6. Satva -Avar
7. Satmya- Sarvarasa Satmya
8. Ahara Shakti - Alpa
9. Vyayama Shakti- Avara
10. Vaya- Yuva

### Systemic Examination

Gastro-intestinal system: Soft, Non- tender

Respiratory system: Bilateral chest clear

Cardiovascular system: S1 and S2 heard normal

Central nervous system: Conscious, well oriented to time and place and person.

### Samprapti Ghataka

Nidana - Vishama Ahara, Ruksha Sheeta Ahara- Vihara, Diwaswapna, Ratrijagran, Ati Chintan, Katu Tikta Rasa Atisevana, Krodha

Dosha - Manas- Rajah, Tamah (predominantly Rajah)

- Sharirik- Vata, Pitta (predominantly Vata )

Dushya - Manas, Sarvadhathu Prakopanam

Srotas - Rasavaha, Sangyavaha Srotas

Adhisthana - Mana (Hrudaya)

Rogamarga - Madhyama-Marga

Sadhyasadhya - Kriccha Sadhya

Updrava - Sarvadosha Prakopnam, Unmadadi Manovikara

**Vyadhi Vinishchay (Provisional Diagnosis) -**  
Chittodvega, Poorvarupa of Unmada, Attatvabhinivesh

### Treatment

1. Samshamana Chiktisa
2. Panchakarma Therapies
3. Yoga

**Table 1: Treatment Plan**

Samshamana Chiktisa	Shodhana Chiktisa
<ul style="list-style-type: none"> <li>■ Jatamansi Phanta 50ml (empty stomach in morning)</li> <li>■ Tab. Chintamani Chaturmukh Ras 1BD</li> <li>■ Tab. Brahmi Vati 1HS</li> <li>■ Tab. Bravobol Forte 1BD</li> </ul>	<ul style="list-style-type: none"> <li>■ Shirodhara with Brahmi Taila - 14days</li> <li>■ Nasya with Brahmi Taila -7 days</li> <li>■ Yoga (15min daily) - Anuloma Viloma Pranayama, Nadi Suddhi pranayama, Yoga Nidra, Om chanting and Sukshma Vyayama</li> </ul>

**Table 2: Treatment protocol**

Date	Chikitsa
26/09/2024	<ul style="list-style-type: none"> <li>■ Jatamansi Phanta 50ml (empty stomach in morning)</li> <li>■ Tab.Chintamani Chaturmukh Ras 1BD</li> <li>■ Tab.Brahmi Vati 1HS</li> <li>■ Shirodhara with Brahmi Taila - 14days</li> <li>■ Nasya with Brahmi Taila - 7 days</li> <li>■ Yoga (15min daily) - Anuloma Viloma Pranayama, Nadi Suddhi Pranayama, Yoga Nidra, Om Chanting and Sukshma Vyayama</li> </ul>
05/10/2024	<ul style="list-style-type: none"> <li>■ Jatamansi Phanta 50ml (empty stomach in morning)</li> <li>■ Tab.Chintamani Chaturmukh Ras 1BD</li> <li>■ Tab.Brahmi Vati 1HS</li> <li>■ Yoga (15min daily) - Anuloma Viloma Pranayama, Nadi Suddhi Pranayama, Yoga Nidra, Om Chanting and Sukshma Vyayama</li> </ul>
15/10/2024	<ul style="list-style-type: none"> <li>■ Smritisagar Rasa 1BD</li> <li>■ Tab. Brahmi Vati 1HS</li> <li>■ Nasya with Brahmi Taila - 7 days</li> <li>■ Yoga (15min daily) - Anuloma Viloma Pranayama, Nadi Suddhi Pranayama, Yoga Nidra, Om chanting and Sukshma Vyayama</li> </ul>
22/10/2024	<ul style="list-style-type: none"> <li>■ Tab. Bravobol Forte 1BD</li> <li>■ Yoga (15min daily) - Anuloma Viloma Pranayama, Nadi Suddhi Pranayama, Yoga Nidra, Om chanting and Sukshma Vyayama</li> </ul>

### Assessment Criteria - Hamilton anxiety rating scale (HAM-A)

The Hamilton Anxiety Rating Scale (HAM-A)[5] is a widely used and well-validated tool for measuring the severity of a patient's anxiety. The scale consists of 14 substances; each item is scored on a scale of 0 (not present) to 4 (severe), 14 with a total score range of 0-56, where

- <17 indicates mild severity,
- 18–24 mild to moderate severity
- 25–30 moderate to severe.

**Table 3: Hamilton Anxiety Rating Scale**

SN	HAM-A Substance	BT	AT
1.	Anxious Mood	3	2
2.	Tension	3	2
3.	Fear	3	1
4.	Insomnia	3	1
5.	Difficulties in concentration and memory	3	1
6.	Depressed Mood	1	0
7.	General somatic symptoms	1	0
8.	General somatic symptoms: sensory	1	0
9.	Cardiovascular symptoms	1	0
10.	Respiratory symptoms	0	0
11.	Gastrointestinal Symptoms	1	0
12.	Gastro urinary symptoms	0	0
13.	Other autonomic symptoms Dryness of the mouth, blushing or pallor, sweating and dizziness	0	0
14.	Behaviour during interview	2	0
	Total	24	7

### Follow-up

The follow-up was carried after 1 month to rule out remission of disease and adverse reaction. No sign of remission were found. She was advised to continue *Pranayama* in daily routine.

## Result

Significant relief has been observed in symptoms.

## Discussion

According to a survey done in 2017, around 197.3 million people in India suffered from mental disorders, constituting 14.3% of the total population.[6] Anxiety disorders are most prevalent among all psychiatric condition in the world. Generalized Anxiety disorders (GAD) most common occurring mental illness.

The term *Chittodvega* has been used by *Charaka* more classically and listed under *Manas Dosha Vikara*. *Acharya Sushruta* has mentioned that, systematically performed *Nasya Karma* can cause clarity of sense organs, sound sleep, cheerful appearance etc. and give mental and sensorial happiness.[7] In *Chittodvega* functions of mind are disturbed. As *Dravya* we used do have *Snehana* property, when given through nasal route, it pacifies *Vata*, if *Vata* is controlled *Raja* is easily balanced and ultimately leads to balanced state of *Manas*. *Medhya* drugs used for *Nasya* like *Brahmi*, *Shankhapushpi* etc. may give synergistic action helping to correct mental and intellectual functions. *Brahmi* has an action against anxiety. It has an anxiolytic action as well as antidepressant effect.[8] *Yoga* reduces stress and anxiety by improving autonomic functions via triggering neuro hormonal mechanisms that suppress sympathetic activity through down regulation of hypothalamic-pituitary-adrenal (HPA) axis.[9] *Hathiyoga Pradipika* holds that *Manas* of *Indriyas* and *Vayu* is master of *Manas*. It is simple, cost effective and easy to manifest. In *Dhara* therapy, prolonged and intermittent stimulation by dripping oil may provide afferent inputs to cerebral cortex, leading to a tranquilizing effect. The continuous dripping of oil on forehead may induce somato autonomic reflex through thermos sensors and pressure sensors in skin or hair follicles via trigeminal cranial nerve. The effect of *Shirodhara* on hormone secretion can also be postulated considering effect on hypothalamus as hypothalamus is main controller of endocrine secretions. These later release dopamine, Nor adrenaline and Serotonin.[10]

SN	Name of the Medicine	Component	Karma
1.	Chintamani Chaturmukha Rasa[11]	Rasa Sindoor, Lauha Bhasma, Abhraka Bhasma Kumari, Eranda, Swarna Bhasma	Pacify Vata Dosha Mental and Neurological disorders, cardiotonic, regulate bowel movements
2.	Smritisagar Rasa[12]	Tamra Bhasma, Suddha Shila, Brahmi Svarasa, Jyotishmati Taila,	Balance Tridosha, Manas Roga, Unmada, Smritikshaya
3.	Brahmi Vati[13]	Svarna Bhasma, Brahmi, Vacha, Shankhapushp, Giloya, Jatamansi	Anxiolytic, sleep inducing, improve cognitive functions
4.	Bravobol Forte	Jyotishmati, Brahmi, Ashwagandha, Sarpagandha, Shankhapushpi	Relieve anxiety and mental fatigue, improves immune function, treats debility and stress
5.	Jatamansi Phanta	Jatamansi	Balance Pitta, induces sleep, Medhya, lower blood pressure, treats headache

## Conclusion

The main theory of treating this ailment is to pacify *Vata Dosha* which subsequently pacify *Rajah Dosha*. The current case study demonstrates the efficaciousness of *Nasya Karma*, *Shirodhara* along with *Samshamana Chikitsa* work effectively. The case study presented here demonstrates a notable decline in the condition during a brief period of time.

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