

CLINICAL OUTLOOK INTO CHITTODWEGA W.S.R TO GENERALIZED ANXIETY DISORDER AND ITS MANAGEMENT IN AYURVEDA

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ABSTRACT

Anxiety is a normal human emotion. In moderation, anxiety stimulates an anticipatory and adaptive response to challenging or stressful events. There is high prevalence rates of 20.7%. Anxiety is defined as a subjective feeling of apprehension or dread about the present or the future accompanied by a number of autonomic signs and somatic symptoms. In case of generalized anxiety disorder in this insidious onset is chronic in course. Generalized and persistent anxiety in nature. It is not restricted to specific situation, duration considered to be 6 months. It is preoccupation with different illness underlying the symptoms. Women affected nearly twice as frequently as men. objective of the study conceptualization and clinical interpretation of Chittodewga vis a vis GAD and a critical analysis treatment strategies.

KEY WORDS: Chittodwega , Anxiety, Manasa, Dosha, GAD.

INTRODUCTION

Ayurveda is the holistic and time tested evidence based medicine which understands the disease is mainly because of Dushti of the either Shareera Dosha or Manasa Dosha. In the present era of life due to the causative factor stress individuals are suffering one or the other psychosomatic disorder. When there is manifestation of clinical symptoms it needs immediate attention. Chittodwega¹ which is one among the Manovikara explained by Acharya Charaka. It affecting nearly 1/3rd of population and incidences increasing day by day. GAD² is usually chronic in nature, according to psychodynamic theory anxiety is a signal that something is disturbing the internal psychological equilibrium.

Conceptualization chittodewga vis a vis GAD

It has been explained about causation factor for all the Manasa Vyadhi as Asatmendriyarthasannikarsha, Prajnyaparadha and Parinama³. These causative factors do the Prakopa of Shareera Dosha as well as Manasa Dosha and these get Sthana Samshraya in Hridaya. After the Stanasamshraya it end up in Manovaha Shroto Dushti and Agnivikruti. Manasa Lakshanas of Chittodwega manifest due to Manovaha Shroto Dushti and Shareera Lakshanas of Chittodwega due to Agnivikruti.

Chitta refers to mind and Udvega is to be anxious. Chittodwega is anxious state of mind. Trividha karana explained for the manifestation of of Chittodewga are Asatmendriyartha Samyoga, Prajnyaparadha and Parinama. Due to the Nidana Manasa Dosha⁴(Raja and Tama) Prakopa and Shareera Dosha(Vata,Pitta, Kapha) Prakopa taken place,vitiated Dosha gets Sthanasamshraya in Hridayaa and does the Manovaha Shroto Dushti manifest Manasa Lakshana Chittodwega.

TheShareera Lakshana(manifested like Bhrama(giddiness), Glani (fatigueness),Timira Darshana(fainting), Kampa(tremors),Bala Bhramsha(weakness), Alasya(lassitude), Trishna(excessive thirst), Angamarda(aching muscles).

The Manasa Lakshanas like Bhaya(fear),Shoka(grief), Sammoha(confusion),Dainya(grief),Udvega (anxiety), Nidra Bhramsha(insomnia),Bibheti(fearfull anticipation).Vyathithendriya(disturbed sensory faculty).

Autonomic symptoms

Cardiovascular system - Hridrava- palpitation

Hridgraha – constriction or discomfort in chest

Gastrointestinal system-Anaha- excessive flatulence

Shakrudgraha- constipation

Arochaka- anorexia

Avipaka-indigestion

Respiratory system- Ucchvashasya adhikyam- hyperventilation

Genito urinary- kleebata- loss of libido

Based on the signs and symptoms of patient along with ICD -10.F41.1 criteria diagnosis of GAD is done⁵. Hamilton's anxiety rating scale⁶ is used for the assessment of patient's condition after undergoing treatment protocols.

Critical analysis of treatment strategies

Aspects of Ayurveda medicine

It includesTrividha Chikitsa⁷ (Daiva VyapashrayaYukti Vyapashraya,Satwavajaya Chikitsa,) Yogasana, Pranayama, Shodhana,Shamana and many. In context of Ayurveda Samhita. In compare with modern medicine of mental health there is CBT (cognitive behavioral therapy)⁸ music therapy and many has been explained.

Mantra chikitsa

Mantra is like sacred words, which has spiritual potency. For example, gayatri mantra an alpha activity in brain can be seen during mantra chanting.

Satwavajaya chikitsa

Type of treatment modality by which having control over ones Satwa or winning over ones Satwa. Controlling mind from unwholesome objects. It includes Arthas are Chintya-thinking, Vicharya-consideration, Dhya-reasoning, Dhyeya-concentration, Sankalpa- determination.⁹ Ahitas refers to Atiyoga, Mithya yoga and Heena yoga of Indriyas. It mainly focuses on the intelligence, consciousness, memory and spiritual aspects of the affected individuals.

Yogasana and Pranayama

It attains the union of mind- body-spirit through the practice of Asanas. It keeps the mind healthy and strong also reduces stress and promote relaxation. Yogasana decreases sympathetic activity and increases parasympathetic tone. it helps in increasing serotonin level. Brain GABA levels increase by 27% after a 1 hour of Yogasanas practice in experienced practitioners. Pranayama brings harmony between the body, mind and spirit making one physically, mentally and spiritually strong. It enhances the cognitive performance. It stimulates vagus nerve, activation of the parasympathetic nervous system.

Shodhana and Shamana Chikitsa

Shodhana- (purification treatment)- it is a process of removing toxins from the body. Importance of Shodhana Chikitsa Charaka Acharya gives beautiful example, consider an unwanted tree, it cannot be destroyed by just destroying its branches .to destroy it completely, the destruction should be done at its root, the same case with the disease¹⁰. In shodhana karma Snehapana advised for example Brahmi grita, Kalyanaka grita, Shatavari grita and many followed by Basti karma, Nasya karama with Jyothishmati taila, Ksheera bala taila, Kalyanaka grita.

Shamana-(alleviating treatment)- It helps on altering the body disease balance through the administration of the right combination of the medications. It plays a supplementary role the approach helps in purification and improves the overall health of the body. Avaleha used are Ashwagnadha rasayana, Shatvari rasayana and more, Tailas like Brahmi taila, Sarshapa taila and more, Asavarishta like Saraswatarishta, Ashwagandarishta, Draksharishta and many, administration of grita like Brahmi grita, Ashwagandha grita, Kalyanaka grita and many more.

Aspects of allopathy medicine

CBT, Relaxation techniques, music therapy and many more

CBT- cognitive behavioral therapy- thinking about thinking, the knowledge and regulation of one's own cognitive process. The main role of CBT in an anxiety disorder is an awareness of present experiences with acceptance. In this therapy direct explanation of the symptoms and disorder to the patient and the family. This therapy corrects the cognitive distortions and helps to overcome from the disease. It reduces psychological and autonomic symptoms and other comorbid conditions. Along with these actions it improves occupational and social functioning.

Relaxation techniques

These have been found to have the opposite effect on the body by improving the relaxation response, lowering heart rate, reducing bodily tensions, decreasing negative thoughts, boosting self-esteem and problem solving skills. Few techniques had been explained those are – deep breathing exercises, visualization, progressive muscle relaxation, music therapy

and many more. deep breathing technique does the clearing mind and helping you to control the rhythm of breath. Visualization of the peaceful mental images helps the individual maintain calmness of mind and body. Music therapy is a symbolic process of intervention where in the therapist helps the client to achieve the health. Using musical experiences and the relationships that develop through them as dynamic forces of change. Benefits of music therapy is enhancing memory, alleviates pain, promotes wellness, manage stress and also improve communication.

DISCUSSION

Chittodvega become life threatening disorder to mankind when it left untreated and ignored. Here I am going to discuss on the part of Mantra, Pranayama, Satwavajaya chikitsa and more its importance. The word Mantra it has effect on thought process. It deepens the faculties of intuition, spiritual strength, happiness, increases concentration, memory, logical thinking. According to Sanskrit scholar Thomas- Ashley Farad, mantras are energy based sounds that create thought energy waves. When we talk about pranayama only thing strikes to mind is systematic breathing. This kind of systemic breathing has the power to eliminate physical as well as mental disorders. Many scientific research study shown results on weight loss, improves digestion, improves concentration, also act as a stress reliver and more. About Satwavajaya Chikitsa in this main goal is to improve the Satva guna in order to correct the inequilibrium state of Raja and Tama Dosha. As per scientific study effectiveness of Satwavajaya chikitsa is more compared to other treatment protocols, because here direct approach of physician to patient taken place for the betterment of individual health. During the explanation of Chittodvega classical text explained that both Shareera Dosha (Vata mainly) and Manasa Dosha (Raja mainly) plays an important role. Hence Chikitsa adopted here should affect both vitiated kind of Dosha from the root level of the disease. Research suggest that anxiety disorders are often more chronic than other common mental health disorders. Hence exploring presenting problems and concerns has to be done. The emotions present in the anxiety disorder range from simple nervousness to high intense if terror. anxiety disorders occur about twice as often in females as males and generally begin during childhood.

CONCLUSION

The main goal of Chikitsa is to bring normalcy of Vitiated Doshas which are prime factor for manifestation of Vyadhi. Chittodvega synonym used for GAD. vata and rajas is identified as the main Dosha in Chittodvega. According to Roga and Rogi bala treatment has to be planned. Prasanna Atma Indriya¹¹ Mana should be the outcome measure. Anxiety is an emotional state that includes feelings of apprehension, stress, nervousness and worry accompanied by worry arousal. Anxiousness is a cardinal feature of almost all psychiatric disorders. Treatment methods or medicines used must be cost effective, very safe and make sure of easily availability.

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