

**Case Study**

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A Step Towards Inner Peace



## MANAGEMENT OF CHRONIC ANXIETY BY AYURVEDA: A CASE STUDY

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**ABSTRACT:**

Chronic worrying, anxiety symptoms, and stress over a range of everyday issues for at least six months are the hallmarks of generalized anxiety disorder, a common and incapacitating disorder [1]. This ailment's symptoms are similar to those of the Chittodwega (excited state of mind), one of the Manovikara (disease of mind) described by Acharya Charaka. Long-term usage of anxiolytics is part of the modern care of this illness, which is unhealthy. A similar case of a female with age 33 years case of anxiety reported to Ayushakti Ayurved pvt ltd with complaints of loss of sleep, hyperacidity, pain in bilateral flank, tightness in upper chest, loss of appetite, indigestion, anxiety, mood swings, and gaseous abdomen since one year. She was on antidepressant medication since a year. The advised treatment with underlying principles were medicines Pittashamana (pacifying Pitta), Nidrajanana (Sedative.), Shramahara (Anxiolytic), Medhya (neuro-cognitive enhancer), Rasayana (antioxidant, adaptogen). The advised medicines of Tablet Pittahsamaka, Tablet Gulkacid, Mahatiktaka ghruta, Tablet Bliss and Tablet Sumedha showed significant results.

**Keywords:** Ayurveda, Anxiety, Anxiolytic, Medhya, Rasayana

## INTRODUCTION:

Among mental disorders, anxiety disorders are the most prevalent and typically begin before or in early adulthood. Core characteristics include excessive anxiety and fear or persistent, incapacitating avoidance of perceived risks. A malfunction in the brain circuits that react to threat is a feature of anxiety disorders. Environmental influences, their epigenetic relationships, and genetic factors all affect the risk of anxiety disorders. In addition to physical problems, anxiety disorders frequently co-occur with other mental disorders, particularly depression. This kind of comorbidity typically denotes more severe symptoms, a heavier clinical load, and more challenging therapy. The most effective ways to lessen the significant burden of anxiety-related diseases in people and around the world are through prompt, precise disease detection, appropriate treatment delivery, scaling up of treatment when it is needed.<sup>i</sup>

Around the world, anxiety disorders have a significant impact on both patients and society. They are responsible for 3.3% of the worldwide disease burden and cost 30 European countries about €74 billion.<sup>ii</sup> Low rates of anxiety disorder treatment are prevalent worldwide, which is a concern in both high- and low-income nations.<sup>iii</sup>

Similar to other psychiatric medications, antianxiety medications can have a variety of negative side effects. The central nervous system is especially vulnerable because antianxiety medications primarily influence this system, however many other

physiological systems may also be impacted. All antianxiety medications have the potential to negatively impact higher brain functioning.<sup>iv</sup> Ayurveda provides holistic approach to treat psychological illness by treating with the thinking that psychological illness and physical illness are interdependent to each other. This article delineates with a successful case management of anxiety disease purely with Ayurveda.

**Case report:** A female with age 33 years case of anxiety reported to Ayushakti Ayurved pvt ltd with complaints of loss of sleep, hyperacidity, pain in bilateral flank, tightness in upper chest, loss of appetite, indigestion, anxiety, mood swings, and gaseous abdomen since one year. She was on antidepressant medication since a year with which she was having results but dependency and other side effects and mood swings were aggravated and she developed digestive complaints like hyperacidity, loss of appetite, indigestion. Endoscopic examination reveal antral gastritis, antral polyp and reflux esophagitis. The patient reported in panic phase to Ayushakti Ayurved pvt ltd with a hope of cure from Ayurveda science. Based on signs, symptoms and examination, he was diagnosed as a case of Generalized Anxiety Disorder as per ICD 10 F41.1 criteria and treatments were started.

### Treatment protocol

She was given treatment of following medicines for 2 month

Tablet Pittashamaka 500 mg (2 tablets mornings 2 tablets night with warm water) **{Table 1}**

Tab Gulkacid 500 mg (2 tablets morning 2 tablets night

with warm water) {Table 2}

After 2 months Tablet Pittashamaka was stopped and Tablet Gulkacid was continued for next 2 months.

Mahatiktak ghrut 5 ml empty stomach with warm water for 6 months {Table 3}

Tablet Bliss 500 mg (2 tablets mornings 2 tablets night with warm water) for 6 months {Table 4}

After 6 month Tablet Bliss was stopped and Tablet Sumedha was added for 3 months

Tablet Sumedha 500 mg (2 tablets mornings 2 tablets night with warm water) {Table 5}

With this treatment patient found complete relief in digestive complaints like loss of appetite, indigestion, hyperacidity, pain in bilateral flank, tightness in upper chest, gaseous abdomen within 2 months and found significant relief in loss of sleep, mood swings within 6 months and complete relief in anxiety was found after 9 months of treatment.

The ingredients of given medications are as described in table 1,2,3,4

**Table 1: Tablet Pittashamaka and its ingredients**

SN	Ingredient name	Ingredient's latin name
1.	Mukta pishti	<i>Pinctada margaitiera</i>
2.	Guduchi	<i>Tinospora cordifolia</i>
3.	Suvarna gairika	<i>Ferrum haematite</i>
4.	Usheera	<i>Vetivera zinzanoides</i>
5.	Kapardik bhasma	<i>Cyperea moneta</i>
6.	Shankha bhasma	<i>Conch shell</i>
7.	Shukti bhamsa	<i>Oestrea edulis</i>

**Table 2: Composition of Tablet Gulkacid**

SN	Herb/Compound	Botanical Name
1	Amalaki	<i>Emblica officinalis</i>
2	Shatavari	<i>Asparagus racemosus</i>
3	Yashtimadhu	<i>Glycyrrhiza glabra</i>
4	Shalimali	<i>Bombax malabaricum</i>
5	Suvarna Gairik	<i>Ferrum haematite</i>
6	Guduchi	<i>Tinospora cordifolia</i>
7	Bilva	<i>Aegle marmelos</i>
8	Mukta Shukti Pishti	<i>Ostrea edulis</i>
9	Gulab Petal	<i>Rosa centifolia</i>
10	Shankha Bhasma	<i>Turbinella rapa</i>
11	Khas	<i>Andropogon muricatus</i>
12	Nishottara	<i>Operculina turpethum</i>
13	Chitraka	<i>Plumbago zeylanica</i>
14	Dalchini	<i>Cinnamomum zeylanicum</i>
15	Ela	<i>Elettaria cardamomum</i>
16	Karchur	<i>Curcuma zedoaria</i>
17	Sunthi	<i>Zingiber officinale</i>
18	Tejpatra	<i>Cinnamomum tamala</i>
19	Yashad Bhasma	Zinc
20	Triphala	<i>Emblica officinalis, Terminalia chebula, Terminalia bellerica</i>
21	Marich	<i>Piper nigrum</i>
22	Pippali	<i>Piper longum</i>
23	Sajjikshara	<i>Caroxylon griffithii</i>

**Table 3: Composition of Mahatikta ghruta and its ingredients**

<b>Herb/Compound</b>	<b>Botanical Name</b>
<i>Amalaki</i>	<i>Embllica officinalis</i>
<i>Amlavetas</i>	<i>Garcinia pedunculata</i>
<i>Ativisha</i>	<i>Aconitum heterophyllum</i>
<i>Bibhitak</i>	<i>Terminalia bellerica</i>
<i>Daruharidra</i>	<i>Berberis aristata</i>
<i>Dhanyayas</i>	<i>Fagonia cretica</i>
<i>Guduchi</i>	<i>Tinospora cordifolia</i>
<i>Haridra</i>	<i>Curcuma longa</i>
<i>Haritaki</i>	<i>Terminalia chebula</i>
<i>Indravaruni</i>	<i>Citrullus colocynthis</i>
<i>Katuka</i>	<i>Picrorhiza kurroa</i>
<i>Kiratikta</i>	<i>Swertia chirayita</i>
<i>Kutaja</i>	<i>Holarrhena antidysenterica</i>

<i>Murva</i>	<i>Marsdenia tenacissima</i>
<i>Musta</i>	<i>Cyperus rotundus</i>
<i>Nimba</i>	<i>Melia azadirachta</i>
<i>Padmak</i>	<i>Prunus cerasoides</i>
<i>Parpat</i>	<i>Oldenlandia corymbosa</i>
<i>Patha</i>	<i>Cissampelos pareira</i>
<i>Patola</i>	<i>Trichosanthes dioica</i>
<i>Pipali</i>	<i>Piper longum</i>
<i>Saptaparna</i>	<i>Alstonia scholaris</i>
<i>Shatavari</i>	<i>Asparagus racemosus</i>
<i>Shvet Sarava</i>	<i>Hemidesmus indicus</i>
<i>Shvet Chandan</i>	<i>Santalum album</i>
<i>Trayamana</i>	<i>Gentiana kurroo</i>
<i>Ushira</i>	<i>Vetiveria zizanoides</i>
<i>Vacha</i>	<i>Acorus calamus</i>
<i>Vasa</i>	<i>Adhatoda vasica</i>

<i>Yashtimadhu</i>	<i>Glycyrrhiza glabra</i>
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**Table 4: Tab Bliss and its ingredients**

SN	Ingredient name	Ingredient's latin name
1.	<i>Ashwagandha</i> root extract	<i>Withania somnifera</i>
2.	<i>Brahmi</i> root extract	<i>Bacopa monnieri</i>
3.	<i>Brahmi</i> powder	<i>Bacopa monnieri</i>
4.	<i>Tagar</i> root extract	<i>Valerina wallichii</i>
5.	<i>Shunthi</i> rhizome	<i>Zinziber officinale</i>
6.	<i>Jatamansi</i> extract	<i>Nardostachys jatamansi</i>

**Table 5: Composition of Tab Sumedha and its ingredients**

SN	Herb/Compound	Ingredient's latin name
1.	<i>Mandukparni</i>	<i>Centella asiatica</i>
2.	<i>Shankhapushpi</i>	<i>Evolvulus alsinoides</i>
3.	<i>Shatavari</i>	<i>Asparagus racemosus</i>
4.	<i>Kushmand Ghan</i>	<i>Cucurbits pepo</i>
5.	<i>Mundi Ghan</i>	<i>Sphaeranthus indicus</i>
6.	<i>Jyotishmati</i>	<i>Celastrus paniculatus</i>
7.	<i>Yashad Bhasma</i>	<i>Zincum</i>

Vata prakopa lakshanas are linked to symptoms of GAD such as excessive thinking, irritability, palpitations, etc., while pitta prakopa lakshanas are linked to disturbed bowel habits, fear, wrath, etc.<sup>v</sup>

Athi chinta, or excessive pondering, is a contributing component to rasa dhatu dusti, which again exhibits both physical and mental symptoms, given the dhatus involved in the illness. It is explained that hridaya is the seat of mind while taking into account the location of the mind. According to Acharya Charaka, the mind and twak (skin) have an inseparable relationship known as Samavayi sambandha, meaning that wherever skin is found, the mind is also there.<sup>vi</sup> Thus, when there is a khavaigunya (vitiated) in Shiras and Hridya, the vata kopa brought on by rasa kshaya and pita will reside. This khavaigunya is brought on by long-term, recurring thoughts and worries that are exacerbated by sustaining elements like stress and challenging life circumstances, which results in the illness known as "Chittodvega."

### Discussion

Generalized anxiety disorder (GAD) is a disorder characterized by persistent worrying and anxiety producing many bodily symptoms in addition to affecting mind. Chittodvega is a manovikara characterized by Udvega avastha of mana (excited state of mind) which denotes increased Rajas (quality of mind) and the increased state of Vata and pitta dosha. As Vata Pitta is vitiated and main symptoms is athi chintha and bhaya, we adopt Snehana (oleation) as first line of treatment which is Vata Pitta Shamana (pacify Vata and Pitta) in the form of Mahatikta gritha was given. Being Tikta rasa it pacifies Pitta and the drugs like Amalaki, Ativisha, Guduchi, Haridra, Haritaki, Pippali, Shatavari, Chandana, Yashtimadhu are rasayana in nature, which helps to rejuvenate Dhatu. Tikta rasa is Medhya in nature and when fortified with

ghee helps to cross blood brain barrier. As patient was suffering from severe hyperacidity, for achieving control over Pitta, Tab pittashamaka was given. Tab Pitta-shamaka contains ingredients which are deepana, pachana and pacifies pitta. The contents helps to absorb ushnatwa (hot), dravatwa (liquidity), tikshnatwa (penetrating) of Pitta. It helps to digest Samata of Pitta to make it Niram (normal Pitta). Niram pitta potentiates Buddhi (cognition), Medha (intellect) and thus by regulation helps to control anxiety. Stress is one of the causative factors for dysregulations of hormones and neurotransmitters which lead to anxiety and depression episodes. Ingredients of tablet bliss are anxiolytic, sedative and adaptogen. It helps to relax mind and brain.

The hallmark of generalized anxiety disorder (GAD) is on-going worry and anxiety that affects the mind and causes a variety of physical symptoms. A manovikara known as chittodvega is distinguished by Udvega avastha of mana (excited state of mind), which indicates elevated Rajas (mental quality) and elevated Vata and pitta dosha states. As the primary symptoms of vitiated Vata Pitta are athi chintha and bhaya, we use Snehana (oleation) as a first line of treatment. For Vata Pitta Shamana (pacifying Pitta and Vata) Mahatikta gritha was advised. Tab Gulkacid was given to pacify the aggravated pitta. Additionally it helps to digestion of food and accumulated Ama (undigested food particles)

Tab Bliss contains ingredients which directly act upon cognitive functions and memory. Ashwagandha,<sup>vii</sup> Brahmi,<sup>viii</sup> Tagara,<sup>ix</sup> Jatamansi<sup>x</sup> are

known for its anxiolytic and adaptogen action. The combination worked well in relieving chronic anxiety of patient. Tab Sumedha contains drugs like Mandukparni, Shankhapushpi, Shatavari, Yashad bahsma having Medhya action which actually nourishes Medha (Intellect). Jyotishmati and Mundi stimulate intellect. Kushmand is quotes as 'Chetorogahara' i.e. it helps to reduce accumulated toxins from brain tissues.<sup>xi</sup>

Counselling, diet and lifestyle modification was advised to patient. Counselling is essential to give directions to patient for do's and dont's which helps to keep positivity in her life. Diet includes Pittashamana vegetables like bitter guard, bottle gourd, snake guard etc. Pulses like green gram, red lentil etc and plenty of fruits. Practising of yoga, meditation and walking was advised for 45- 60 minutes. As GAD is a disease with symptoms of both mind and body. A comprehensive approach to treat both aspects have been covered through this treatment. No adverse and unanticipated results were observed

### Conclusion

Chronic anxiety symptoms can be managed through medicines working on normalising Pitta functions, improving intellect and reducing stress. The herbs having adaptogenic, antioxidant and anxiolytic action are useful. The medicines, diet, lifestyle correcting both physical and mental aspects needs to be carefully taken care of for a successful management of anxiety.

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