

Ayurvedic Management Of Anxiety Disorder A Case Report

Dr. Kamble Vandana D.

MD(Kayachikitsa)Mumbai.

Professor and HOD(Kaychikitsa).

Late B V Kale Ayu Medical College Latur.

Abstract-

Anxiety Disorder that is one type of Manas vyadhi described in Ayurvedic text in Apasmar Vyadhi. Anxiety Disorder means mental health disorder characterized by feelings of worries, anxiety or fear that are strong enough to interfere with ones daily activities, panic attack, obsessive compulsive disorder, social anxiety disorder can be treated in a simple economical way by means of Ayurvedic medicine.

Key words-Anxiety disorder, Apasmar vyadhi

Introduction-

As per Ayurvedic concept anxiety disorder is classified under apasmar vyadhi. Nidan panchak of apasmar has been described in detail in Brahatraye. Tridosha and Manas dosha are collectively involved in pathogenesis of anxiety disorder, anxiety (chittodveg) is psychological and physiological state characterized by cognitive, somatic, emotional and behavioral components. Anxiety is often accompanied by physical sensation such as palpitations, nausea, chest pain, shortness of breath, diarrhea, chills, dryness of mouth, abdominal pain and headache. Somatic sign of anxiety may include pale skin, sweating, trembling and pupillary dilation. Various shodhan and shaman treatment modalities are described in the classics for the treatment of anxiety disorder. Considering the history of clinical examination of said patient specific treatment was defined.

A case report-

A male patient 28yrs old came to the OPD department of Kaychikitsa of Late B V Kale Ayu Medical College Latur on 12/02)2018 suffering from panic fear, insomnia, shortness of breath, heart palpitations, dry mouth, dizziness, nervous dysfunction, depression, lack of confidence. He has been treated by allopathic psychiatrist for 2yrs but there was no relief. His general health was good and both physical examination and blood tests are within normal limits.

C/O

(Palpitations, Insomnia, Breathless, Dryness of mouth, Dizziness)- since 2 yrs

O/E

Nadi- 84/min

Mala- avashtambha, 1-2 times per day, durgandha+

Mutra- 4-5times per day

Jinvha –uplipta

Shabda- samyak

Soarsh- anushnshit

Drik- samyak

Akruti- madhyam

Prakruti- kapha pradhan vata

Agni- mandya

Koshtha-krura

No past history of any major illness.

Diet history- mixed

Ushna tikshn katu ahar rasa Sevan

Virudha anna- 1-2times occasionally

Nonveg food 1-2times per 15days.

Treatment plan-

1) Panchakarma therapy followed by shaman chikitsa should be advocated.

- Shiro abhyang(head massage) with brahmi tail for seven days.

- Nasya with panchadyanendriya tail for first seven days.

2) Patient was prescribed by

- tab Arogyavardhani vati 500mg twice a day after food.

- Kumari asav 20ml twice a day after food.

- shatavari ashwagandha churna with cup of milk at bed time for 15days

- after 15days Syp Saraswatarishta(suvarna yukt) 20ml twice a day after food

- tab prasham 2 tab twice a day after food

- was taken for one month

After one month symptoms get decreased.

Discussion-

Anxiety Disorder has been categorised under Chittodveg which comes under Apasmar vyadhi. Apasmar also comes under Ashtomahagada which requires a strict nidhanparivarjan, consistent shodhan followed by shaman therapy, for sthan dushti which is vata dosha dominant, shiro abhyang with brahmitail was planned. So oral (abhyanatar) and local(Bahirparimarjan) treatment approach will be more effective to manage anxiety disorder.

Conclusion-

In above study patient get relief symptomatically after 2months till the patient asked for regular follow up. Till last follow up patient was mentally stable and he was doing his regular work confidently and independently. So oral and local

treatment approach will be more effective to manage anxiety disorder.

Bibliography-

- 1) Harrison manual of medicine 19th edition
- 2) Charak samhita - Dr Brahmanand Tripathi
- 3) Dr Brahmanand Tripathi - character samhita 11th edition
- 4) Dr Ambika Dattashastri – Sushrut samhita 14th edition
- 5) Vd. Yadunandan Upadhyay – Ashtanghridaya 14th edition
- 6) Pt. Kashinathshastri – Rasayarangini 11th edition
- 7) Dr. Prakash Paranjape – Indian Medicinal Plants Forgotten Healer
- 8) Chopras indigenous drugs of India
- 9) Dr K M Nandkarni – Indian materia media
- 10) The wealth of Indian raw materials
- 11) The Ayurvedic pharmacopoeia of India

