

AYURVEDIC MANAGMENT OF *CHITTODVEGA* W. S. R TO GENERAL ANXIETY DISORDER – A CASE STUDY

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ABSTRACT

Introduction- General Anxiety Disorder is one among psychological disorders, which has become serious issue in country. The GAD can be correlated to *Chittodvega* in Ayurveda. The present study was undertaken to assess the efficacy of *Ayurvedic management* in *Chittodvega* W.S.R to General Anxiety Disorder. **Aim and Objectives-** To assess the efficacy of *Ayurvedic management* in *Chittodvega* W.S.R to General Anxiety Disorder. **Material and methods-** The patient was provided 2 settings of *Takradhara* with *Shaman Oushdhi's* in *Chittodvega*. The assessment criteria used for the evaluation was Hamilton Anxiety Rating Scale (HARS) with global score of 56. **Result-** During the first setting of *Takradhara* for 8 days and *Shaman Oushdhi's* for 30 days, there were good reduction in symptoms. After second setting of *Takradhara* for 8 days with 30 days *Shaman Oushdhi's* the HARS Score reduced drastically from 30 to 6. **Discussion-** In *Takradhara* procedure the warm buttermilk is poured over a forehead in particular manner which increases the activity of alpha waves, thus it helps to relax the muscle and nerve ending, which causes tranquility of mind and induces the natural sleep. *Shamana Oushdhi's* has common properties like *Medhya*, *Balya* and *Vatahara* which help to treat *Lakshnas* of *Chittodvega*. **Conclusion-**In the present case the *Ayurvedic* management showed significant relief in *Chittodvega* with special reference to General Anxiety Disorder.

KEYWORDS: *Chittodvega*, *Takradhara*, *Mansika vikara*, Anxiety, HARS.

INTRODUCTION

Anxiety is common human emotion characterized by feeling of worry, apprehension and uneasiness often accompanied by physical symptoms like rapid heartbeat or sweating. Mild anxiety can be normal response to stress but excessive and

persistent anxiety can indicate General Anxiety Disorder, a mental health condition that significantly impacts on daily life.

General Anxiety Disorder (GAD) is characterized by excessive or unrealistic anxiety about two or more aspects of life (work, social relationships, financial matters etc) often accompanied by symptoms such as palpitation, shortness of breath or other somatic symptoms.^[1] It may start at any age of life, including childhood and more often below the age 20. It has 2 to 5% of prevalence in the general population.^[2] It is most common mental disorder in worldwide, about approximately 23.4% of females and 14.3% of males are affected.^[3] which means women suffers more than men.

The stressful life situation can cause the GAD. They suffer from worries or tension even there is little or no causes. Even knowing that the worries or tension are stronger than needed still they had difficulty in controlling them. *Chittodvega* is one of the mental ailments that *Acharya Charaka* describes in *Vimana sthana* of *Charaka Samhita*, appear to be term that most closely corresponds to General Anxiety Disorder. A balanced state of *Dosha*, *Dhatu*, *Agni*, *Mala*, *Manas*, *Atma* and *Indriya* is considered to be healthy.^[4] Imbalances in any one of above factor causes the disease. *Mana* is the one of the substratum of diseases and having its own *Doshas* i.e *Rajas* and *Tamas*. Many psychological conditions caused by these *Dosha* like *Kama*, *Krodha*, *Lobha*, *Moha*, *Irshya*, *Maan*, *Mada*, *Chittodvega*, *Bhaya*, *Harsha* etc^[5]. So, *Chittodvega* is *Manasa Vikara* mentioned by *Acharya Charaka* which is considered as perfect word for highlighting the status of anxiety, General Anxiety Disorder.

Chittodvega is comprised of two word i.e *Chitta* and *Udveg*. *Chitta* means *Mana*^[6] and *Udvega* means agitation which collectively means anxious state of mind which includes mental agitation, fearfulness, difficulty in concentrating and other physical symptom.

There are different Ayurvedic measures to treat the *Chittodvega*. *Takradhara* is one among them. It has effective role in cases of psychosomatic disorder. It is unique technique in which medicated buttermilk poured over forehead in specific manner which helps in calming nervous system, reducing stress and anxiety and potentially improving sleep. In this case *Cittoudvega* is managed by *Takradhara* and *Shamana Oushdhi*'s.

CASE REPORT

A 44 year old married woman residing in Gadag, Karnataka presented to Kayachikitsa outpatient department with OPD NO. 25007632 on 17/02/2025 with the following complaints since 2 years.

1. Palpitation
2. Chest pain
3. Abdomen pain (pricking pain at epigastric region and burning sensation)
4. Panic
5. Sleeplessness
6. Fear at night time
7. Irritability
8. Feeling of weakness
9. Negative thoughts

HISTORY OF PRESENT ILLNESS

A 44 year old female patient presented with a 2 year history of symptoms that began after traumatic event-the sudden death of her younger sister. She has been experiencing palpitation, fear at night, irritability, depressed mood, chest pain and abdomen pain since then. The patient is known case of hypertension and hypothyroidism and has been on medication for this condition since 5 years. Despite consulting an allopathic hospital, her symptom persisted, leading her to seek *Ayurvedic* treatment at our hospital.

HISTORY OF PAST ILLNESS

The patient is known case of hypertension and hypothyroidism for the past 5 years. She has been under medications for these conditions, taking metoprolol succinate 25mg and Telmisartan 40 mg for hypertension and Thyroxin 50mcg for hyperthyroidism.

PERSONAL HISTORY**Table No. 1: General condition of patient.**

General Condition	Moderate
Appetite	Poor
Diet	Vegetarian Food
Bowel	1/0-D/N (sometimes constipation)
Urine	4/2-D/N
Thirst	Normal
Sleep	Disturbed
Habits	Tea intake 2 -3 times/day
Occupation	Bank clerk

GENERAL EXAMINATION

Patient was conscious, well oriented and spoke normally. There were absence of pallor, icterus, clubbing, cyanosis, klylonychia, lymphadenopathy and edema.

ON EXAMINATION**Table No. 2: On Examination.**

Blood pressure	160/90mmhg
Pulse rate	88bpm
Temperature	98 ⁰ F
Respiratory rate	20/min
Height	160 cm
Weight	45.7 Kg
BMI	17.9 Kg/M ²

SYSTEMATIC EXAMINATION**Table No. 3: Systematic examination.**

Cardiovascular System	S1 and S2 heard, No murmur sound added
Respiratory System	B/L Air entry equal
Per abdomen	Tenderness at epigastric region
Central nervous system	Conscious, well oriented.

INVESTIGATION

To rule out any cardiac and gastric pathology, the patient underwent 2D Echocardiography, ECG and Endoscopy. All investigations showed normal result.

DIAGNOSIS AND EVALUATION

The evaluation of the patient's condition was done by the following psychological test:

- Hamilton Anxiety Rating Scale (HARS) (Hamilton: 1959)^[7]-The patient denoted major anxiety with a score 30 out of 56.

ASSESSMENT

The assessment was done using HARS, before the treatment, 30th day (first follow up) and 60th day (second follow up).

INTERVENTION

After written informed consent, the patient was treated with following treatment.

FIRST SETTING

- Panchakarma Therapy for 8 days
- Table No. 4: Showing first setting of Panchkarma.**

Sr. No	Procedure	Medicine	Duration
1.	<i>Sarvanga Abhyanga</i>	<i>Dhanwantaram Taila</i>	45 Minutes
2.	<i>Sarvnaga Bashpa Sweda</i>	-	20 Minutes
3.	<i>Takradhara</i>	Medicated <i>Takra</i>	30 minutes

- Shamana Oushdhi's* for 30 days
- Table No. 5: Showing first setting of Shamana Oushdhi's.**

Sr. No	Name Of Medicine	Dose	Anupana	Duration
For First 15 Days				
1.	Tab.Sumenta	1Tablet TID	Water	15 Days
2.	<i>Rakshodara</i>	1 Tsp BD	Milk	15 Days
For Next 15 days				
3.	<i>Ashwagandha leha</i>	1 Tsp BD	Milk	15 Days
4.	Tab.Sumenta	1Tablet TID	Water	15 Days

- First Follow-up Result

At the 30-day follow-up, the patient reported good reduction in symptoms. Specifically, improvements were noted in sleep quality, irritability, and depressive mood. However, occasional palpitations and nocturnal fear persisted. On examination, the patient's blood pressure was recorded at 140/100 mmHg. The Hamilton Anxiety Rating Scale (HARS) score showed a good reduction, indicating some improvement in anxiety symptoms.

SECOND SETTING

- Panchkarma Therapy for 8 days
- Table No. 6: Showing Second setting of Panchkarma.**

Sr. No	Procedure	Medicine	Duration
1.	<i>Sarvanga Abhyanga</i>	<i>Dhanwantaram Taila</i>	15 Minutes
2.	<i>Sarvnaga Bashpa Sweda</i>	-	15 Minutes
3.	<i>Takradhara</i>	Medicated <i>Takra</i>	30 minutes

- Shamana Oushdhi's* for 30 days
- Table No.7: Showing second setting of Shamana Oushdhi's.**

Sr. No	Name Of Medicine	Dose	Anupana	Duration
1.	Tab. Jessica	1Tablet BD	Water	30 Days
2.	Tab. H.T Kot	1 Tablet BD	Water	30 Days
3.	Syp. <i>Pachnam</i>	2Tsp TID	Water	30 Days

- Second Follow-up Result

At the 60-day follow-up, after the second set of interventions, the patient reported a complete reduction in symptoms. Notably, sleep quality, irritability, and depressive mood had significantly improved. The patient no longer experienced nocturnal fear and palpitations. The Hamilton Anxiety Rating Scale (HARS) score, assessed on the 60th day, showed marked improvement from 30 to 6, indicating substantial reduction in anxiety symptoms.

OBSERVATION

- Assessment of symptoms-HARS (Hamilton Anxiety Rating Scale)

Not present= 0 Mild=1
 Moderate=2 Severe=3 Very severe=4

Table No. 8: Showing HAMS before and after treatment.

Sr. No	Parameter	Before Treatment	On 30 th Day (first follow-up)	On 60 th Day (Second follow-up)
1.	Anxious Mood	3	2	1
2.	Tension	3	2	0
3.	Fears	3	2	1
4.	Insomnia	4	1	1
5.	Intellectual	1	0	0
6.	Depressed mood	3	2	1
7.	Somatic (muscular)	2	1	0
8.	Somatic (Sensory)	1	0	0
9.	Cardiovascular symptoms	3	2	1
10.	Respiratory symptoms	1	0	0
11.	Gastrointestinal symptoms	4	2	1
12.	Genitourinary symptoms	0	0	0
13.	Autonomic symptoms	0	0	0
14.	Behavior at interview	2	1	0
	Total	30 (Moderate to severe severity)	15	6

- Total score – 56
- Mild severity < 17
- Mild to moderate severity- 18 to 24
- Moderate to severe severity- 25 to 30

RESULT-

Following 60 days of intervention, significant improvements were observed in the patient's sleep quality, irritability, generalized weakness, depressive mood, and chest pain. The Hamilton Anxiety Rating Scale (HARS) score decreased substantially from 30 to 6, reflecting considerable reduction in anxiety symptoms.

DISCUSSION

Chittodvega is believed to develop due to the vitiation of *Manasika Doshas*, particularly *Rajas* and *Tamas*. This vitiation of *Manas* leads to *Manasika Vikaras*, *Chittodvega* being one of them, considered both as an independent disease and a symptom of *Unmada*.^[8] According to *Acharya Charaka*, *Vayu* plays a crucial role in the development of *Manasika Vikaras*, with its karma described as "*Mananiyantraka*"^[9], highlighting its control over the mind.

In this case, the patient had a history of mental trauma due to death of her younger sister, leading to persistent worries and tension. *Bhaya* (fear) and *Shoka* (grief) vitiated the *Vata Dosha*, which further affected the *Mansika Dosha*, resulting in the development of *Chittodvega*. Therefore, while treating *Chittodvega*, importance was given to balancing both *Manasika Dosha and Vata Dosha*.

Our treatment approach involved *Takradhara* with *Shamana Oushadhis*. *Takradhara*, a type of *Shirodhara*, involves pouring medicated buttermilk over the head from a certain distance, producing momentum and pressure on the forehead. This continuous pressure stimulates the *Sthapani Marma* and *Gyana Chakra*, energy centers that regulate *Mana* and *Prana Vayu*, inducing a hypnotic effect and increasing serotonin levels. This helps manage stress, blood pressure, and anxiety.^[10]

The properties of *Takra*, including *Madhura* and *Amla Rasa*, and *Ushna Veerya*, exhibit *Vatahara* and *Nidrajanaka* effects.^[11] Additionally, the rhythmic pouring and cooling nature of *Takradhara* induce relaxation and natural sleep by increasing alpha brain wave intensity and decreasing brain cortisol and adrenaline levels.^[12]

All the *Shamana Oushadhis* used in this treatment possess *Vatahara*, *Pittahara*, *Nidrajanaka*, *Smritikara*, *Medhya*, *Balya*, *Hrudya*, and *Rasayana* properties, which directly contribute to relieving the symptoms of *Chittodvega*. Following this treatment plan, the patient's symptoms were alleviated, and the HARS score showed improvement after treatment.

CONCLUSION

This case study demonstrates the effectiveness of combining *Takradhara* with *Shamana Oushadhi's* in managing *Chittodvega*, a condition marked by anxiety, stress, and mental disturbances. By balancing *Manasika Dosha* and *Vata Dosha*, this treatment approach significantly alleviated the patient's symptoms and improved the HARS score from 30 to 6.

The integration of *Takradhara* and *Shamana Oushadhi's* showcases the potential of Ayurvedic therapies in providing holistic mental health care solutions. This treatment's ability to address the root causes of *Chittodvega* offers a sustainable and comprehensive approach to mental well-being.

The findings suggest that *Takradhara* with *Shamana Oushadhi's* can be a valuable treatment option for *Chittodvega*, highlighting the importance of Ayurvedic interventions in mental health care. As mental health issues continue to rise, this study underscores the potential benefits of incorporating Ayurvedic therapies into treatment plans. Further research and clinical applications of this approach may provide new avenues for managing mental health conditions effectively.

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