

Efficacy of Ashwagandha Kshirpak on Anxiety Neurosis

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Research Article

Abstract: CHINTA mentioned in charaksamhita can be correlated with Anxiety neurosis. Anxiety leads to over activeness of thyroid glands. Apart from other symptoms of body [debility, headache, loss of appetite, cardiac pain, etc.] and of mind [insomnia, loss of memory, fear of disease, loss of concentration, anger, etc.] anxiety has relevant impact on pulse, weight, respiratory rate and blood pressure. Benzodiazepines and other drugs OF ALLOPATHY leads to physical dependence and systemic complication. Rejuvenate[rasayana] therapy of Ayurveda keeps enzyme in the tissue cells at normal functioning level and promotes tranquility of mind which prevents ageing process and makes him/her disease free during advanced age. A single non comparative blind study was conducted on 30 patients of this disease and the statistical analysis showed that ashwagandha Kshirpak reduced to debility 64% tremors to 64.28%.Headache to 65.21%, loss of appetite 62.96%, excessive sweating to 52.94%, cardiac pain to 57.89%, fear of disease to 59.25%, anger to 57.14%, Memory loss to 63.63%, and insomnia to 62.94%. ASHWANGDHA Kshirpak has shown effectiveness in maintaining normal pulse rate, respiratory rate, blood pressure and weight gain of the person. Thus this study shows that ASHWANGDHA Kshirpak is significantly effective in relieving the clinical symptoms of anxiety neurosis (Chinta)

Keywords: Ashwagandha Kshirpak, Anxiety Neurosis.

Introduction

Everybody experiences fear and anxiety. Anxiety is an unpleasant emotional state of mind. fear is an emotional physiological and behavioral response to a recognized external threat. Anxiety is a response to stress such as breakup of important relationship, an exposure to

a life threatening disaster. Anxiety itself may last any length of time from a few seconds to years. In Ayurvedic text "Anxiety" is termed as "CHINTA" which is having effect on both mind and body. "CHINTA" is a disease of manovaha strotasa. Certain amount of "CHINTA" introduces an appropriate element of caution in potentially dangerous situations. Most of the time a person's level of anxiety (CHINTA) makes appropriate shifts along with a spectrum of consciousness from sleep through alertness to anxiety but sometimes "CHINTA" (anxiety) of a person operates improperly or is overwhelmed by events in this case, an anxiety disorder can arise.

Generalised anxiety disorder

Anxiety (CHINTA) may be so distressing and interfere so much with a person's life that they can lead to depression. Raj and Tama, the two doshas of mana "supersede satva guna and show their effect especially in mental disorders which automatically affect on whole body of the person. Anxiety leads to over activeness of thyroid gland apart from other symptoms of mind and body. Long term use of Anti anxiety drugs such as benzodiazepines etc. can lead to physical dependence so the drug must be tapered off slowly rather than stopped abruptly if it is to be discontinued.

मात्रया ऽप्यभ्यवहृतं पथ्यं चान्नं न जीर्यति ।

चिंताशोकभयकोध दुःख शय्याप्रजागरैः ॥ च.वि.अ. 2/9

"AACHAR RASAYANA or SATVAVAJAYA CHIKITSA" is not usually beneficial because no clear cut situation trigger the anxiety. Relaxation and bio-feedback techniques may be of some help because conflicts are frequently related to insecurities and self critical attitudes that are self defeating

Anxiety may result from a medical disorder on the use of drug. Medical disorder causing anxiety are neurologic

disorder such as head injury, brain infection, internal ear disease, cardio vascular disorders, endocrine disorder, respiratory disorders. Drugs which cause anxiety are alcohol, stimulants, caffeine, cocaine, etc.

Aim of Rasayana

Rasayana therapy aims at keeping the enzymes in the tissue cells in their normal functioning condition. These cells are to be revitalized in their composition, condition.

The tranquility of mind has to be promoted and the nerves as well as bones are to be left soft and smoothened. This prevents the process of ageing and makes an individual disease free even during advanced age. Rasayana is not made for sense of gratification as many of us think today. Rasayana helps in learning, balancing and exploring the material and spiritual aspect of life and help the society,

दीर्घमायुः स्मृतिं मेधामारोग्यं तरुणं वयः ।
प्रभावर्णस्वरोदार्यं देहेन्द्रियबलं परम् ॥
वाक्सिद्धिं प्रणतिं कान्तिं लभते ना रसायनात् ।
लामोपायो हि शस्तानां रसादीनां रसायनम् ॥ च.चि. 1/7,8

the sick ,the hungry the poor and the handicapped When Rasayana therapy is to be administered the person: (1)Should be cleaned of dirt means metabolic waste products through panchakarma procedures (2)Should think, speak, work in such a way that there will be development of healthy society.

Hence the present study is based on rejuvenation therapy by using Ashwagandha Kshirpak which acts as body nutrient and nervine tonic in the management of Anxiety neurosis(Chinta).

ASHWAGANDHA

This herb is considered as an adaptogen because it enhances the natural ability of our mind to adapt stressfull situation. It helps to elevate the strength of our mind to match heightened strss levels as needed.

अश्वगंधानिलश्लेष्मशिवत्रशोथक्षयापाहा ।
बल्या रसायनी तिक्ता कषायोष्णाऽतिशुक्ला । भावप्रकाश.

The main constituents of Ashwagandha are alkaloids, steroidal, lactones. Within alkaloids. withanine is a main alkaloid. Other constituents are amino acids, cholin, bitasistosterol, chlorogenic acid, scopoletin, withaferin etc. The Studies showed that Ashwagandha has antistress,adaptogenic,aphrodisiac, sedative,diuretic, antispasmodic,germicidal,anti-inflammatory action.It is a nervine tonic. It enhances immunity and a natural nutrient for insomnia. It is a good hypnotic in alcoholism and having antioxidant and mind-boosting properties In ayurveda Ashwagandha is considered as rasayana which is laghu and snigdha guna; tikta, katu and madhur rasa; ushna virya and madhur vipaki. Hence it elivates vata and kapha.

Milk

It is madhur, shit, snigdha, immunity modulator, nutrient, normalize physiological function, nervine tonic laxative, rasayana, aphrodisiac ,etc.

अत्र गव्यं तु जीवनीयं रसायनम् ॥
क्षतक्षीणहितं मेध्यं बल्यं स्तन्यकरं सरम् ।
श्रमभ्रममदावलक्ष्मीश्वासकासातितृष्णुधः ॥
जीर्णज्वरं मूत्रकृच्छ्रं रक्तपित्तं च नाशयेत् । दक च.सु.अ. 5/22,23

Material and Method

- 1) **Type of study** :- Open non – comparative single blind study
- 2) **Place of study:-a)** Dhanwantari Ayurved college and hospital ,Udgir, Dist- Latur.
b) Shri Veerbhadreshwar Clinic, Udgir Dist-Latur
- 3) **Sample size** :- 30 Patients.
- 4) **Duration of treatment** :- 21 Days.
- 5) **Follow Up** : - Every 07 days up to 21 days Purpose of follow up is to compare improvement of clinical signs and symptoms along with changes in biochemical investigations..
- 6) **Criteria of selection** :- Clinically diagnosed case of “anxiety” of age group 21 – 50 years irrespective of sex were taken to the study
A) **Clinical symptoms** :- Headache, debility, loss of memory, loss of appetite, tremor, Insomnia, Excessive sweating, cardiac pain, anger.

- B) **Specific symptoms** :- pulse, weight, blood pressure, respiratory rate.
- 7) **Criteria of exclusion** :- Fear, depression, epilepsy, manic psychosis, hysteria, dementia, etc
- 8) **Trial drugs** :- ASHWANGDHA Kshirpak 60 ml. three times a day.
- 9) **Assessment Criteria** :-
 - a) **Complete relief**: – 100% disappearance of symptom
 - b) **Marked relief** :- 76 to 99% disappearance of symptom
 - c) **Moderate relief**: - 51 to 75% disappearance of symptom
 - d) **Mild relief** :- 26 to 50% disappearance of symptom
 - e) **No relief** :- 0 to 25% disappearance of symptom.
- 10) **Withdrawal** :-
 - a) Patient who discontinue the treatment.
 - b) Development of other complication during treatment.
 - c) Side effects of the trial drug.

Observation and Result

- 1) Incidence was more in 21 to 35 year of age.
- 2) Females were more affected than males.
- 3) Married persons were more affected than unmarried.
- 4) Educated persons were more affected than uneducated
- 5) Persons of sharirik-vatapittaj prakrati mansik-Rajsik prakrati were more affected
- 6) persons of middle class(economically) were more affected.
- 7) Persons of taking mixed diet(vegetarianand non vegetarian) were more affected.
- 8) Ashwagandha Kshirpak is more effective on physical symptoms than mental one.
- 9) Ashwagandha Kshirpak is more effective on headache andless effective on sweating in physical symptoms.
- 10) Ashwagandha Kshirpak is more effective on memory loss and less effective on anger in mental symptoms.

Table 1: Overall patients according to age ,sex,diet,marital status, etc

Parameter	Patients			Parameter	Patient		
Age	21-35	19	63.33%	Doshaj Prakltti	Vatkaphaj	04	13.33%
	36-50	11	36.66%		Vatpittaj	14	46.66%
Sex	Male	12	40.00%		Pitakaphaj	08	26.66%
	Female	18	60.00%		Vataja	01	03.33%
Marital status	Married	21	70.00%		Pittaja	02	06.66%
	Unmarried	09	30.00%		Kaphaja	01	03.33%
Educational status	Educated	24	80.00%	Diet	Mixed	16	53.33%
	Uneducated	06	20.00%		Vegetarian	14	46.66%
Economical Status	Rich	07	23.33%	Mansik dosha	Rajsik	21	70.00%
	Middle	19	63.33%		Satvik	02	06.66%
	Poor	04	13.33%		Tamsik	07	23.33%

Percentage of relief = b.T. Score – A.T. Score x 100
 B.T. Score

Table 2: Overall treatment response according to clinical symptomatology

Parameter	Before T/t	During T/t		After T/t 21 days	Percentage of Relief
		07 Days	14 Days		
Debility	25	19	14	09	64.00%
Headache	23	18	15	08	65.21%
Tremors	14	11	08	05	64.28%
Loss of appetite	27	23	15	10	62.96%
Excessive sweating	17	13	09	08	52.94%
Cardiac Pain	19	15	12	08	57.89%
Fear (of disease etc.)	27	21	16	11	59.25%
Memory loss	22	17	13	08	63.63%
Anger	28	23	16	12	57.14%
Insomnia	27	19	14	10	62.96%

Table 3: Overall treatment response according to pulse, weight, blood pressure, respiratory rate

Parameter	No.of patients	Before T/t	During T/t		AFTER T/t 21 days
			07day	14 Day	
Pulse	30	80/ min	76/ min	72/ min	72/ min
Respiratory Rate	30	23/ min	21/ min	21/min	20/ min
Weight	30	51 kg	51.50kg	52 kg	52.50 kg
Blood Pressure	30	132/90mm g	128/86mm g	126/84mmhg	122/78mmhg

Conclusion and Discussion

This is a randomized clinical trial and all the patients were treated with one particular drug ASHWANGDHA Kshirpak . Study reveals that this classical drug of herbal origin is economical, easily available and having no side effects in the patients of Anxiety neurosis which is burning problem of today’s life style faced by people because of urbanization , hectic competition, eagerness of mankind to become rich and popular.

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