

A CLINICAL STUDY OF EFFICACY OF 'SHANKHPUSHPI CHURNA' IN THE MANAGEMENT OF CHITTODVEGA W.S.R. TO GENERALISED ANXIETY

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ABSTRACT

Chittodvega is the term to illustrate the whole anxious state of the mind. Modern Psychiatry has coined the term generalized anxiety disorder as a group of symptoms of altered mood. According to our classics, various *shodhana* process described in texts in reference to *manas vuadhi* like *unmad*, *apsmar* and also they described various *shamana chikitsa*, in which *Charaka* had mentioned use of these *medhya rasayan* in *manas rogas* like *unmad*, *apsmar* and one of the treatment principle of *chittodvega* includes *medhya rasayan*. *Acharya Charaka* narrated use of four plants as the *medhya rasayan*, namely *Shankhpushpi*, *yash-timadhu*, *brahmi*, and *guduchi*. Using these line of treatment, *shankhpushpi* as in powdered form given for 28 days of 15 patients and observation and statistics had been made by changes in *manas bhav* like *Krodha*, *bhaya*, *shoka*, *dvesha* as a negative emotions and *Dhairyam*, *Harsha*, *priti*, *viryam* as a positive emotions by using gradation to each emotions. Observation made by regular follow-up and examination by using *anuman praman*.

Keywords: *Shankhpushpi churna*, *chittodvega*, *medhya rasayan*, *GAD*

INTRODUCTION

It is pertinent to observe that Psychiatry had roots in *Vedas* where *Bhootvidya* finds vivid mention. The word „*Bhootvidya*“ of *vedic* texts refers to *Ayurveda* as a whole.. The contemporary Ayurvedic psychiatry consists of: (1) *Ayurvediya Manas Roga Vigyana* which deals with clinical conditions where the disease and its treatment is based on the fundamental principles of *Ayurveda* viz. theory of *Panchamahabhuta*, *Tridosha*, *Triguna* etc as in the case of *Unmada*, *Apasmara*, *Chittodvega* etc. (2) *Bhootvidya* which deals with psychiatric problems like *Bhootonmada*, *Grahavesha* etc. where the disease and its treatment is not based on classical principles of *Ayurveda* but on

paranormal factors like *Karma*, *Graha*, *Bhoota* etc. which relates more with astrology than psychiatry. The mind or *manas* is considered to be three dimensional: *Sattva*, *Rajas*, and *Tama*. The entire concept of *manas* or mind is psychological in nature. Though its neurophysiological attributes have not been described vividly in *Ayurveda*, our ancient literature describes in detail about *Mana*. According to *Ayurveda*, mental health is a state of sensorial, mental and spiritual well being. The mental ill health is brought about essentially as a result of unwholesome interaction between the individual and his environment. A wide range of psychiatric conditions have been described in *Ayurveda*.

Primary psychological conditions caused purely by *Manasa Doshas*, i.e. *Rajas* and *Tamas* include : Lust (*Kama*), Anger (*Krodha*), Greed (*Lobha*), Delusion (*Moha*), Jealousy (*Irshya*), Pride (*Mana*), Euphoria (*Mada*), Grief (*Shoka*), Anxiety (*Chinta*), Neurosis (*Udvega*), Fear (*Bhaya*), Happiness (*Harsha*)¹, etc. Anxiety is a problem that ranges from mild uneasiness to distress in physical, mental & emotional setup. It becomes morbid when symptoms are out of proportion to external circumstances or if they persist long after a threatening situation has been averted. Though there is no clear distinction between the features of normal and pathological anxiety, in pathological condition, the anxiety is the chief symptom and acting through the autonomic nervous system, produces all kinds of visceral symptoms. *Ayurveda*, as a holistic science, follows psychosomatic approach of health. While describing psychological disorders, *Acharya Charaka* has quoted word *Chittodvega* along with *Kama*, *Krodha*, *Moha*, etc. *Chittodvega* is more applicable term to illustrate the whole anxious state. Therefore, in this study the term „*Chittodvega*“ is compared with “Generalized Anxiety Disorder (GAD)”^{2, 3}. Generalized Anxiety Disorder (GAD) can exist as a separate disease or can be an etiological factor for other psychic and psychosomatic diseases. Being an alarming disease, it requires effective management. *Acharya Charaka* has advised to use *Medhya Rasayana* drugs for the mental disorders, especially for the promotion of *Medha* and *Shankhpushpi* had been considered best amongst the *Medhya Rasayana*¹ drugs. So this drug was selected for this study.

AIMS & OBJECTIVES

1. Study of mode of action of *shankhpushpi churna* .

2. Study of efficacy of *shankhpushpi churna* in the management of *chittodvega* w.r.t. Generalized Anxiety Disorder (GAD) .

MATERIAL AND METHODS

'Shankhpushpi Churna': Raw material was taken from private dealer. Raw material drug was taken in the amount of 6 Kg. Raw materials grinded into powdered form and sieved by 80 – 120 no. of mesh use.

Research design: Open randomized study of *Shankhpushpi Churna* on 15 patients for 28 days with 14 days follow-up with doses 3 gms and anupan drava used is honey and the time of administration of Drug is morning and evening before meal .

Source of data and method of collection: There was random selection of patients from the O.P.D and I.P.D of Department of *Kayachikitsa* of the Smt. K.G.P.M.P. AYU. Hospital as per inclusion criteria.

Informed consent: Patient fulfilling criteria for selection will be included under the study after receiving their written consent.

Ethical approval: The institutional ethical committee had been approved this research work

Inclusion criteria

1. Patients of age between 18 to 65 years with no sex, race & religion and economic status barrier.
2. The patients presenting **anxiety** as a major symptom in Generalized Anxiety Disorder were subjected to detailed clinical history and physical examination. The criteria of Generalized Anxiety Disorder as described in 'The International Statistical Classification of Diseases & Related Health Problems (ICD-10)' published by World Health Organization was taken into consideration for the final diagnosis.

Exclusion criteria

1. Age below 18 years and above 65 years.
2. Pregnancy or Lactation.
3. Currently showing suicidal tendency.
4. Drug dependence.
5. GAD associated with other disorders like neurological disorders, systemic conditions, endocrine disorders, deficiency states, toxic conditions & other psychiatric disorders as mentioned in ICD 10.

CLINICAL ASSESSMENT

I. Gradation of Manasa Bhavas:

Negative Emotions: I- *Krodha-Abhidrohena*

| Grade - | Lakshanas |
|---------|---|
| 0 | No violent tendency. |
| 1 | Violent thoughts very rarely. |
| 2 | Violent, Sadistic functions quite often. |
| 3 | Frequent thoughts & functions of violence & sadism. |

II- *Bhayam-Vishaaden*

| Grade - | Lakshanas |
|---------|--|
| 0 | No Depressed mood. |
| 1 | Depressed mood only in reasonable cause. |
| 2 | Depressed mood even in unreasonable cause. |
| 3 | Always in depressed & fearful emotion. |

III- *Shoka-Dainyen*

| Grade - | Lakshanas |
|---------|--|
| 0 | No feeling of sorrow. |
| 1 | Feels inferiority & sorrow at occasions. |
| 2 | Inferiority complexes. |
| 3 | Often weeps & feel inferior very frequently. |

IV- *Dvesha-Pratishedhena*

| | |
|---|---|
| 0 | No revenging tendency at all. |
| 1 | Thoughts of revenge only at few events. |
| 2 | Thoughts & acts of revenge often. |
| 3 | Always thoughts & acts of revenge. |

Positive Emotions:

I. *Dhairyam- Avishadana*

| Grade - | Lakshanas |
|---------|--------------------------------------|
| 3 | No fear or sorrow at any cause. |
| 2 | Fearful only at reasonable cause. |
| 1 | Fearful occasionally. |
| 0 | Always in fearful & depressed state. |

II. *Harsha-Amodena*

| Grade - | Lakshanas |
|---------|--|
| 3 | Totally cheerful at all occasions. |
| 2 | Cheerful & initiative with good circumstances. |
| 1 | Cheerful & active only at occasions. |
| 0 | No feeling of cheerfulness. |

III. *Priti-Tosena*

| Grade - | Lakshanas |
|---------|---------------------------------|
| 3 | Always happy & pleased. |
| 2 | Happy & pleased occasionally. |
| 1 | Express happy mood often. |
| 0 | No feeling of happiness at all. |

IV. Viryam- Utthanena

| Grade - | Lakshanas |
|---------|---------------------------------------|
| 3 | Starts & works very quickly. |
| 2 | Works with less interest. |
| 1 | Delayed & decreased working capacity. |
| 0 | Not able to start any work. |

OBSEVATIONS, ANALYSIS AND INTERPRETATIONS

Table no. 1] Data related to response to the treatment

| Symp- tom | Mean | | S.D | | S.E. | | Median | | 'P' Value | 'r' Val- ue | Re- sult |
|----------------|-------|-------|-------|-------|-------|-------|---------|---------|--------------|-------------------|-------------|
| | B.T | A.T | B.T | A.T | B.T | A.T | B. T | A. T | | | |
| Krodha | 2.367 | 0.733 | 0.490 | 0.449 | 0.089 | 0.082 | 2 | 1 | <0.00 01 | 0.302 4 | E.S. |
| Shoka | 2.100 | 1.467 | 1.467 | 1.467 | 1.467 | 0.124 | 2 | 2 | <0.00 01 | 0.227 3 | E.S. |
| Bhaya | 2.200 | 0.933 | 0.484 | 0.583 | 0.088 | 0.106 | 2 | 1 | <0.00 01 | 0.303 6 | E.S. |
| Dvesha | 1.467 | 1 | 0.730 | 0.742 | 0.133 | 0.135 | 2 | 1 | <0.00 10 | 0.574 6 | E.S. |
| Dhairya | 1.833 | 0.766 | 0.746 | 0.626 | 0.136 | 0.114 | 2 | 1 | <0.00 01 | 0.648 2 | E.S. |
| Harsha | 0.966 | 0.700 | 0.718 | 0.702 | 0.131 | 0.128 | 1 | 1 | 0.015 6 | 0.720 1 | S |
| Priti | 0.700 | 0.366 | 0.535 | 0.490 | 0.097 | 0.089 | 1 | 0 | 0.003 9 | 0.469 6 | V.S. |
| Virya | 1.167 | 0.533 | 0.746 | 0.507 | 0.136 | 0.092 | 1 | 1 | <0.00 01 | 0.565 3 | E.S. |

DISCUSSION

The main objective of research was to evaluate the clinical efficacy of the treatment. Total research work can be divided into following subtopics:

A. Statistical analysis

B. Mode of action of Trial Drugs on Generalized Anxiety Disorder

A. Stastistical analysis: During analysis of Data available, it was observed that Av-

erage percentage relief obtained by giving *shankhpushpi churna* is significant for **Ayurvedic Gradation of ManasaBhavas**. After giving *Shankhapushpi churna* Moderate Relief was found in symptoms like *Krodha, Shoka, Dhairya* and Mild relief was found in *Bhaya, Dvesha, Harsha & Priti*.

B. Mode of Action of Trial Drugs on Generalized Anxiety Disorder

Mode of action of *Shankhapushpi Churna*^{3,4} The results of present study showed that *Shankhapushpi* relieves anxiety, irritability, restlessness, and inability to relax due to its anxiolytic effect. *Shankhapushpi* improves lack of concentration and memory due to its *Medhya* effect. *Shankhapushpi* has a sedative effect, which gives good healthy sleep. *Shankhapushpi* has been mentioned as a *Rasayana* in *Charaka Samhita*, so that it gives freedom from fatigueness. *Shankhapushpi* has *Kashaya rasa, Ushna Virya & Madhura Vipaka*. *Shankhapushpi* reduces *Kapha Dosha* due to its *Kashaya rasa, Pitta Dosha* due to its *Madhura Vipaka*, and *Vata Dosha* due to its *Ushna Virya*. It nourishes *Majja & Shukra dhatu* due to *Madhura Vipaka* which further leads to *Balavidhhi & Ojovridhhi*. When *Vaataprakopa* due to *Dhaatukshaya* leads to *Manasa Vikaras*, *Shankhapushpi* pacifies *Vaataprakopa & Manasaroga* by nourishing *Majjadidhatus*. Thus, we can say that *Shankhapushpi* is more beneficial in *Vaataja Manasa Vikaras*.

CONCLUSION

This proved the utility and relevance of *Shankhapushpi Churna*. During analysis of Data of **Ayurvedic Gradation of Manasa Bhavas**, it was observed that Average percentage relief obtained in *Shankhapushpi churna* is significant. Symptoms better managed by *Shankhapushpi Churna* are *Krodha, Shoka*. In classics, *Chikitsa sutra* of mental disorders like *Unmada, Apasmar*, etc. starts with *shodhana* of the patient. Thus, we may conclude that prior *shodhana* may augment the action of drugs. Also, following of *pathyapathya* yields good results. The clinical improvement provided by *Shankhapushpi churna* presents new availability in the manage-

ment of GAD, so that the quality of life of the patients can be definitely improved.

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