

## 2.3 NEURO-PSYCHIATRIC DISORDERS

### 2.3.1 Anxiety neurosis (*Cittodvega*)

#### Introduction

Anxiety is a psychological and physiological state characterized by cognitive, somatic, emotional and behavioural components. Anxiety is often accompanied by physical sensations such as palpitations, nausea, chest pain, shortness of breath, diarrhoea, chills, dryness of mouth, abdominal pain and headache. Somatic signs of anxiety may include pale skin, sweating, trembling and pupillary dilatation.

Ageing and anxiety is not mutually exclusive, anxiety is as common in the elderly as in the young, although how and when it appears is distinctly different in older adults.

Generalized anxiety disorder is one of the most prevalent anxiety disorders in older persons. Ageing brings with it a higher prevalence of certain medical conditions as a result. In the older people differentiating a medical condition (dementia, depression, fears) from physical symptoms of an anxiety disorder is more complicated. It comes under *mānasa roga* in *Ayurveda*.

#### Aetiology

The following factors are believed to play an important role in the occurrence of this disease.

1. Genetics and hereditary: Anxiety neurosis tends to run in families.
2. Hormonal/ biochemical imbalance: Imbalance of serotonin and dopamine.
3. Personality type: Certain types of personalities are more prone to anxiety development e.g. people who have low self esteem and poor coping skills.
4. Social factors: Those who are exposed to abuse, violence and poverty are more



prone to this type of disorders.

5. Medical causes: Endocrine and cardio pulmonary disorders
6. Drugs and other substances: amphetamine, tranquillisers, steroids etc.

### **Risk factors**

1. Female gender
2. Low resources to cope up with the daily demands.

### **Pathogenesis**

Sympathetic nervous system may always be poised to react, a crisis pulling in a state of constant tension. Various factors may cause over reaction of sympathetic nervous system resulting in anxiety.

### **Clinical features**

1. Palpitation
2. Breathlessness and nervousness
3. Chest pain
4. Trembling
5. Dizziness and fainting
6. Insomnia
7. Anorexia
8. Headache
9. Parasthesia and weakness
10. Fatigue

### **Investigations**

1. Hamilton anxiety rating scale
2. Anxiety disorder interview schedule
3. ECG.



## Differential Diagnosis

1. Post traumatic stress disorders
2. Phobias
3. Social anxiety disorders
4. Alcoholism
5. Thyrotoxicosis
6. Hypoglycemia

## Management approaches

### a. Prevention

1. Use of *madhura rasa* (sweet in taste) *pradhāna āhāra* and buffalo milk
2. Follow *sadvṛtta* (Mental hygiene)
3. Practice of *yoga* and meditation
4. Avoid the causative factors
5. Avoid incompatible food articles
6. Avoid excessive consumption of coffee, tea, soft drinks, hot spicy food, alcohol and smoking
7. Avoid stressful conditions

### b. Medical management

#### Line of treatment

1. ***Nidāna parivarjana* (avoidance of aetiological factors)** - Manage the disease conditions like endocrine and cardio-pulmonary disorder. Social factors like abuse, violence etc. and certain medications like tranquillizers and steroid should be avoided.
2. ***Pañcakarma* therapies** followed by *Śamana cikitsā* (Palliative therapy) should be advocated.
  - i. *Abhyaṅga* (body Massage)
  - ii. *Snehapāna* (Internal oleation) - *Mahākalyāṇaka ghr̥ta* 30 -50 ml for 3 - 7 days



- iii. *Śiro abhyaṅga* (head massage) with medicated liquids / oils
- iv. *Śiro vasti* with medicated oils (*Candanādi taila/ Himasāgara taila*) daily 45 minutes for 7 days
- v. *Śirodhārā* with medicated liquid (milk, butter milk, water) / oils (*Candanādi taila/ Himasāgara taila*) daily 45-90 minutes for 7 days. Duration of the process depends upon nature of the illness and physical condition of the patient.
- vi. *Picu* with *Kṣīrabalā taila*
- vii. *Takra dhārā* daily 45 minutes for 14 days
- viii. *Nasya karma* (Nasal administration of medicaments) with *Brāhmī svarasa* 5 drops/ nostril/ day for 7 days
- ix. *Śirolepa* with *Brāhmī* (*Bacopa monnieri* Linn.) leaf *kalka*

### 3. Drug therapy

#### SINGLE DRUGS

Drug	Dosage (per dose)	MOA <sup>s</sup> / Vehicle	Duration*
<i>Aśvagandhā</i> ( <i>Withania somnifera</i> Dunal) <i>cūrṇa</i>	3-5 gm	Sugar and <i>ghṛta</i> before meal	15 days
<i>Jaṭāmāṃsī</i> ( <i>Nardostachys jatamansi</i> DC.) <i>cūrṇa</i>	500 mg - 1 gm	Milk after meal	15 days
<i>Brāhmī</i> ( <i>Bacopa monnieri</i> Linn.) <i>cūrṇa</i>	1-2 gm	Water	15 days
<i>Maṇḍūkapaṇḍī</i> ( <i>Centella asiatica</i> (Linn.) Urban.) <i>cūrṇa</i>	1-2gm	Water	15 days

#### COMPOUND FORMULATIONS

Drug	Dosage (per dose)	MOA <sup>s</sup> / Vehicle	Duration*
<i>Brāhmī vaṭī</i>	250-500 mg	Water	15 days
<i>Sarpagandhādi vaṭī</i>	125 mg	Milk	15 days
<i>Sārasvatāriṣṭa</i>	10-20 ml	Water	15 days
<i>Mānasa mitra vaṭaka</i>	125 mg	Milk	15 days
<i>Muktā piṣṭī</i>	125-250 mg	<i>Ghṛta</i>	15 days



<i>Kalyāṇaka ghr̥ta</i>	6 gm	Warm milk/ warm water	15 days
<i>Mahākalyāṇaka ghr̥ta</i>	6 gm	Warm milk/ warm water	15 days
<i>Brāhmī ghr̥ta</i>	6-12 gm	Warm milk/ warm water	15 days
<i>Candanādi taila</i>	for Śīrodhārā/ Śīrovasti	-	15 days
<i>Himasāgara taila</i>	for Śīrodhārā/ Śīrovasti	-	15 days
<i>Kṣīrabalā taila</i>	for Picu / Talam	-	15 days

\*Initially 2 times in a day after meal for 15 days followed by condition of patient and physician's direction

§ MOA - Mode of administration

**NOTE:** Out of the drugs mentioned above any one of the drug or in the combination may be prescribed by the physician. The duration of the treatment may vary from patient to patient. Physician should decide the dosage (per dose) and duration of the therapy based on the clinical findings and response to therapy.

**c. Yogic Practices-** The following *yogic* practices are beneficial in Anxiety; however, these should be performed only under the guidance of qualified *Yoga therapist*. Duration should be decided by the *Yoga therapist*.

1. Practice of *Prāṇāyāma* (*Candra anuloma viloma*, cooling *Prāṇāyāma*, *Ujjai*, *Bhrāmari*) and meditation along with the practice of *Yama* and *Niyama*
2. Regular practice of *Kuñjala* and *Jalaneti*
3. *Śāsānkāsana*, *Tadāsana*, *Matsyāsana*, *Maṇḍūkāsana*, *Bhujāṅgāsana* and *Śavāsana*

These techniques may be followed in following sequence

- i. *Śavāsana*
- ii. Deep relaxation techniques
- iii. Meditation
- iv. *Prāṇāyāma*
- v. *Āsana*



**Counselling** - Advice the patient to

1. Practice light physical activities, *yoga* and meditation
2. Read and listen to music
3. Participate in *satsaṅga* (association with virtuous people)
4. Visit of religious places
5. Avoid stressful conditions
6. Avoid heavy meals at bed time
7. Avoid consumption of coffee, tea, soft drinks, alcohol and smoking

**Indications for referral**

1. Not responding to medication
2. Further deterioration in spite of medication
3. Anxiety associated with complications

**COSTING DETAILS****Approximate costing of Anxiety Management**

S.No.	Medicine	Requirement	Unit	Rate in Rs.	Cost in Rs.
1.	<i>Aśvagandhā cūrṇa</i>	90-150	gm	0.48	43.2-72
2.	<i>Jaṭāmāmsī cūrṇa</i>	30-60	gm	1.0	30-60
3.	<i>Brāhmī cūrṇa</i>	30-60	gm	0.75	22.5-45
4.	<i>Maṇḍūkapaṇḍī cūrṇa</i>	30-60	gm	0.75	22.5-45
5.	<i>Brāhmī vaṭī</i>	7.5-15	gm	4.4	33-66
6.	<i>Sarpagandhādi vaṭī</i>	3.75	gm	5.2	19.5
7.	<i>Sārasvatāriṣṭa</i>	300-600	ml	0.28	84-168
8.	<i>Mānasa mitra vaṭaka</i>	3.75	gm	5.73	22
9.	<i>Muktā Piṣṭī</i>	7.5-15	gm	1.4	11-22
10.	<i>Kalyāṇaka ghṛta</i>	180	gm	0.46	83



11.	<i>Mahākalyāṇaka ghṛta</i>	180	gm	0.67	121
12.	<i>Brāhmī ghṛta</i>	180-360	gm	0.45	81-162
13.	<i>Candanādi taila</i>	1200-1500	ml	0.32	384-480
14.	<i>Himasāgara taila</i>	1200-1500	ml	0.55	660-825

**Approx. costing of *Pañcakarma* procedure in Anxiety \*\***

S.No.	<i>Pañcakarma</i> procedure	Days	Rate in Rs./ day	Cost in Rs.
1.	<i>Abhyaṅga</i> (Body Massage)	7	200	1400
2.	<i>Śiro Vasti</i>	7	300	2100
3.	<i>Śirodhārā</i> (with taila)	7	300	2100
4.	<i>Śirodhārā</i> (with milk)	7	150	1050
5.	<i>Picu</i>	7	100	700
6.	<i>Takra dhārā</i>	14	150	2100
7.	<i>Nasya karma</i>	7	100	700
8.	<i>Śirolepa</i>	7	250	1750

