

Role of Guduchyadi Medhya Rasayana in the Management of Anxiety Neurosis

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Abstract:

A group of clinically diagnosed patients of anxiety neurosis was treated with powder of Guduchyadi Medhya Rasayana for two months to evaluate its role in the management of this disease. The results of this study showed that the drug provided significant relief in its all the main symptoms such as nervousness, irritability, inability to relax, lack of concentration, insomnia, exhaustion, aches, palpitation, tremors, breathlessness, chest pain and frequent micturation. The therapy also significantly reduced the score of total Hamilton anxiety scale. All the patients of this series got marked improvement.

Key Words: Anxiety neurosis, Guduchyadi Rasayana

Introduction:

Guduchyadi Medhya Rasayana is described by Chakradatta in Rasayana Adhikara and mentioned that by taking it for three days one can memorize one thousand of Shaloka. It comprises of equal parts of eight drugs viz. Guduchi (*Tinospora cordifolia*), Apamarga (*Achyranthes aspara*), Vidanga (*Embelia ribes*), Shankhapushpi (*Convolvulus pluricaulis*), Vacha (*Acorus calamus*), Haritaki (*Terminalia chebula*), Kushtha (*Sausseria leppa*) and Shatavari (*Asparagus racemosus*). Out of these Shankhapushpi, Vacha and Shatavari are indicated in the treatment of Attatvabhinivesha (Charaka Chikitsa 10:63-64). Guduchi is Medhya Rasayana, Apamarga is indicated in Apasmara and Unmad, Kushtha is Medhya Rasayana and indicated in Apasmara and Unmada, Vidang is Shirovirechak and Rasayana as well as indicated in Apasmaara and Haritaki is Buddhi-Indriya Bala-prada and Medhya Rasayana. Therefore this compound drug was selected to evaluate its role in anxiety neurosis, which according to some scholars it can be included in Attatvabhinivesha.

Aims and Objects:

To evaluate the role of Guduchyadi Medhya Rasayana in the management of anxiety neurosis (Attatvabhinivesha)

Materials and Methods

Patients showing the symptoms of anxiety neurosis were selected from OPD and IPD of IPGT&RA Hospital CAU, Jamnagar.

Criteria of Diagnosis: Presence of characteristic symptoms of anxiety neurosis such as nervousness, irritability, inability to relax, lack of concentration, insomnia, exhaustion, aches, palpitation, tremors and frequent micturation.

Criteria of inclusion: All the patients irrespective of age, sex, religion, socioeconomic status, habitat, etc were included in the study.

Criteria of Exclusion: suffering from any other psychic or physical disease

Drug and Doses: Guduchyadi Medhya Rasayana was administered in powder form in the dose of 6 gm three times a day by mixing each dose in 5 ml of ghee.

Duration of the Treatment: 60 days.

Criteria of Assessment of the Effects: The symptoms were assigned suitable score and changes in Hamilton's anxiety state essential scale (Hamilton, 1959).

Overall Effect:

Complete Remission: 100% relief in the symptoms and signs as well as in Hamilton's anxiety state essential scale was considered as complete remission.

Marked Improvement: Relief in the symptoms of the patients and signs as well as in Hamilton's anxiety state essential scale between 50% and 100% was considered as marked improvement.

Mild Improvement: Relief in the symptoms of the patients and signs as well as in Hamilton's anxiety state essential scale 50% or less was considered as mild improvement.

Unchanged: No improvement in the symptoms of the patients and signs as well as in Hamilton's anxiety state essential was considered as unchanged.

Observations

Most of the patients of this series of anxiety neurosis were below the age of 30 years (62.5%), male (62.5%), Pitta Prakriti (62.5%) and with chronicity of less than (75%),

Results

Eight patients were treated with Gudachyadi powder for 60 days and the effect of the drug on the chief complaints of the patients is shown in Table-1 and on the Hamilton's anxiety scale in Table-2. Overall effect of the drug on the patients of anxiety neurosis is presented in Table-3.

Table-1
Effect of Guduchyadi Medhya Rasayana on the Chief Complaints of Anxiety Neurosis Patients

Chief Complaints	Mean score		%age change	SD (±)	SE (±)	t	P
	BT	AT					
Nervousness	2.50	0.63	74.8	0.35	0.12	15.0	<0.001
Irritability	2.75	0.5	81.8	0.46	0.16	13.75	<0.001
Inability to relax	2.50	0.75	70.0	0.89	0.31	5.58	<0.001
Lack of concentration	2.75	1.0	63.6	0.46	0.16	10.69	<0.001
Insomnia	3.0	0.12	96.0	0.35	0.12	23.0	<0.001
Exhaustion	3.0	0.62	79.3	0.52	0.19	12.98	<0.001
Aches	2.75	0.25	90.0	0.53	0.18	13.22	<0.001
Palpitation	1.50	0.63	58.0	0.35	.12	7.0	<0.001
Tremors	1.50	0.12	92.0	0.58	0.18	7.51	<0.001
Breathlessness	1.50	0.0	100.0	0.75	0.26	5.61	<0.001
Chest pain	1.25	0.0	100.0	0.46	0.16	7.64	<0.001
Frequent micturation	2.50	0.12	95.2	0.74	0.26	9.02	<0.001

Table-2
Effect of Guduchyadi Medhya Rasayana on the Hamilton's Anxiety Scale of Anxiety Neurosis Patients

Chief Complaints	Mean score		%age change	SD	SE	T	P
Total Hamilton anxiety scale	36.12	5.12	85.8	2.92	1.03	29.44	<0.001

Table-3
Overall Effect of Guduchyadi Medhya Rasayana on the Eight Patients of Anxiety Neurosis

Overall effect	Number of patients	Percentage
Complete remission	00	0.00
Marked improvement	08	100.0
Mild improvement	00	0.00
Unchanged	00	0.00

Discussion

Guduchyadi Medhya Rasayana described by CHakradatta in the chapter of Rasayana Adhikara win the chapter of Rasayana Adhikara was selected for this study to evaluate its role in the management of anxiety neurosis

One month administration of Guduchyadi Medhya Rasayana provided significant relief in breathlessness and in chest pain by 100.0%, in insomnia by 96.0%, in frequent micturation by 95.2%, in tremors by 92.0%, in aches by 90.0%, in irritability by 81.8%, in exhaustion by 79.3%, nervousness by 74.8%, in inability to relax by 70.0%, in lack of concentration by 63.6%, and in palpitation by 58.0%.

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The therapy significantly reduced the score of total Hamilton anxiety scale by 85.8%

All the patients of this series got marked improvement

Conclusion

One month administration of Guduchyadi Medhya Rasayana provided significant relief in all the symptoms of anxiety neurosis.

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