



Review On Role Of *Brahmi Taila Nasya* In *Chittodvega* W.S.R To Generalized Anxiety Disorder

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ABSTRACT

Bacopa monneri is reputed for its beneficial effects in various neurological disorders. In recent years, research on medical plants and products has attracted a lot of attention globally. Several Indian medicinal plants formulations are being studied for pharmacological activity. One of the attractive and high yielding areas is that of the study of *Medhya Rasyana* drugs i.e, drugs that effects memory, cognition and other mental faculties. Anxiety disorders , the most prevalent psychiatric illness, are present in 15-20% of medical clinical patients. GAD is a chronic anxiety disorder characterized by resistant ,excessive ,difficult to control worry and other associated symptoms like fatigue, difficult to concentrate, insomnia etc. In *Ayurveda* GAD is similar to condition *Chittodvega* . *Chittodvega* has been used by *Charaka* more classically and listed under *Manas Dosha Vikara*. Many *Ayurvedic* formulations and *Anubhuta* formulations has been found to have tremendous effect as anxiolytic and anti depressants one of such *Anubhuta Yoga* is *Brahmi Taila*. On the other hand out of five *Shodhana Karma* mentioned in *Ayurveda Nasya Karma* is one capable of expelling the vitiated *Doshas* from the *Urdhvanga* or the head. *Snehana Nasya* will help in pacifying the *Raja Dosha*, which is the main *Samprapti Ghatak* of *Manas Dosha Vikara* and *Brahmi* with its *Medhya Prabhava* will help in management *Chittodvega*.

INTRODUCTION

Ayurveda - the eternal science of healthy living speaks to the physical, mental and spiritual health of a person and covers all aspects of human life. Today everyone who is trying to get a good financial situation and fulfil all desires, today's metaphysical society is facing a fragile, weak, & difficult lifestyle. As a gift of this lifestyle, almost everyone seems to be stressed and confused; which can lead to mental dysfunctions like *Chittodvega* i.e. anxiety disorder. Generalized anxiety disorder (GAD) is a chronic anxiety disorder which is associated with substantial reduction in quality of life and impairment of proper mental functioning. It is characterized by resistant, excessive, and difficult to control worry and other associated symptoms like fatigue, difficult to concentrate, sleep disturbance, restlessness, abdominal discomfort etc. Clinical trials have shown that anxiolytic drugs alone have limited long-term efficacy. Moreover, they often have adverse side effects including dependency, drowsiness, impaired cognition and memory and sexual dysfunction. Consequently, clinical community has begun to consider alternative old and new approaches targeting anxiety problems and to examine the merits of combined and tailored somatic and psychological treatments. In this direction, *Panchakarma* is an efficient therapeutic approach of *Ayurveda* that contains five procedures to eliminate the *Doshas* and morbid elements from the body. *Nasya*, one of the main *Panchakarma* used in the management of *Urdvajathrugata Rogas*^[1] (Diseases of organs above the shoulder) some *Manasika Roga* (psychological disorder) like *Unmada* (Insanity), *Apasmara* (epilepsy) etc. In *Chittodvega*, mainly *Vatapitta Dosh* & *Raja Manasa Dosh* are vitiated *Acharyas* have stated that the brain is the seat of mind. So, *Nasya* is the treatment of choice for this type of disease, by reaching actual site of pathogenesis. In *Ayurveda*, comprehensive description of a class of drugs called *Medhya drugs* used in the treatment of psychological disorders. Basically *Medhya* drugs promote intellectual faculty and hence promote mental health.

DISEASE REVIEW (MODERN)

Anxiety disorder, as defined by Harrison's principles of internal medicine is "a subjective sense of unease, dread, or foreboding, can indicate a primary psychiatric condition or can be a component of, or reaction to, a primary medical disease".^[2]

In the U.S. National Co morbidity Survey Replication (NCS-R), the lifetime prevalence of anxiety disorders was 28.8%.¹ Recent studies also suggest that chronic anxiety disorder may increase the rate of cardiovascular-related mortality

The Diagnostic and Statistical Manual of Mental Disorders (DSM-V) specifically describes GAD as excessive worry and apprehensive expectations, occurring more days than not for at least 6 months, about a number of events or activities, such as work or school performance etc.^[3] According to American psychiatric association Generalized Anxiety Disorder involves persistent and excessive worry that interferes with daily activities. This ongoing worry and tension may be accompanied by physical symptoms, such as restlessness, feeling on edge or easily fatigued, difficulty concentrating, muscle tension or problems sleeping. Often the worries focus on everyday things such as job responsibilities, family health or minor matters such as chores, car repairs or appointments.

PATHOPHYSIOLOGY- The exact mechanism is not entirely known. Noradrenergic, serotonergic, and other neurotransmitter systems appear to play a role in the body's response to stress. The serotonin and noradrenergic systems are the common pathways involved in anxiety^[3].

DIAGNOSTIC CRITERIA ^[4]–

Patients will be diagnosed on the basis of signs and symptoms of generalized anxiety disorder (DSM-V criteria).

A. Excessive anxiety and worry (apprehensive expectations) occurring more days than not for atleast 6 months, about a no. of events or activities (such as work or school performance).

B. The individual finds it difficult to control the worry.

C. The anxiety and worry are associated with three (or more) of the following six symptoms (with atleast some symptoms having been present for more days than not for the past 6 months) :

- Restlessness or feeling keyed up or on edge.
- Being easily fatigued
- Difficulty concentrating or mind going blank.
- Irritability
- Muscle tension
- Sleep disturbance (difficulty in falling or staying sleep or restless, unsatisfying)

D. The anxiety worry or physical symptoms cause clinically significant distress or impairment in social, occupational or other important areas of functioning.

E. The disturbance is not attributable to the physiological effects of a substance (e.g., a drug of abuse, a medication) or another medical condition (e.g., hyperthyroidism).

F. The disturbance is not better explained by another mental disorder (e.g., anxiety or worry about having panic attacks in panic disorder, negative evaluation in social anxiety disorder [social phobia], contamination or other obsessions in obsessive-compulsive disorder, separation from attachment figures in separation anxiety disorder, reminders of traumatic events in post traumatic stress disorder, gaining weight in anorexia nervosa, physical complaints in somatic symptom disorder, perceived appearance flaws in body dysmorphic disorder, having a serious illness in illness anxiety disorder, or the content of delusional beliefs in schizophrenia or delusional disorder).

AYURVEDIC REVIEW-

Chittodvega is considered as a perfect word for highlighting the state of anxiety. A separate description of *Chittodvega* is not given in *Ayurvedic Samhitas*. The term *Chittodvega* is mentioned by *Acharya Charaka* in *Vimana Sthana*, in context of *Manas Dosha Vikara*^[5].

Specific symptomatology of *Chittodvega* is not mentioned in *Samhitas*, but *Acharya Charak* has mentioned etiological factors for all *Sharirika* and *Mansika Rogas*, i.e.,-

1. *Asatmyendriyarthasamyoga*
2. *Pragyapradha*
3. *Parinama*

Chittodvega is a *Manovikara* distinguished by *Udvega Avastha* of *Manas* (excited state of mind) which denotes increased *Rajas* (quality of mind) and *Rajas* with vitiation of *Vata* plays an important role in the pathogenesis of *Chittodvega*. *Manoabhighata* (mental trauma) is considered the triggering factor for mental disorders. *Tridoshas* additionally play a crucial role in the manifestation of this disease. Aggravated *Vata* is liable for mental disturbance and gives rise to symptoms like fear, grief and confusion. Among the five varieties of *Pitta*, *Sadhaka Pitta* is responsible for *Buddhi* (intelligence), *Medha* (memory), *Utsaha* (enthusiasm), achievements and its vitiation produces mental disturbance. Among the varieties of *Kapha*, *Tarpaka Kapha* vitiation results in the manifestation of *Chittodvega*. The symptoms of anxiety including excess thinking, irritability, palpitations etc can be correlated to *Vata Prakopa Lakshanas* and altered bowel habits, fear, anger etc to *Pitta Prakopa*. Considering the *Dhatus* involved in the disease, *Ati chinta* or excess thinking is a causative factor for *Rasa Dhatu Dusti* which again manifests both bodily and mental symptoms.

Management-

A combination of pharmacologic and psychotherapeutic interventions is most effective in GAD, but complete symptomatic relief is rare. Medication treatment of anxiety is generally safe and effective and is often used in conjunction with therapy. There are four major classes of medications used in the treatment of anxiety disorders^[6] –

1. Selective serotonin reuptake inhibitors (SSRIs)
2. Serotonin – Norepinephrine reuptake inhibitors (SNRIs)
3. Benzodiazapines
4. Tricyclic Antidepressants

The therapies given in GAD are-

1. Cognitive- Behavioural Therapy
2. Exposure Therapy
3. Acceptance and Commitment therapy

4. Dialectical behavioural therapy

5. Interpersonal therapy

6. Eye movement desensitization and reprocessing (EMDR)

Clinical trials have shown that anxiolytic drugs alone have limited long-term efficacy. Moreover, they often have adverse side effects including dependency, drowsiness, impaired cognition and memory and sexual dysfunction. Consequently, clinical community has begun to consider alternative old and new approaches targeting anxiety problems and to examine the merits of combined and tailored somatic and psychological treatments. In *Chittodvega* (GAD) functions of Mind are disturbed. Here *Snehana Nasya* with *Medhya Rasayana Siddha Taila* is focused. As the *Dravya* we will be using is having *Snehana* property, when given through nasal route, it pacifies *Vata*, if *Vata* is controlled *Raja* is easily balanced and ultimately leads to balanced state of *Manas*. *Brahmi* has an effective role in for calming brain and nervous system. plays as is a herb is a brain tonic and enhances memory, intelligence and longevity.

DRUG REVIEW

Name of the formulation- *Brahmi Taila*^[7]

BRAHMI

Latin Name: *Bacopa monnieri* (Linn)

Family : Scrophulariaceae

Rasa Panchaka: *Rasa- Tikta*

Guna- Laghu

Veerya- Ushna

Vipaka- Katu

Prabhava- Medhya

Karma : *Medhya, Hridya*

According to *Raj Nighantu* indications for *Brahmi* are- *Unmada, Agnimandya, Asrugrujaapha, Vata-Kaphashamak etc.*

Brahmi contains chemical constituents like bacosides A and B. Bacopa contains a wide variety of medically active substances, including stigmasterol, sapogenins and flavonoids. Bacopa also contains D-Mannitol, betulic acid, beta-sitosterol, octacosane, nicotine and amino acids such as alpha –alanine, aspartic acid, glutamic acid, and serine.

Bacosides enhances body's antioxidant defenses. It maintains the structural and functional integrity of the mitochondrial membrane and protects gastrointestinal health.^[8]

Pharmacological effects- Brahmi is a potent antioxidant. Brahmi shows better acquisition, improved retention and delayed extinction, improved performance in various learning situations. The results confirm that facilitating effect of bacosides is due to their ability to consolidate the retentions at the earliest form, i.e, short term memory.

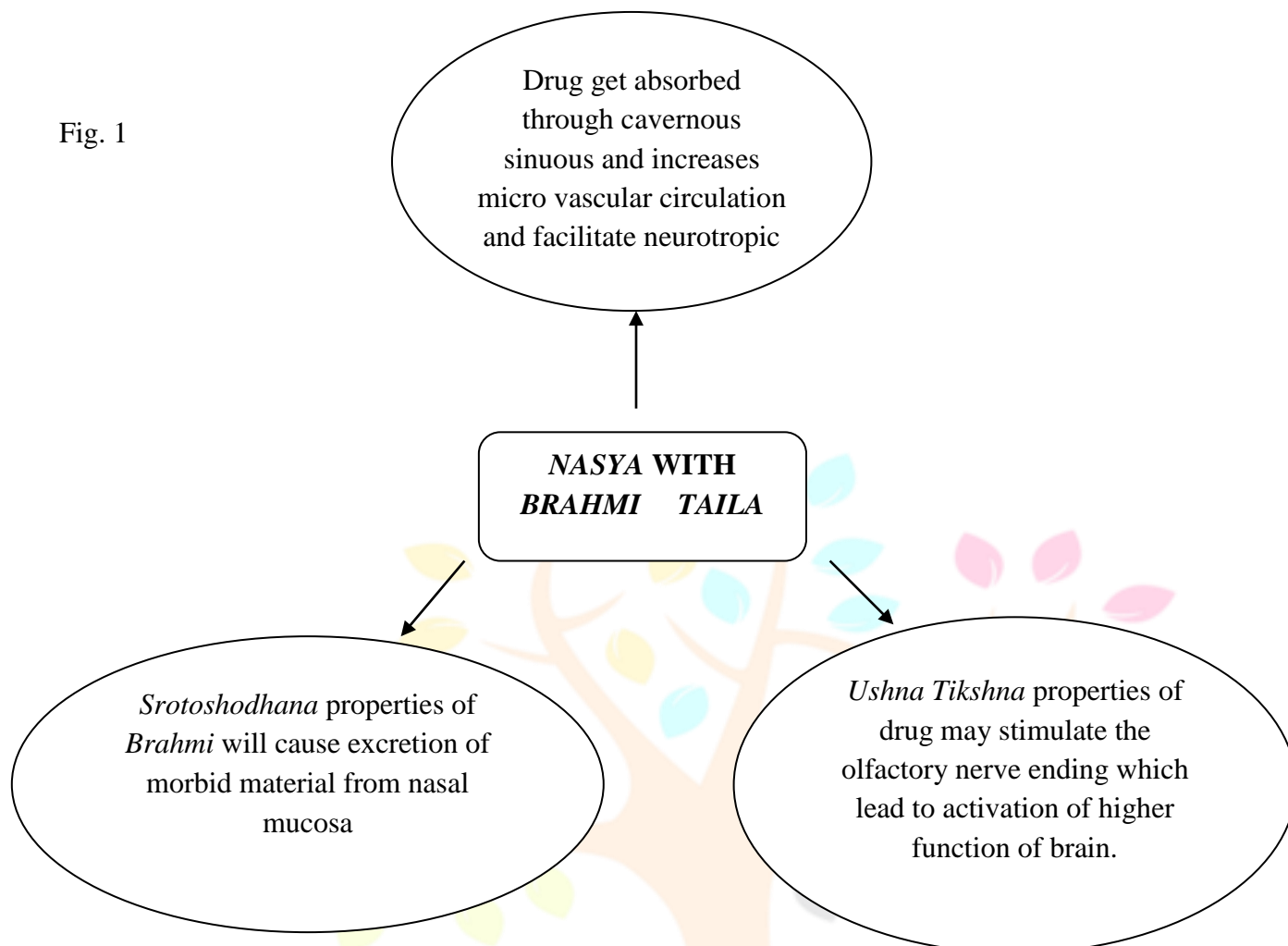
In nutshell, Brahmi shows tranquilizing, smooth muscle relaxant, nootropic, nerve tonic, adaptogenic, anti stress, anxiolytic, anti depressant, memory booster, learning facilitator effect.

TILA TAILA Acharya Charaka has mentioned Taila as Vatghneshu-uttamam, Balya, Medhaagni- vardhnam.^[9] Action of Tila Taila mentioned in different text of Ayurveda Brihana, Vrishya, Prinana, Medhakara, Sthairya, Varnakara, Tvakprasadana, Balya, Krimighna, Chaksusya, Baddhavinmutra, Yoni Shira Karnashul Hara, Chinna-Bhinna Viddha Picchita Vrana, Garbhashaya Shodhan, Laghutakarak.

DISCUSSION

Manas is located between *Shirah* and *Talu*. The power of all *Indriyas* is derived from *Manas*. The cause of different modes of functioning of the intellect is *Chitta*. *Chitta* is an aspect of *Manas*. In the present study *Brahmi* *Bacopa monnieri* (Linn.) is a brain tonic and enhances memory, intelligence and longevity, has been used for *Nasya*. It has other effects such as pacification of vitiated *Vata* and *Pitta*, skin diseases, neuralgia, inflammations, epilepsy, insanity, ulcers, splenomegaly, flatulence, fever, and general debility. plays an effective role in *Brahmi Taila Nasya Chittodwega* as *Brahmi* is an herb for calming brain and nervous system. The enriches the alkaloid content of method *Tailapaka Brahmi*, so the penetrability of oil through the high vascular area is more than normal estimated 2%.

Fig. 1



CONCLUSION

Acharya Sushruta has mentioned that specifically performed *Nasya Karma* can cause clarity of sense organs and give mental and sensorial happiness.^[10] So *Nasya* with *Brahmi Taila* may produce significant change in mental state and improvement in cognition function of mind. *Medhakara* property of *Tila Taila* may give synergistic action helping to correct the mental and intellectual functions.

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