



## EFFICACY OF GUDUCHYADI CHURNA IN ANXIETY DISORDER

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**ABSTRACT**

Anxiety is a problem that ranges from mild uneasiness to distress in physical, mental & emotional behavior. The data suggest that Anxiety Disorders are approximately 12% of the individuals suffer with Generalized Anxiety Disorder. (Mental Illness in General Health Care; Ustün & Sartorius, 1995). In this study classical formulation of "Guduchyadi Churna" (B. R. 73/22). Clinically Diagnosed forty patients of Anxiety disorder were randomly divided into two groups irrespective of sex, work, and socioeconomic status. Administered Guduchyadi Churna and Other group Yashtimadhu Chooran for 4 weeks. The result showed Group A which was treated with Guduchyadi Churna shown more effective result compared with Group B. Guduchyadi Churna proved to be effective for management of Chittodvega. The study shows that Guduchyadi Churna is effective in Chittodvega (Anxiety disorder). No any adverse effect observed in any patient during study.

**KEYWORDS :** Chittodvega, Guduchyadi Churna, Anxiety Disorder.

**INTRODUCTION**

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 fundamental principles of Ayurveda viz. theory of Panchamahabhuta, Tridosha, Triguna etc as in case of Unmada, Apasmara, Chittodvega etc.

(2) Bhoovidya which deals with psychiatric problems like Bhoonmada, Grahavesha etc.

Anxiety is a problem that ranges from mild uneasiness to distress in physical, mental & emotional behavior. Change in modern lifestyle the data suggest that approximately 12% of the individuals suffer with Generalized Anxiety Disorder. (Mental Illness in General Health Care; Ustün & Sartorius, 1995). Description of psychological disorders Charaka has quoted 'Chittodvega' with Kama, Krodha, Moha etc. Chittodvega is more applicable term for anxious state. Therefore in this study the 'Chittodvega' is compared with Generalized Anxiety Disorder. In this study classical formulation of "Guduchyadi Churna" (B. R. 73/22) consist of Shankpushpi, Vacha, Haritaki, Shatavari, Guduchi and Ghrita having Medhya and Rasayana properties & Apamarga Shirovirechaka, Kushtha kaphavatahara and Vidanga krumighna. Guduchyadi Churna found effective to control Anxiety disorders.

**NEED OF THE STUDY:-**

Chittodvega is more applicable term to illustrate whole anxious state. Therefore in this study the term 'Chittodvega' is compared with Generalized Anxiety Disorder, Chittodvega can exist as a separate disease or can be an etiological factor for other psychological and psychosomatic diseases. In recent years several modern allopathic drugs have been introduced for the treatment of anxiety disorders. Though these drugs have better results but one cannot avoid major side effects such as drug dependence, drug resistance, sedation etc. and prolong period of therapy. Guduchyadi Churna is safe and effective to prevent the major psychological disorder by rejuvenation therapy.

**AIM & OBJECTIVES:-**

To develop the clinical evidence based support for the Guduchyadi Churna in Anxiety Disorder.

**MATERIALS AND METHOD****MATERIALS :-**

a) Drugs:- Classical reference of "Guduchyadi Churna" taken from Bhaishajya Ratnavali Rasayanadhikara 73/22  
**Ingredients:-** Guduchi (*Tinospora cordifolia*), Apamarga (*Achyranthes aspera*), Vidanga (*Embelia ribes*), Shankpushpi (*Convovulus pluricaulis*), Vacha (*Acorus calamus*), Haritaki (*Terminalia chebula*), Kushtha (*Saussurea lappa*) and Shatavari (*Asparagus racemosus*).

**INCLUSION CRITERIA:-**

Clinically Diagnosed patients of Anxiety disorder, irrespective of sex, work, and socioeconomic status.

Group A: - 20 patients administered Guduchyadi Churna oral root, 3gm three times in a day (Morning-afternoon-evening) with ghrit for 4 weeks.

Group B: - 20 patients given Yashtimadhu Chooran oral root, 3gm three times in a day (Morning-afternoon-evening) with water for 4 weeks.

**EXCLUSION CRITERIA**

Organic brain syndrome.

A patient who is taking medicine for anxiety disorder from any other pathy.

**METHOD:**

Single blind Randomize comparative study Clinical study was carried out at B.V.M.F.'S Bharati Ayurved Hospital Pune.

Diagnostic criteria of generalized anxiety disorder as per 'ICD-10'. [ICD10 the 10<sup>th</sup> revision of international statistical classification of disease related health problem]

Statistical analysis was done by using t, and Z test. Results are based on:- Wilcoxon Sign Rank test.

**OBSERVATIONS:**

Table :1

Group	Stat		Anxious mood	Tension	Fears	Insomnia	Difficulties in concentration and memory	Depressed mood	psychosomatic symptoms	Behavior at interview
Group A	Mean	BT	2.50	2.50	2.05	2.50	1.15	1.80	2.00	1.65
		AT	1.65	1.60	1.35	1.55	.45	1.15	1.05	.90
	S. D.	BT	.513	.513	.686	.513	.366	.523	.000	.489
		AT	.587	.598	.671	.605	.510	.489	.394	.308
	Test Z		4.123	4.243	3.742	4.359	3.500	3.357	4.146	3.638
	P- Value		<0.001	<0.001	<0.001	<0.001	<0.001	<0.001	<0.001	<0.001
Result		HS	HS	HS	HS	HS	Sig.	HS	HS	
Group B	Mean	BT	2.45	2.44	2.00	2.40	1.15	1.50	2.00	1.25
		AT	2.05	2.05	1.55	2.00	.80	1.15	1.45	.85
	S. D.	BT	.510	.510	.858	.503	.366	.513	.000	.444
		AT	.826	.826	.191	.795	.696	.745	.510	.745
	Test Z		2.88	4.828	3.0	2.828	2.646	2.646	3.317	2.828
	P-value		0.005	.005	0.003	0.005	0.008	0.008	0.001	0.005
Result		Sig.	Sig.	Sig.	Sig.	Sig.	Sig.	Sig.	Sig.	

Table :2

Group	Stat		Cardiovascular symptoms	Respiratory symptoms	Gastrointestinal symptoms	Autonomic symptoms
Group A	Mean	BT	1.6	1.15	1.45	1.05
		AT	0.85	.503	0.8	.80
	S. D.	BT	0.503	.366	0.51	.224
		AT	0.366	.503	0.41	.410
	Test Z		3.873	3.051	3.357	2.236
	P-value		<0.001	0.002	0.001	0.025
Result		HS	Sig	Sig	Sig	
Group B	Mean	BT	1.65	1.25	1.05	1.00
		AT	1.2	.95	0.224	.85
	S. D.	BT	0.489	.444	0.75	.000
		AT	0.523	.510	0.55	.366
	Test Z		3	2.449	2.449	1.732
	P-value		0.005	0.014	0.014	0.083
Result		Sig	Sig	Sig	NS	

**DISCUSSION:**

In this study 40 patients of Chittodvega (anxiety disorder) were treated in two groups. In Group A Guduchyadi Churna were administered 3gms three times a day orally with Ghrita for 28<sup>th</sup> days. In Group B Yashtimadhu Choorna were administered 3gms three times a day orally with luk warm water for 28<sup>th</sup> days.

**Age:-** According to age group between 27–66 years are more sufferer of anxiety disorder. Because this age group is more struggles for the establishment in social and occupational area.

**Prakruti:-** According to Prakruti found that more patients are Vata–Pitta Prakruti. (47.5%) Vata and Pitta are main Dosha to provocation the Manasa Dosha in Chittodvega. Thus, Vata–Pitta Prakruti patients were more prone to Chittodvega.

**Anxious mood:-** In this study Group A shows more effective than Group B in Anxious mood symptoms. Guduchyadi Churna relives Anxiety due to its Anxiolytic effect and also a Medhya property. (Dandia & menon 1964–Vacha, J. Res. Ind. Med. Yoga & HOMOCO 1977–Shankhpushpi)

**Tension:-** In this study Group A shows more effective than Group B in Tension symptoms. Guduchyadi Churna relives tension due to its antistress, sedative, antioxidant and Rasayana properties. (Chaturvedi et al, 1966)

**Fear:-** In this study Group A shows more effective than Group B in Fear symptoms. Guduchyadi Churna relives fear due to its anti-stress, Medhya and Rasayana properties. (Parilmaldevi B, Mandal SC, Nat. Prod. Sci. 2003 9(4) 260-263)

**Insomnia:-** In this study Group A shows more effective than Group B in Insomnia symptoms. Guduchyadi Churna has a sedative effect, which gives good healthy sleep. (HOMOCO 1977)

**Difficulties in concentration and memory:-** In this study Group A shows more effective than Group B in Intellectual symptoms. Guduchyadi Churna has improve learning and memory that's whys it usefull in decreasing intellectual symptoms. (Nahata A -2003)

**Depressed mood:-** In this study both Group A and Group B shows equally effective in Depressed mood symptoms. Guduchyadi Churna relives depression due to its anti-stress, sedative, Medhya and Rasayana properties. (Parilmaldevi B, Mandal SC, Nat. Prod. Sci. 2003 9(4) 260-263, Chaturvedi et al, 1966)

**Psychosomatic symptoms:-** In this study Group A shows more effective than Group B in psychosomatic symptoms. Guduchyadi Churna relives muscular symptoms due to its antispasmodic, hypotensive, Medhya and analgesic properties. (NAPHERLENT Abst.)

**Cardiovascular Symptoms:-** In this study Group A shows more effective than Group B in Cardio vascular symptoms. Guduchyadi Churna relives cardiovascular symptoms due to its hypotensive, antioxidant and Medhya properties. (chaturvedi GN, Sen SP 1966)

**Respiratory Symptoms:-** In this study both Group A and Group B shows equally effective in Respiratory symptoms. Guduchyadi Churna relives respiratory symptoms due to its antispasmodic, hypotensive, antistress and Medhya properties. (Mukharji B. 1953)

**Gastrointestinal Symptoms:-** In this study both Group A and Group B shows equally effective in gastrointestinal symptoms. Guduchyadi Churna relives gastrointestinal symptoms due to its anxiolytic, hypotensive and Rasayana properties. (Ram P. Rastogi & Melhotra BN 1998)

**Autonomic Symptoms:-** In this study Group A shows more effective than Group B in Autonomic symptoms. Guduchyadi Churna has improved learning power and memory also having Medhya properties it is usefull

decreasing autonomic symptoms. (Nahata A & Dixit VK)

**Behavior at interview:** - In this study Group A shows more effective improvement than Group B in Behavior at interview. Guduchyadi Churna has improved learning power and memory. (Nahata A & Dixit VK, Nat. Prod. Res. 2008,22(16))

#### At Doshik Level-

Chittodvega mainly caused by Manasikdosha viz, Rajas & tamas associated with Sharirika dosha Vata and Pitta. Thus, Guduchyadi Churna is Tikta rasatmaka, madhura vipaka and tridoshhara properties. Ghrita is best Vata pittshamak, ojavardhak and also having the property of Samskarasya anuvartanam. So it is beneficial in Chittodvega.

#### Probable Mode of Action-

The results of present study showed that Guduchyadi Churna relieves anxiety, irritability, restlessness, and inability to relax due to its anxiolytic effect. (dandia and menon 1964 - vacha and J. Res. Ind. Med Yoga & HOMOCO 1977-Shankhpushpi) It improves lack of concentration and memory due to its Medhya effect. Guduchyadi Churna has sedative effect, which gives adequate and sound sleep. Guduchyadi Churna proved that there is decreases in pulse rate, blood pressure and sweating. (Chaturvedi et al, 1966)

Group A which was treated with Guduchyadi Churna shown more effective result compared with Group B in the symptoms such as Anxious mood, tension, Fear, Insomnia, difficulties in concentration and memory, psychosomatic muscular, Cardiovascular symptoms, Autonomic Symptoms and Behavioral changes at interview.

Group A and Group B is equally effective in symptoms Depressed mood, Respiratory symptoms, Gastrointestinal symptoms.

Guduchyadi Churna proved to be effective for the management of Chittodvega.

#### CONCLUSION:

The conclusion suggests that the present drug trial along with statistical analysis and inference shows remarkable improvement in clinical signs and symptoms of Chittodvega (Anxiety disorder).

- Guduchyadi Churna is effective in Chittodvega (Anxiety disorder).
- No any adverse effect observed in any patient during study.

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