



CASE STUDY ON VISHADA AND ITS MANAGEMENT

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ABSTRACT

Mind is also one of the three basic pillars of life along with body and consciousness. Ayurveda gives prime importance to positive mental health. Anything that disturbs the balance of body and mind is known to produce a disease. In Ayurveda, more importance is given to the mental health of the rogi. Ayu is defined as the combined state of Shareera, Indriya, Satwa, and Atma. Here Satwa refers to Manas. Vishada means Sadness or fear which Rajasa and Tamasa doshas are increased. Lakshanas of Vishada in ayurveda can be Kayika, Vachika, and Manasika lakshanas. It is caused by the vitiation of Vata (Sharirika dosha) and Raja (Manasika dosha). Vitiation of Vata and Raja gets seated in Hridaya (Heart) and ultimately causes vitiation of mind (Vibhrama) which finally leads to Vishada. Depression isn't the same as being sad. It's normal to feel blue or unmotivated from time to time, but depression is more constant. Its a serious mood disorder that can negatively impact health and quality of life, as well as those closest to you.

Keywords: Ayurveda, Vishada, Depression.

INTRODUCTION

Ayurveda considers Manas also the seat of Diseases like Sharir. It also gets associated with Physical disorders of the body called psychosomatic diseases.

The three factors are responsible for human ailments i.e. Asatmayaindriyaarth samyog. ii. Pragyapradha iii. Parinam. Besides this other factors like mind-related

diseases being Genetic, Congenital, or Familial are also established.

In Bhagvat Gita lord Krishna says that our Aatma is our real friend but positive thinking and control over the mind are very important otherwise it becomes our enemy and at that time mental disorders occur. Ayurveda highlights Manorogi have three disease factors: 1. Alpasatava 2. Malapradhushta 3. Buddhiniwas hridya pradushti. Apprehension of failure or fear of failure in doing various activities is called Vishada. It usually indicates reduced Satwika Guna and aggravation of Rajasika and Tamasika Manasa Gunas. Vishada and Avasada are two conditions that are closely similar to depression in Ayurveda.

In a 2021 UNICEF survey, around 14% of 15 to 24-year-olds in India reported frequently feeling depressed or disinterested. The World Health Organiza-

tion's 2015 report suggested that 4.5% of the Indian population, or approximately 56,675,969 people, were affected by depressive disorders.

MATERIALS AND METHODS

CASE HISTORY

A 58-year-old female patient visited the Department of Kaya Chikitsa, Ayurveda Mahavidyalaya Hubli with chief complaints of sleeplessness, low mood, fatigue, loss of interest in pleasurable activity, loss of appetite, heaviness of head, cough along with sputum since 4 months.

As per the history provided by the patient she was well before 6 months later due to her husband's death, she developed the following depression symptoms.

H/O Past illness- There was no history of DM, HTN, THY, or other systemic diseases. There was no suggestive family history.

ROGI PARIKSHA		DASAVIDHA PARIKSHA	
Built	normal	Prakruti	Pitta Kapha
Temperature	37°C	Vikruti	Vata Kapha
Pulse	74/min	Sara	Madhyama
Height	144cm	Samhanana	Madhyama
Weight	54kg	Pramana	Madhyama
Tongue	coated	Satmya	Madhyama
Pallor	present	Satwa	Avara
Icterus	absent	Ahara shakti	Avara
Cyanosis	Absent	Vyayama shakti	Avara
Oedema	absent	Vaya	Vruddha
Lymphadenopathy	Absent		
BP	150/100mmhg		
RS	Bilaterally symmetrical, Wheezing present.		

Diet: vegetarian

Appetite: loss of appetite

Sleep: aniyamita

Micturition: 4-5/ day, 1/night

Bowel: normal, 1 episode/day

Occupation: home maker

DIAGNOSTIC CRITERIA

The patient was diagnosed with Vishada and met the diagnostic criteria of Vishada by using the Hamilton Depression scale DSM-5.

HAMILTON DEPRESSION SCALE ASSESSMENT

Scores- Before treatment:19

During treatment:6

After treatment:1

THERAPEUTIC INTERVENTION:

The management was done using nasya followed by shamana oashadhi.

Treatment Protocol:

1) Koshta Shuddi- Haritakyadi Churna

Anupana – Ushna jala

Matra- 10 gms divided dose

Duration- 5 days

2) Nasya Karma

a. Purva Karma for Nasya

- Mukha Abhyanga- with Murchita tila taila
- Followed by – Sthanika Baspaha Sweda

b. Pradhana Karma

- Dravya- Purana Ghrita
- Matra- 4 drops as per rogi bala
- Duration-7 days

c. Paschyat Karma

- Dhoomapana- Haridra dhooma varti
- Kavala- Ushna Jala

3) Shamanoushadhi

Gyanada Capsule (anubhuta yoga)

- Matra – 2 capsules BD (500 mg each)
- Anupana- Ushna Jala
- Kala – After the food
- Duration- 45days (during, after nasya)

DISCUSSION

The Purana Ghrita was 1 year old and prepared from go ghrita. Ghrita is considered best the fats. Purana Ghrita has much relevance and importance when manasika vikara is considered. Many references have been given by acharyas and Charaka acharya in Unmada chikitsa prakarna elaborated on purana, and prapurana ghrita. Ghrita which is kept undisturbed in a pot for more than 1 year is called purana ghruta (Bhadrashonaka). Some of them opine it to be 10 years and after 10 years it's called prapurana ghrita. According to susruta, an 11-100 year-old ghrita is called as Kumbha sarpi, and more than this is called as Mahaghrita.

- 1-year purana ghrita – kinchid abhishyandhi tridosahara
- 5-year purana ghrita – Kashaya anu rasa
- 10-year purana ghrita- katu anu rasa, laghu
- 10 years above- rasayana.

Purana ghrita has properties like saaraka, katu, ushna, tikshna, agni deepaka, chedana, srotoshodhana, vrana shodhana, ropana and netraya.

Gyanada Capsule containing the drugs like Tagara, Vacha, Jyothishmati, Yastimadhu, Ashwagandha, Jatamansi, Brahmi etc which possess the properties such as Medhya, Rasayana, Vayasthapana, Vrushya, Buddhi prada, Smriti prada, Hrudya were used in capsule form (fine powder of all the drugs). The shesa dosha which is still remaining has to be eliminated with anubhuta yoga used for shamana chikitsa. Satwavajaya chikitsa plays a major role in treating Manasika roga.

CONCLUSION

We all know that "Nasahi shirasodwaram" as the nose is the gateway of the head and hence judicious administration of nasya cures the disease related to the head. In Depression, the site of manifestation of dosha is manavaha srotas. So, to take out morbid doshas out of shiras, to regulate the karma of prana vata, tarpaka kapha, and sadhaka pitta, and to nourish the shiras the Purana ghrita (1-year-old) was used for Nasya. This not only decreased kapha, Vata, and components of manodushti but also increased manobala by restructuring mana through Reworking chintya, Vicharya, uhya, dheya, sankalpa, and budhi leading to changes in bhakti, sheela, cheshta, and achara.

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