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AN OBSERVATIONAL STUDY OF NEUROSIS PATIENTS WITH SPECIAL REFERENCE STROTAS DUSHTI LAKSHANAS MENTIONED IN CHARAKA SAMHITA

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ABSTRACT:

A poor ability to adapt to one's environment, an inability to change one's life patterns is called as Neurosis. Neurosis refers to condition characterized by physical and mental disturbance. Certain mental and physical disturbances and inner struggles characterize neurosis. Stress is main reason for it. Persistent stress affects body and mind resulting in Strotas dushti. In Ayurveda, Rasavaha and Manovaha strotas dushti lakshan are mentioned in Charak Samhita [1]. Observational study of 38 anxiety neurosis patients has showed that sign and symptoms seen in Anxiety neurosis patients are similar to these Strotas Dushti Lakshanas.

KEYWORDS: Neurosis, Strotas.

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INTRODUCTION:

Neurosis is physio - psychological disorder that interferes with quality of life without disturbing individual's perception to reality. Psychosis on the other hand, is psychological disorder affecting individual's perception to reality and it interferes with their ability to function in a social context [2]. Autonomic nervous system dysfunction is associated with depression and anxiety. According to *Ayurveda*, *Hruday* and *Dash Dhamanya* are *Rasa vaha strotas sthan*. Also, *sthan* of Man (mind) is *Hruday*. *Dushti lakshanas* of *Rasa vaha strotas* are similar to anxiety neurosis disease [3]. This will definitely help in treating such psychological disorders with *Ayurvedic* perspective. Today it is becoming need of time to establish parallel line of treatment along with CBT (Cognitive Behavioural Therapy), as no of neurosis patients are increasing day by day. Lack of awareness or acceptance results in many health issues affecting working efficiency too [4].

Aim and Objectives-

Aim- Aim of the study is to evaluate similarities between sign and symptoms of Neurosis patients to *Rasavaha* and *Manovaha strotas dushti lakshanas* with observational study.

Objectives- Objectives of the study were

- 1) To review literature of Neurosis and *Rasa-Mano vaha strotas*.
- 2) To evaluate similarity between sign and symptoms of Neurosis with *Ayurvedic* perspective.

Material and Method-

Study is conducted as follows-

A) Literature review-**1. Neurosis -**

Causes - Stress is one of the main reasons [5].
Feature - Tachycardia, elevated blood pressure, Shivering -twitching over the body, Muscular tension or weakness, Forgetfulness, Insomnia or interrupted sleep, Pain in the intestine, General depression, Poor

concentration, no appetite, Tremors, Dream of physical torture, feels inadequate to meet any Emergency, afraid of committing any mistakes, Irritability, morbid fear, low self-esteem etc [6].

2. Rasavaha strotas dushti hetu & lakshan - In *Charak Samhita Sutrastha* and *Vimansthan Rasa vaha strotas dushti hetu* and *lakshan* are given [7].

3. Manovaha strotas dushti hetu, lakshana - In *Charak Samhita Indriyasthan, Chikitsasthan* references of *Mano vaha strotas dushti lakshans* are given [8].

B) Observational study-

This study has been carried out as follows -

- Screening of 300 women was done.
 - They are middle aged (25-50 years) and working women.
 - This study has been carried out between October 2021-January2022
 - For this study, three societies were selected.
 - Questionnaire as per Hamilton Anxiety scale was designed.
 - Questionnaire was circulated to participating women via mobile message.
 - Telecommunication was done whenever needed.
 - A Clinical Psychiatric help was taken for differential and final diagnosis.
 - Collected data is tabulated for further analysis, observation and result.
- 1. Criteria for patient selection -**
- Middle age, married, working women were selected.
 - Daily working for 8 hrs (service or business) were selected for study.
 - Women working on weekend (Sunday), night duty workers were excluded.
 - Women carrying pregnancy, other major systemic disorders like HTN, DM, and Thyroid etc were excluded during differential diagnosis.
 - Women below 25 years and above 50 years excluded.

- Women diagnosed with Neurosis were included.

2. Hamilton Anxiety Rating Scale [9]-

Hamilton Anxiety Rating Scale (HAM-A)

Below is a list of phrases that describe certain feeling that people have. Rate the patients by finding the answer which best describes the extent to which he/she has these conditions. Select one of the five responses for each of the fourteen questions.

0 = Not present, 1 = Mild, 2 = Moderate, 3 = Severe, 4 = Very severe.

<p>1 Anxious mood <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Worries, anticipation of the worst, fearful anticipation, irritability.</p>	<p>8 Somatic (sensory) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Tinnitus, blurring of vision, hot and cold flushes, feelings of weakness, pricking sensation.</p>
<p>2 Tension <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Feelings of tension, fatigability, startle response, moved to tears easily, trembling, feelings of restlessness, inability to relax.</p>	<p>9 Cardiovascular symptoms <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Tachycardia, palpitations, pain in chest, throbbing of vessels, fainting feelings, missing beat.</p>
<p>3 Fears <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Of dark, of strangers, of being left alone, of animals, of traffic, of crowds.</p>	<p>10 Respiratory symptoms <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Pressure or constriction in chest, choking feelings, sighing, dyspnea.</p>
<p>4 Insomnia <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Difficulty in falling asleep, broken sleep, unsatisfying sleep and fatigue on waking, dreams, nightmares, night terrors.</p>	<p>11 Gastrointestinal symptoms <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Difficulty in swallowing, wind abdominal pain, burning sensations, abdominal fullness, nausea, vomiting, borborygmi, looseness of bowels, loss of weight, constipation.</p>
<p>5 Intellectual <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Difficulty in concentration, poor memory.</p>	<p>12 Genitourinary symptoms <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Frequency of micturition, urgency of micturition, amenorrhea, menorrhagia, development of frigidity, premature ejaculation, loss of libido, impotence.</p>
<p>6 Depressed mood <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Loss of interest, lack of pleasure in hobbies, depression, early waking, diurnal swing.</p>	<p>13 Autonomic symptoms <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Dry mouth, flushing, pallor, tendency to sweat, giddiness, tension headache, raising of hair.</p>
<p>7 Somatic (muscular) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Pains and aches, twitching, stiffness, myoclonic jerks, grinding of teeth, unsteady voice, increased muscular tone.</p>	<p>14 Behavior at interview <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Fidgeting, restlessness or pacing, tremor of hands, furrowed brow, strained face, sighing or rapid respiration, facial pallor, swallowing, etc.</p>

3. Questionnaire

Name-

Occupation-

Age-

Address-

Please fill following questionnaire completely. Put a check in the space to the right that describes how much that symptom/problem has bothered you during the past two weeks.

0=not present 1=sometimes present

2=moderately present

3=always present but can tolerate

4=always present and difficult to tolerate

Complaint/problem/symptom	Gradation				
	0	1	2	3	4
1. Anxious mood (irritable feeling, worries etc)					
2. Feeling of restlessness, inability to tolerate stress, tension feeling, easy to cry.					
3. Fear of stranger, feeling of left alone					
4. Difficulty of sleeping, interrupted sleep, nightmare					
5. Difficulty in concentration, poor memory					
6. Depressed mood (loss of interest, lack of pleasure)					
7. Muscular pain/twitching/increased tone/grinding of teeth					
8. Feeling weakness, losing body tone					
9. Palpitation/tachycardia/fainting feeling					
10. Pressure in chest/dysnea					
11. Nausea, less appetite, not willing to eat, stomach fullness, constipation					
12. Weight loss					
13. Frequency or urgency of urination					
14. Loss of libido					
15. Tension headache, graying of hair					
16. Pallor, facing hand tremors while interaction.					

4.Criteria for assessment [10]-

No.	Subjective parameter (<i>Rasavaha, Manovaha Strotas Dushti Lakshana</i>)	Gradation				
		0	1	2	3	4

1	Ashraddha					
2	Aruchi					
3	Aasya Vairasyata					
4	Hrullas					
5	Krushangata					
6	Anga Gaurav					
7	Angmard/Shram/Daurbalya/Shaitilya					
8	Alpa Nidra/Nidra nash/Tandra					
9	Vishadata					
10	Swapna Prachiti					
11	Bhay Prachiti					
12	Ati chinta					
13	Anavsthita chittatva, low self esteem					
14	Lack of libido					
15	Premature Greying of hair/skin wrinkles					
16	Hrud Spand					
17	Pandu					

Observation -

Observations of this study are as follows.

Gradation of Neurosis symptoms	No symptoms	Mild symptoms	Mild to moderate	Severe	Total
No of women	122	131	50	07	300

Occupation of women having mild to moderate and severe anxiety symptoms -

Occupation	Doctor	Nurses	School teacher	College teacher	Bank employee (branch manager)	Gov service	Engg (private sector)	Private tuitions classes	Entrepreneur (beauticians, resell business)	Lab technician	Total
No of women	09	03	03	04	07	08	06	05	05	01	50

Observations of these women as per their symptoms-

Sr.No.	Rasavaha Strotas dushti Lakshan	Out of 38 women, no of women showing symptoms
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1	Ashraddha	38
2	Aruchi	30
3	Aasya Vairasya	39
4	Hrullas	32
5	Anga Gaurav	30
6	Krushangata	20
7	Angmard/Shram/Daurbalya/Shaitilya	27
8	Tandra	32
9	Vishadata or Vishadi bhava	40
10	Ati chinta	33
11	Anavsthita chittatva	25
12	Premature Greying of hair/skin wrinkles	32
13	Hrud Spand	8
14	Pandu	29

In present study, *Bhay Prachiti*, *Swapna Prachiti* and Low self-esteem these three symptoms which are not given in *Rasavaha strotas dushti lakshana* and can be correlated

to *Manovaha strotas*. But they are not *dushti lakshana*. Increased *Raj* and *Tam Guna* of *Manas* is the reason for these *lakshana*.

Sr.No.	Lakshan	Out of 50 women, no of women showing symptoms
1	Bhay Prachiti	19
2	Swapna Prachiti	38
3	Low self esteem	28

Result -

- Screening of total 300 working women from three societies was done.
- Of which 50 women showed mild to severe range of Neurosis symptoms as per scale.
- Observations show that majority of diagnosed cases having symptoms similar to *Rasavaha strotas dushti lakshana*.

CONCLUSION:

- It can be concluded that sign and symptoms seen in subjects suffering from Anxiety Neurosis patients are similar to *Rasavaha strotas dushti lakshanas* but not to *Manovaha strotas dushti lakshanas*.
- Also difference between psychosis and neurosis is given in our *Samhitas* along with

their treatment will definitely add benefits in treating these cases.

Future scope for the study-

- CBT - Psychotherapy, counseling and symptomatic treatment are options for neurosis and psychosis.
- With *Ayurvedic* perspective, pathophysiology of neurotic diseases can be elaborated which will help for treatment.
- Clinical manifestation of this data is important to evaluate exact benefits of *Ayurveda* treatment.

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