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A Clinical Study On Effect Of *Tagaradi Yoga* In Patients Of *Chittodvega* (Anxiety).

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ABSTRACT: The aim of the present work was to evaluate the effect of *Tagaradi yoga* i.e. hydroalcoholic extract of *Tagar*, *Jatamansi*, *Vachha* in ratio 2:1:1 in capsule form in the patient of *Chittodvega* (Anxiety). The 26 patients were selected between the age group of 18-60yrs irrespective of the age, sex, religion etc. Present study was having only single group was open in nature. The drug was given as per wt. of the patient, below 40 kg were given 500mg, patient between 40-50kg were given up to 750mg, patients above 50kg were given up to 1gm. at bed time with water. The clinical trial was of 15 days duration with follow up on 8th day. The result of this trial drug was very significant based on the assessment criteria which were based on the symptomatic profile, Hamilton's anxiety and depression rating scale Jung's self rating anxiety scale and self-rating depression scale. No Significant side effect was observed during course of this trial.

Key words:- *Chittodvega*, Anxiety, Depression, *Avasadh*, *Jatamansi*, *Tagar*, *Vachha*

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INTRODUCTION

In the present era of globalization industrialization and day to day struggle for the betterment of living standard, prevalence of mental diseases and other mood disorders is also increasing. The chittodvega or anxiety is one of them. The Chittodvega or anxiety is a generalized mood state that occur without an identifiable trigger. A person suffering from anxiety disorder often experiences feeling of pain or fright and annoyances which further creates a bad impact on one's social life with growing incident of anxiety and stress in today's society the large no of psychopharmacological drugs has been introduced. but this these drugs have lots of side effects which leads the patient to innumerable sequela, especially habituation. At this juncture the search for better remedies continues. Reference has been made to treasure of ancient Indian medicines and attempts are being made to

explore the herbal resources of ayurvedic medicines. In this present trial it was investigated that if selected herbal drugs *Tagar*, *Jatamansi* and *Vacha*'s hydroalcoholic extract posses any anxiolytic and anti-depressnent effect on behavior parameter or not.

AIM AND OBJECTIVE: -

1. To study the prevalence of *chittodvega* and its association with *manoavsada* (Depression).
2. The other symptomatology of *chittodvega*, prevalence and its correlation with symptomatology of anxiety states, the nature of *chittodvega* and its association with other psychic somatic disorders and the effect of *Tagardi yoga* capsule (Containing hydroalcoholic extract of *Tagar*, *Jatamansi* and *Vacha*) in *Chittodvega*

i.e. qualitative and quantitative effect on patients of anxiety.

MATERIAL AND METHOD :-

The patients of *chittodvega* fulfilling the criteria for selection were registered from OPD and IPD P.G. Deptt of Kayachikitsa R.G.G.P.G.Ayu. Hospital, Paprola irrespective of caste age sex and religion. Total 26 patients were selected for the present clinical trial out of which 2 patients did not turn up for follow-up. They were dropped out for the study. Remaining 24 patients completed the trial.

Type of Study- Clinical Study

Selection of Cases

Patients with symptoms of anxiety and depression fulfilling the diagnostic criteria were included in the study.

Diagnostic Criteria:-

For diagnosis, detailed medical history was taken and physical examination was done in detail according to both modern and ayurvedic clinical methods. Patient were diagnosed according to the diagnostic criteria for anxiety in DSM-IV A special proforma has been

prepared incorporating all the signs and symptoms of the disease.

Inclusion criteria:-

1. Patients of *chittodvega* (i.e. anxiety) due to psychic and somatic sickness were included in the trial provided there were no contraindications to administration of drug.
2. All patients were of age group 18-60yrs.

Exclusion criteria:-

1. Patient not willing for trial
2. Patient below 18 and above 60 yrs.
3. Abuse of drug or alcohol
4. Patient with terminal sickness.

Dose:-

Tagaradi yoga capsule containing a combination of these drugs i.e. hydroalcoholic extract of *tagar*, *jatamansi* and *vacha* were used in present study. Each cap. contains above content in 2:1:1 ratio.

Dose of drug was given according to weight of patient i.e.

below 40kg---500mg

40-50kg----- 750mg

above 50kg---- 1gm at bed time with water.

Parameter of assessment of drug response: -

To assess the effect of and response of the clinical pattern of the trial drug on anxiety and depression.

1. Hamilton's anxiety rating scale
2. Hamilton's depression rating scale

3. Jung's self rating anxiety scale and self rating depression scale were adopted respectively. we have followed these rating scale to assess the therapeutic behavior response on initial and follow up, in the anxiety disorder and depressive illness patients.

OBSERVATIONS

Demographic Profile

The demographic data will be discussed here on 26 patients on the basis of age, sex, religion, occupation, habitat and dietary habits etc.

Table 1. Age Wise Distribution

S. No.	Age in years	No. of Patients	Percentage
1.	18-30	09	34.62
2.	31-40	06	23.08
3.	41-50	02	7.69
4.	51-60	09	34.62

Table 2. Sex Wise Distribution

S. No.	Sex	No. of Patients	Percentage
1.	Male	08	30.77
2.	Female	18	69.23

Table 3. Religion Wise Distribution

S. No.	Religion	No. of Patients	Percentage
1.	Hindu	26	100
2.	Buddhist	00	00
3.	Any Other	00	00

Table 4. Education Wise Distribution

S. No.	Education	No. of Patients	Percentage
1.	Illiterate	05	19.23
2.	Primary	03	11.54
3.	High School	11	42.31
4.	Graduate	06	23.08
5.	Post Graduate	01	03.85

Table 5 : Occupation Wise Distribution

S. No.	Occupation	No. of Patients	Percentage
1.	House workers	11	42.31
2.	Govt. Job	02	07.69
3.	Private Job	11	42.31
4.	Retired	02	07.69

Table 6.: Socio-Economic Status Wise Distribution

S. No.	Socio-Economic Status	No. of Patients	Percentage
1.	Lower Class	05	19.23
2.	Middle Class	17	65.38
3.	Upper Middle Class	04	15.38

Table 7: Habitat Wise Distribution

S. No.	Habitat	No. of Patients	Percentage
1.	Rural	22	84.62
2	Urban	04	15.38

Table 9 :Marital Status Wise Distribution

S. No.	Marital Status	No. of Patients	Percentage
1.	Married	16	61.54
2.	Unmarried	08	30.77
3.	Widow	02	07.69

In the present study, the effect of therapy was studied on 24 patients in a single trial group treated with Tagaradi Yoga capsules for 15 days. The results obtained for this clinical study are described as under:

Table 10 Effect of Treatment on Hamilton’s Anxiety Rating Scale (HARS) in 24 cases.

S. No.	Symptoms	Mean		BT-AT	%age relief	SD±	SE±	‘t’	P
		BT	AT						
1	Anxious Moods	2.71	0.58	2.13	78.46	0.81	0.17	12.53	<0.001
2.	Tension	2.38	0.54	1.83	77.19	0.56	0.12	15.25	<0.001
3.	Fears	2.21	0.67	1.54	69.81	0.65	0.13	11.85	<0.001
4	Insomnia	2.46	0.75	1.71	69.49	0.74	0.15	11.40	<0.001
5.	Intellect	2.04	0.88	1.17	57.14	0.47	0.10	11.70	<0.001
6.	Depressed mood	2.38	0.58	1.79	75.44	0.59	0.12	14.92	<0.001
7.	Somatic (muscular)	2.25	0.71	1.54	68.52	0.65	0.12	12.83	<0.001
8	Somatic (Sensory)	2.50	0.67	1.83	73.33	0.64	0.13	14.08	<0.001
9.	Cardiovascular symptoms.	1.79	0.58	1.21	67.64	0.50	0.10	12.10	<0.001
10.	Respiratory symptoms.	2.33	0.71	1.63	69.64	0.64	0.13	12.54	<0.001
11.	G.I. symptoms	1.92	0.54	1.38	71.74	0.48	0.10	13.80	<0.001
12.	Genitourinary symptoms	1.79	0.42	1.38	76.64	0.48	0.10	13.80	<0.001
13.	Autonomic symptoms	2.58	1.04	1.54	59.68	0.59	0.12	12.83	<0.001
14.	Behavior at interview	2.38	0.71	1.67	70.18	0.70	0.14	11.93	<0.001

Above table shows the higher mean scores on anxious mood, tension, depressed mood, somatic sensory, autonomic symptoms and behavior at interview. The minimum score observed on the table was of cardiovascular symptom, respiratory and genitourinary symptoms. There were encouraging percentage reliefs in 71.43% of symptoms. The percentage relief was comparatively low in intellect (57.14%) and autonomic (59.68%) symptoms but statistically the mean rating scale scores showed highly significant changes in all syndromes ($P < 0.001$).

Table 11: Symptomatic relief on the basis of HARS in 24 cases

Sr. No	Symptoms	Markedly improved	Moderately improved	Partially improved	Un- improved
1.	Anxious mood	22 (91.67)	2 (8.33)	0	0
2.	Tension	20 (83.33)	3 (12.50)	0	0
3.	Fears	18 (75.00)	6 (25.00)	0	0
4.	Insomnia	18 (75.00)	5 (20.83)	1 (4.17)	0
5.	Intellect	4 (16.67)	2 (8.33)	9 (37.50)	1 (4.17)
6.	Depressed mood	19 (79.17)	4 (16.67)	1 (4.17)	0
7.	Somatic (muscular)	18 (75.00)	3 (12.50)	3 (12.50)	0
8.	Somatic (sensory)	20 (83.33)	2 (8.33)	2 (8.33)	0
9.	CVS	13 (54.17)	11 (45.83)	0	0
10.	Respiratory symptoms	18 (75.00)	6 (25.00)	0	0
11.	G.I. symptom	19 (79.17)	5 (20.83)	0	0
12.	Genitourinary symptom	12 (50.00)	9 (37.50)	3 (12.50)	0
13.	Autonomic symptom	17 (70.83)	4 (16.67)	3 (12.50)	0
14.	Behavior of interview	13 (54.00)	10 (41.67)	1 (4.17)	0

NB – Figures in parenthesis refers to the percentage of number of cases.

The above table shows relief in symptoms mentioned in HAR scale in 24 cases. There were only 16 patients who complained decreased intellect.

Table 12:Effect of Treatment on the Items of Hamilton's Depression Rating Scale in 24 cases

S. No	Symptoms	Mean			%age relief	±SD	±SE	't'	P
		BT	AT	BT-AT					
1	Depressed mood	2.58	0.83	1.75	67.74	0.52	0.11	15.91	<0.001
2.	Guilt	2.21	0.63	1.58	71.70	0.65	0.09	12.15	<0.001
3.	Suicide	2.18	1.0	1.18	54.17	0.04	0.01	9.83	<0.001
4	Insomnia initial	2.21	0.75	1.46	66.04	0.50	0.10	14.60	<0.001
5.	Insomnia middle	2.33	0.94	1.39	59.52	0.60	0.14	9.93	<0.001
6.	Insomnia delayed	2.25	0.65	1.60	71.11	0.60	0.13	12.31	<0.001
7.	Work & interest	2.25	0.67	1.58	70.37	0.65	0.13	12.15	<0.001
8	Retardation	2.33	1.08	1.25	53.57	0.44	0.09	13.89	<0.001
9.	Agitation	2.54	1.08	1.46	57.38	0.50	0.10	14.60	<0.001
10.	Anxiety (psychic)	2.75	0.75	2.0	72.73	0.59	0.12	16.67	<0.001
11.	Anxiety (somatic)	2.29	0.63	1.67	72.73	0.56	0.12	13.92	<0.001
12.	Somatic G.I.	2.42	0.88	1.59	63.79	0.50	0.10	14.20	<0.001
13.	Somatic (general)	2.33	0.96	1.42	60.71	0.47	0.10	14.20	<0.001
14.	Genital	2.50	1.08	1.42	56.67	0.51	0.15	9.47	<0.001
15.	Hypochondriasis	2.14	0.52	1.62	75.56	0.67	0.15	10.80	<0.001
16.	Insight	2.25	0.67	1.58	70.37	0.50	0.10	15.80	<0.001
17.	Loss of weight	-	-	-	-	-	-	-	-

Above table shows the higher mean scores on depressed mood, agitation, anxiety (psychic) and genital symptoms. None of the patients complained loss of weight. The percentage relief were comparatively higher in depressed mood, guilt, insomnia initial, delayed, anxiety (psychic), anxiety (somatic), hypochondriasis, suicidal ideas, retardation and insight symptoms. Whereas there were lesser improvement in agitation and genital symptoms. Statistically the results shown in the table reveal highly significant ($P < 0.001$) changes in all symptoms.

Table 13.Symptomatic relief of Tagaradi Yoga on the basis of HDRS in 24 cases

Sr. No.	Symptoms	Markedly improved	Moderately improved	Partially improved	Un improved
1.	Depressed mood	20 (83.33)	3 (12.50)	1 (4.17)	0
2.	Guilt	18 (75.00)	5 (20.83)	1 (4.17)	0
3.	Suicide	5 (20.83)	4 (16.67)	1 (4.17)	0
4.	Insomnia initial	16 (66.67)	6 (25.00)	3 (12.50)	0
5.	Insomnia middle	15 (62.50)	6 (25.00)	3 (12.50)	0
6.	Insomnia delayed	18 (75.00)	6 (25.00)	0	0
7.	Work & interest	18 (75.00)	5 (20.33)	1 (4.17)	0
8.	Retardation	10 (41.67)	9(37.50)	5 (20.83)	0
9.	Agitation	13 (54.17)	10 (41.67)	1 (4.17)	0
10.	Anxiety (psychic)	22 (91.67)	3 (12.50)	1 (4.17)	0
11.	Anxiety (somatic)	20 (83.33)	3 (12.50)	1(4.17)	0
12.	Somatic G.I.	18 (75.00)	5 (20.83)	1 (4.17)	0
13.	Genital	8 (33.33)	6 (25.00)	0	0
14.	Hypochondriasis	6 (25.00)	4 (16.67)	1 (4.17)	1 (4.17)
15.	Insight	20 (83.33)	2(8.33)	2(8.33)	0
16.	Somatic general	16 (66.67)	7 (29.17)	1 (4.17)	0
17.	Loss of weight	-	-	-	-

Above table shows relief in symptoms mentioned in HDR scale in 24 cases. There were 10 patients having suicidal ideation, 14 patients having genital symptoms and 12 patients having hypochondriasis.

Table 14. Effect of Treatment on Jung’s Self rating anxiety scale in 24 cases based on Questionnaire

S. No.	Anxiety self rating Score		BT-AT	%age relief	SD±	SE±	‘t’	P
	BT	AT						
1	52	30	22	42.31	0.45	0.10	11.10	<0.001
2.	35	18	17	48.57	0.65	0.13	18.17	<0.001
3.	70	52	18	25.71	0.48	0.10	13.80	<0.001
4	46	26	20	43.48	0.59	0.12	12.83	<0.001
5.	58	31	27	46.55	0.54	0.12	10.42	<0.001
6.	48	25	23	47.92	0.82	0.17	8.18	<0.001
7.	39	19	20	51.28	0.65	0.13	11.90	<0.001
8	55	32	23	41.82	0.46	0.09	18.98	<0.001
9.	74	49	25	33.78	0.62	0.13	10.17	<0.001
10.	38	18	20	52.63	0.91	0.18	6.20	<0.001
11.	39	20	19	48.72	0.74	0.15	10.20	<0.001
12.	40	22	18	45.00	0.71	0.16	5.73	<0.001
13.	50	29	21	42.00	0.54	0.19	4.75	<0.001
14.	41	20	21	51.22	0.58	0.12	20.21	<0.001

15.	71	60	11	15.49	1.88	0.42	4.21	<0.001
16.	36	22	14	38.89	0.72	0.15	10.2	<0.001
17.	48	20	28	58.33	0.94	0.21	6.72	<0.001
18	41	18	23	56.10	0.63	0.10	16.97	<0.001
19	37	19	18	48.65	0.76	0.17	5.23	<0.001
20.	36	20	16	44.44	0.49	0.11	7.51	<0.001
21	43	22	21	48.84	0.40	0.09	12.23	<0.001
22	45	37	8	17.78	0.51	0.12	10.00	<0.001
23	56	21	35	62.50	0.80	0.18	9.63	<0.001
24	45	17	28	62.22	0.69	0.14	13.99	<0.001

Statistically the total Jung’s self rating anxiety score ranged between 35 to 71 in 24 cases before the trial with a mean score 47.63. After the completion of trial the mean score decreased to 36.96. on the basis of score given to the patients before and after treatment. The improvement was statistically highly significant ($P < 0.001$) in all cases.

Table 15: Following table showing favorable shift of grades of severity according to Jung’s self rating anxiety scale, before and after the treatment with Tagaradi Yoga in 24 cases of anxiety disorder.

S. No.	Grades of severity for anxiety disorder	Before treatment	After treatment
1	None (asymptomatic)	00	18 (75.00)
2	Mild	17 (70.83)	04 (16.47)
3	Moderate	05 (20.83)	02 (8.33)
4.	Severe	02 (8.33)	00

The results are shown in the table reveal good response of treatment in terms of shifting of number of patients on severity grades from severe to moderate, moderate to mild and mild to none grades.

Table 16 :Effect of Trail Drug on Self Rating Depression Scale on 24 cases based on Questionnaire

S. No.	Depression self rating Score		BT-AT	%age relief	SD±	SE±	't'	P
	BT	AT						
1	54	17	37	68.52	1.84	0.41	4.37	<0.001
2.	51	30	21	41.18	0.47	0.10	12.3	<0.001
3.	53	23	30	56.60	0.36	0.08	18.7	<0.001
4	46	24	22	47.83	0.44	0.10	11.01	<0.001
5.	34	13	21	61.0	1.43	0.32	3.23	<0.001
6.	32	09	23	71.88	1.18	0.25	4.51	<0.001
7.	51	20	31	60.78	0.94	0.21	7.10	<0.001
8	59	27	32	54.24	0.50	1.18	1.35	>0.05
9.	42	18	24	57.01	0.51	0.12	10.00	<0.001
10.	40	19	21	52.50	1.02	0.23	4.57	<0.001
11.	66	40	28	42.42	0.76	0.17	8.23	<0.001
12.	36	15	21	58.33	1.48	0.33	3.21	<0.001
13.	37	15	22	59.46	0.10	0.02	5.50	<0.001
14.	72	43	29	40.28	5.27	1.18	1.23	>0.05

15.	53	32	21	40.01	0.05	0.23	2.37	>0.05
16.	70	34	36	51.05	2.55	0.57	3.17	<0.001
17.	63	20	43	68.29	4.43	0.99	2.17	>0.05
18.	70	35	35	50.28	1.88	0.42	4.21	<0.001
19.	45	15	30	67.68	5.45	1.22	1.23	>0.05
20.	64	24	40	63.55	4.16	0.93	2.15	>0.05
21.	64	25	39	60.94	2.28	0.51	3.82	<0.001
22.	43	16	27	63.49	0.94	0.21	6.37	<0.001
23.	74	24	50	68.69	2.10	0.47	5.37	<0.001
24.	55	34	21	38.29	0.89	0.20	5.32	<0.001

Statistically the self rating scale of Depression in 24 cases before the trial had mean score 53.08 After the completion of trial the mean score decreased to 23.83. On the basis of score given to the patients before and after treatment, result on 75% patients were statistically highly significant at the level of P ($P < 0.001$) but in 25% of patients the result were statistically insignificant at the level of P ($P > 0.05$).

Table 17: Following table showing favorable shift of grades of severity on the basis of self rating depression scale before and after treatment with Tagaradi Yoga in 24 cases.

S. No.	Grades of severity	BT	AT
1.	None (asymptomatic)	00	17 (70.83%)
2.	Mild	9 (37.50%)	7 (29.17%)
3.	Moderate	13 (54.17%)	00
4.	Severe	02 (8.33%)	00

The result is shown in the table reveal good response of treatment in terms of shifting of number of patients on severity grades from severe to moderate, moderate to mild and mild to none grades

Table 18: Table showing favorable shift of grades of severity of different symptoms before and after treatment with Tagaradi Yoga in 24 cases of Anxiety disorders

S. No.	Symptoms	BT				AT			
		None	Mild	Mode- rate	Severe	None	Mild	Mode- rate	Sever e
1.	Anxious mood	3 (12.50)	5 (20.83)	14 (58.33)	2 (8.33)	17 (70.83)	4 (16.67)	2 (8.33)	1 (4.17)
2	Sleeplessness	7 (29.17)	7 (29.17)	8 (33.33)	2 (8.33)	14 (58.33)	6 (25.00)	4 (16.67)	0
3	Palpitation	3 (12.50)	9 (37.50)	11 (45.83)	1 (4.17)	16 (66.67)	6 (25.00)	2 (8.33)	0
4	Frequency micturition	12 (50.00)	5 (20.83)	7 (29.17)	0	19 (79.17)	4 (16.67)	1 (4.17)	0
5	Constipation	2 (8.33)	4 (16.67)	16 (66.67)	2 (8.33)	10 (41.67)	12 (50.00)	2 (8.33)	1 (4.17)
6	Decreased intellect	4 (16.67)	5 (20.83)	14 (58.33)	3 (12.5)	7 (29.17)	15 (62.50)	0	2 (8.33)
7	Sweating palm / sole	16 (66.67)	5 (20.83)	3 (12.50)	0	18 (75.00)	4 (16.67)	2 (8.33)	0
8	Shortness of breath	9 (37.50)	9 (37.50)	4 (16.67)	2 (8.33)	14 (58.33)	7 (29.17)	3 (12.50)	0
9	Tremors	10 (47.67)	7 (29.17)	7 (29.17)	0	15 (62.50)	6 (25.00)	3 (12.50)	0
10	Reduced appetite	3 (12.50)	7 (29.17)	13 (54.17)	1 (4.17)	10 (41.67)	8 (33.33)	4 (16.67)	0

The results as shown in the table reveal good response of treatment in terms of shifting of number of patients on severity grades from severe to moderate, moderate to mild and mild to none grades in six symptoms, and other symptoms showed beneficial response.

RESULT

Depending upon the improvement reported by the patients after 15 days of treatment, the response of the drug used in patients of anxiety was evaluated as per criteria mentioned in the chapter of the clinical study of this thesis. The patients were categorized into four groups i.e. Markedly improved (> 75% score and/or shift of 2 grades of severity of symptoms.), moderately improved (50-74% score and shift of 1 grade of severity), partially improved (either > 50 % score or shift of 1 grade of severity) and un-improved (<50% score and no shift in grades of severity).

Table 19 :Overall effect of therapy:

Sr. No.	Overall effect of therapy	No. of cases	Percentage
1.	Markedly improved	15	62.50
2.	Moderately improved	08	33.33
3.	Partially improved	01	4.17
4.	Un-improved	00	00

Above table shows that out of 24 patients, 15 patients i.e. 62.50% showed marked improvement, 8 patients i.e. 33.33% showed moderate improvement and 1 patients i.e. 4.17% was partially improved.

The data collected from clinical trial was complied and subjected to statistical analysis and presented under following parts:-

1. The first part incorporates the general observation.

2. The second part incorporates the result of therapy.

In the present study, total 26 patient were registered for trial out of them 24 have completed the trial and 2 patient didn't turned up for the follow up and hence they were dropped out. Out of 24 patients 15 i.e. 62.5% of patient shown in marked improvement 8 patient i.e. 33.33% showed moderate improvement and 1 patient i.e. 4.17% was partially improvement to the therapy. No patients were found to have no

response or were found to be deteriorating during this study. It is clear from above fact that this therapy was effective in the management of anxiety.

DISCUSSION

The present study entitled “*A Clinical Study on the Effect of Tagaradi Yoga in Patients of Cittodvega (Anxiety disorder)*”.

This study also dealt with associated symptoms of depression along with anxiety and aims to undertake a conceptual, clinical and behavioral study on human subjects to evaluate the effect of some plant drugs in relation to anxiety and depression. The literary and conceptual study undertaken in the present context reveals that the ancient Ayurvedic classics describe a highly subtle approach to the phenomenon of psyche and psychic illness. One finds a vivid description of mind, consciousness, and other related attributes in health and disease both in relation to the individual and the universe.

- The present study has been undertaken as clinical study in patient of anxiety with association of depressive illness.
- The clinical study is based on 26 patients of anxiety disorder in which 2 patients were dropped out and 24 patients completed the trial. Before

subjecting to therapeutic trial, all these patients were subjected to following basic investigations:

- The drug review includes the description of drug used including their pharmacodynamic chemical constituents and their therapeutic effects.
- The clinical study which deals with aims and objectives of the study material and methods criteria of selection of patients, criteria for assessments of results. It follows observations made on the basis of trial data of all the patients and the results obtained were presented along with their statistical analysis.

CONCLUSION:-

All the registered patients of anxiety were assessed over following criteria's

- (i) Symptomatic profile
- (ii) Hamilton's anxiety rating scale
- (iii) Hamilton's depression rating scale
- (iv) Depression self rating scale.
- (v) Jung's self rating anxiety scale.

The response of the trial drug “Tagaradi Yoga” was found highly significant ($P < 0.001$) in Hamilton's rating scales of Anxiety, Depression and Jung's self rating anxiety scale. In self rating depression scale 25% results were statistically insignificant

at the level of P ($P>0.05$). The present clinical trial was encouraged by the fact that *Tagar* (*V. Wallchi*) *Jatamansi* (*N. Jatamansi*) and *Vacha* (*A calamus*) are

known herbal sedatives and mood stabilizers and may have a clinical role in specific mental ailments like anxiety depression.

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