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**A Clinical trial to study the effect of *Ramraksha stotra Mantra* as *Daivavyapashray Chikitsa* in the management of *Chittodvega* –A pilot study.
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ABSTRACT:

One of the definition of research is the logical rethinking to revalidate the old facts. Knowledge refers to the acquisition of information and facts, on the other hand, Wisdom involves the application of knowledge along with experience, insights and good judgement which later develops Shradhha ie Faith. In India, since Vaidik times, we practice different Mantra's for different purpose. Being a divine science, Ayurveda has explained Mantra chikitsa on Manas roga under Daivavyapashray chikitsa. Mantra's are the high energy sounds which is the effective treatment of Karmaja Manas vyadhi with its Prabhavjanya Karma (Action) providing Mental stability. Every Mantra are having a specific action (Falshruti). Chittodvega is one of the type of Manas Roga

in which person has anxious state of mind with fear and worries. Ayurveda has explained Satvavajay chikitsa and Daivavyapashraya chikitsa in Manas Roga. In India, Lord Rama is worshiped since ancient times as he is the ideal example of Achar Rasayan (Code of Conduct) mentioned in Satvavajay chikitsa. (Also called as Purushottam). So, Ramraksha Stotra Mantra which is the combination of both Daivavyapashraya chikitsa and Satvavajay chikitsa can definitely fulfil the definition of Swastha mentioned in Ayurveda ie happiness of body, mind and spirit.

Keywords: Chittodvega, Anxiety, Manas Rog, Mantra Chikitsa, Ayurveda

INTRODUCTION

A healthy mind in a healthy body constitutes absolute health. While defining health, Ayurveda clarifies the importance of

maintaining the clarity of mind, the sense organ, and the normal physiological functions of the body¹. The three gunas ie. Satva, Raja and Tama are the essential components or energies of the mind². Satva which is supreme 'Guna' of mind which regulates our emotion and mental state while Raja and Tama are considered as 'Doshas' or toxins for the mind which acts as 'Avarak' on our intelligence. Ayurveda provides a distinct description of people on the basis of their Manasa Prakriti ie. psychological constitution. While all individuals have mixed amounts of these three gunas, in which, the predominant guna determines an individual's Manasa prakriti³. Equilibrium of these three gunas preserve the mind and indirectly the body, and maintaining individual healthy. Any disturbance in this equilibrium results in various types of mental disorders.

Kama (Desire), Krodh (Anger), Moha (Delusion), Bhaya (Fear), Shoka (Grief), Chinta (Worry), Irsha (Envy), Vilap (Groaning), Lobh (Greed), Udvega (Anxiety) etc. are the manasik bhavas which leads to imbalance of mind and intellect⁴. According to Ayurveda, three factors are responsible for the origin of any kind of Manas roga, which are Asatmyeindriyarth Samyoga ie. excessive utilization or non-utilization or improper utilization of sense faculties, Pradnyaparadha

ie. Intellectual blasphemy and Parinama ie. Time⁵.

Anxiety is defined as a subjective feeling and commonly experienced by all humans. Anxiety is an alerting signal; it warns of threat, external or internal, and it is probably lifesaving, more than once in a life time⁶. The COVID-19 pandemic had a significant impact on public mental health. Thus, it is essential to preserve the mental health of individuals and to develop psychological interventions that can improve the mental health of people to face these challenges⁷. Now a days anxiety is more common in young adults due to work pressure, feeling of job loss, addiction of mobile phone and gadgets⁸. In the older people medical condition like dementia, depression, fear due to anxiety disorder is more complicated.

Mantra's are the high energy sounds which is the effective treatment of Karmaja Manas vyadhi with its Prabhavjanya Karma (Action) providing Mental stability⁹. Ayurveda has explained Daivavyapashraya chikitsa¹⁰ and Satvavajay chikitsa¹¹ in Manas Roga including Chittodvega. As Ramraksha Stotra Mantra is the combination of both Daivavyapashraya chikitsa and the Prabhavjanya activity ie. Lord Rama is ideal example of Achar Rasayan (Code of

Conduct) mentioned in Satvavajay chikitsa. Hence pilot study has been taken on Ramraksha Stotra Mantra in the management of Chittodvega.

AIM: To study the effect of Ramraksha Stotra Mantra as Daivavyapashray chikitsa in the management of Chittodvega.

OBJECTIVE: To study the effect of Ramraksha Stotra Mantra on sign and symptoms of Chittodvega.

MATERIALS AND METHODS:

Type of study design: Prospective single arm clinical trial

Location of study: Ayurved Mahavidyalaya and Rugnalaya

Duration of Study: 21 days

Study Subjects: Patients of Chittodvega attending OPD of Kayachikitsa at Ayurved Mahavidyalaya & Rugnalaya.

Sample Size: 20

Drug Description:

Mantra chikitsa (Recording of Ramraksha stotra) was heard twice a day ie. Early in the morning after waking up and before going to bed at night for continuous 21 days.

SELECTION OF PATIENT:

A. Inclusion Criteria

1. Age group 18 to 60 years, both male & female, irrespective of occupation,

religion, education, socio-economic status etc.

2. Patients showing lakshanas of Chittodvega¹²[Ref – Ch. Su.]

3. Chinta (Feeling of Tension/ Restlessness/ worries)
4. Bhay (fearful Anticipation)
5. Nidralpata (Insomnia/unsatisfying sleep and fatigue on waking/night terrors)
6. Anawasthit Chitta (Difficulty in concentration/ poor memory)
7. Daurbalya (Fatigue)
8. Kamp (tremors of hands and legs/fidgeting/ strained face)

B. Exclusion Criteria

- C. Age below 18 years and above 60 years.
- D. Patients having signs and symptoms other than Chittodvega.
- E. A Current or Previous (Within 3 month) use of Antipsychotic drugs, Antidepressant drugs, Antiepileptic drugs or any Hormonal Therapy.
- F. Pregnant & lactating mothers.
- G. Patient who was not willing to continue the trial.

ASSESSMENT CRITERIA

Assessment was done on following criteria before and after the treatment.

SUBJECTIVE CRITERIA:

General symptoms of Chittodvega:

1. Chinta (Feeling of Tension/ Restlessness/ worries)

2. Bhay (fearful Anticipation)
3. Anawasthit Chitta (Difficulty in concentration/ poor memory)
4. Nidralpata (Insomnia/unsatisfying sleep and fatigue on waking/night terrors)
5. Daurbalya (Fatigue)
6. Kamp (tremors of hands and legs/fidgeting/ strained face)

Following are the common gradations for all of the above symptoms.

Grade	Description
0	Did not apply to me at all
1	Occasional once a week
2	2 to 3 times in a week
3	Almost Everyday

OBJECTIVE CRITERIA:

Generalized Anxiety Disorder 7-item (GAD-7)

The Generalized Anxiety Disorder 7-item (GAD-7) is a easy to perform initial screening tool for generalized anxiety disorder¹³.

Over the **last 2 weeks**, how often have you been bothered by the following problems?

1. Feeling nervous, anxious or on edge
2. Not being able to stop or control worrying
3. Worrying too much about different things
4. Trouble relaxing
5. Being so restless that it is hard to sit still
6. Becoming easily annoyed or irritable

7. Feeling afraid as if something awful might happen

8.

Grade	Description
0	Not at all
1	Several days
2	More than half the days
3	Nearly every day

Interpretation:

When screening for anxiety disorders, a score of 8 or greater represents a reasonable cut-point for identifying probable cases of generalized anxiety disorder; further diagnostic assessment is warranted to determine the presence and type of anxiety disorder. Using a cut-off of 8 the GAD-7 has a sensitivity of 92% and specificity of 76% for diagnosis generalized anxiety disorder.^{14,15}

The following cut-offs correlate with level of anxiety severity:

- Score 0-4: Minimal Anxiety
- Score 5-9: Mild Anxiety
- Score 10-14: Moderate Anxiety
- Score greater than 15: Severe Anxiety

Based on a recent meta-analysis, some experts have recommended considering using a cut-off of 8 in order to optimize sensitivity without compromising specificity.

OBSERVATION & RESULT:-

In present study a clinical trial, single arm study had been carried out on 20 patients of Chittodvega.

Table no. 1 :- Observation and effect of Ramraksha Stotra mantra on subjective parameters in 20 patients of Chittodvega.

Sr . N o.	Bhay		Chinta		Anawast hit Chittava		Nidralp ata		Daurbal ya		Kamp		Differe nce		Recove ry %
	B T	A T	B T	A T	BT	A T	BT	A T	BT	A T	B T	A T	B T	A T	
1	3	1	3	1	3	1	3	1	3	1	3	1	18	6	66.67
2	2	0	2	0	2	0	2	0	2	0	2	0	12	0	100
3	2	0	2	0	2	0	2	0	2	0	2	0	12	0	100
4	2	0	2	0	2	0	2	0	2	0	2	0	12	0	100
5	3	1	3	1	3	1	3	1	3	1	3	1	18	6	66.67
6	2	0	2	0	2	0	2	0	2	0	2	0	12	0	100
7	2	0	2	0	2	0	2	0	2	0	2	0	12	0	100
8	2	0	2	0	2	0	2	0	2	0	2	0	12	0	100
9	2	0	2	0	2	0	2	0	2	0	2	0	12	0	100
10	2	0	2	0	2	0	2	0	2	0	2	0	12	0	100
11	2	0	2	0	2	0	2	0	2	0	2	0	12	0	100
12	2	0	2	0	2	0	2	0	2	0	2	0	12	0	100
13	2	0	2	0	2	0	2	0	2	0	2	0	12	0	100
14	3	1	3	1	3	1	3	1	3	1	3	1	18	6	66.67
15	3	1	3	1	3	1	3	1	3	1	3	1	18	6	66.67
16	2	0	2	0	2	0	2	0	2	0	2	0	12	0	100
17	2	0	2	0	2	0	2	0	2	0	2	0	12	0	100
18	3	0	3	0	3	0	3	0	3	0	3	0	18	6	66.67
19	3	1	3	1	3	1	3	1	3	1	3	1	18	6	66.67
20	3	1	3	1	3	1	3	1	3	1	3	1	18	6	66.67

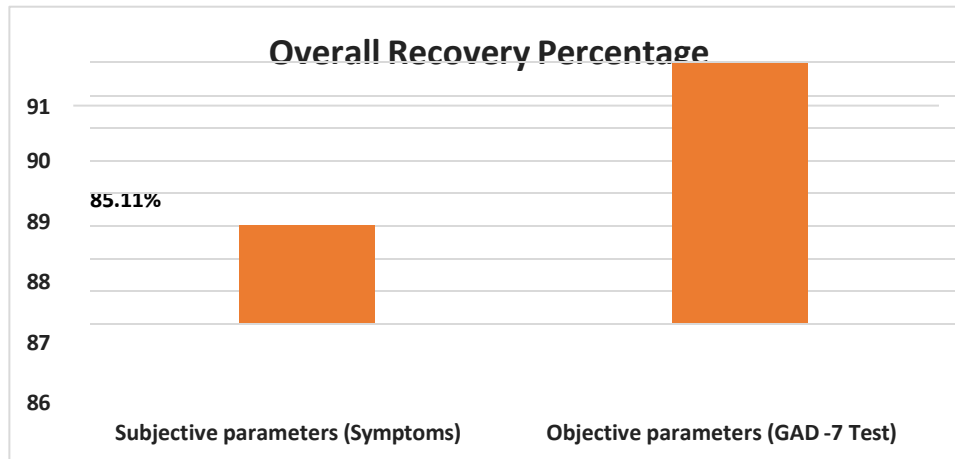
Table no. 2 :- Observation and effect of Ramraksha Stotra mantra on Objective parameters in 20

patients of Chittodvega.

Sr. No.	Feeling nervous, anxious or on edge		Not being able to stop or control worrying		Worrying too much about different things		Trouble relaxing		Being so restless that it is hard to sit still		Becoming easily annoyed or irritable		Feeling afraid as if something awful might happen		Total Effect		Recovery %
	BT	AT	BT	AT	BT	AT	BT	AT	BT	AT	BT	AT	BT	AT	BT	AT	
1	3	0	3	0	3	0	3	0	3	0	3	0	3	0	18	0	100
2	2	0	2	0	2	0	2	0	2	0	2	0	2	0	12	0	100
3	2	0	2	0	2	0	2	0	2	0	2	0	2	0	12	0	100
4	2	0	2	0	2	0	2	0	2	0	2	0	2	0	12	0	100
5	3	1	3	1	3	1	3	1	3	1	3	1	3	1	18	6	66.67
6	3	0	3	0	3	0	3	0	3	0	3	0	3	0	18	0	100
7	2	0	2	0	2	0	2	0	2	0	2	0	2	0	12	0	100
8	2	0	2	0	2	0	2	0	2	0	2	0	2	0	12	0	100
9	3	0	3	0	3	0	3	0	3	0	3	0	3	0	18	0	100
10	2	0	2	0	2	0	2	0	2	0	2	0	2	0	12	0	100
11	2	0	2	0	2	0	2	0	2	0	2	0	2	0	12	0	100
12	2	0	2	0	2	0	2	0	2	0	2	0	2	0	12	0	100
13	2	0	2	0	2	0	2	0	2	0	2	0	2	0	12	0	100
14	3	1	3	1	3	1	3	1	3	1	3	1	3	1	18	6	66.67
15	3	1	3	1	3	1	3	1	3	1	3	1	3	1	18	6	66.67
16	2	0	2	0	2	0	2	0	2	0	2	0	2	0	12	0	100
17	2	0	2	0	2	0	2	0	2	0	2	0	2	0	12	0	100
18	3	0	3	0	3	0	3	0	3	0	3	0	3	0	18	6	66.67
19	3	0	3	0	3	0	3	0	3	0	3	0	3	0	18	0	100
20	3	1	3	1	3	1	3	1	3	1	3	1	3	1	18	6	66.67

Table no. 3 :- Overall Assesment of effect of Ramraksha Stotra mantra on Chittodvega.

Sr. No.	Parameters	Score			Recovery %
		BT	AT	Difference	
1	Subjective parameters (Symptoms)	282	42	240	85.11
2	Objective parameters (GAD -7 Test)	294	30	264	89.8



DISCUSSION:

In this study 20 individual fulfilling the criteria for the diagnosis of Chittodvega were selected. Complete history and written consent of individuals were taken.

Effect of Ramraksha Stotra mantra on subjective parameters (Table no.1)-

Symptoms like Chinta, Bhay, Anawasthit Chitta, Nidralpata, Daurbalya, Kamp which is the main assessment criteria for Chittodvega were reduced by 85.11% as showed in table no 1 as the study conducted before and after Ramraksha Stotra mantra chikitsa.

Effect of Ramraksha Stotra mantra on Objective parameters (Table no.2)-

The Generalized Anxiety Disorder 7 test (GAD-7) is easy to perform initial screening tool for generalized anxiety disorder performed on the basis of question Answer form depending on the symptoms observed by

the patient of Chittodvega were reduced by 89.80% as showed in table no 2 as the study conducted before and after Ramraksha Stotra mantra chikitsa.

Probable mode of action of Ramraksha Stotra mantra chikitsa on Chittodvega –

In this study, it is observed that Chittodvega is subjective feeling or state of mind which affects individuals personal as well as social life. Chittodvega ie Anxiety gets aggrevate due to Karma ie action of that person on certain situation. Behind any Manas bhav, there is a story in the form of Karma which affects our mentality and its symptoms shows on systemic level as its prabhav. As condition like Chittodvega is Karmajanya prabhav on that particular subject, its remedy should also be another karma which will nullify the previous bad karma and its prabhav. Taking this thought, this pilot study was done on 20 patients of Chittodvega with Mantra chikitsa

(Ramraksha Stotra mantra) which is Adravayabhut Daivavyapashraya chikitsa mentioned in Charak Samhita which has showed good results in 21 days of study.

CONCLUSION:

Chittodvega (Anxiety) is very common now a days and one of the causes of psychosomatic and endocrine disorders if not treated properly or not treated in time. Modern medicine offers medicinal treatment for Anxiety but don't provide complete recovery, rather Anxiolytic medicines are having many adverse effects due to which patient lands up in serious complications on long term use.

Ayurveda has always emphasised on preventive treatment on Manas vyadhi including Daivavyapashray chikitsa and Satvavajay chikitsa. Even Panchakarma along with Medhya Rasayan are also proved effective in Manas Roga including Chittodvega. But due to hectic schedule, many people do not get time to perform Panchakarma, also don't afford the cost of Panchakarma and Medicinal treatment (Shamana Chikitsa).

Mantra chikitsa is Adravayabhut Daivavyapashraya chikitsa which is absolutely free of cost and truly effective on Karmaja manas roga with its Prabhavjanya Karma (Action) providing Mental stability. As these Mantra's are highest energy sound,

they passify all the toxins (Negative thoughts) in the mind and intellect. Mantra's may have multidimensional effects on Endocrine and Psychosomatic disorders including Chittodvega i.e. Anxiety which is the root cause of Manas roga, but the sample size of this pilot study was too small, large sample size needed to confirm the results.

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