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Case Report

ROLE OF GUDARDRAKA PRAYOGA IN KAPHAJA UNMADA– A CASE STUDY

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ABSTRACT

In the present age of astonishing scientific advancements in almost every aspect of human life, one faculty open upon which man is still unable to gain authority is 'human mind.' Ayurveda, the majestic legacy of our rich Indian heritage has provided an ocean of knowledge regarding mind and its management. Kaphaja Unmada is the third variety of Unmada which produces a group of symptoms similar to that of Depressive disorders. Depression is a major psychiatric ailment affecting 9.5% of world's population affecting the body, moods and thoughts which finally creates suicidal tendencies in the patient. Agni has its own role in Kaphaja Unmada, hence Pachana – Deepana properties of Ardraka are utilized here.

Methods: In Gudardraka Prayoga, Guda and Ardraka in equal quantities should be given to the patient in a dose of half Pala (24gm) on the first day, and increased by half pala on subsequent days till it reaches 5 Pala (240gm) thereafter Avarohanamatra is maintained (Ashtanga Hrudaya).

Result: Thus Gudardraka Prayoga can be fruitfully explored as a promotive measure in the remedy of Kaphaja Unmada in the aspect of digestion.

Conclusion: Gudardraka Prayoga seems to be effective in Kaphaja Unmada and it needs to be studied on a large sample size.

Keywords: Gudardraka Prayoga, Kaphaja Unmada, Pachana-Deepana, Agni, Depression.

INTRODUCTION

In the present age of astonishing scientific advancements in almost every aspect of human life, one faculty open upon which man is still unable to gain authority is 'human mind.' Mental well being¹ is recognized as an essential pre-requisite of a healthy person in Ayurveda. Manas and its various abnormal stages have been specifically defined in both Bruhatrayees and Laghutrayees. The disease causing functional indicators of Manas such as Rajas and Tamas have also been specified. The Sharirika Dosh – Vata, Pitta, Kapha along with Rajas and Tamas lead to the pathogenesis of Manasika Vikaras² like Unmada and Apsmara.

Kaphaja Unmada³ is the third variety of Unmada which produces a group of symptoms similar to that of Depressive disorders. Depression is a major psychiatric ailment affecting 9.5% of world's population affecting the body, moods and thoughts which finally creates suicidal tendencies in the patient. Depression is a state of low mood and aversion to activity that can affect a person's thoughts, behaviour, feelings

and physical well-being. It may include^{4,5} feeling of sadness, anxiety, emptiness, hopelessness, worthlessness, guilty, irritability or restlessness. It can affect a person's ability to work, form of relationships, and destroy their quality of life.

CASE REPORT

The 25 year old, Male patient was admitted in IPD of Amrita School of Ayurveda with the presenting complaints, according to the information given by the patient's mother, a) loss of interest in daily activities, b) sluggishness in speech, c) anorexia, d) reluctant to take food and e) excessive sleep since a period of four years. As per the symptoms of KaphajaUnmada⁶ (Vakcheshtitam, mandamarochakam, atinidra,) the patient was diagnosed as a case of Kaphaja Unmada.

TREATMENT SCHEDULE

Purva Karma-

As Purva karma Shodhana has been adopted. After giving Panchakola Chooranam for 2 days as Deepana, Snehapana has started. The patient was given Tikthaka Ghrita for Snehapana.

Initial dose was 50ml and according to the Agni bala he was given 400ml of Tikthaka Ghrita⁷ in 5 days with Samyak Sneha Lakshana.

As in Kaphja Unmada along with Kapha Dosha Pitta and Agni also plays a vital role. Hence Virechana was opted as the mode of Shodhana. Sarvanga Abhyanga has done for the patient with Karpasasyadithaila for 3 days and Virechana with two tablets of Abhayadi Modaka and Madhyama Shudi has attained. Peyadikrama has done for the patient with Madhyama Shudhi diet.

Pradhana karma

As Pradhana Karma Gudardraka Prayoga⁸ was adopted where Guda and Ardraka were taken in equal quantity. On the first day of Rasayana Prayoga half Pala of Gudardraka was given and on the succeeding days half Pala was increased till it reaches five Pala and maintained for 30 days. The patient was under strict Pathyapathiya during the course were Yusha was the Pathya. The notifications in the patients during the course of Gudardraka Prayoga has been noted in Table 1.

Table 1: Rasayana Chart

DAY	DOSE	NOTIFICATION
Day-1	24gm	c/o severe cold and running nose
Day-2	48gm	Running nose persists
Day-3	72gm	Increased appetite with remarkable behavioural changes
Day-4	96gm	Remarkable behavioural changes ; patient was pleasant compared to other days
Day-5	120gm	Increased appetite
Day 6	144gm	The patient was very gloomy because of some family problems.
Day 7	168gm	The patient resist to take medicine
Day 8	192gm	The patient refused to take food
Day 9	216gm	Slight changes noticed in the patients behavior
Day 10	240gm	Increased appetite with remarkable behavioural changes.
Day 11	240gm	The patient was very co-operative compared to other days.
Day 12	240gm	Increased appetite
Day 13	240gm	The patient was very co-operative and pleasant
Day 14	240gm	The patient was very co-operative and pleasant
Day 15	240gm	The patient complaints of sleep disturbance
Day 16	240gm	The patient was very co-operative and pleasant
Day 17	240gm	The patient was very co-operative and pleasant
Day 18	240gm	The patient was very co-operative and pleasant
Day 19	240gm	The patient fought with his mother and refused to take food
Day 20	240gm	The patient was gloomy
Day 21	240gm	The patient was pleasant
Day 22	240gm	The patient was co-operative and pleasant
Day 23	240gm	The patient was very co-operative and pleasant
Day 24	240gm	The patient was very co-operative and pleasant
Day 25	240gm	The patient was very co-operative and pleasant
Day 26	240gm	The patient was very co-operative and pleasant
Day 27	240gm	The patient was very co-operative and pleasant
Day 28	240gm	The patient was very co-operative and pleasant
Day 29	240gm	
Day 30	240gm	The patient was very co-operative and pleasant

ASSESSMENT

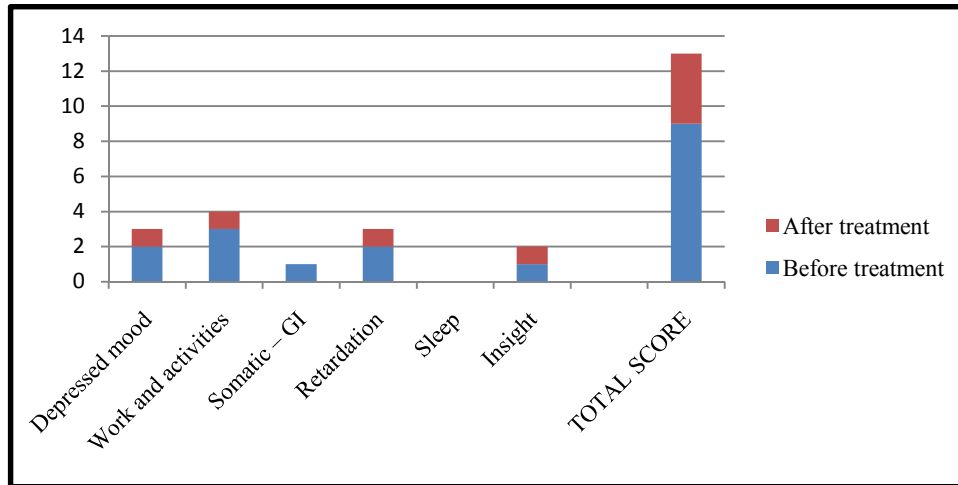
Symptoms presented by the patient at the time of admission were assessed. Depressed mood, work and activities, retardation, somatic symptoms, sleep and insight were assessed on the basis of Hamilton's Rating Scale⁹ for Depression. Depressed mood was assessed were grade-4 indicates severe depressed mood and grade-0 no depression. Work and activities was also assessed were grade-4 indicates no activities due to present illness and grade-0 indicates no loss of interest in daily activities. In somatic symptoms – gastro intestinal, grade-2 indicates severe and grade-0 indicates normal. In retardation grade-4 indicates complete stupor and grade-0 indicates normal speech and thought. In insomnia grade- 2 indicates difficulty in getting sleep and

grade- 0 indicates normal. Grade-0 insight- the patient acknowledges being depressed and ill and grade-2 the patient denies being ill at all.

RESULTS

Table 2: Hamilton's rating scale for Depression

Presenting complaints	Before treatment	After treatment
Depressed mood	2	1
Work and activities	3	1
Somatic – GI	1	0
Retardation	2	1
Sleep	0	0
Insight	1	1
TOTAL SCORE	9	4



DISCUSSION

Kaphaja Unmada is a state of low mood and aversion to activity that can affect a person's thoughts, behaviour, feelings and physical well-being. It may include feeling of sadness, anxiety, emptiness, hopelessness, worthlessness, guilty, and loss of interest in daily activities. In the present case Kapha along with Pitta and Agni plays a vital role in the manifestation of the disease. Hence with the help of Gudardra kaprayoga we aims at correcting the Agni bala of the patient, which is the main culprit in this condition. Shodhana has done as Purva karma for attaining Koshta Shudhi before Rasayana Prayoga. Guda¹⁰ is Tridoshgna and Agni Bala Vardhaka. Eventhough Ardraka¹¹ is having Katu Rasa it is Sheetha Veerya and it helps as Vata Kaphahara and Deepana. Equal quantity of Guda and Ardraka has given to the patient in Ardohana Matra for thirty days.

PROBABLE MODE OF ACTION

In the pathogenesis of the disease Agni plays a vital role by hampering Rasavahasrothas and Hrudaya¹², which is the Karma Sthana of Sadhaka Pitta. Karma Kshaya of Sadhak Pitta results in the vitiation of Kapha and TamoGuna resulting in Ojokshaya and Samjna Vaha Srothodushti. When Gudardraka is given after attaining Koshta Shudhi it enhances the agnibala and thereby Dathu Poshanam will be proper enhancing the Ojobala and Manobala.

CONCLUSION

Gudardraka Prayoga seems to be effective in Kaphaja Unmada and has shown encouraging results in the present case of Depression and it needs to be studied on a large sample size.

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