

# EFFECT OF JATAMANSI DHUPAN IN THE MANAGEMENT OF GENERALIZED ANXIETY DISORDER: A SINGLE CASE STUDY

## Abstract

Generalized Anxiety Disorder (GAD) is a chronic psychiatric condition characterized by persistent and excessive worry, associated with restlessness, disturbed sleep, and irritability. In India mental health survey estimates a prevalence of anxiety disorders to be approximately 3.6%. In Ayurvedic nosology, Anxiety is closely related with Chittodvega, which is basically due to Vata-Pitta prakopa. Jatamansi is a well-known Medhya Rasayana having Anxiolytic and sedative properties. Dhupan is a traditional Ayurvedic procedure where Ayurvedic herbs are burned to release volatile therapeutic vapors. Dhupan therapy acts through olfactory pathways influence the limbic system.

## Keywords

Anxiety, Chittodvega, Jatamansi, Dhupan, Medhya Rasayana.

## Aim

To evaluate the effect of Jatamansi Dhupan in the management of Generalized Anxiety Disorder.

## Method

A single diagnosed case of GAD was treated with Jatamansi Dhupan twice daily for 30 days. Assessment was done by using HAM- A scale and clinical symptoms before and after treatment.

## Results

There was significant improvement in the symptoms of the patient i.e improvement in sleep quality, restlessness, anger issues, and irritability. No adverse effects were observed during Dhupan therapy.

## Conclusion

Jatamansi Dhupan showed significant results in the management of Generalized Anxiety Disorder, and it is asafe supportive and non-invasive Ayurvedic intervention.

## Introduction

Anxiety disorder is among the most prevalent mental conditions Worldwide with GAD characterized by excessive worry, restlessness, palpitations for more than six months. In Ayurveda, symptoms such as fear, restlessness, insomnia, and mental instability resemble condition Chittodvega, Manodaurbalya, and Vata-Pitta vitiation.

Jatamansi is one of the Medhya Rasayana which is considered under Sangyasthapan Dravyas by Acharya Charaka. It has Medhya, Nidrajanak, and Sangyasthapan properties, it is

Tridoshghana. Dhupan karma is an important Ayurvedic procedure that acts through Olfactory pathway influencing the Manas and Center Nervous System. This study evaluates the role of Jatamansi Dhupan in managing GAD.

## **Case Report**

A 39 years Male Patient came to OPD with history of restlessness, disturbed sleep, excessive worry, irritability, and negative thoughts since 1 year.

## **History of present illness**

The patient was apparently normal before one year, after which above symptoms gradually developed following Mental stress.

No previous history of major medical or psychiatric illness.

No history of any addiction (drug).

## **General and Mental status**

Pulse, BP, SPO2: With in normal limits

Mental Status: Anxious Mood, disturbed sleep, excessive worry, excessive anger, and negative thoughts.

## **Diagnosis**

Generalized Anxiety Disorder (using HAM-A Scale)

## **Intervention**

**Drug-** Jatamansi powder

## **Method**

3 grams of Jatamansi powder will be used for Dhupan through Cow dung cake in a well-ventilated room.

Patient inhale the vapors through Nasal breathing for 15 minutes twice in a day for 30 days.

## **Parameters**

Before Treatment the score according to HAM-A Scale was 20, but after 30 Days of Dhupan therapy it reduced to 10. The symptoms like disturbed sleep, irritability and anger improved.

## **Results**

After 30 days of Jatamansi Dhupan therapy, the patient showed significant reduction in Anxiety severity, improvement in sleep quality, and reduction in restlessness and irritability. No adverse drug reactions were reported.

## **Discussion**

Jatamansi having Medhya, Nidrajanak, and Sangyasthapan properties. Modern studies suggest its anxiolytic and GABA- modulating action. Dhupan therapy stimulates Olfactory receptors, influencing Limbic system, thereby reducing Anxiety. The therapy helps in pacifying Vata and Pitta, leading to mental relaxation and emotional stability.

## Conclusion

This single case study indicates that Jatamansi Dhupan is effective in reducing symptoms of Generalized Anxiety disorder. This is an effective, non-invasive and cost effective therapy.

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