

1 **EFFECT OF JATAMANSI DHUPAN IN THE MANAGEMENT OF**
2 **GENERALIZED ANXIETY DISORDER: A SINGLE CASE STUDY**

3

4 **Abstract**

5 Generalized Anxiety Disorder (GAD) is a chronic psychiatric condition characterized by
6 persistent and excessive worry, associated with restlessness, disturbed sleep, and irritability.
7 In India mental health survey estimates a prevalence of anxiety disorders to be approximately
8 3.6%. In Ayurvedic nosology, Anxiety is closely related with Chittodvega, which is basically
9 due to Vata-Pitta prakopa. Jatamansi is a well-known Medhya Rasayana having Anxiolytic
10 and sedative properties. Dhupan is a traditional Ayurvedic procedure where Ayurvedic herbs
11 are burned to release volatile therapeutic vapors. Dhupan therapy acts through olfactory
12 pathways influence the limbic system.

13 **Keywords**

14 Anxiety, Chittodvega, Jatamansi, Dhupan, Medhya Rasayana.

15 **Aim**

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

18 **Method**

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

22 **Results**

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

26 **Conclusion**

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

29 **Introduction**

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

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

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

39 **Case Report**

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

42 **History of present illness**

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

45 No previous history of major medical or psychiatric illness.

46 No history of any addiction (drug).

47 **General and Mental status**

48 Pulse, BP, SPO₂: Within normal limits

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

51 **Diagnosis**

52 Generalized Anxiety Disorder (using HAM-A Scale)

53 **Intervention**

54 **Drug-** Jatamansi powder

55 **Method**

56 3 grams of Jatamansi powder will be used for Dhupan through Cow dung cake in a well-
57 ventilated room.

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

59 **Parameters**

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

62 **Results**

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

66 **Discussion**

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

71 **Conclusion**

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

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