



Review Article

AYURVEDIC REVIEW OF POST COVID ANXIETY DISORDER W.S.R TO *CHITTODVEGA*

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ABSTRACT

The post-COVID-19 situation occurs in people with a record of probably or showed SARS-CoV-2 infection, usually, three months from the onset of COVID-19 with signs that last for at least 2 months and it is not always explained by an alternative diagnosis.

The global community is concerned about Post Coronavirus disease 2019 (COVID-19) complications and their impact on mental health. It is going to impact various spheres of life such as the economy, industries, worldwide market, human health, health care etc. It has also induced impairments in work and social functioning which leads to the elevation of mental disorders like stress, anxiety and depression among well-being. **Objective:** Since anxiety is not described specifically in Ayurveda but is only found as a symptomatic description, this article attempt to study the disease Post COVID Anxiety disorder and its symptomatology and pathogenesis (*Samprapti*) in Ayurveda. **Data source:** *Charaka Samhita, Sushruta Samhita, Vagabhata Samhita* and modern medical textbooks, scientific journals and online databases. **Review Methods:** The classical textbooks and modern textbooks and various scientific journals and other databases were reviewed manually. **Results:** Post Covid complications of anxiety can cause serious mental health issues, and has a huge impact on societies. **Conclusion:** The study intends to study the causes of mental health disorders (*Chittodvega*) in post covid patients.

INTRODUCTION

Towards the end of 2019, a novel coronavirus designated as SARS-CoV-2 was designated as a global pandemic by WHO in March 2019. The pandemic has high global impacts including high rates of mortality and morbidity and loss of income and sustained social isolation for many people which leads to an impact on mental health.^[1] The Coronavirus pandemic has another feature in this age of social media, where people are getting overloaded with rumours and misinformation which are not authentic and verified. Such rumours and unauthenticated information create anxiety, depression and stress with a sudden and near-

constant stream of news reports about an outbreak. Infection triggers agitates the immune system and could induce psychopathology and psychiatric sequelae which were observed after previous coronavirus outbreaks. The spreading of the Severe Acute Respiratory Syndrome Coronavirus (COVID-19) pandemic will be related to psychiatric implications. A significant proportion is of patients self-rated in the psychopathological range: 28% for (post-traumatic stress disorder) PTSD, 31% for depression, 42% for anxiety, 20% for obsessive-compulsive symptoms, and 40% for insomnia. Overall, 56% scored with inside the pathological variety in at least one scientific dimension.^[2]

Ayurveda is a science of life and being holistic in approach, not only gives importance to physical health but also mental, social and spiritual wellbeing of an individual.^[3] Ayurveda is a rich source of ancient heritage and an ocean of knowledge. According to Ayurveda *Charaka* has described *Chittodvega* (continuous anxious state of mind) as *Manas Dosh*

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Vikar.^[4] The signs and symptoms described by *Charaka* are very much similar to a continuous anxious state of mind. Ayurveda is a science which explains about four aspects of life (*Ayu*)- spiritual health (*Hitayu*), misery (*Ahitayu*), blissful (*Sukhayu*) and sorrowful (*Dukhayu*).^[5]

In this article, a humble attempt has been made to mainly focus on the causes of mental health disorders (*Chittodvega*) in post covid patients as per Ayurveda.

MATERIAL AND METHODS

This study is based on a review of data collected from classical text and various modern books, magazines, articles and research papers from various journals and various websites. The information available on the internet is also incorporated into the study.

Post-Covid as per Contemporary Science

Chittodvega may be correlated with an anxiety disorder because of the close similarity in symptoms, even though the direct correlation is not possible for diseases from an ancient and modern point of view. The word anxiety originates from the Latin word "anxieta" which means an experience of anger. Anxiety is characterized by an intense disagreeable emotional state which is associated with fear that may be internal or external. It is an intense disagreeable state associated with an undefined threat to one's physical and psychological self.

The anxiety state may be defined in terms of the intensity of the subjective feeling of tension, apprehension, nervousness and worry that are experienced by an individual at a particular moment and by the heightened activity of the autonomic nervous system that accompanies these feelings. The majority of mental/psychiatric disorders are due to overstress and mood disturbances. Most are anxiety, depression and often-mixed type also. The emotional factors, when crossing the equilibrium state and getting disturbed, become mental disorders.

Chittodvega as per Ayurveda

The symptoms of this disease show resemblance with the *Chittodvega* (continuous excited state of mind) which is one among the *Manovikara* (disease of the mind) explained by *Acharya Charaka*.

Etymology and Definition

The term *Chittodvega* comprises two words- *Chitta* (mind) and *Udvega* (anxiety). *Udvega* is derived from the root "Ud" which has given numerous meanings in Sanskrit like superiority in place, power, upwards on over etc. *Chittodvega* can be defined as an anxious state of mind. A reference to *Chittodvega* is found in *Charaka Samhita Vimana Sthana* where *Acharya Charaka* explains physical and psychic *Doshas*. *Chittodvega* has been used by *Charaka* more classically under *Manodoshavikara* along with emotional disturbances like the *Kama* (lust), *Krodha* (anger), *Lobha* (greed), *Moha* (infatuation), *Irshya* (envy), *Mana* (arrogance), *Shoka* (grief) and *Chinta* (Worry).^[6] Even though the word *Chittodvega* is not explained by *Acharya Sushruta*, *Dalhana* the commentator of *Sushruta Samhita* has mentioned *Chittodvega* as a synonym with the term *Shoka* (grief).^[7] He has explained similar words like *Chittaviparya* and *Chittavibhrama* in which anxiety is found. *Acharya Vagabhata* has referred to the term *Chittopaplva* to denote anxiety.^[8]

Etiological factors of Chittodvega

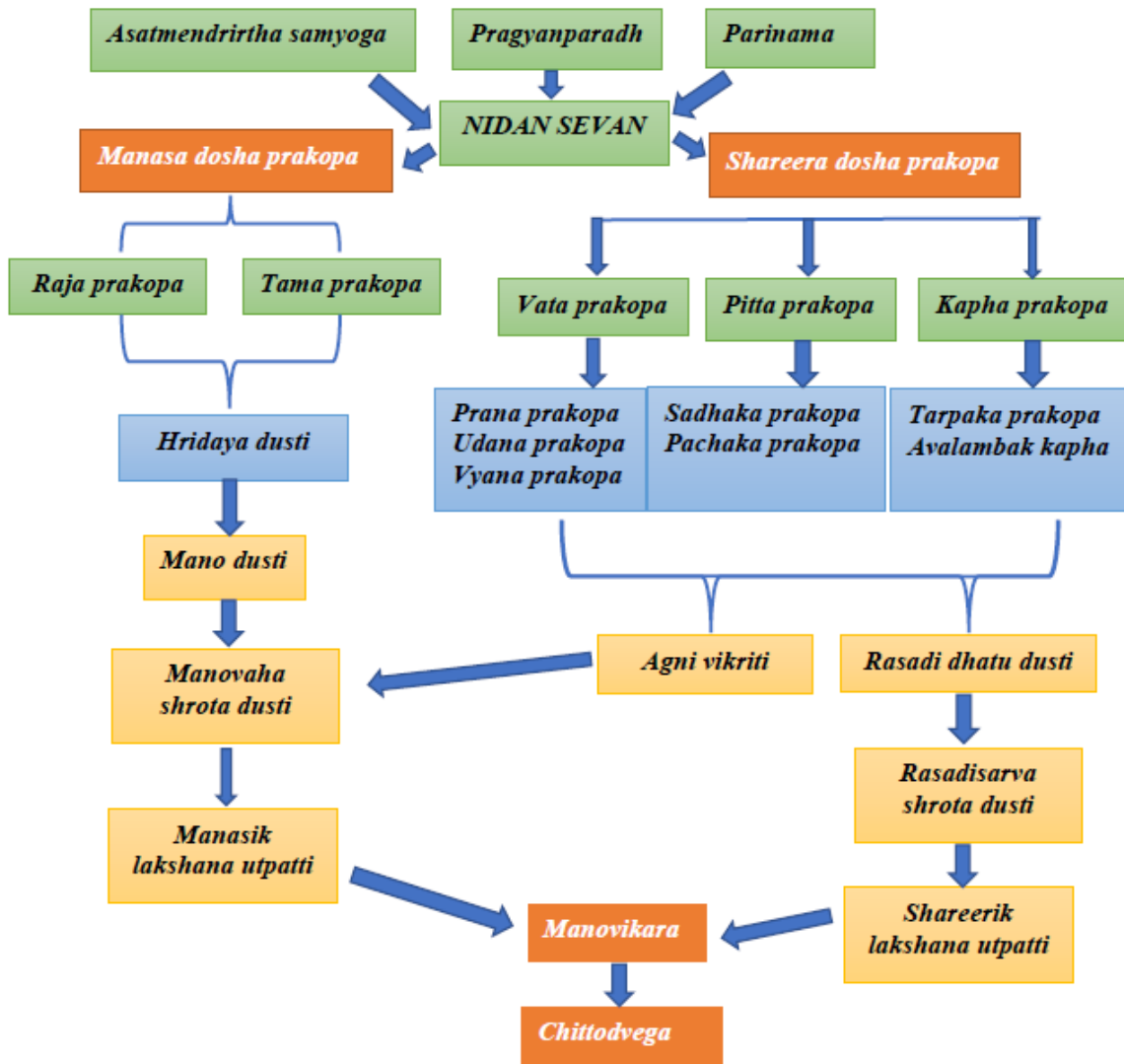
Even though specific causative factors are not mentioned in Ayurveda, the basic pathogenic factors of the mind (*Rajas* and *Tamas*) have got a significant role in the causation of *Chittodvega*.^[9] Vitiation of *Rajas* and *Tamas* are considered a prime factor in the causation of *Chittodvega*. *Tamas* can't manifest its movement without *Rajas*.

Manoabhighata (mental trauma) is considered the triggering factor for mental disorders. *Tridoshas* additionally play a crucial role in the manifestation of this disease. Aggravated *Vata* is liable for mental disturbance and gives rise to symptoms like fear, grief and confusion. Among the five varieties of *Pitta*, *Sadhaka Pitta* is responsible for *Buddhi* (intelligence), *Medha* (memory), *Utsaha* (enthusiasm), achievements and its vitiation produces mental disturbance.^[10,11] Among the varieties of *Kapha*, *Tarpaka Kapha* vitiation results in the manifestation of *Chittodvega*.^[12] The symptoms of anxiety including excess thinking, irritability, palpitations etc can be correlated to *Vata Prakopa Lakshanas* and altered bowel habits, fear, anger etc to *Pitta Prakopa*.^[13,14] Considering the *dhatus* involved in the disease, *Ati chinta* or excess thinking is a causative factor for *Rasa Dhatu Dusti* which again manifests both bodily and mental symptoms.^[15]

Table 1: Clinical features & Symptomatology of Chittodvega

<i>Doshadushti</i>	<i>Charaka</i>	<i>Sushruta</i>	<i>Vagbhata</i>
<i>Vata</i> dominant	Numbness of feet Muscle cramps Pain in Flanks Heart burn Headache Disturbed sleep Confusion Lack of concentration Fear of death	Hoarseness of Voice	Tremor Distention of abdomen Fatigue Constipation Pricking pain
<i>Pitta</i> dominant	Feeling of Heat Burning sensation Hyper acidity Excessive sweating Chest Pain	-	Disturbed sleep
<i>Kapha</i> dominant	Indigestion	-	-

Flow Chart No.1. Samprapti of Chittodvega



Pathogenesis of *Chittodvega*

Pathogenesis (*Samprapti*) helps in understanding the mode of development of diseases due to the effect of aetiological factors and its further differentiation. This is the most important part of defining disease as per Ayurveda. Since the pathophysiology of *Chittodvega* is not separately mentioned in the Ayurvedic Samhita, with the available literature we have to explain the pathogenesis. Emotional response to problems happening in life is common but people having *Satva* predominant mind resist the ill effect of such emotional disturbances as they are unaffected by such events. But people with a predominance of *Rajas* and *Tamas* exhibits exaggerated response to emotional disturbance.^[16] When the abnormality of *Manodoshas* continues for a longer period they reach the most vitiated condition in which psychic symptoms like worry, fear and grief develop. When the Psychic response continues again for a longer period, they start influencing the *Doshas* present in the body and this will cause the initiation of *Chittodvega*.

DISCUSSION

When we go through Ayurveda we find that there is no similar term for anxiety. Thus, no disease and disease condition can be correlated directly with anxiety. Anxiety disorder is a disorder characterized by persistent worrying and anxiety-producing many bodily symptoms in addition to affecting the mind. *Chittodvega* is a *Manovikara* distinguished by *Udvega Avastha* of *Mansa* (excited state of mind) which denotes increased *Rajas* (quality of mind) and the increased state of *Vata* and *Pitta dosha*. As *Vata - Pitta* is vitiated and main symptoms are *Ati Chinta* and *Bhaya*.

Although every sort of disease or mishappenings causes great mental trauma emotionally this covid outbreak has created a lot of fear and anxiety due to a lack of social meetings, emotional support due to lockdown and whole isolation from the outside entertainment world.

CONCLUSION

Anxiety is a problem that ranges from mild uneasiness to severe distress among various psychological disorders described in Ayurveda, *Chittodvega* (anxiety disorder) is having a lot of significance in the present pandemic situation. *Rajas* (*Dosha* of mind) with vitiation of *Vata* plays an important role in the pathogenesis of *Chittodvega*. For post covid anxiety, psychological support and counselling could be done which is explained in Ayurveda as *Satvavajaya Chikita*.

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