



Research Article

EFFECT OF SMRITI MEDITATION IN GENERALIZED ANXIETY DISORDER - A SINGLE GROUP PRE-TEST- POST-TEST DESIGN

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ABSTRACT

The prevalence rate of generalized anxiety disorder is increasing constantly in the modern era. In Ayurveda, the symptoms of this disease show a resemblance with the condition called *Cittodvega* (excited state of mind), which is one among the *Manovikara* in Ayurveda caused by dysfunction of increased *Vata* and *Pitta dosha*. The present study was conducted as a clinical trial to study the effect of *Smriti* meditation on ten diagnosed participants of generalized anxiety disorder within the age group of 18–60 years selected from the Manassanthi outpatient department of VPSV Ayurveda College, Kottakkal. 3-5 sessions of smriti meditation for 1-2 hours were done for all the participants within 15 days, and the follow-up assessment was done 1 week after the last meditation session. The *Smriti* meditation technique is an interactive guided psychotherapeutic meditation technique derived from the descriptions of *Satvavajaya chikitsa* mentioned in Caraka Samhita. Assessment scores of different intervals were statistically analysed using repeated measures analysis of variance. Based on the results, it was found that *Smriti* Meditation has a statistically significant effect in reducing the symptoms of all the domains of the Hamilton anxiety rating scale and also improves the quality of life of participants within a short period.

INTRODUCTION

High levels of sickness burden and considerably diminished quality of life are common in people with psychiatric disorders. Anxiety is a typical stress response; in some circumstances, it can be helpful^[1]. The prevalence of anxiety disorders worldwide varies from 2.5 to 7 percent by country. According to estimates, it is the most common mental health or neurodevelopment disorder affecting about 3.6 percent, or 264 million people around the world as per 2022^[2]. Around 63 % (179 million) were female, relative to 105 million males. Anxiety disorders arise in several forms, including phobic, social, obsessive-compulsive disorder (OCD), post-traumatic stress disorder (PTSD), or generalized anxiety disorder (GAD) ^[3].

A frequent and enduring condition known as generalized anxiety disorder causes the patient to worry and feel anxious about unrelated things that have not happened recently. However, it can be aggravated by certain situations. Individuals with GAD might not be aware of their concern's intensity, yet they must be troubled by it. GAD and "normal" worrying vary in that, in GAD, worrying is excessive, invasive, persistent, and disruptive^[4]. ICD-11^[5] classification of mental and behavioural disorders includes Generalized Anxiety Disorders under the category of anxiety and fear-related disorders (Block L1-6B0) and in DSM-5, its included under anxiety disorders ^[6].

Ayurvedic approach to Anxiety

Anavastitha Chittata "a state of consciousness gripped with fear and uncertainty in response to stressful event paving to restlessness, agitation of the mind," a maelstrom of increased circular current of stressful thoughts is one of the symptoms of *Vataja Nanatmaja Vikaras* mentioned in Ayurveda are the main features of "*Chittodvega*" which is clinically related to the symptoms and features of GAD ^[7].

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Acharya Charaka has described *Chittodvega* (anxious state of mind) as *Manasika Dosa Vikar* (mental disorders). *Raja* and *Tama* are the main *Dosas* of any *Manasika Vikara*, including *Chittodvega*^[8]. From the Ayurveda point of view, *Chittodvega* is a vitiation of *Vayu* (*Prana*, *Udana*, and *Vyana*), *Pitta* (*Sadhaka*), and *Kapha* (*Tarpaka*). Charaka's signs and symptoms are very similar to an anxious state of mind.

As a serious issue, it necessitates prompt and safe treatment. Despite the fact that modern therapeutics has range of drugs for the management of this disease, they have serious side effects and are habits forming. As a result, there is a large scope of research being conducted to find the safest remedy or non-pharmacological approach from Ayurveda for the management of this disease.

Ayurveda has adopted meditation as a tool for managing diseases of psychological origin. *Smriti* meditation is a technique developed to facilitate the process of introspection, and it is a guided interactive technique to induce deep trance in meditation. In meditation, the expansion of internal awareness is the prime task. It is based on the Ayurvedic theory of *Satvavajaya chikitsa*, in which *Smriti* is suggested as one of the five components to win over psychic components of disease^[9]. *Smriti* is the source of all piled-up negative emotions, which can cause many psychosomatic disorders. A deeper awareness of memories helps to eliminate the attached emotions. This methodology is used to cure physical and mental disorders and develop the personality to the realm of *Samadhi* or enlightenment^[10].

Smriti meditation-as a tool

Smriti meditation aids in identifying the correct cause behind the emotions causing anxiety through *Jnana vijñana*. It helps to rectify wrong perceptions caused by *Dhi bhramsa* (lack of discriminative power) and *Dhrti bhramsa* (lack of will power) by drifting through the *Jnana vijñana* process. Disbeliefs caused by *Smriti bhramsa* are resolved by directing to the right *Smriti*. Through further sessions, meditation helps to capacitate a person to have a deep self-awareness of their problems and to eliminate negative emotions. *Smriti* Meditation also helps to bring change in the life perceptions. Attitudes towards non-modifiable issues were markedly changed through the sessions. Raised *Satva* through *Smriti* Meditation potentiate to have control over *Rajas* and *Tamas*. Thus, *Smriti* Meditation extends to all diseases where the involvement of *Manas* is suspected. Keeping these as background, the present study was planned and executed as a clinical trial to study the effect of *Smriti*

meditation in generalized anxiety disorder – a single group pre-test - post-test design.

MATERIALS AND METHODS

This study included ten diagnosed patients with Generalized Anxiety Disorder from Manassanthi OPD, VPSV Ayurveda College, Kottakkal, with a pre-test-post-test design for 15-22 days for the study period of 2022-2023.

Diagnostic Criteria

Diagnostic criteria as per DSM V of Generalised Anxiety Disorder.

Selection Criteria

Inclusion Criteria

- Diagnosed case of mild-moderate anxiety disorder (Ham A 18-24) as per Hamilton anxiety rating scale.
- Age group between 18-60 yrs.
- Irrespective of gender, religion and economic status.
- Those providing a written consent.

Exclusion Criteria

- Those under allopathic medication for generalised anxiety disorder.
- Those having other co-morbid psychiatric condition.
- Those who had previous history of myocardial infarction and having thyroid dysfunctions.

Assessment Criteria

- Hamilton anxiety rating scale (HAM -A) ^[11]
- Quality of life assessment using Q-LES-Q-SF scale^[12]
- Case record form
- Questionnaire to observe changes after each *Smriti* Meditation session
- Informed consent form
- Information sheet
- Duration of study-15-22 days

Assessment

- Case taking will be done on the 0th day and assessments done on 0th day, after last session and during follow up being done after 1 week of last session.

METHODOLOGY

- Anxiety and quality of life assessment using HAM-A and Q-LES-Q-SF scales, respectively, will be done on the 0th day, after the last session and during follow up.
- 3-5 sessions within 15 days.
- Follow up on the 7th day after the last session.
- Changes observed after each session will be noted in the prepared *Smriti* assessment questionnaire.

Data analysis

Ten completed cases were taken for statistical analysis. Wilcoxon Signed Rank Test was the statistical test adopted to find the difference between assessment values before and after treatment. Statistical analysis was done using Microsoft Office 2010 Excel and SPSS Statistics version 25.0.

Method of Smriti Meditation

- Meditator is asked to lie in a comfortable semi-sleeper or sleeper in a supine position
- Instructions are given to relax. Stepwise muscle wise relaxation is appreciable, starting from toes to head to attain a state of deep relaxation
- Fix a goal through interaction
- When the meditator involves in the interaction through detailed narration, the person gets focused on the theme
- Initially, guidance is given to observe sensory-oriented experiences
- Then focus on internally oriented experiences to deepen the awareness
- Just once the subject experiences the stage of *Swapna*, the guide proposes to observe a few experiences or images to recollect memories.
- Further interactions with the patients help the guide gradually direct the patient to deep emotional memories. Subject may have some emotional outbursts during this stage which helps to clean the deep negative emotions which block deep trance.

- Once the negative emotions get cleared meditator can transcend to the state of *Sushupti* (the deep sleep state in which consciousness roams the universe separate from the mind) and *Turiya* (the state of transcendental, or pure, consciousness in which the focus with both outward and inward at the same time).
- Exposure to such transcended state often exposes one to some revelations which help to realize the root cause of problems.
- Recognition partially solves the problem and helps in the healing process.
- By the repeated practice of meditation mind becomes tranquil, and the person transcends to a more subtle layer of existence. In this stage, harmony between body and mind occurs^[13,14].

RESULTS AND DISCUSSION

The effect of *Smriti* meditation on various signs and symptoms of generalized anxiety disorder using the Hamilton anxiety rating scale was statistically analysed. Repeated measure ANOVA was used for analysing the result within various assessment levels. All symptoms of the Hamilton anxiety rating scale, including psychological, somatic, and others, were statistically analysed.

Total Score

Mauchly's sphericity test indicated ($W= 0.727$, $P=0.279$) that Sphericity was not violated, so no correction was applied.

Table 1: Test within subject effect

Source	Type III Sum of Squares	df	Mean Square	F	Sig.
Time	1577.867	2	788.933	171.507	<0.001
Error	82.800	18	4.600		

From the ANOVA table, we can infer that the effect of treatment over time is significant with a P value (Sig.) <0.001. The effect of treatment is found to be linear and quadratic.

Table 2: Pair-wise Comparison

(I) Time	(J) Time	Mean	Mean Difference (I-J)	Std. Error	Sig. ^b	95% Confidence Interval for Difference ^b	
						Lower Bound	Upper Bound
1	2	8.000	13.400*	1.035	.000	10.364	16.436
	3	4.600	16.800*	1.114	.000	13.534	20.066
2	1	21.400	-13.400*	1.035	.000	-16.436	-10.364
	3	4.600	3.400*	.670	.002	1.435	5.365
3	1	21.400	-16.800*	1.114	.000	-20.066	-13.534
	2	8.000	-3.400*	.670	.002	-5.365	-1.435

Based on estimated marginal means

*. The mean difference is significant at the .05 level. Time points 1 indicates BT(Before therapy), 2 indicates AT1 and 3 indicate AT2(after therapy)

b. Adjustment for multiple comparisons: Bonferroni.

Individual difference from all time points is found to be significant.

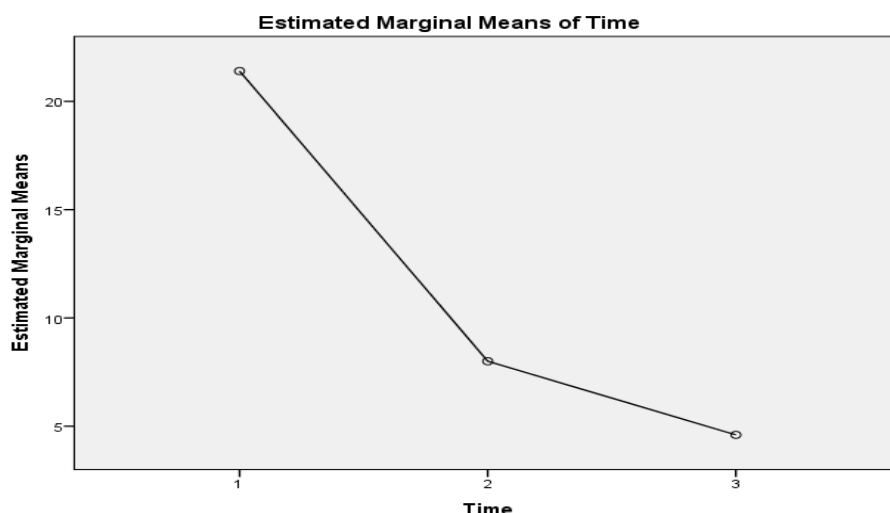


Figure 1

The profile plot indicates a steady decrease in values from BT to AT2, indicating the treatment was effective.

Total Score QOL

Mauchly's sphericity test indicated (W= 0.6.94, P=0.232) that Sphericity was not violated, so no correction was applied.

Table 3: Test Within Subject Effect

Source	Type III Sum of Squares	df	Mean Square	F	Sig.
Time	2437.4	2	1218.700	41.447	<0.001
Error	529.267	18	29.404		

From the ANOVA table, we can infer that the effect of treatment over time is significant with a P value (Sig.) <0.001. The effect of treatment is found to be linear.

Table 4: Pair-wise Comparison

(I) Time	(J) Time	Mean	Mean Difference (I-J)	Std. Error	Sig. ^b	95% Confidence Interval for Difference ^b	
						Lower Bound	Upper Bound
1	2	52.500	-15.100*	2.934	.002	-23.707	-6.493
	3	58.900	-21.500*	2.460	.000	-28.715	-14.285
2	1	37.400	15.100*	2.934	.002	6.493	23.707
	3	58.900	-6.400*	1.727	.015	-11.466	-1.334
3	1	37.400	21.500*	2.460	.000	14.285	28.715
	2	52.500	6.400*	1.727	.015	1.334	11.466

Based on estimated marginal means

*. The mean difference is significant at the .05 level. Time points 1 indicates BT, 2 indicates AT1 and 3 indicate AT2

b. Adjustment for multiple comparisons: Bonferroni.

Individual difference from all time points is found to be significant.

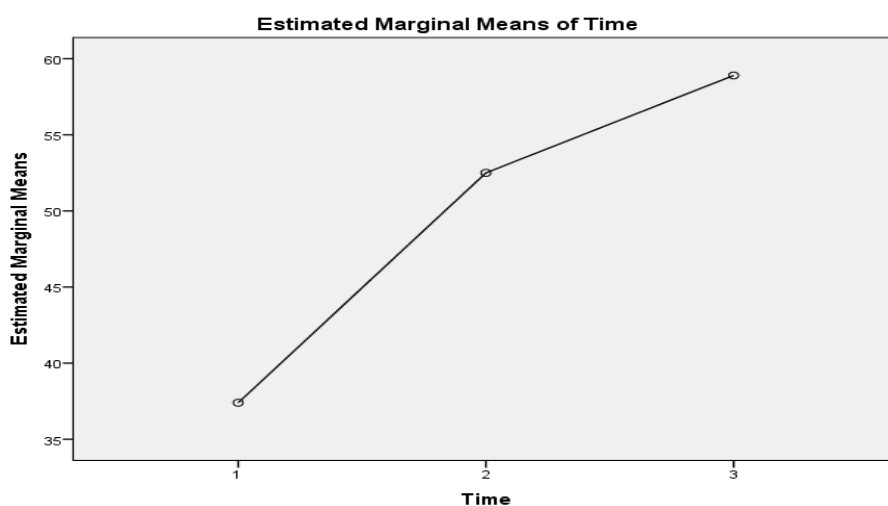


Figure 2

The profile plot indicates a steady increase in values from BT to AT2, indicating the treatment effectively increased QOL Score.

Discussion on the Effect of Therapy

Both psychological and physiological signs of anxiety were investigated separately as distinct domains. The Hamilton anxiety rating scale was utilised for the assessment. In the present study, a psychotherapeutic procedure called *Smriti* meditation was done on patients diagnosed with mild to moderate Generalised Anxiety Disorder. Earlier, a study was conducted on the effect of *Drakshadi Phantam* in generalised Anxiety Disorder for 45 days and was found to be effective in reducing the symptoms present in different domains of Generalized anxiety disorder [15].

Effect of therapy on Anxious Mood

In Ham-A, the domain of anxious mood includes worries, the anticipation of the worst, fearful anticipation, and irritability. In this study, all the participants were presented with anxious moods. The technique of *Smriti* meditation was found to have a statistically significant effect on treatment over time is significant with a P value (Sig.) 0.001, and the effect due to treatment was found to be linear. The percentage of relief was 33% after therapy, and it improved to 67% after follow-up, which shows significant improvement.

After each session of *Smriti* meditation, the patient seems to be more relaxed, calm, free of worries, and happy. As the emotional hurdles are removed, new revelation or insight appears to solve the problem. It has been verified that meditation decreases sympathetic adrenergic receptor sensitivity, producing a reduced response to stressful receptor sensitivity in subjects practicing transcendental meditation [16].

Effect of Therapy on Tension

The domain tension of the Ham-A includes fatigue, startle response, moving to tears quickly, trembling, feelings of restlessness, and inability to relax. The symptoms may be co-related with *Bibheti*, *Durbalata/ Glani*, *Kampa*, and *Cancala cittata* here; the symptoms are more related to that of *Ojo kshaya* and *Rasa dhatu kshaya lakshanas*[17]. The effect of treatment over time is significant with a P value (Sig.) <0.001, and the effect due to treatment was found to be linear and quadratic, with a percentage relief of 64% after treatment and 71% after follow-up. Through repeated meditation, the person recognizes the root cause of the trouble, and this realization itself will be an excellent solution to one's emotional and physical problem, helping the healing process and thus reducing the tension.

Effect of Therapy on Fear

In the present study, the effect of *Smriti* meditation on fear was statistically assessed, and it found that the effect of treatment over time is significant with a P value (Sig.) <0.001, and the effect due to treatment was found to be linear. Irrational fear is the cardinal feature of anxiety disorder. Fear relates to a known or understood threat, whereas anxiety follows from an unknown, expected, or poorly defined threat [18]. In this study, almost all the patients have a fear of one thing or another, and after therapy, the negative thoughts related to these fears were cleared and thus helped reduce the fear. In Ham-A, domain fear includes fear of darkness, fear of strangers, fear of being left alone, and fear of animals, traffic, or crowd.

Effect of Therapy on Insomnia

Difficulty in falling asleep, broken sleep, unsatisfying sleep, fatigue on waking, dreams, night terrors, and nightmares are the signs included under the domain of insomnia, Ham-A. The percentage of relief in the symptom insomnia was 56% after the

treatment and 78% after follow-up. The effect of treatment over time is significant with a P value (Sig.) 0.005, and the effect due to treatment was found to be linear statistically.

Meditation improves sleep duration by lessening sleep-interfering cognitive processes like worry, supported by Winbush NY et al. in their study about the effects of mindfulness-based stress reduction on sleep disturbance^[19]. At the end of the study, participants reported a considerable drop in the frequency of nightmares and, in turn, reduced sleep awakenings. This may be due to a reduction in stress and the elimination of negative emotions. Some other bodily pain can also contribute to sleep disturbances. After sessions, it was reported that there was a considerable reduction in associated pain due to some other causes than insomnia, probably due to the increase in pain threshold, supported by the study of Reiner K et al. ^[20].

Effect of therapy on Depressive mood

Ham- A includes loss of interest, lack of pleasure in hobbies, early waking, and diurnal swing under the domain of depressive mood. The current study administration of *Smriti* meditation has shown statistically significant results in reducing the symptoms of depressive mood. The percentage of relief after treatment was 73%, and after follow-up, the percentage of relief remained the same.

Smriti meditation may help to create self-awareness in participants and may have given a deeper understanding of emotions. At the end of all sessions, as reported, it helped to eliminate negative emotions, which may help to improve their emotional intelligence and to raise their self-esteem.

Effect of Therapy on Intellectual Symptoms

Smriti meditation provided 61% relief in intellectual symptoms after treatment, and the percentage of relief increased to 78% after the follow-up. From the ANOVA table, we can infer that the effect of treatment over time is significant with a P value (Sig.) <0.001. The effect due to treatment was also found to be linear.

Individuals who struggle with anxiety often experience symptoms of mental confusion, foggy thinking, forgetfulness, and difficulty concentrating. Researchers at the Columbia University Medical Centre claimed that meditation can change the brain's structure and function through relaxation, which can reduce stress, anxiety, and depression, increase focus and learning concentration, and improve memory and attention span ^[21].

Effect of therapy on Somatic Symptoms

In this study, there was a significant reduction in somatic sensory and motor symptoms of anxiety.

Statistically, the result was significant in reducing the symptom after treatment. The percentage of relief of somatic symptoms after treatment on the sensory and motor domains was 79% and 77%, respectively, and after follow-up was 93% and 92%, respectively.

Somatic symptoms of GAD include pain and aches, myoclonic jerks, grinding of teeth, increased muscular tone, etc., and sensory symptoms include Tinnitus, blurring of vision, hot and cold flushes, feelings of weakness, and pricking sensation. Most of these symptoms are associated with anxiety and aggravate in extreme conditions. Meditation will help to overcome such worries than mere administration of medicines and will prevent any exacerbation in the future ^[22].

Effect of therapy on Cardiovascular symptoms

Diagnosing anxiety disorders in patients with cardiovascular disease is difficult, given the substantial overlap between the symptoms of anxiety disorders and those of cardiovascular disease. The cardiovascular symptoms of GAD include tachycardia, palpitations, pain in the chest, the throbbing of vessels, fainting, feelings, and missing beat. The reduction in cardiovascular symptoms was statistically significant after treatment, and the percentage of relief after treatment was 67%, which increased to 83% after follow-up. Many patients had panic attack-like symptoms in certain situations, and after experiencing such situations in their subconscious state, they re-experienced similar symptoms upon relaxing. The difficulties gradually reduced, and the fear of such situations was reduced, and they became confident to face such situations in the future. The latest research confirms that people who practice meditation are significantly less likely to have a heart attack or stroke or die within five years ^[23], which shows the importance of meditation in reducing cardiovascular symptoms.

Effect of Therapy on Respiratory Symptoms

The effect of *Smriti* meditation was found to be statistically significant in reducing the respiratory symptoms of GAD on analysis. Respiratory symptoms include pressure or constriction in the chest, choking feelings, sighing, and dyspnoea. On comparison and statistical analysis of BT and AT assessment scores, there was a remarkable improvement in the percentage of relief noted in respiratory symptoms of GAD, from 57% after treatment to 86% after follow-up. Difficulties with ventilation in anxiety or phobia primarily cause respiratory symptoms, and meditation can produce a deep state of relaxation and a tranquil mind. Those who came with the above complaints were made to realize their problem and realized that these issues are related to their anxiety. After

meditation, the complaints got reduced entirely in some patients.

Effect of therapy on Gastrointestinal symptoms

Gastrointestinal symptoms are the most typical symptoms a GAD patient suffers from. The gastrointestinal symptoms include difficulty in swallowing, wind abdominal pain, burning sensations, abdominal fullness, nausea, vomiting, borborygmi, looseness of bowels, loss of weight, and constipation. On the statistical analysis of the assessment scores in different intervals was found that the therapy significantly reduces GI symptoms. There was a substantial percentage of relief noted after therapy. After follow-up, some of the symptoms reappeared, and the percentage of relief was reduced.

Effect of therapy on Genitourinary symptoms

Out of 10 participants, six were reported with one or more Genito urinary symptoms. Genito urinary symptoms in the Ham-A include frequency of micturition, the urgency of micturition, amenorrhea, menorrhagia, development of frigidity, premature ejaculation, loss of libido, and impotence. This study's statistical analysis on *Smriti* meditation showed marked action in reducing the genito urinary symptoms. The percentage of relief in genito urinary symptoms noted initially after treatment was improved evidently after follow-up, i.e., from 38% to 88% after follow-up. The subjects complained of the increased frequency of micturition, development of frigidity, and ejaculation problems were addressed during the course of therapy and were relieved after therapy following the anxiety reduction.

Effect of therapy on Autonomic symptoms

In this study, all the participants were presented with one or other autonomic symptoms. Autonomic symptoms are found to be very common in virtually all GAD patients. The autonomic symptoms of GAD include dry mouth, flushing, pallor, tendency to sweat, giddiness, tension headache, and raising of hair. A statistically significant reduction was noted in the autonomic symptoms of GAD on assessment scores.

From the ANOVA table, we can infer that the effect of treatment over time is significant with a P value (Sig.) 0.025. The effect of treatment is found to be linear.

The percentage of relief noted in autonomic symptoms after treatment was 50% and was improved to 90% after follow-up.

Effect of Therapy on Behaviour at Interview

Fidgeting, restlessness or pacing, tremor of hands, a furrowed brow, strained face, sighing or rapid respiration, facial pallor, and swallowing are the symptoms explained under behaviour during the

interview. In this study, 6 participants among ten were presented with two or more of the symptoms. After the study found marked improvement in these symptoms on statistical analysis. The highest percentage of relief was noted in this domain compared with all other domains of the Ham-A. The effect of treatment over time is significant with a P value (Sig.) 0.013, and the effect of treatment is found to be linear.

The percentage of relief noted after the treatment was 80%, and on follow-up, the percentage of relief remained the same at 80%. Reduction in anxiety, fear, tension, motor symptoms, etc., helps the person build self-confidence, which will further help him face the situation with self-esteem.

Effect of Therapy on Total Hamilton Anxiety Rating Scale Score

On analysis, the total score in each assessment was statistically significant compared to subsequent assessments, and the effect of the therapy was found to be significant in the total Ham-A score at p-value < 0.001. The effect of treatment is found to be linear and quadratic.

The marked decrease in the total Ham-A score indicates the overall symptomatic reduction in generalized anxiety disorder. The percentage of relief in the total score noted after the study was 63%, and after follow-up, the percentage of relief was increased to 79%. So, from this study, it can be inferred that *Smriti* Meditation effectively reduces the overall symptoms of generalized anxiety disorder along with internal medications. An earlier study on the Efficacy of *Drakshadi Phantam* in Generalized Anxiety Disorder Ayush et al. showed significant improvement on a 60 days trial, including follow-up, and the percentage of improvement was more (51.2%) after follow-up than (48.8%) after treatment [15]. This study was conducted over 15 days, including follow-up, and the percentage of improvement was more compared to the previous study.

Discussion on effect of therapy on Q-LES-Q-SF Questionnaire

The Quality of Life, Enjoyment, and Satisfaction Questionnaire-Short Form (Q-LES-Q-SF) is a recovery-oriented, self-report measure with an uncertain underlying factor structure, variously reported in the literature to consist of either one or two domains. The original scale consisted of 93 questions, grouped into eight subscales [12]. The abbreviated version (Q-LES-Q-SF) consists of 14 items derived from the long form's general activities subscale, plus two questions about medication and overall life satisfaction.

The effect of treatment over time is significant with a P value (Sig.) 0.001, and the effect of treatment

is found to be linear and shows marked improvement in quality of life in all domains.

The percentage of improvement was 40% after treatment and increased to 57% after follow-up, which shows evident improvement in participants' quality of life after therapy.

Probable mode of action of Smriti Meditation

The meditation process is influenced by many factors like skill of guiding doctor, calm atmosphere, the desire of the subject to solve the problem, duration of practice, frequency, and health condition of the subject. In the present study, the patients were taking Ayurveda medicines as a supportive therapy since it is difficult to manage patients without medication for such a time period, and *Drakshadi kashayam* was given to subjects who were already proven to have significant results in all domains of Ham A and effective in reducing symptoms of GAD. Since these

subjects will have more of an anxious mood, *Smriti* Meditation, a kind of deep meditation, cannot be started directly. The patient is given a deep relaxation (Jacobson's progressive relaxation) on the first day after case taking and advised to do loosening exercises to make them fit for meditation. Most of the patients have suppressed emotions. Through the *Jnana* process one become more aware of the background scenario. Deepening into the emotions can reduce anxious reactions in body and mind such that behavioural correction can be done so that one's able to visualize future developments without anxiety. Choices can be made from multiple options and that can be implemented in real life.

Hence in this study, it was inferred that *Smriti* meditation shows a significant and sustained effect in reducing anxiety among the subjects at a faster rate than using only medications.

Table 5: Verbatims from the Participants

Patient No	Before Treatment	After Treatment
No. 1	"I felt difficulty to face a situation and difficulty in driving due to increased anxious thoughts." "I always fail in taking decision"	"I'm not at all worried about my past and living happily with my wife"
No. 2	"I lack confidence to do job and I found it difficult to cope with a stressful situation"	I became more confident and want to try for a new job and I'm feeling happy now.
No. 3	I'm feeling low about my past life and I'm not able to concentrate in my job. I'm confused about my new relation whether to proceed it or not.	The sorrows regarding my past was cleared now. I got my visa for Canada, and I will try for a job there and I'm confident that I will achieve it.
No. 4	I feel difficulty to manage house hold problems and depends my daughter for all. I feel difficulty to do money transactions.	I manage to go to our shop and do money transactions now. I became more confident and many of my bodily issues are resolved now.
No. 5	I feel difficulty to attend a function...mingle with others go to job and feared of panic attacks	I became more confident to face others, sleep improved, able to enjoy trips with friends
No. 6	I'm not able to control my emotions...not able to sleep properly fear of future due to lack of job.	Became more energetic and now going for a job and felt more satisfied.
No. 7	My sleep is disturbed and I felt anxious about my future due to lack of job and I can't concentrate on my studies.	My sleep is improved than before and I'm able to finish my exams successfully. I'm attending interviews now for getting a job.
No. 8	Feared of hearing death news of others, feeling of heaviness over chest, breathing difficulty, gets angry with children	Feels more energetic and able to handle things by herself and difficulty felt over chest reduced and breathing difficulty almost relieved.
No. 9	Difficulty in driving, feared of closed spaces, difficulty to stand in front line during prayer in mosque.	Fear improved than before and has tried to go to places where I feared the most.
No. 10	I'm feeling anxious while thinking about my future, feeling sad of hearing others negative commands about her. I want to go to European country for higher studies where I got selection.	I got admission for M.Tech in CUSAT, even though I'm not interested in that subject, I'm happy to continue that and will achieve my passion later in future.

6: Percentage of relief in various domains of Hamilton anxiety rating scale

Domains	% Relief AT	% Relief AF
Anxious mood	33%	67%
Tension	64%	71%
Fears	61%	89%
Insomnia	56%	78%
Intellectual	61%	78%
Depressed mood	73%	73%
Somatic (muscular)	79%	93%
Somatic (Sensory)	77%	92%
Cardiovascular symptoms	67%	83%
Respiratory symptoms	57%	86%
Gastrointestinal symptoms	63%	31%
Genitourinary symptoms	38%	88%
Autonomic symptoms	50%	90%
Behaviour at interview	80%	80%
Total score	63%	79%

Table 7: Percentage of relief in various domains of Q-LES-Q-SF questionnaire

Domains	Relief after treatment	Relief after follow-up
Physical health	42%	42%
Mood	52%	76%
Work	57%	90%
Household activity	42%	63%
Social relationships	41%	59%
Family relationships	27%	40%
Leisure time activities	40%	60%
Ability to function in daily life	52%	61%
Sexual drive, interest and/or performance	29%	46%
Economic status	22%	44%
Living/housing situation	22%	37%
Ability to get around physically without feeling dizzy or falling	52%	65%
Your vision in terms of ability to do work or hobbies	64%	82%
Overall sense of wellbeing	59%	86%
How would you rate your overall life satisfaction and contentment during past week	36%	48%
Total score	40%	57%

CONCLUSION

The study concluded that the *Smriti* meditation has a significant effect in reducing the severity of anxiety and improving the Quality of life of participants having Generalised Anxiety Disorder when 3-5 sessions of 1-2 hours of *Smriti* meditation were given within 15 days and the effect was retained and enhanced up to follow up of 22 days.

After a detailed review of the literature, clinical observation, analysis of the data, and discussions, the following conclusions were evolved.

1. *Smriti* meditation has a statistically significant effect in reducing the symptoms of all 14 domains of the Hamilton anxiety rating scale.
2. *Smriti* meditation has a statistically significant effect in reducing the symptoms of generalized anxiety disorder.
3. After completing *Smriti* meditation, a marked improvement in participants' quality of life was observed.

Hence *Smriti* meditation can be considered for clients and patients suffering from anxiety whether as a stand-alone intervention or in conjunction with other treatment modalities

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