AYURVEDIC MANAGEMENT OF SCHIZOPHRENIA: A CASE STUDY

Dr. Tribhuvanarayar R. Maurya and Dr. Dilip K. Puri

1 M.D. Scholar, Department of Rognidan & Vikriti Vigyan, GAC Nanded.
2 HOD, Department of Rognidan & Vikriti Vigyan, GAC Nanded.

*Corresponding Author: Dr. Tribhuvanarayar R. Maurya
M.D. Scholar, Department of Rognidan & Vikriti Vigyan, GAC Nanded.

ABSTRACT

Schizophrenia is the commonest and widely distributed psychiatric disorder which affects the subjects, along with their families. The condition is highly compensating the quality of life of the affected. Schizophrenia is characterized by disturbances in thought, verbal behavior, affect motor behavior and relationship to external world. A good number of patients opts Ayurvedic treatment to get rid of antipsychotic medication and also for better quality of life. The present case study was done on the previously diagnosed case of Schizophrenia patient, who was on his regular modern medications along with this Ayurvedic Sthanik chikitsa (Nasya, Shirodhara, Shastikshali pindsweda) was given according to Ayurvedic principles of treatment. The significant effect was found in various Subjective criteria.

KEYWORDS: Schizophrenia, Sthanik chikitsa, Nasya, Shirodhra, Shastikshali pindsweda.

INTRODUCTION

The mental health is deteriorating day by day all over the world, the cause being many and varied. Among the psychiatric disorders, Schizophrenia is a major condition affecting almost 21 million people worldwide, with almost 50% of them living without adequate support. [1] Schizophrenia is characterized by disturbance in thought, verbal behavior, affect motor behavior and relationship to external world. The incidence of schizophrenia is currently about 0.5/1000 and the point prevalence is about 0.5 – 1%. [2]

According to Ayurved ‘Unmada’ (Psychosis including Schizophrenia) is a disorder of mind caused by imbalance or vitiation of doshas i.e. Vata, Pitta and Kapha. Based on the vitiation of dosha different types of Unmada like vataj Unmad, Pittaj Unmad, Kaphaj Unmad have been described in Ayurvedic classics. [3] Use of modern antipsychotic medicines is accompanied by various side effects like, Insomnia, Mood changes, Mental confusion, Dizziness, Irritability, Nausea, Hypersalivation and Clumsiness etc. due to these many people have been opting Ayurvedic treatment to explore safe, alternative cost effect, reliable and with no or minimal side effects for the treatment of various Psychiatric disorders including schizophrenia. [4]

A good number of patients opts Ayurvedic treatment to get rid of antipsychotic medication and also for better quality of life. The present case study was done on the previously diagnosed case of Schizophrenia patient, who was on his regular modern medications along with this Ayurvedic Sthanik chikitsa i.e. Sarvang Shastikshali pindsweda, Shirodhara with Dashmool siddha taila and Nasya with Panchendriya vardhan taila was given according to Ayurvedic principles of treatment. The significant effect was found in various Subjective criteria.

Aim
To improve the quality of life of person affected with Schizophrenia.

Objectives
1) To assess the efficacy of selected protocol in Schizophrenia
2) To compare the efficacy of the selected protocol in improving the quality of life of person affected with Schizophrenia.

MATERIAL AND METHODS

Type of study - single case study
Clinical intervention
A 28 years old male, previously diagnosed case of schizophrenia was admitted in IPD of our hospital with chief complaints of 1. Anidra (Insomnia) 2. Atichinta (excessive worry 3. Bhaya (Fear) since last four years. Patient came along with his father and he was diagnosed as having “Schizophrenia” and has been taking antipsychotic medications (Clozpine, Amisulpride)
regularly since last four years. Patient wants to shift to Ayurvedic treatment as he has been suffering with Mental confusion, Insomnia, Anxiety, Hypersalivation.

**History and Investigations**

Past History – K/C/O Schizophrenia since 4 year.
H/O Acanthosis Grade 2 Since 1 year.
Family History – No.

**Drug History**

1. Tab Sizopine 25 mg 1 HS (Clozapine)
2. Tab Zaporil 12.5 mg ½ Morning (Clozapine)
3. Tab Solaze (Amisulpride) 100 mg 1OD

Investigations - TSH - 1.49 HB – 11gm%, BSL (R) – 78 mg/dl (27/12/2018)

**Examinations** – (27/12/2018)

Systemic examination-
General examination-
RS – AEBE
P-70/min
CVS – S1S2 N
BF-120/90mmof Hg
CNS – Conscious and oriented but confused
Wt.- 83kg increased since 4 yrs

**Nidan Panchak**

**Hetu**

1) Ahara – Paryushita Ahar, Junk foods (Vada pav, Pavbhaji, Pani-puri), Aniyamita Bhojana
2) Manas – Mansik Tanav (Job related), Bhaya, Negative thinking

**Purvarupa** – Manasika Tanav, Bhaya
Rupa – Anidra, Bhaya, Atichinta

**Samprapti Ghataka**

1) Dosha – Sharirika – Vata Pradhan (Prana, Vyan, Udahn) Manasika – Raja, Tama
2) Dushya – Mana
3) Adhishthana – Hrudaya, Manovaha strotas

**Assessment Criteria**

1. **Anidra (Insomnia).**

| 1 | 6-8 hours sleep / 24 hours | 0 |
| 2 | 4-6 hours sleep / 24 hours | 1 |
| 3 | 2-4 hours sleep / 24 hours | 2 |
| 4 | 0-2 hours sleep / 24 hours | 3 |

2. **Atichinta (Anxiety)**

| 1 | No Anxiety | 0 |
| 2 | Feeling of nervous, anxious or on edge | 1 |
| 3 | Not being able to stop or control worrying | 2 |
| 4 | Worrying too much about different things | 3 |
| 5 | Becoming easily annoyed or irritable | 4 |

3. **Bhaya (Fear)**

| 1 | No fear | 0 |
| 2 | Fearful only at reasonable cause | 1 |
| 3 | Fearful even in reasonable cause | 2 |
| 4 | Always fearful emotion | 3 |

**Intervention**

According to Ayurveda it may be considered as a case of Unmada with vata predominance treatment given as-

1. Sarvanga shashitkshali pindasweada - 30 min OD for 30 days
2. Shirodhara with dashamoola siddha taila - 40 min OD for 30days
3. Nasya – Panchendriya vardhana taila - 4-4 Bindu (Drops) BD for 30 days

**Assessment After Treatment**

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Before Treatment (27/12/2018)</th>
<th>After Treatment (27/01/2019)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anidra (Insomnia)</td>
<td>3</td>
<td>1</td>
</tr>
<tr>
<td>Atichinta (Anxiety)</td>
<td>4</td>
<td>2</td>
</tr>
<tr>
<td>Bhaya (Fear)</td>
<td>3</td>
<td>1</td>
</tr>
</tbody>
</table>

**DISCUSSION**

1. Shastikshali Pindswea – Skin (sparshanendriya) is considered to be site of vata.[3] Vata dosha is the Niyanta (controller) and Praneta (conductor) of the mind, the inspirator of all the senses, the conveyer of all the senses – stimuli. From among the senses, the sense of touch pervades all the others and has the mind inherent in it.[6] Hence Sarvang Shastikshali pindsweada given in this case. This treatment measures when applied directly on the skin lead to correction of the deranged functions of vata, which in turn corrects the impaired functions of mind.

2. Shirodhara - Shirodhara works as samvahana (gentle massage) on the head and this re-establishes the function of vata and mana because skin (sparshanendriya) is the chetosamavayi and the vyapaka vata is seated in it.[7] In the present case dashamooloold taila was used because dashamoolo and tila taila both are considered as best in vata disorder and hence their synergetic action may control the aggrevated vata more rapidly. As there is dominace of vata in insomnia, dashamoola siddha taila used in this case.

3. Bruhana nasya - “Dwaram hi shiraso nasa”[8] – As samprapti of disease is vataprakopaka and symptoms are urdhwajatragata hence Bruhana nasya is administered. Drugs of panchendriya vardhanas taila are having vatahara property with snidgha and ushna guna.

www.wjpls.org
CONCLUSION

Schizophrenia is causing significant declining in the quality of life of this patient, instead of all the advancements in the modern psychiatry, apart from the adverse effect of the therapy. Ayurvedic management protocols are being tried with significant outcome in psychiatric conditions. Selected protocols are seems to be effective in the symptoms of this patient. The ultimate aim of Ayurvedic treatment is a balanced state of mind body and the sensory faculties (indriyas) and is helpful for condition like schizophrenia.

REFERENCES