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Research Article

A RANDOMISED CLINICAL TRIAL TO EVALUATE THE EFFICACY OF VARMAN THERAPY IN THE MANAGEMENT OF CHITTODVEGA WITH SPECIAL REFERENCE TO GENERALISED ANXIETY DISORDER

Dr. Sonia Meend¹, Dr. Priyanka Devatwal² Dr. Sunil Kumar Yadav³

¹Ph.D. Scholar, Department of Rachana Sharir, National Institute of Ayurveda, Deemed to be University, Jaipur

²Assistant Professor, Awasthi Ayurvedic Medical College and Hospital, Himachal Pradesh

³Professor, Head of Department, Department of Rachana Sharir, National institute of Ayurveda, Deemed to be University, Jaipur

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ABSTRACT

Introduction: *Chittodvega* has not been described as an individual clinical disease in Ayurvedic treatises, but references to *Chittodvega* are scattered throughout the classics. Primary psychological conditions caused purely by *manas Doshas*, i.e., Rajas and Tamas, include Kama, *Krodha*, *Lobha*, *Moha*, *Bhaya*, *Irshya*, and *Chittodvega*. *Chittodvega*, by its *symptomatology*, shows much resemblance to the symptoms of generalized anxiety disorder. Varmam refers to the vital points present all over the body. According to the Siddha system of medicine, pressure given on these Varmam points under specific control for a specific time and duration cures several diseases. **Material and Method:** It was a randomized, open, standard, controlled, clinical, interventional trial on 30 human subjects. Patients were divided into 2 groups, one with Varmam therapy with Ksheerbala Tailam application and the other with only Varmam therapy. The total duration of therapy is 35 days with 2 follow-ups on every 7th day. There are 28 Varmam points located in the region from the top of the head to the neck, out of which 10 are used in the study for the management of *Chittodvega*. **Results:** After assessing the parameters of assessment criteria after treatment, as well as comparing the effect of therapy in the patients of Chittodvega, group B has a better effect than group A, which includes Varmam stimulation along with *Ksheerbala Tailam*. **Conclusion:** Varmam therapy is effective in the management of *Chittodvega* with respect to generalized anxiety disorder.

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INTRODUCTION

In the present modern era, individuals often struggle to prioritize their health due to hectic lifestyles, indulgence in unwholesome habits, and stressful living conditions. As a result, many somatic and psychological disorders begin to manifest in the body, such as mental disturbances, restlessness, irritability, and mental disorders. Rajas and Tamas are two Manasika Doshas that, when vitiated, are responsible for various Manasika Vikaras such as Kama, *Krodha*, *Lobha*, *Moha*, *Mana*, *Mada*, *Shoka*, *Chinta*, *Udvega*, *Bhaya*, *Harsha*, etc. It is mentioned in the classics that Manasika roga can lead to *Sharirika Roga*, and vice versa, as both affect each other and become responsible causes of each other.

Chittodvega has not been described as an individual clinical disease in Ayurvedic treatises, but references to Chittodvega are scattered throughout the classics. Primary psychological conditions caused purely by *Manas Doshas*, i.e., *Rajas* and

Tamas, include Kama, *Krodha*, *Lobha*, *Moha*, *Bhaya*, *Irshya*, *Chittodvega*, etc. Chittodvega, by its symptomatology, shows many similarities with the symptoms of generalized anxiety disorder.

Anxiety is a psychological state characterized by somatic, emotional, cognitive, and behavioral components. Anxiety disorders encompass various forms of abnormal and pathological fear and anxiety. Generalized anxiety disorder is characterized by excessive, persistent, irrational, and uncontrolled worry present for no obvious reasons. It is associated with symptoms such as excessive worry, nausea, restlessness, insomnia, feeling edgy, muscle tension, trouble concentrating, feeling tired and weak, etc. Continuous use of modern medicine for the treatment of anxiety disorders often requires long-term use of sedatives, hypnotics, etc., which can lead to addiction and cause side effects such as memory loss and allergic reactions.

*Corresponding author: Dr. Sonia Meend

Sankara College of Optometry, Sankara Eye Hospital, Kundalahalli gate, Bangalore, Karnataka-560 037

Such side effects can be effectively treated via *Varmam* therapy, which is non-invasive, cost-effective, and can be administered in the absence of *Aushadi*. *Varmam* therapy involves applying pressure to vital points present all over the body. According to the Siddha system of medicine, when pressure is applied to these *Varmam* points under control for specific durations, it can cure several diseases. Conversely, forceful pressure can result in injurious effects or changes in the body, which is termed *Varmam therapy*. The Siddha system of medicine describes several stimulation methods through which various ailments in the body can be cured.

Ksheerbala tailam is capable of curing 80 types of *Vata* disorders, as per references found in *Sahasrayogam*, as it contains *ksheer, balaa, and tila taila*, which possess qualities for pacifying *Vata*.

Aim and Objectives

- To evaluate the efficacy of *Varmam* therapy in the management of *Chittodvega*.
- To compare the clinical efficacy of *Varmam therapy* with or without *Ksheerbala Taila* application in the management of *Chittodvega*.

MATERIALS AND METHODS

Following materials and methods were used for conducting the present research.

Study Design

It was a randomized, open, standard, controlled, clinical, interventional trial on human subjects.

Study population

The study population was collected from indoor and outdoor patients of P.G. Department of Sharir Rachana at National Institute of Ayurveda Hospital, Jaipur, SSBH Jaipur, and Satellite Hospital after obtaining informed consent from patients.

Sample Size and Selection Criteria

30 patients of *Chittodvega* were registered, who fell in the following criteria of inclusion and did not belong to exclusion criteria.

Inclusion Criteria

- Patients with clinical findings suggestive of *Chittodvega* will be the potential trial subjects.
- Patients in the age group of 18-60 years of either sex.
- The patient must be willing to participate.
- Patients diagnosed with generalized anxiety disorder according to the Hamilton Anxiety Rating Scale and having a total score above 17 on the scale will be included.

Exclusion Criteria

- Patient with uncontrolled diabetes mellitus, uncontrolled hypertension, and other systemic diseases.
- Patient suffering from organic brain diseases.
- *Chittodvega* due to the direct physiological effect of a substance (e.g., drug abuse, medication) or a general medical condition (e.g., hyperthyroidism).

- Occurrence of *Chittodvega* (anxiety disorder) exclusively during a mood disorder, a psychotic disorder, or a pervasive development disorder.
- Patient having chronic diseases like encephalitis, meningitis, malignancies, chronic renal failure, etc., will be excluded.
- Patient suffering from alcohol addiction.
- Patient having HAM-A score under 17.

Withdrawal Criteria

- Noncompliant patient.
- Patient wants to withdraw from clinical trial.
- During the course of the trial, if any serious condition or any serious adverse effect occurs that requires urgent treatment.
- If the patient fails to adhere to the protocol requirements.

Work Plan

Grouping: Patient will be randomly divided into two groups of 15 patients each.

Group A: *Varmam* stimulation twice a day.

Group B: *Varmam* stimulation twice a day along with *ksheerbala taila* application.

Dose: As per required

Duration of Therapy

Varmam therapy will be employed on the basis of the literary evidence of *Varmam* texts. Total duration of therapy is 35 days.

- Therapy period: maximum 21 days (number of sessions depends on patient relief, but the period will not extend beyond 35 days).
- Follow-up: 14 days in two intervals (at 7-day intervals).
- Therapy protocol: one session timing (including two times per day) for both groups - 10 minutes.
 - A. In the first week, 7 days of regular sittings.
 - B. In the second week (next 7 days), sittings on alternate days like 1st, 3rd, 5th, etc.
 - C. In the remaining last 7 days of the third week, sittings once every 3 days.

Procedure

There are 28 *Varmam* points located in the region from top of the head to the neck out of which 10 are used in the study for the management of *Chittodvega*.

Criteria of assessment

1. Assessment will be done for symptoms of *Chittodvega* as per Ayurvedic and *Shrimad Bhagavad Gita* texts.
2. Assessment will be done using the Hamilton Anxiety Rating Scale or HAM-A.

Statistical analysis

All the results are calculated by SPSS version 20 (IBM SPSS Statistics Inc., Chicago, Illinois, USA) Windows software program.

- Descriptive statistics included computation of percentages, means, and standard deviations. The

Varmam	Location	Position of fingers	Stimulation method
Tilartha kaalam	It is located between the two eyebrows and above the roof of the nose and it is a <i>padu varmam</i> .	Place the pulp part of the fingers on the <i>varmam</i> point in downward direction.	Press and lift the varmam point in upward direction using 1/4 th mathirai pressure.
Paala varmam	One finger below the kannadi kalam on the nose.	Use pulp part of the middle finger and place it on the <i>varmam</i> point to stimulate	Use 1/4 th mathirai pressure and run it over varmam point 3 times in clockwise direction and in anticlockwise direction.
Purva kaalam	At the middle of the eyebrows	On both of the <i>varmam</i> points place the first interphalangeal joint of the thumb.	Apply 3 outward and 3 inward rotations simultaneously on both the varmam points using 1/4 th mathirai pressure
Chunnambukaalam	it mainly lies three fingers above the poigai kaalam.	Using pulp part of the middle three fingers place it on both the <i>varmam</i> point to stimulate it.	apply three backward and three forward rotations using 1/4 th mathirai pressure to simulate it
Chevikutrikaalam	it is mainly located behind the auricle of the external ear there is a piton both sides. It is a <i>padu varmam</i> .	using pulp part of the middle fingers place it on the <i>varmam</i> points.	to stimulate the <i>varmam</i> points lift the fingers upwards and release gently three times using 1/4 th mathirai pressure simultaneously on both sides.
Patchivarmam	it is mainly located one and half finger above the thilartha kaalam.	use the pulp part of middle three fingers to stimulate the <i>varmam</i> point.	apply side ward movements using middle three fingers along with 1/4 th mathirai pressure on the <i>varmam</i> point three times.
<i>Kondaikolli</i>	it is located on the vertex of the head, ten fingers above the thilartha kaalam on the mid line of the head	use the pulp part of the middle three fingers and place it on the <i>varmam</i> point.	apply side ward movement three times using 1/4 th mathirai pressure.
Porchaikaalam	mainly located one finger right and left of the pidari kaalam	using pulp part of the middle finger place it on the <i>varmam</i> point and supported by the index and ring finger both the sides simultaneously with equal pressure	make and inverted “U” and apply pressure of 1/4 th mathirai three times on the <i>varmam</i> point
Ottuvarmam	Located in the lies below the chin.	Place the pulp part of the middle three fingers on the <i>varmam</i> point for the stimulation.	apply forward movement three times using 1/4 th mathirai pressure for the stimulation of the <i>varmam</i> points.
Urakkakaalam	on the both sides of the face inside the lower jaw	place the pulp part of the middle three fingers on the starting point of the mandible bone.	at the starting point of the mandible bone drag the middle three fingers through the urakka kaalam and ends at the ottu <i>varmam</i> . Repeat this action three times and in the third and last application end it with a clockwise and an anti clockwise rotation at ottu <i>varmam</i> .

unpaired t-test (for quantitative data to compare two independent groups).

- Chi-square test and Fisher exact test were used for qualitative data whenever two or more than two groups were used to compare.
- For non-parametric data, the Wilcoxon matched-pairs signed-ranks test has been used, and results are obtained for each group.
- For calculating the intergroup comparison, the Mann-Whitney Test is used.

Level of significance was set at $P \leq 0.05$.

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OBSERVATIONS AND RESULTS

Table 1 Showing effect of *Varmam* therapy on the symptoms of *Chittodvega* (Wilcoxonmatched-pairs signed ranks test)

Variable	Mean		Mena differences	%Relief	SD	SE	P-value
	BT	AT					
<i>Gaatrasada Group A</i>	.53	.27	0.26	49.05	0.45	0.11	0.04(S)
<i>Gaatrasada Group B</i>	.73	.00	0.73	100	0.79	0.206	0.003(HS)
<i>Vepathu Group A</i>	0.27	0.00	0.27	100	0.45	0.11	0.04(S)
<i>Vepathu Group B</i>	0.4	0	0.4	100	0.63	0.16	0.02(S)
<i>Romharsha Group A</i>	1.07	0.27	0.8	74.7	0.41	0.107	0.001(HS)
<i>Romharsha Group B</i>	1	0.07	0.93	93	0.704	0.18	0.001(HS)
<i>Paridashan Group A</i>	1.73	0.73	1	57.8	0.65	0.16	0.001(HS)
<i>Na chashaknomiavasthatum Group A</i>	0.6	0.13	0.46	76.6	0.51	0.13	0.004(HS)
<i>Na chashaknomiavasthatum Group B</i>	0.73	0	0.73	100	0.704	0.18	0.001(HS)
<i>Manobhraman Group A</i>	1.73	0.47	1.26	72.8	0.7	0.18	0.001(HS)
<i>Manobhraman Group B</i>	2.2	0.13	2.06	93.6	0.704	0.18	0.001(HS)
<i>Anavasthitachittatvam Group A</i>	2.07	0.93	1.13	54.5	0.51	0.13	0.001(HS)
<i>Anavasthitachittatvam Group B</i>	2.6	0.33	2.26	86.9	0.704	0.18	0.001(HS)
<i>Dukhatawam Group A</i>	1.47	0.47	1	68.1	0.37	0.09	0.001(HS)
<i>Dukhatawam Group B</i>	1.73	0.13	1.6	92.4	0.73	0.19	0.001(HS)
<i>Avasada Group A</i>	1.47	1	0.46	31.2	0.64	0.16	0.01(S)
<i>Avasada Group B</i>	1.8	0.33	1.46	81.1	0.51	0.13	0.001(HS)
<i>Nidravaishamyam Group A</i>	2.53	1.27	1.26	49.8	0.7	0.18	0.001(HS)
<i>Nidravaishamyam Group B</i>	2.27	0.2	2.06	90.7	0.79	0.206	0.001(HS)
<i>Aatmanoasahktajanmam Group A</i>	1.33	0.47	0.86	64.6	0.64	0.16	0.001(HS)
<i>Aatmanoasahktajanmam Group B</i>	1.2	0	1.2	100	0.77	0.2	0.001(HS)
<i>Asiddhibhayata pravritti Group A</i>	0.87	0.27	0.6	68.9	0.507	0.13	0.001(HS)
<i>Asiddhibhayatapravritti Group B</i>	1.13	0.13	1	88.49	0.65	0.16	0.001(HS)
<i>Chittodvega Group A</i>	2.47	1	1.46	59.1	0.51	0.13	0.001(HS)
<i>Chittodvega Group B</i>	2.53	0.47	2.06	81.4	1.22	0.31	0.001(HS)
<i>Mukhashosha Group A</i>	0.93	0.4	0.53	56.9	0.51	0.13	0.001(HS)

<i>Mukhashosha Group B</i>	1.13	0	1.13	100	0.51	0.13	0.001(HS)
<i>Prasveda Group A</i>	1.2	0.33	0.86	71.6	0.35	0.09	0.001(HS)
<i>Prasveda Group B</i>	1.07	0.07	1	93.4	0.53	0.13	0.001(HS)
<i>Hridadrava Group A</i>	1.6	0.67	0.93	0.58	0.45	0.11	0.001(HS)
<i>Hridadrava Group B</i>	1.67	0.13	1.53	91.6	0.51	0.13	0.001(HS)
<i>Aruchi Group A</i>	1.87	0.87	1	53.4	0.53	0.13	0.001(HS)
<i>Aruchi Group B</i>	1.8	0.13	1.66	92.2	0.72	0.18	0.001(HS)
<i>Shrmaasahtva Group A</i>	1.6	0.73	0.86	53.7	0.51	0.13	0.001(HS)
<i>Shrma Asahtva Group B</i>	1.87	0.2	1.66	88.7	0.61	0.15	0.001(HS)

Table 2 Showing effect of *Varmam* therapy on Hamilton Anxiety rating scale (HAM-A scale) (Wilcoxon matched-pairs signed ranks test)

HAM-Ascore

Variable	Mean		Mena differences	%relief	SD	SE	P-value
	BT	AT					
HAM-A							
Group A	22.67	17.2	5.46	24.08	1.407	0.36	0.001(HS)
Group B	22.8	15.53	7.26	31.84	1.58	0.408	0.001(HS)

(HS: Highly significant S: Significant NS: Non significant)

Table 3 Inter group comparison of group 1 and group2 for symptoms of Chittodvega (Mann-Whitney Test)

		Mean	Std. Deviation	Std. Error	Mean difference	%relief	P-value
<i>Gastrasada</i>	A	.27	.458	.118	0.26	96.2%	0.04(S)
	B	.00	.000	.000			
<i>Vepathu</i>	A	.00	.000 ^a	.000		--	---
	B	.00	.000 ^a	.000			
<i>Romharsha</i>	A	.27	.458	.118	0.2	74.7	0.15
	B	.07	.258	.067			
<i>Paridahan</i>	A	.73	.458	.118	0.66	90.4	0.001(HS)
	B	.07	.258	.067			
<i>Na chashaknomi Avasthatum</i>	A	.13	.352	.091	0.13	100	0.15
	B	.00	.000	.000			
<i>Manobhra Mn</i>	A	.47	.516	.133	0.33	70.2	0.04(S)
	B	.13	.352	.091			
<i>Anavasthite Hittam</i>	A	.93	.458	.118	0.6	64.5	0.002(HS)
	B	.33	.488	.126			
<i>Dukhatwan</i>	A	.47	.516	.133	0.33	70.2	0.04(S)
	B	.13	.352	.091			
<i>Avasada</i>	A	1.00	.378	.098	0.66	66	0.001(HS)
	B	.33	.488	.126			
<i>Nidra Vaishmya</i>	A	1.27	.458	.118	1.06	83.4	0.001(HS)
	B	.20	.414	.107			
<i>Atmano</i>	A	.47	.516	.133	0.46	97.8	0.002(HS)
<i>Ashakti Janmam</i>	B	.00	.000	.000			
<i>AsiddhiBhayat Apravritti</i>	A	.27	.458	.118	0.13	56.5	0.37
	B	.13	.352	.091			

Chittodvega	A	1.00	.378	.098	0.53	53	0.003(HS)
	B	.47	.516	.133			
Mukhsosha	A	.40	.507	.131	0.4	100	0.005(HS)
	B	.00	.000	.000			
Prasveda	A	.33	.488	.126	0.26	78.7	0.07
	B	.07	.258	.067			
Hridadrava	A	.67	.488	.126	0.53	79.1	0.002(HS)
	B	.13	.352	.091			
Aruchi	A	.87	.516	.133	0.73	83.9	0.001(HS)
	B	.13	.352	.091			
Shrma Asahatva	A	.73	.594	.153	0.53	72.6	0.008(HS)
	B	.20	.414	.107			

(HS: Highly significant)

S: Significant

NS: Non significant)

Table 4 Inter group comparison of group 1 and group2 for Hamilton Anxiety Rating scale Score (Mann-Whitney Test)

		Groups	Mean	Std. Deviation	Std. Error	Mean difference	P-value
HAM-A	A	17.20	1.373	.355	1.66	9.6	0.001(HS)
	B	15.53	.990	.256			

(HS: Highly significant)

S: Significant

NS: Non significant)

Intergroup comparison:

To access the efficacy of two therapies intergroup comparison was done and **Mann-Whitney Test** was used for statically analysis.

Table3 Inter group comparison of group 1 and group2 for symptoms of Chittodvega (Mann-Whitney Test)

DISCUSSION

According to the *Samprati* made on the reference available in the classics and on thebasis of *Dosha* and *Dushya* involved it came to know that when a person with *Alpa Sattva* is exposed to any kind of psychological trauma, it causes vitiation of *Rajas*, *Tamas* and *Vata*, *Kapha* which further leads to *Vaigunya* of *Manovaha Srotas* i.e *Avarana* of *Manovahasrotas* by *Tamas*. In *Sushruta Samhita*, *Acharya Dalhana* explained the *Chittodvega* as *Asiddhi* which means unable to get desired thing or person, *Bhayat* which means feeling of fear from known and unknown object, *Sada* and *Apravritti* means no interest and non-indulgence in work. Though *Chittodvega* is a *Manas Roga* there are three types of *Chikitsa* present for *Manas Roga* which are *Yuktivyapashraya Chikitsa*, *Daivavyapashrya Chikitsa*, *Satwavajaya Chikitsa*. The symptoms appear in *Chittodvega* completely resemble with the symptoms of modern disease generalized anxiety disorder and which is studied in detail in present clinical study. All the 30 patients of *Chittodvega* registered for the research trial were randomly divided and then assessed for the subjective and clinical improvement after the individual therapy in each group. Healthy diet and life style was suggested toall the30 patients.

After observing the result so finter group comparison it revealed that there was significant effect of therapy in group B than group A which includes the varmam stimulation along with *ksheerbala tailam*. Most of the variables shows the significant results in group Bovergroup A. Variables like *Gatrasada*, *Nach ashaknami avastha tum*, *Manobhramn*,

Atmano ashakti janmam, *Chittodvega*, *Mukhsosha*, *Hridadrava*, *Aruchi*, *Shrma Asahatva*, HAM-ASCALE Shows significant results.

Effect of varmam therapy

As in varmam therapy described in present study includes all the points above the clavicle which are vital and most important than rest of the points of body because of its location. Head is the most important part of the body which regulate the body indifferent means. Brain and associated parts and major vessels are present in this location. All the psychological disorders arises from here only so by giving pressure in proper amount to stimulate the varmam points present above the clavicle not only helpsin curing disease but also increase confidence in the person and makes the person more com for table than before to achieve the daily routine and task properly on his own.

Ksheerbala tailam is effective along with varmam stimulation because it has the property of pacifying vata wherever it is applied and regulate the circulation of blood properly due to stimulation and helps in increasing concentration.

CONCLUSION

Chittodvega is correlated with the generalized anxiety disorder instead of depression and anxiety is the prior form, patient feels anxiety first after that patient go to the depression. After the physical touch and counseling only patient gets comfortable and half of his mental pressure gets relived only by touch. Among various psychological disorders described in Ayurveda *Chittodvega* is nearest term for Generalized Anxiety Disorder. *Rajas* and *tamas* with vitiation of *Vata* plays an important role in *Chittodvega*. *Ksheerbala tailam* along with *Varmam* therapy plays much effective role in treating patient of *Chittodvega* as per the clinical study due to its properties.

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