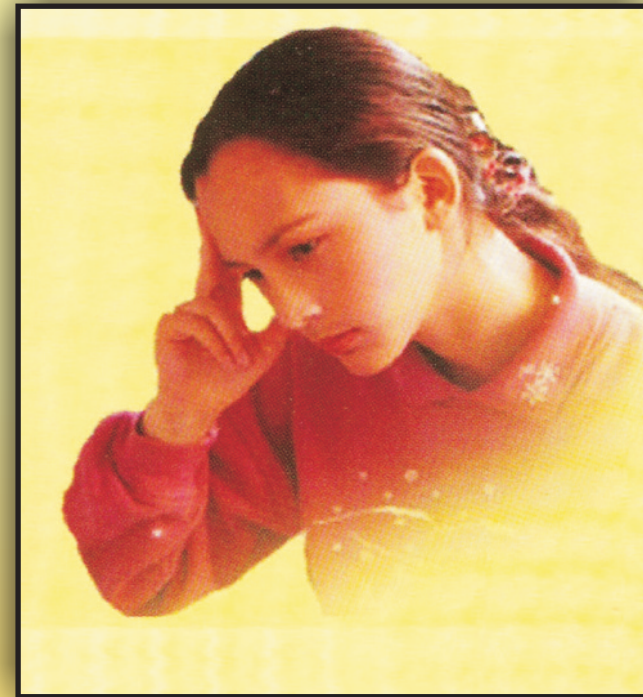


CHITTODWEGA

ANXIETY NEUROSIS



Further information can be obtained from :

Director General
Central Council for Research in Ayurvedic Sciences
No. 61-65, Institutional Area, Opp. 'D'-Block, Janakpuri, New Delhi-110058
Telephone : +91-11-28525520/28524457, Fax : +91-11-28520748
E-mail : dg-ccras@nic.in
Website : www.ccras.nic.in
www.indianmedicine.nic.in

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CENTRAL COUNCIL FOR RESEARCH IN AYURVEDIC SCIENCES
Ministry of AYUSH
(Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy)
Government of India

Chittodwega refers to disturbed state of mind as a result of vitiation of manasic doshas i.e. Raja & Tama. It is physical, emotional and behavioural responses.

What are the causes?

(1) Dietetic factors :

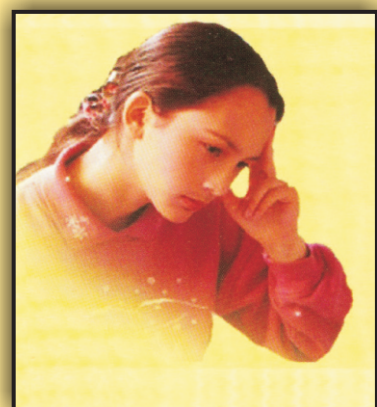
Continuous use of mutually incompatible, polluted & unclean food

(2) Psychological Factors :

- (a) Affliction of mind by fear or exhilaration
- (b) Treating others with humiliation and not respecting human values

What are its features?

- Instability of mind
- Impatience
- Impairment of intellect
- Anxious look
- Incoherent speech



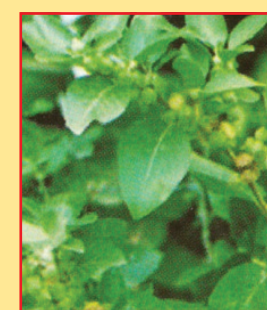
Effects of Stress on body

- Hypertension (Vyanabala Vaishmya)
- Migraine (Ardhavabhedaka)
- Sleep Deprivation (Anidra)
- Depression (Manoavsad)
- Chronic Fatigue (Daurbalya)
- Atherosclerosis (Dhamniratichya)
- Eating disorders (Asya-Vairasya)
- Acid Reflux Disease (Amalapitta)
- Acne (Yuvanpidika)
- Hives (Twak vikar)
- Diarrhoea or constipation (Atisara or Koshtabadhta)

How it is managed?

Chittodwega/stress, a psychological disorder is managed through use of Rasayana drugs, specially the Medhya Rasayana (Neurotonics) like

- Mandukparni (Centella asiatica)
- Bramhi (Bacopa monnieri)
- Yashti (Glycyrrhiza glabra)
- Ashwagandha (Withania somnifera)



DOs (Pathya) ✓

- ✓ Patient should prefer intake of old rice, old ghee, Grapes fruit/Raisins, Milk, White gourd
- ✓ Practice of Meditation, Pranayama



Don'ts (Apathya) ✗

- ✗ Hot, spicy & incompatible foods are to be avoided
- ✗ Beverages/wines should not be used
- ✗ Suppression of Natural urges to be avoided

