

## **Clinical Evaluation of Combined Effect of Medhya Rasayana Brahmi and Vacha in the Prevention and Management of Anxiety Neurosis (Manodvega)**

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### **Abstract**

In Ayurvedic literature series of medhya drugs have been given to improve the mental performance. Among them Brahmi, Vacha, Guduchi, Yastimadhu and Mandukparni are the leading ones. These drugs are used for the treatment of Apasmar, Unmad, Manodvega etc.

In this series a study of combined effect of Brahmi and Vacha was evaluated among a group of cases (n=81) suffering from Anxiety Neurosis. The patients of Anxiety Neurosis who showed high anxiety level, high occipito frontalis muscle action potential, diminished alpha frequency and high beta frequency, lesser attention span with poor memory span etc. were selected and the results are analysed.

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