

## “Effect of Medicated Ghrita in Vishada (Mild to Moderate Depression)”

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### ABSTRACT:

The effect of Medicated *Ghrita* in *Vishada* (Mild to Moderate Depression) is assessed by the using of Hamilton Depression Scale and *Ayurvedic* Scale of *Vishada*. Depression is a state of low mood, aversion to activity, feeling of sadness, anxiety, emptiness, helplessness, worthlessness, guilty, irritability or restlessness etc. 10 grams of dose of *Hingwadi Ghrita* and *Vachadi Ghrita* is given twice in a day with lukewarm water along with standard antidepressants for 60 days. In another study 6 grams of dose of *Hingwadi Ghrita* is administered twice in a day with lukewarm water for 30 days. After reviewing both articles it is concluded that *Hingwadi Ghrita* is more effective in *Vishada*.

**Keywords** – *Vishada*, Depression, *Hingwadi Ghrita*, *Vachadi Ghrita*, Hamilton Depression Scale

## **INTRODUCTION:**

As researcher reviewed the articles related the effect of medicated *Ghrita* in *Vishada* (Mild to Moderate depression). Revised the articles; Comparative assessment of therapeutic potential of *Vachadi* and *Hingwadi Ghrita* in the patients of mild to moderate depression and Efficacy of *Hingwadi Ghrita* in the management of *Vishada* (depression). Depression is a state of low mood and aversion to activity that can affect a person's thoughts, behavior, feelings and physical well-being. It may include feeling of sadness, anxiety, emptiness, helplessness, worthlessness, guilty, irritability or restlessness. By comparing the symptoms of Depression within various *Ayurvedic* texts symptoms of *Vishada* are almost appear similar; so depression is correlated with *Vishada*. Prime clinical features of *Vishada* are *Sada* (psychological fatigue) and *Apravruthi* (lack of motivation). There are many remedies are mentioned in *Ayurvedic* texts for the treatment of *Manovikara (Vishada)*. Among them; *Ghritas* have given prime important for treatment.

In first article of Pawar Madhuri and Wele Asmita; Comparative assessment of therapeutic potential of *Vachadi* and *Hingwadi Ghrita* in patients of mild to moderate depression the researchers conclude that *Hingwadi Ghrita* and *Vachadi Ghrita* showed a significant effect on reduction in HAMD scores after the treatment of 60 days. But by comparing the both groups, it is confirmed that *Hingwadi Ghrita* has a remarkable effect as compared to *Vachadi Ghrita*. So *Hingwadi Ghrita* is the better choice while treating patients of *Vishada*.<sup>(1)</sup>

In second article of Depanshu R.I., Narayana P.B. et.al; Efficacy of *Hingwadi Ghrita* in the management of *Vishada* (depression) and researchers have found that statistical significance results are obtained in the symptoms of *Vishada* within thirty days of treatment.<sup>(2)</sup>

**REVIEW OF LITERATURE:-**

Pawar Madhuri and Wele Asmita have conducting the clinical study on Comparative assessment of therapeutic potential of *Vachadi* and *Hingwadi Ghrita* in patients of mild to moderate depression. Open label non-randomized standard controlled clinical trial was carried out in 12 diagnosed patients of mild to moderate depression and divided in two groups (Group A and Group B). 10 grams dose of *Hingwadi Ghrita* and *Vachadi Ghrita* are orally administered twice a day with lukewarm water along with standard antidepressants in Group A and B respectively for 60 days. Data is collected before, during and after treatment and statistical analyzed with Friedman and Mann–Whitney test. Effect of group A and group B was statistically analyzed with Friedman test while comparison between these two groups is done by using the Mann–Whitney test. After interpreting the results; HAMD scores of each group the gradual reduction in HAMD scores of group *Hingwadi Ghrita* ( $p < 0.05$ ) and group *Vachadi Ghrita* ( $p < 0.05$ ) was statistically seen. By comparing the effects of both groups, the data was expressed as mean difference of ranks. For group A and group B it was found 3.50 and 9.50 respectively and the difference was found statistically significant ( $p < 0.05$ ). Thus, the greater significant effect on reduction in HAMD values of group A was seen as compared to group B. so that researchers conclude that Both *Ghritas* showed a significant effect on reduction in HAMD scores. Finally they concluded that *Hingwadi Ghrita* is the better drug of choice in the patients of mild to moderate depression along with standard antidepressant medicine.<sup>(1)</sup>

Depanshu R.I., Narayana P.B. et.al have carried out the study on efficacy of *Hingwadi Ghrita* in the management of *Vishada* (depression) and published in International Ayurved Medical Journal (IAMJ) Vol.3, Issue 9, Sep-2015. In this study; ICD-10 criteria of mild to moderate

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depression is used for the diagnosis of patients. 30 diagnosed of patients *Vishada* are selected and assessed by Hamilton’s scale and self prepared *Ayurvedic* scale of *Vishada*. 6 grams dose of *Hingwadi Ghrita* was administered twice a day along with lukewarm water half an hour before food for 30 days. After statistical analysis the effect of *Hingwadi Ghrita* on *Ayurvedic* Scale, there was statistically significant improvements in majority symptoms ( $P>0.001$ ) only in *Twakaparidaha* statistically insignificant improvements ( $P>0.05$ ) is found. While analysis of effect of *Hingwadi Ghrita* on Hamilton’s Scale, there was found statistically significant results in all symptoms ( $P>0.001$ ) only in few symptoms like Agitation, Insomnia in middle & late and genital symptoms show statistically insignificant results ( $P>0.05$ ). As per conclusion, it is found that statistical significance results are obtained in many symptoms of *Vishada* within thirty days of treatment. <sup>(2)</sup>

**AUTHOR’S CONTRIBUTION:-**

*Vishada* is condition originated from apprehension of failure, resulting in incapability of mind & body to function properly with significant reduction in activity. *Manasroga* or *Vishada* is occur due to lack of co-ordination between mental functions of *Dhi*, *Dhriti* and *Smriti*; Imbalance of weakling of *Prana Shakti* and *Pragyaparadha*. *Mantra* chanting, *Sanshodhana*, *Sanshamana*, Counseling, Yoga all when combined together cures the person. In *Sanshamana Chikitsa*, mostly *Ghrita* preparations are advised in all *Ayurvedic* texts. Among them *Hingwadi Ghrita* has *Kapha-Vatakapha Shamana* properties. Most of the ingredients show *Deepana*, *Pacahana* and *Anulomana* property. The drug is in the *Ghrita* form it act as *Medhya*, *Ojasya* and *Rasayana*. Considering all these properties, the drug *Hingwadi Ghrita* is act on the *Manovahasrotas* by

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normalizes the *Vata Dosha* which predominantly affected in *Vishada*. The *Aavarana* of *Tamas* on the *Manovaha Srotas* is destructing by the *Srotoshodhaka* property. Thus *Hingwadi Ghrita* is acts on the *Sadhakapitta* situated at *Mashtishka Hrudya* (brain) and normalizes *Dhee*, *Dhriti* and *Smriti* resulting into curing of disease *Vishada*.

**CONCLUSION:-**

*Hingwadi Ghrita* is best medicine for *Vishada* (mild to moderate depression). *Hingawadi Ghrita* is not only effective but also effective G.I.T and others symptoms. *Hindwadi Ghrita* is administered for 60 days it gives better improvements in all symptoms of *Vishada*. There is scope for new researchers to access the effect of *Hindwadi Ghrita* by administering in the form of *Basti* and *Nasya* for treating *Vishada*.

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