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Evidence Based Explanation of the Quote “Vishaado Roga Vardhananam” - A Review

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ABSTRACT

Acharya Charaka has given a quote as “Vishaado Roga Vardhananam” in “Yajyha Purushiya Adhyaya”. Vishaada is correlated with generalized anxiety disorder and depression. This quotation means that depression is a leading factor in aggravation of any disease. Depression is a common problem which alters quality of life. It is a major cause of burden of disease worldwide. This paper is a collection of various previous researches which focusses on scientific explanation of this quotation. Depression alters the normal activity of hypothalamic-pituitary-adrenal (HPA) axis. Epigenetic mechanism of DNA methylation is associated with depression. Anxiety or depression can cause alteration in normal functioning of metabolic, neurological, immunological and endocrinal activities of the body. Depression can strengthen the risk of development of various cardiac, respiratory and GIT disorders. Stress or high levels of anxiety or depression during pregnancy lead to long term effects in children like cognitive impairment and developmental disorders. Anxiety or both anxiety and depression are the risk factors for conversion of glaucoma suspects to glaucoma sufferers over a period of time. Childhood depression or anxiety alters quality of life and two to five times increases the risk of suicidal attempts in late childhood or adulthood. This gives an approach towards treatment of any disease which must be focussed on both the physical as well as psychological aspects.

Key words: Anxiety, Charaka, Depression, Roga, Vishaada, Ayurveda.

INTRODUCTION

Ayurveda is an ancient and holistic system of medicine. Various mental disorders and psychological disorders are well explained in Ayurveda texts. Psychological conditions like *Kama*, *Krodha*, *Shoka*, *Bhaya*, *Moorcha*, *Vishaada* etc are described in Ayurveda caused by *Manasa Doshas*, i.e., *Rajas* and *Tamas*.^[1] The term *Vishaada* is described as a disease aggravating factor

by Acharya Charaka in “*Agrya Sangraha*” as “*Vishaado Roga Vardhananam*”.^[2] Various Commentators have given explanation of the term *Vishaada*. As per chakrapani “*Vishaado Anushttheyoatmana Ashaktatajananam*” it is a feeling of incompetence to accomplish a work. According to Dalhana “*Asiddhibhayat Dvididheshu Karmeshu Apravriddhi Vishaada*” it is inability of the mind and body to function properly due to fear of failure. As per Gangadhara “*Vishaada Sarvada Manah Khedah*” it is a continuous feeling of sadness and According to Arundatta “*Vishadatvam Dukhkhitatvam*” it is feeling of sorrowfulness. The term *Vishaada* is comparable with “Generalized Anxiety disorder”.^[3] Generalised anxiety disorder is recognised by symptoms like irritability, feeling of threat, restlessness, disturbance of sleep, palpitations, dryness of mouth, sweating and unfocused worry and anxiety.^[4] *Vishaada* can also be correlated with Depression.^[5] Major depression is a common problem that severely diminishes psychosocial functioning which further alters quality of

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life. In 2008 WHO announced depression at rank third as a cause of burden of disease worldwide and it will be ranked first by 2030.^[6]

The word *Roga* is synonym of the term *Vyadhi* which is defined by Acharya Sushruta as “*Tadduhkha Samyogah Vyadhayah*”^[7] which means pain of the soul, and this pain is indicator of a disease. Hence, condition with painful sensation is considered as a disease.

Meaning of the word “*Vardhana*” is “causing to increase” or “strengthening”^[8]. So, the quote “*Vishaado Roga Vardhananam*” indicates that anxiety/depression is a progressive or risk factor for development of a disease. It is need of this era to focus on psychology of a person, moreover this fact is hidden in the above said quotation which need to be explored to the society. So, the present article is focussed on collection of various previous researches to give scientific recognition to the above mentioned quote.

AIM

To prove the quote “*Vishaado Roga Vardhananam*” by referring various previous researches.

MATERIALS AND METHODS

Various Ayurveda classics were sighted for the study. Previous research works, books, articles and various journals were searched out from Data bases like pub med, Google Scholar and Ayush portal.

RESULTS

Depression alters the normal activity of hypothalamic-pituitary-adrenal (HPA) axis^[9]. Anxiety or depression are considered as negative emotions, declared as risk factors for physical illness and increases the rate of development of cardiac disorders, respiratory disorders and GIT disorders^[10-14]. Depression is a risk factor for Type 2 diabetes mellitus^[15]. Depression is directly or indirectly related with aggravation of diseases like Alzheimer’s disease, stroke, epilepsy and cancer^[16]. Anxiety and depression are risk factors for the development of Oral lichen planus^[17]. There is a definite association between depression and DED (Dry eye disease)^[18]. Hyperphagia is seen in patients with depression which may alters normal functioning of

liver, alters liver biochemistry, elevates liver enzymes and impairs hepatic blood flow^[19].

Persons having depression or anxiety shows symptoms of Persons who suffer from depression have reduced immune response to varicella zoster vaccine.^[20]

Studies shows that psychological stress is associated with activation of Herpes simplex virus-2^[21] Depressed Adolescents and adults are more likely to engage in risky sexual behaviour which further enhances risk for diseases like HIV, herpes simplex virus type 2 and other sexually transmitted diseases.^[22] Pathogenesis of symptoms like pain, fatigue and cognitive impairment is related to somatic disease as well as to mood depression. Hence, management must be focus on psychopharmacological aspect.^[23]

Anaemia like paleness, fatigue, dizziness, shortness of breath during exertion, increased heart beat in resting state and heart fluttering.^[24]

Anxiety disorders are associated with exaggerated changes in fear neurocircuitry response in the amygdala and impairment in regulatory processes by the prefrontal cortex (PFC) and hippocampus which further causes structural degeneration in prefrontal cortex and hippocampus. Hence, responsible for inhibition of PFC and hippocampus control over stress. It was studied that antidepressant medicines, cognitive behavioural therapies and exercise may be helpful in reversing the damage in the brain.^[25] Depression, anxiety and cognitive impairment are related with reduced life expectancy and quality of life which further increases the rate of hospitalization and healthcare expenditure.^[26] One of the previous retrospective studies concludes that anxiety disorders of adolescents are associated with premature withdrawal from schools which impairs their educational achievement.^[27] In a study, sample consisted of 395 haemodialysis patients were assessed for the level of depression and anxiety along with quality of life by using HADs scale and Missoula-VITAS Quality of Life Index (MVQOLI), Out of 395 patients, 47.8% had high anxiety levels and 38.2% had high level of depression and it was found that patients with low levels of anxiety or depression had better quality of life.

It was concluded that early recognition and management of depression is a matter of concern in haemodialysis patients.^[28] Stress or high levels of anxiety or depression during pregnancy lead to long term effects in children like cognitive impairment and developmental disorders.^[29] Progression of disability was seen in older women suffering from anxiety.^[30] In a retrospective cohort study, it was found that anxiety or both anxiety and depression are the risk factors for conversion of glaucoma suspects to glaucoma sufferers over a period of time.^[31] In a meta-analysis it was concluded that “post-MI depression was significantly associated with all-cause mortality (odds ratio [OR], fixed 2.38; 95% confidence interval [CI], 1.76-3.22; $p < .00001$) and cardiac mortality (OR fixed, 2.59; 95% CI, 1.77-3.77; $p < .00001$)”. Patients of Myocardial Infarction (MI) having depression are at risk of development of new cardiovascular events.^[32] Depression is a predictor of cardiac morbidity and mortality of a person. Depression present in a patient within 30 days of Acute coronary syndrome (ACS) is strongly related to morbidity and mortality but with a history of depression prior to ACS without current occurrence was not linked with adverse effects.^[33] Depression can cause alteration in immune mechanism of the body which results in abnormalities of expression of proinflammatory cytokines. These abnormalities influence central nervous system and contribute in pathophysiology of the disorder.^[34] Exposure to adverse childhood experiences like death of parents, divorce of parents, separation from parents, physical abuse, violence, neglect, life threatening physical illness or extreme socio-economic problems can result in depression, anxiety disorder or post-traumatic stress disorder (PTSD).^[35] Early-stage adverse exposure can cause two to five times increase in the rate of suicidal attempts in late childhood, adolescent age or adulthood.^[36] Activation of hypothalamic-pituitary-adrenal (HPA) axis in depressive patients probably alters the immune system which can further contribute in the development of cancer.^[37] In studies it was shown that the epigenetic mechanism of DNA methylation is associated with depression.^[38-40]

DISCUSSION

Ayurveda is a science based on ancient Indian philosophy. It can appropriately be called as “The science of Living”. Ayurveda has been in existence since the beginning of time. Therefore in Charak Samhita, Ayurveda has been described as *Shashvata* (eternal). The *Charak Samhita* is an ancient Indian Ayurvedic text on internal medicine written by Acharya Charak. Acharya Charak has a great contribution towards Ayurved by giving such great literature. Acharya Charak has been referred as the Father of non-surgical Ayurvedic Indian Medicine. His principles, diagnosis and treatment retain their potency and truth even after a couple of millennia. Therefore *Charak Samhita* is considered to be the most ancient and authoritative work on Ayurveda available today. This *Samhita* is useful for those who want to improve their health and happiness. It is mentioned that a Vaidya who has studied many others book but not the *Charak Samhita* then he will be criticize among the *Vaidyas* who have studied the *Charak Samhita*. In *Siddhithana*, Acharya Charak specifically mentioned that whatever is mentioned in this *Samhita* is available elsewhere but things which are not mentioned here are not to be found anywhere else.^[41] This reference proves the importance of Charak Samhita in the field of Ayurveda. Therefore, it becomes necessary to study and understand the special features mentioned Charak Samhita. This review article deals with the historical study of such a great personality of Ayurveda and his special contribution in the progress of Ayurvedic science.

The Charaka Samhita is a huge treatise on ayurveda written in Sanskrit language. Concepts mentioned in Charaka Samhita are true and retain their potency even in this era of 21st century. In the chapter “*Yajyha purushiye adhyaye*” Acharya Charaka explained the prominent entities among the drugs and other items used for various actions, these are explained in single sentence quotations. Among various quotes, this article mainly focussed on the quote “*Vishaado Roga Vardhananam*”. Various definitions of the term *Vishaada* matches with important signs of depression. Results shown that psychology has an impact on

physical body. Anxiety or depression can cause alteration in normal functioning of metabolic, neurological, immunological and endocrinal activities of the body. It can affect functioning of major organs like heart, liver and kidney. It can cause cancer like serious problems. Childhood depression or anxiety alters quality of life and two to five times increases the risk of suicidal attempts in late childhood or adulthood. Prenatal stress can activate the HPA stress response and increase production of corticotropin-releasing hormone (CRH) which stimulate the production of inflammatory cytokines during gestation.

After studying various peptides and receptors, it was shown that only 2 percent of neuronal communications in our body are electrical, across a synapse rather "the brain is a bag of hormones." These hormones affect every aspect of body and mind. A lot of memories are stored in the body with changes in these receptors at cellular level. "The body" "Is the unconscious mind" said by Candace B. Pert, A Scribner.^[42] Hence, a lot of evidences proves that psychological imbalance can create/enhance a physiological imbalance.

CONCLUSION

It is concluded that depression or anxiety is a contributing factor in aggravation of a disease. A single quote of Acharya Charaka “Vishaado Roga Vardhananam” can become a boon for the health industry which proves correlation between occurrence of a disease and impact of emotions on it. So, treatment of each and every disease must be focussed on both physiology and psychology of the patient. Various antidepressant therapies with counselling are additional management tools for regression of a disease. This opens the way for third decade research which must be focussed on preventive aspects of diseases through various mindfulness and soulfulness activities.

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