

Clinical Evaluation of Ayurvedic Drug in the Management of Manodwega (Anxiety Neurosis)

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A single blind randomized open clinical trial was conducted to evaluate the efficacy of Ayurvedic drug (Vacha brahmi ghan satva vati) in clinically diagnosed and confirmed 98 patients belonging to the age group 20 to 60 years with the symptoms of Manodwega (Anxiety neurosis) like Utklesha (nausea), Bhrama (giddiness), Hritkampa (palpitation), Asthairyā (indecisive), Anidra (in ability to sleep soundly), Sirahsula (frequent headache), Urahshula (chest pain), Udarashula (unexplained stomach aches), Bhaya (fear), Swedabahulya (excessive sweating). The trial drug was administered in the dose of two tablets (each 250mg) thrice times in a day with lukewarm water for six weeks. Over all response at the end of the study was rated to be good in 9.18 %, fair 70.40% and poor 16.32 % of the patients. No adverse effect was reported. Statistically the result was Significant ($p < 0.01$).

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