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INTERNATIONAL JOURNAL OF DIAGNOSTICS AND RESEARCH**Critical Review on Analysis of Chintyanam Cha Atichintanat and Rasavaha Strotas Dushti in Anxiety Disorder**Dr.Sagar Pawar¹, Dr.Masarao Bengal²¹Associate Professor, Roganidan Department, Anand Ayurved College, Vaijapur, Ch.Sambhajinagar.²Assistant Professor, Roganidan Department, Anand Ayurved College, Vaijapur, Ch.Sambhajinagar.

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Abstract

Anxiety disorders are among the most common mental health conditions, with significant implications for physical health. *Ayurvedic* texts describe *Rasavaha Strotas* and the concept of *Ojas* as vital in maintaining systemic health. According to *Charaka Samhita*, overthinking and excessive mental strain can disrupt the functioning of *Rasavaha Strotas*, leading to *Dushti* and further physical manifestations. This paper explores the relationship between *Chintyanam Cha Atichintanat* (excessive worrying) and anxiety disorders from both an *Ayurvedic* and modern medical perspective, focusing on the psychosomatic effects and the implications for treatment. The comparative analysis highlights the relevance of *Ayurvedic* principles in understanding contemporary anxiety disorders and stresses the need for future research to bridge these two paradigms.

Keywords: Anxiety Disorders, *Rasavaha Strotas*, *Ojas*, *Chintyanam*, *Atichintanat*, *Ayurvedic* Medicine, Psychosomatic Effects.

Introduction:

Anxiety is a complex disorder affecting millions worldwide, manifesting through both psychological and physiological symptoms. According to *Ayurveda*, mental health is deeply connected to the balance of *Doshas* and the proper functioning of *Strotas*. *Rasavaha Strotas*, which governs the circulation of *Rasa* (bodily fluids) and nourishment of tissues, is

particularly affected by excessive mental stress. In the context of anxiety, *Chintyanam Cha Atichintanat* (excessive thinking) plays a crucial role in disturbing this *strotas*, leading to *Dushti* (impairment) and systemic imbalance. This paper aims to explore this *Ayurvedic* concept in the light of modern understanding of anxiety disorders, discussing both the physiological and psychosomatic implications.^[1,2]

Aim and Objectives :

- To explore the *Ayurvedic* explanation of anxiety through the concept of *Rasavaha Strotas* and *Chintyanam Cha Atichintanat*.
- To understand the psychosomatic impact of anxiety disorders and correlate it with *Ayurvedic* pathophysiology.

Methodology :

This study employs a qualitative literature review approach, synthesizing relevant texts from *Ayurvedic Samhitas* and modern research articles on anxiety disorders. Sources were selected based on their relevance to the *Ayurvedic* concepts of *Rasavaha Strotas*, *Ojas*, and mental health, as well as their clinical insights into anxiety and stress-related disorders. Articles from PubMed and other scholarly databases were used to compare the physiological findings in anxiety with the *Ayurvedic* understanding.^[3,4]

Discussion :

1. Chintyanam Cha Atichintanat and Rasavaha Strotas Dushti :

Ayurvedic Insights: According to *Charaka Samhita*, *Chintyanam Cha Atichintanat* refers to the harmful effects of excessive worry and overthinking, which lead to an imbalance in the *Vata Dosha* and disrupt the functions of *Rasavaha Strotas*. This results in *Rasa Dushti*, leading to fatigue, poor tissue nourishment, and emotional instability. The impairment of *Rasavaha Strotas* leads to an imbalance in the *Ojas*, causing a depletion of immunity and overall vitality^[5,6] *Ojas* plays a significant role in mental well-being. When *Ojas* is diminished due to prolonged

mental stress, the body becomes vulnerable to physical and psychological disorders^[7].

2. Modern Understanding of Anxiety Disorders

- **Neurobiology:** Anxiety disorders are primarily characterized by dysfunction in the brain's amygdala, prefrontal cortex, and HPA axis, which regulate stress and emotional responses. Chronic anxiety results in the overproduction of cortisol, a hormone that can impair cognitive functions and weaken immune responses.^[8,9]
- **Psychosomatic Effects:** Inflammation is one of the key features of chronic anxiety. Elevated levels of pro-inflammatory cytokines such as IL-6 and CRP are common in individuals with anxiety disorders, which aligns with the *Ayurvedic* concept of *Rasavaha Strotas Dushti*.^[10,11]

3. Comparative Analysis:

Both *Ayurveda* and modern psychology acknowledge that excessive mental strain leads to physiological changes. *Rasavaha Strotas Dushti*, marked by *Rasa Dushti* and *Ojas* depletion, closely mirrors the chronic inflammatory and immune system dysfunctions observed in anxiety disorders.^[12,13] The comparison suggests that both systems recognize the harmful impact of mental stress on physical health.

4. Research Gaps

Future studies should focus on:

- Exploring the correlation between *Ayurvedic* concepts like *Ojas* depletion and modern biomarkers associated with anxiety disorders.^[14,15]
- Investigating the role of *Rasavaha Strotas* dysfunction in the onset and progression of

anxiety disorders through clinical trials that combine *Ayurvedic* treatments and modern pharmacological therapies^[16,17]

- Further research into psychosomatic models can help bridge the gap between *Ayurvedic* and modern medical systems, offering comprehensive approaches for treating anxiety. [18,19]

Conclusion :

The *Ayurvedic* concept of *Chintyanam Cha Atichintanat* provides valuable insights into the mental and physical consequences of prolonged stress and anxiety. By correlating *Rasavaha Strotas Dushti* with modern understandings of anxiety disorders, this paper demonstrates the relevance of *Ayurvedic* principles in addressing contemporary mental health issues. Future research should focus on integrating both approaches to enhance treatment efficacy and broaden our understanding of psychosomatic health.

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