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**THE EFFECTIVENESS OF CLASSICAL MEDICINE SIDDHARATAKA
YOGA IN THE MANAGEMENT OF MILD AND MODERATE
DEPRESSION – A CASE STUDY**

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ABSTRACT

The clinical definition of depression, based on the fifth edition of the Diagnostic and Statistical Manual of Mental Health Disorders (DSM-5), is “a period of at least two weeks when a person experienced a depressed mood or loss of interest or pleasure in daily activities, and had a majority of specified symptoms, such as problems with sleep, eating, energy, concentration, or self-worth. Depression can stick around for years if left untreated and can lead to physical symptoms or even thoughts of suicide. Even if an episode resolves on its own, it could recur. Ayurveda have different treatment protocols to such a drastic situation. Ayurveda treats both mind and body and provide better health to an individual. In the present case study of mild and moderate depression, Siddharataka Yoga is given to the patient. Hamilton depression rating scale was used as a tool to assess the effectiveness of Siddharataka Yoga. **Aim** – To show the effectiveness of Siddharataka Yoga in the management of mild and moderate depression. **Observation & Results** – The present classical drug Siddharataka yoga is helpful in treating the symptoms of mild and moderate depression and showed improvement in Hamilton

depression rating scale.

Keywords: Mild and Moderate Depression, Siddharataka Yoga, Hamilton depression, rating scale, Gas chromatography test

Case Definition: A diagnosed case of mild and moderate depression

Screening Parameters: Hamilton depression rating scale⁷

INTRODUCTION

Depression is a common illness worldwide, with more than 264 million people affected¹. Depression is different from usual mood fluctuations and short-lived emotional responses to challenges in everyday life. Especially when long-lasting and with moderate or severe intensity, depression may become a serious health condition. At its worst, depression can lead to suicide. Although there are known, effective treatments for mental disorders, between 76% and 85% of people in low- and middle-income countries receive no treatment for their disorder².

The burden of depression and other mental health conditions is on the rise globally. A World Health Assembly resolution passed in May 2013 has called for a comprehensive, coordinated response to mental disorders at the country level. The lifetime prevalence of depression ranges from 20% to 25% in women and 7% to 12% in men.³ Depression can also make family and friends feel worried, anxious and helpless. Often they want to help but

don't know how. It's not always easy for them to tell whether it's a passing phase or a serious illness⁴. According to WHO (World Health Organization), depression is currently fourth among the top 10 leading causes of the global burden of disease; it is predicted that by the year 2020, depression will be ranked second⁵.

Every person ignores that they are suffering from the depression. Even if they diagnosed as depression, they have to take anti-depressants for long time, which can show other ill effects to the patient's health. So, Ayurveda provides a natural remedy for such diseases.

Ayurveda is a science which treats both the body and mind. It teaches us how to maintain the healthy mind by the concept of Satwa. By considering all the above said statements had selected drug Siddharthaka Yoga⁶ which is introduced by Yoga-Ratnakara in the management of Unmada.

Contents of Siddharthaka Yoga

Siddharthaka yoga is the drug which

contains ingredients like Sarshapa (Brassica alba), Shireesha (Albizia lebeck), Vacha, (Acorus calamus), Hingu (Ferulanorthex), Karanja (Pongamia pinnata), Devadaru (Cedrus deodara), Manjishta (Rubia cordifolia), Haritaki (Terminalia chebula), Vibhitaki (Terminalia bellarica), Amalaki (Phyllanthus emblica), Aparajita (Clitoriaternatea), Pippali (Piper longum), Maricha (Piper nigrum), Shunthi (Zinziber officinale), Priyangu (Aglaia elaeagnoida), Haridra (curcuma longa), and Daruharidra (Berberis aristata).

Aim– To prove the efficiency of Siddhartaka Yoga in the management of mild and moderate depression.

Material & Methods -

- Preparation of Siddhartaka Yoga - It was prepared in S.D.M College of Ayurveda pharmacy (G.M.P. certified), Udupi-Karnataka.
- Source of patient – Patient was registered at IPD/OPD of ALN Rao

Ayurveda College – Koppa

Case Report–

A 56 year old female patient with complain of feeling low, loss of appetite, loss of interest in daily routine activity, difficulty in concentration since 2 months. She had history of marital life issues and also financial. Diagnosis is done after physical and mental status examination (International classification of disease 10). She was prescribed with Siddhartaka yoga capsules in a dose of 500mg thrice daily after food for 2 months with anupanajala.

DIGNOSTIC CRITERIA ICD-10 CRITERIA (F32.0, F32.1).

1. Depressed mood
2. Loss of interest
3. Weight loss
4. Insomnia or Hypersomnia
5. Psychomotor agitation or Retardation
6. Fatigue or loss of energy
7. Feeling of worthlessness
8. Difficulty in concentration

Table no 1: Hamilton Depression Rating Scale report before and after treatment.–

CHARACTERISTICS	ON 1ST DAY GRADE	ON 30TH DAY GRADE	ON 60TH DAY GRADE
DEPRESSED MOOD	3	2	0
FEELING OF GUILT	1	0	0
SUICIDE	0	0	0
INSOMNIA EARLY	0	0	0
INSOMNIA MIDDLE	0	0	0
INSOMNIA LATE	0	0	0
WORK AND ACTIVITIES	2	0	0
RETARDATION	1	0	0

PSYCHOMOTOR			
AGITATION	0	0	0
ANXIETY	0	0	0
ANXIETY SOMATIC	0	0	0
SOMATIC SYMPTOMS(GASTRO INTESTINAL)	1	1	1
SOMATIC SYMPTOMS GENERAL	0	0	0
HYPOCHONDRIASIS	0	0	0
LOSS OF WEIGHT	1	0	0
INSIGHT	0	0	0
DIURNAL VARIATION	2	1	1
DEPERSONALIZATION AND DEREALIZATION	2	1	1
PARANOID SYMPTOMS	2	1	1
OBSESSONAL AND COMPULSIVE SYMPTOMS	2	1	1

RESULTS

The results of the study showed that there was marked improvement in the symptoms of depression of the patient after given Siddhartaka Yoga for 2 months duration with a dosage of 500mg thrice daily. There was significant improvement in the depressed mood, feeling of guilt, work and activities, retardation psychomotor, memory, appetite and concentration.

CONCLUSION

Depression is a disease associated with Limbic system. In Ayurveda it is correlated with Kaphaja Unmada. Siddhartaka Yoga is the reference of Yogaratnakar in the Unamda. Sarshapa main ingredient has been considered as a plant of great medicinal importance. The usage of Sarshapa in various disease conditions like kushta, Vatavyadhi, Apasmara, Jwara etc

has very elaborately explained in the classics. To understand the more efficacy of Siddharthaka Yoga Gas chromatography test was done. GC is an analytical instrument used to analyse the different component in a sample. Term chromatography meant for separation. It is a process of separating components from the crude drug by using mobile phase. It involves a sample being vaporized and injected onto the head of the chromatographic column. In Siddharthaka Yoga following chemical constituents are found in which Aniracetam is the important constituents. Aniracetam⁸ is type of nootropics, this is group of substance that enhance brain function. It also helps improve memory and concentration. The drugs present in this Yoga proved are Buddhi Vardhaka, Sangya Prabhodaka and Medya in nature. In modern it acts as

nootropic, dopaminergic drugs. Thus, helpful and safe for treating the patients of depression.

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Conflict of Interest – None.

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