Effect of Shirodhara And Ayurvedic Medicines In Post Covid Stress Disorder : A Case Study

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Case Summary

A 42 year old male patient reported to OPD of Dronacharya Ayurvedic Educational Institute & Hospital, Saharanpur with C/o difficulty in getting sleep, stress, over thinking, repeated negative thoughts and fear of getting ill for more than 6 months duration. Pt. took allopathic treatment for more than a month which made him drowsy. Then patient turned towards ayurved.

Patient's Description

Patient Name :- XYZ

Age: 42 years Gender: Male

Occupation : Businessman Marital Status : Married

BOWEL: Normal
APPETITE: Normal
MICTURATION: Normal
SLEEP: Disturbed severely

DIET: Vegetarian ADDICTION / HABITS:

Alcohol: 180 ml. twice a week.

Tea: 1 cup twice a day

Complaints

Difficulty in getting sleep, stress, over thinking, repeated negative thoughts and fear of getting ill repeatedly for more than 6 months duration.

Baseline Findings

Pt. was very anxious and depressed when visited for the first time in OPD. The PCL-5 score of the patient was 52, GAD-7 score was 17 and PSQI score was 19.

Pt. was repeatedly asking if he is suffering from any major disease and if he will be cured or not.

Investigation

The patient was examined on the basis of three diagnostic questionnaire based investigations

- PCL-5 (Post traumatic stress disorder checklist for DSM-5)
- GAD-7 Anxiety
- · Piltsburgh Sleep Quality (PSQI)

Histories

PAST MEDICAL HISTORY: Pt. is not a k/c/o T2 DM, HTN, Hypothyroid Or Any Other Systemic Disease.

FAMILY HISTORY: No family member is having stress or any other mental health problem.

Treatment history: Pt. took allopathic treatment for more than a month which made the pt. feel drowsy all the time to such an extent that pt. was unable to perform his routine activities properly.

Emotional history: Pt. lost his parents during Covid 19 after which pt. started developing stress.

Diagnosis

Patient was diagnosed as a case of Post Traumatic Stress Disorder

Treatment Plan

Treatment was planned under 3 sections:

- Panchkarma: Shirodhara therapy with Shankhpushpi and Jatamansi oil for 15 days
- Shaman Chikitsa: Chuma of yashtimadhu, shankhpushpi, brahmi and giloy 3 gm. twice a day was given orally with luke warm cow milk for 1 month.
- Mansik Chikitsa: Daily Counselling sessions of 30 minutes twice daily for 15 days.

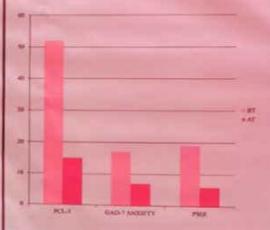
Midpoint & Progress

Pt. was less anxious and depressed after 10 days treatment.

Endpoint Findings

Pt. improved makedly in terms of anxiety, stress and depression. Pt. started getting sound sleep. The PCL-5 score of the patient was 15, GAD-7 score was 7 and PSQI score was 6.

BT AT Comparison



Conclusion

This particular case proved the efficacy of Shirodhara and Ayurvedic medicine. Thus, it can be concluded that ayurvedic treatment modalities can be helpful to a great extent in treating Post Covid Stress Disorder.



