

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

Dr. Harsh Dhingra

Dronacharya Ayurvedic Educational Institute & Hospital, Saharanpur

## 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
- Pittsburgh 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 Shankpushpi and Jatamansi oil for 15 days
- Shaman Chikitsa : Churna of yashtimadhu, shankpushpi, 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.



# Chronic Post Covid Stress Disorder - A Case Study

Dr. Hazal Chingra  
Dronacharya Ayurvedic, Sasthivijay Hospital & Hospital, Subang

### Case Summary

A 42-year-old male patient reported to OPD of Dronacharya Ayurvedic Hospital, Subang. He has been experiencing chronic post-COVID stress disorder for more than 1 month. He has been unable to work and has lost interest in his usual activities. He has been taking treatment for more than a month, which made him stressy. The patient turned towards Ayurved.

### Patient's Description

Patient Name: XXXX  
Age: 42 years  
Gender: Male  
Occupation: Businessman  
Marital Status: Married  
BOWEL: Normal  
APPETITE: Normal  
MICTURATION: Normal  
SLEEP: Disturbed severely  
DIET: Vegetarian  
ADDICTION: None  
Alcohol: 1-2 cups twice a week  
Tobacco: 1 cup twice a day

### Complaints

Difficulty in getting sleep, stress, poor memory, repetitive negative thoughts and fear of getting a disease for more than 1 month.

### Baseline Findings

PT was very stressed and depressed when referred to the OPD. The PTX is a score of 100. The patient was SCORING 100 on the PTX. The patient was SCORING 100 on the PTX. The patient was SCORING 100 on the PTX. The patient was SCORING 100 on the PTX.

### Diagnosis

Chronic Post Covid Stress Disorder

### Treatment Plan

1. Herbal medicine  
2. Yoga  
3. Meditation  
4. Diet modification  
5. Lifestyle changes

### Conclusion

The patient showed improvement in his symptoms after 1 month of treatment. He is now able to work and has regained interest in his usual activities.

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Dronacharya Ayurvedic Educational Institute & Hospital, Saharanpur

## 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 6 months which made him drowsy. At last patient turned towards ayurvedic treatment.

## Patient's Description

Patient Name - XYZ  
Age - 42 years  
Gender - Male  
Occupation - Business

## Complaints

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

## Investigation Findings

Patient was very anxious and when visited for the first time. The PCL-5 score of patient was 52, GAD-7 score was 18 and PSQI score was 18. Patient was blindly asking if he is getting any more disease because of this.

## Investigation

The patient was examined on the basis of (PCL-5) diagnostic questionnaire based investigations.

- PCL-5 (Post Traumatic stress disorder checklist for DSM-5)
- GAD-7 Anxiety
- Pittsburgh Sleep Quality (PSQI)

## Histories

**PAST MEDICAL HISTORY:** Pt is not a known T2, DM, HTN, Hypothyroid Or Any Other Systemic Diseases.

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

**Treatment history:** Pt took allopathic treatment for more than 6 months which made the pt feel drowsy all the time so such an extent that pt was unable to perform his routine activities properly.

**Emotional history:** Pt lost his parents during Covid 19 when he started developing stress.

## Diagnosis

Patient was diagnosed as a case of Post Traumatic Stress Disorder.

## Treatment Plan

- Treatment was planned under 3 vectors.
- **Pharmacological:** Shirodhara therapy with Shankhpushpi and Jambhaka oil for 15 days.
  - **Shamanic:** Churna of yashthimadhu, shankhpushpi, brahmi and ghee 3 gms twice a day with green tea, with lukewarm water for 7 months.
  - **Shankh Chikitsa:** Daily Counseling, sessions of 30 minutes were taken for 18 days.

## Midpoint & Progress

Pt was less anxious and depressed after 10 days treatment.

## Endpoint Findings

Pt improved notably in terms of anxiety, stress and depression. Pt started getting sound sleep. The PCL-5 score of the patient was 18, GAD-7 score was 7 and PSQI score was 8.

## BT AT Comparison



## Conclusion

This particular case proved the efficacy of Shirodhara and Ayurvedic medicines. Thus, it can be concluded that ayurvedic treatment, especially the shankh, is a great option in treating Post Covid Stress Disorder.



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Dr. Harsh Dhingra

**Case Summary**  
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**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 : 150 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 18. Pt. was repeatedly asking if he is suffering from any major disease and if it 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 (PTSD))
- GAD-7 (Anxiety)
- Pittsburgh Sleep Quality (PSQI)

**Histories**  
PAST MEDICAL HISTORY - not a keto T2 DM, Hypothyroid Or Any Systemic Disease.  
FAMILY HISTORY - no member is having stress or 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

- Panchyama - Shirodhara therapy with Cowghee and Jaladana of 10 days
- Shamli Chikitsa - Churna of ashwiniellu, Shankhpushpi, jirani and gly 3 grs. twice a day was given orally with warm powder for 1 month.
- Marisa Ghritas... Daily Counting. Assurance of 30 results were given for 15 days.

**Midpoint & Progress**  
Pt. was less anxious and depressed after 10 days treatment.

**Endpoint Findings**  
Pt. improved markedly in terms of anxiety stress and depression. Pt. started getting good sleep. The PCL-5 score of the patient was 12, GAD-7 score was 7 and PSQI score was 8.



**Conclusion**  
The particular case proved efficacy of Shirodhara and Ayurvedic medicine. Thus, it can be concluded that ayurvedic treatment mode can be helpful in a great way in treating Post Covid Stress Disorder.

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