



THE ROLE OF NARDOSTYCHES JATAMANSI DC(JATAMANSI) IN THE TREATMENT OF DEPRESSION (MANODAINYA) - A CASE STUDY

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Abstract- *Jatamansi*, is a medicinal plant whose Latin name is *Nardostyches jatamansi* DC. belonging to family Valerianaceae. It is a therapeutic herbal plant. It is a dried rhizome and its roots are used as medicine in various ayurvedic treatments frequently & effectively. It has nutritive and stimulating action on brain & nervous system. Proper doses under supervision of experts can be given for the patients suffering from restlessness. And, it has been observed that patient gets relief from their depression and anxiety. Also, observations confirm that patients gain enthusiasm, also, strength of the pulse increases in them.

Keywords: *Jatamansi*; Depression; Diagnosis.

1. INTRODUCTION -

Nardostyches Jatamansi, (*N Jatamansi*) an ayurvedic plant has been used since time immemorial. Many of its qualities are described in *Rajnighantu* and *Bhavaprakashnighantu* etc., but its independent use is not visible at any place in *Charaka* and *Sushruta*. It has been mentioned in *Charaka's* noun-status and *Kandughna Dashemani*[1]. It has been seen in *Charak* and *Shushrut Samhita*, for many diseases, *Jatamansi* used in combination with other drugs too. *Charak* also mentioned it in *Vamanopaggan* and *tiktiskand*[2]. It has also been confirmed that *Jatamansi* is an excellent medicine in *Shiroroga*. Although, in various diseases related to brain and nerves, the effect of *Jatamansi* is slow but ultimately, they are proved to be impactful. Very surely it can be confirmed that *Jatamansi* is an excellent sedative offering and also a medicine which shows positive health effects. *Jatamansi* is powerful, stimulating and 'neurostatic' drug. Its quantity in powdered form ranges from 2 ratti (240mg) to 4 ratti (880mg).

N jatamansi DC. And its impact on the patients suffering from diseases like depression (*Manodainya*), is the main purpose of this investigation. *Manodainya* is one of mental disorder caused by overthinking, stressful life style, unhealthy food habits, mental shock, etc. Hypothesis

says that *Tridoshghnand medhya* property of *Jatamansi* may help to treat depression with various *Anupan* as per patients *prakriti*. Here, in this report author has implemented *Jatamansi* for the patient suffering from depression. And it has been observed that this drug is highly beneficial for such type of patients.

2. PROPERTIES OF N JATAMANSI DC. (JATAMANSI)-

At the start of the study, and before the actual diagnosis of patient with this herb, properties and related results were discussed in this section.

"मांसीतिक्ताकषयाचमेध्याकांतिबलप्रदा।
स्वाद्धीहिमात्रिदोषास्रदाहविसर्पकचञ्चनुत्॥ भा. प्र. " [3]

मांसी - मन्यतेजायतेवैद्यैः मेघादिगुणविशेषयुक्ता,
'मनज्ञाने'।

रक्तपित्तहरावर्ण्याविषभूतज्वरापहा।
अभ्रमांसीहिमाशोफव्रणनाडीरुजापहा॥ रा. नि. [4]

2.1 TAXONOMIC CLASSIFICATION:

Botanical Name(s): Nardostachys Jatamansi DC, Nardostachys Grandiflora

Family Name: Valerianaceae

Kingdom: Plantae

Division: Magnoliophyta

Class: Magnoliopsida

Order: Dipsacales

Family: Valerianaceae

Genus: Nardostachys

Species: N. grandiflora

Popular Name(s): Muskroot, Indian Spikenard, Jatamanshi, Jatamashi, Balchar, Nard, Nardin.

Parts Used: Rhizome, Rhizome Oil

Habitat: Found in India, Nepal and Bhutan

2.2 PLANT CHEMICALS:

Nardostachys Jatamansi consists of following constituent, Alpha-patchoulene, angelicin, beta-eudesmol, beta-patchoulene, beta-sitosterol, calarene, calarenol, elemol, jatamansin, jatamansinol, jatamansone, n-hexacosane, n-hexacosanol, n-hexacosanyl arachidate, n-hexacosanylisoverlate, nardol, nardostechone, norsechelanone, orosolol, patchouli alcohol, seychelane, seychellen, seychellene, valeranal, valeranone[5,6].

2.3 EFFECT ON NERVOUS SYSTEM:

It is *medhyadravya* so it is obviously going to work on nervous system. Also, Acetyl cholinesterase inhibitory activity of methanolic and successive water extracts of N. jatamansi (rhizome), were investigated for acetyl cholinesterase inhibitory activity in vitro. Results indicated that methanolic extracts to be more active than water extracts [7].

2.4 ANTIDEPRESSANT ACTIVITY:

Due to *swaduvipak* it works as antidepressants. And it has been observed that, 2 months treatment with an alcoholic root extract of N. jatamansi caused an overall increase in the levels of central monoamines and inhibitory amino acids, including a change in the levels of serotonin, 5-hydroxyindole acetic acid, gamma-amino butyric acid, and taurine in rat brain [8].

2.5 STRESS RELIEVING ACTIVITY:

The anti-stress effect of hydro-ethanolic extract of N. jatamansi was evaluated in reference to its antioxidant property. Wistar rats were divided into four groups naïve, stressed, T-200 and T-500 stressed with oral pre-treatment of N. jatamansi extract 200 and 500 mg/kg, respectively. Restraint of rats on metallic chambers for 4 h at 4°C was followed by sacrifice and assessment of stress-induced alterations in biochemical parameters [9].

3. CASE REPORT -

A female patient aged 46 year old consulted 3 to 4 modern science doctors for complaints of depression, insomnia, anxiety & abrupt palpitation. Patient has confirmed that since past one year she could not concentrate on any other work. The modern science treatment has provided minute relief. But after some days, above symptoms started again and patient was again in a deep pain. By that antidepressant treatment her confidence level dropped down. Therefore, the patient has decided to take help of Ayurveda to get complete relief from her current disease. She consulted for ayurvedic treatment whose data is provided below:

3.1 PERSONAL HISTORY –

Table 1: Personal history of patient

Diet	<i>Lavan</i> , <i>katu</i> , <i>amla</i> <i>raspradhana</i> <i>aaharasevan</i> , <i>vishamashan</i> , stale food
Sleep	Disturbed sleep.
Micturition	3-4 times a day, twice at night
Bowel	unsatisfactory
Personal Habits	Over thinking, excessive tension
History	Death of husband 1 year back

3.2 SYSTEMIC EXAMINATION -

Table 2: Systematic examination of patient

Abdomen	slightly globular, tenderness at umbilicus
Palpitation	increased
Percussion	tympanic node

4. DIAGNOSIS -

By considering relevant history, clinical examination, subjective findings were noted and case was diagnosed as depression (*Manodainya*) for the given patient. The symptoms of anxiety (*manoavsad*), insomnia (*nidranash*), depression (*manodainya*), loss of appetite (*kshudhamandya*) and palpitations (*hriddrav*) as explained in various Ayurveda samhita like Charak samhita, Sushrut samhita, etc. For this disease the treatment was given with magical drug *N.jatamansi* (*Jatamansi*).

5. TREATMENT -

Treatment for 2 months has been given to the patient; The details are given below:



Fig 1: Treatment given to patient

Doses of *Jatamansi* along with other drugs were given as follows –

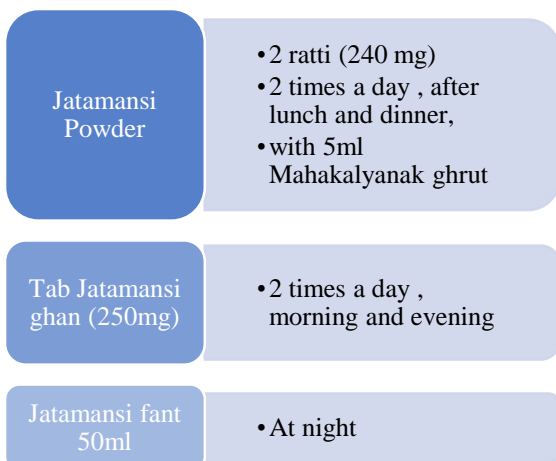


Fig 2: Concentration of drug given to patient

Patient was asked to follow the treatment for two months duration and follow up was taken after every 15 days. The results observed in every follow up are provided below:

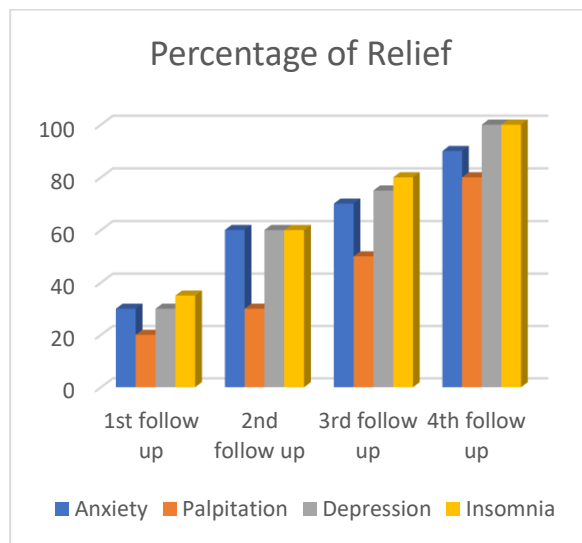


Fig 3: Histogram showing percentage of relief observed in patients towards health issues

As can be observed from above results, anxiety and palpitations are not fully cured because it need more than 2 months follow up. But highly encouraging results are observed in insomnia and depression which was found to be fully cured by the given treatment. It is analyzed that *Medhya* property of *Jatamansi* helps in getting the full relief. Also, *medhya* property and *swaduvipak* and *tridoshaghn* gun of *Jatamansi* helps to cure depression of the patient.

6. CONCLUSION -

N.jatamansi DC. (Jatamansi) can be used as an important drug in the treatment patients suffering from Depression (*Manodainya*). The patient is only treated with drug *N.jatamansi DC.* The treatment is based on Ayurvedic principles which helps to get beneficial results in the patients. It has been observed that this plant seems to be major ingredient of Ayurvedic formulations for the central nervous system disorders. The rhizomes of the herbs are used in various Ayurvedic treatment and has found to be effective in insomnia, stress management and tension. At last it is summarized that *N.jatamansi DC. (Jatamansi)* is very useful in the role of management of depression. According to the results obtained it can be confirmed that patient has got 100 % relief from the problems of depression and insomnia. In future, the work will be focused on other area of application for *Jatamansi DC.*

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