AN OBSERVATIONAL STUDY OF THE PSYCHOLOGICAL IMPACT OF COVID 19 PANDEMIC WITH RESPECT TO ANXIETY IN DIFFERENT DEHA PRAKRITI (PHYSICAL CONSTITUTION)

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ABSTRACT:

To identify the mental impacts of the Coronavirus pandemic on anxiety in different deha prakritis (physical constitutions) and relate any mental changes that outcome from it. Ninety-nine volunteers from the 18 to 60 age range, including the two genders, partook in the preparation and execution of the ongoing review. The study depended on self-detailed information from a survey (clinical review) about the predominance of the Coronavirus Pandemic's mental impacts in different deha prakritis (physical constitutions). Graphs from the Hamilton Anxiety Scale and Prakriti Parikshan charts were extricated and ready for the review detailed in the Brihatrayi after which information was assembled and analyzed. The overall impact showed that 29.09 % of Vata Pittaj and 20.86% of Pitta Vataj prakriti have extremely serious Hamilton anxiety scores, with Vata Kaphaj coming in second with 17.40%, generally 15.91% in Kapha Vataj and 14.27% in Pitta Kaphaj have gentle Hamilton Anxiety scores, contrasted with 13.00 kapha Pittaj. The information is organized in different tables, outlines, and info graphics. Contingent upon the situation, further quantifiable advances were talked about each time.

KEYWORDS: Psychology, COVID 19 Pandemic, Chittodwega, Anxiety, Prakriti,

INTRODUCTION:

The WHO depicts wellbeing as a "Condition of complete physical, mental, and social prosperity, and not simply the shortfall of illness or sickness." The study of life known as Ayurveda underlines the significance of every individual's real wellbeing as well as their psychological, social, and profound prosperity (Sartorius, 2006). Ayurveda is a wellspring of shrewdness and a gold mine of history.

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As indicated by Ayurveda, the brain's capability is to restrict the faculties and the self from negative matters. Two mental doshas are named Raja and Tama. They keep the spirit attached to them and save them in bondage however long Raja and Tama are

engaged with them (Travis & Wallace, 2015a).The sullied mind is the foundation of servitude in light of the personality of enthusiasm.

Three significant classifications have been utilized to group sicknesses by and large. These erratic limits are exclusively made for clinical reasons (Valderas et al., 2009).

1. Actual diseases, for example, jvara (fever), Atisara (looseness of the bowels), and so on.
2. Mental sicknesses, for example, abhyasuya (envy), Kama (want), soka (melancholy), and so on.
3. Ubhayatmaka vikara (sicknesses that influence both the body and the mind), like psychosis, epilepsy, and comparative diseases (Malla et al., 2015).

"CHITTA UDVIGNATA CHITTODVEGA"

One of the less extreme mental infections is Chittodvega (no depression since the patient can go about regular exercises without a lot of trouble). Psychosomatic issues created in a cutthroat work environment because of continuous clash, disappointment, extraordinary assumptions, and a requesting work plan (Sharma et al., 2006).

ANXIETY - CHITTODVEGA IN AYURVEDA (MANO VIKARA)

Vata and pitta (physical gunas), Rajas and Tamas (Mano gunas), Kama, Krodha, Lobha, Moha, Irshya, Shoka, and Bhaya are inclined to vitiation.

Mental ailments incorporate anxiety issues. There is dispassionately strange way of behaving, state of mind, discernment, thinking, and scholarly execution in numerous psychological illnesses, as well as equitably changed cerebrum movement (Martin et al., 2009). The expression "Anxiety jumble" covers many atypical, obsessive worries, fears, and fears. In spite of having unmistakable expert implications, the words "dread," "tension," and "fear" are regularly involved conversely to portray ordinary feelings in day to day existence.

Universally, Coronavirus has caused a lot of tension. Notwithstanding the apparent actual indications of disease, it has seriously affected public psychological well-being. Like different countries, India established a public closure to stop the spread of the infection (Rehman et al., 2021).

The Covid pandemic is a disaster for both physical and psychological wellness. Living alone, way of life changes, employment misfortune, monetary difficulty, and

deprivation over the passing of a friend or family member can all negatively affect many individuals' psychological well-being and prosperity (Xu & Zhang, 2022).

As per the pathophysiology (Samprapti) model depicted by Acharya Madhava in Masurika (Smallpox), Coronavirus ought to be treated as an endogenous fever (nija jwara) as opposed to as an infectious sickness (Janapadodhwamskara or Maraka, Oupasargika roga (Tanzadehpanah et al., 2023). Masurika (smallpox) is used as a model since it looks like Coronavirus as far as being very infectious, a pandemic, and a viral infection that spreads by the respiratory course. Notwithstanding the way that various researchers have contended for Coronavirus' arrangement as an exogenous specialist, the creators differ for the accompanying variables, which can be separated into two classes (Zanders, 2004).

The ARDS in Coronavirus, as per Ayurveda, shows an expansion in tenacity (Pichhila Guna), essentially welcomed on by Ama as opposed to Kapha, which along with Vata Dosha causes Srotorodha. Elevated degrees of provocative pointers like serum ferritin and CRP, which are normally connected to Amavastha or (Pitta) Dosh, additionally correspond with this (Pandkar & Sachdeva, 2022).

Subsequently, in the wake of exploring the reasons for Nidana, we can reach the accompanying resolutions:

1. Adharma, Pragyapradh, Dushita Vayu (Air), Jala (Water), Desha (Land), and Kaala (Season) include the principal Viprakrustha Nidana (Remote Causing Component).

2. Two examples of Sannikrishta Nidana (general causative component) for Vata (Kapha) are Prakopa Ahara (food) and Vihara (way of life) (Adluri & Tripathi, 2022a).

3. Ama Dosha Vikruta Sthithi and Vata (Kapha) Dosha.

4. Same avastha indication of Vataja or Vata Kaphaj Jwara (Adluri & Tripathi, 2022b).

TABLE 1 LAKSHANA OF DIFFERENT TYPES OF JWARA

Features of Vata Jwara [1,1/21]]	Features of Vata Kapha Jwara [7], Chikitsa sthana 3/87]	Features of Kapha Jwara [1, 1/27]
1. Dry mouth and throat - Kantha Oustha,Parisosham 2. Mild, with rigors (Vepathu/irregular start - Vishama Vega) 3. Watery nasal discharges and sneezing - Kshavathu. 4. Siro gatra - ruk Headache and Body ache 5. A sharp, stabbing pain - shoola 6. Sleeplessness - Nidra Nasha 7. Gandha Vidkata - constipation with firm stools.	1. A little temperature, chills, and rigors. 2. Sthaimityam - excessive chills. 3. Kasa - coughing up productive sputum 4. Frontal pain – Siro Graha 5. Running nose & nose plug - Pratishaya 6. Parvanam Bheda - pain or arthralgia. 7. Gauravam - generalized heaviness 8. Nidra - excessive somnolence.	1. Manda jwara- mild fever with chills 2. Nasal obstruction and a cough producing thick, copious secretions. 3. Avipaka - dyspepsia 4. Aruchi - Anorexia 5. Chardi - vomiting 6. Alasya - Lassitude 7. Guru Gatrata - heavy. 8. Tandra's-excessive somnolence

Some tainted patients' feces tests have likewise yielded the infection RNA. Following a 14-day brooding period, Coronavirus starts to show its signs and side effects, which incorporate the accompanying intense respiratory pain condition, straightforward pneumonia, gentle pneumonia, serious pneumonia, hack, and different side effects

(Sharma et al., 2020). Different side effects incorporate exhaustion, an irritated throat, body hurts, and runny nose.

The Covid might be proliferated and communicated in the accompanying conditions:

1. Coming into contact with emissions or drops that are removed during wheezing or hacking and drop down the respiratory parcel (Ono et al., 2021).

2. Actual contact between individuals can spread the infection from hand to mouth. Subsequently, it is encouraged to continually clean up and to try not to contact your face around any individual who might have inadvertently been presented to diminish the probability that it might spread (Nicas & Best, 2008).

A "tidal wave of mental problems" was anticipated by specialists to follow the Coronavirus pandemic. A significant catastrophe like the Coronavirus pandemic can lastingly affect one's psychological well-being (Manchia et al., 2022).

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The Vagbhatacharya claims that Prakruti and Prakruti vinishchay are urgent parts of many tests and chikitsa.

The expression "Avasthascha pruthagvidha" (as indicated by our incredible Acharyas), signifies that everything at last relies upon the conditions of Avastha around then. One of the Dashvidha pariksha indicated for Aaturparikshan is Prakruti (Pawar, 2019). This is finished to evaluate the degree of dosha vitiation. Utilizing the first substantial constitution and reflexes of the body, a Vaidya can distinguish vitiated doshas, their degree of vitiation, and the course of treatment (Travis & Wallace, 2015b).

MATERIAL AND METHOD: -

Selection of Volunteers for the study: The health care people age group from 18 to 50 of both sexes screened from the Dr. D. Y. Patil College of Ayurved and Research Center, Pimpri, Pune, was decided on and enrolled in keeping with inclusion criteria. Cases concerning a previous history of psychological illness had been excluded. The five enrolled volunteers belonged to the age group 18-20, forty-two were between 21-30 years, twenty-two were between 31-40 years, eighteen were between 41-50 years and

twelve were between the age group of 51-60 years. Thirty-two adult males and sixty-seven female volunteers of the above-said age group were enrolled to conduct the present study.

Data collection and result analysis: All the ninety-nine enrolled volunteers were directed to fill the Hamilton anxiety scale and prakriti Parikshan charts according to given questionnaires. The records become amassed in the form of diverse charts, graphs & tables. The amassed information was nicely categorized, tabulated, and analysed; other statistical strategies were additionally covered every time as necessary. The records obtained were statistically analysed by the ANOVA test and implemented for qualitative records to assess homogeneity. The level of importance was kept at p=0.05.

QUESTIONARIES' OF METHODOLOGY: -

Total No. of Examined Characteristics

Characteristics Present in the Person

१. वातज :
२. पित्तज :
३. कफज :

निष्कर्ष :

उपदेश :

अध्यापक स्वाक्षरी

Below is a list of phrases that describe certain feeling that people have. Rate the patients by finding the answer which best describes the extent to which he/she has these conditions. Select one of the five responses for each of the fourteen questions.

0 = Not present,   1 = Mild,   2 = Moderate,   3 = Severe,   4 = Very severe.

1 Anxious mood   0 1 2 3 4

Worries, anticipation of the worst, fearful anticipation, irritability.

2 Tension   0 1 2 3 4

Feelings of tension, fatigability, startle response, moved to tears easily, trembling, feelings of restlessness, inability to relax.

3 Fears   0 1 2 3 4

Of dark, of strangers, of being left alone, of animals, of traffic, of crowds.

4 Insomnia   0 1 2 3 4

Difficulty in falling asleep, broken sleep, unsatisfying sleep and fatigue on waking, dreams, nightmares, night terrors.

5 Intellectual   0 1 2 3 4

Difficulty in concentration, poor memory.

6 Depressed mood   0 1 2 3 4

Loss of interest, lack of pleasure in hobbies, depression, early waking, diurnal swing.

7 Somatic (muscular)   0 1 2 3 4

Pains and aches, twitching, stiffness, myoclonic jerks, grinding of teeth, unsteady voice, increased muscular tone.

8 Somatic (sensory)   0 1 2 3 4

Tinnitus, blurring of vision, hot and cold flushes, feelings of weakness, pricking sensation.

9 Cardiovascular symptoms   0 1 2 3 4

Tachycardia, palpitations, pain in chest, throbbing of vessels, fainting feelings, missing beat.

10 Respiratory symptoms   0 1 2 3 4

Pressure or constriction in chest, choking feelings, sighing, dyspnea.

11 Gastrointestinal symptoms   0 1 2 3 4

Difficulty in swallowing, wind abdominal pain, burning sensations, abdominal fullness, nausea, vomiting, borborygmi, looseness of bowels, loss of weight, constipation.

12 Genitourinary symptoms   0 1 2 3 4

Frequency of micturition, urgency of micturition, amenorrhea, menorrhagia, development of frigidity, premature ejaculation, loss of libido, impotence.

13 Autonomic symptoms   0 1 2 3 4

Dry mouth, flushing, pallor, tendency to sweat, giddiness, tension headache, raising of hair.

14 Behavior at interview   0 1 2 3 4

Fidgeting, restlessness or pacing, tremor of hands, furrowed brow, strained face, sighing or rapid respiration, facial pallor, swallowing, etc.

OBSERVATION AND RESULT:-

1. The bulk of volunteers (31.3%) are understudies, while 16.2% are housewives. The workers were all found to be reasonably apprehensive.

2. It is found that most of workers have pitta Kaphaj prakriti.

3. The overall impact showed that 29.09 % of Vata Pittaj and 20.86% of Pitta Vataj prakriti have extremely serious Hamilton anxiety scores, with Vata Kaphaj coming in second with 17.40%, generally 15.91% in Kapha Vataj and 14.27% in Pitta Kaphaj have gentle Hamilton Anxiety scores, contrasted with 13.00 kapha Pittaj. The information is gathered in various tables, diagrams, and graphs. Each time, extra measurable strategies were covered depending on the situation.

4. Cautiously ordering, organizing, and examining the data assembled. The ANOVA test was utilized to genuinely examine the information and show homogeneity for subjective accounts. The importance cut-off was kept up with at 0.05.

5. ANOVA, normally alluded to as the One-Element ANOVA, is a parametric test. The one-way ANOVA (otherwise called the "investigation of fluctuation") thinks about the method for at least two free gatherings to check whether there is factual help that the method for the connected populace are genuinely unique. So an exact outcome could be determined, it was applied to the test.

6. Since the p esteem is critical level is >0.5, it was found that there was a distinction between the Mental Effect of Coronavirus Pandemic as for tension in Various Deha Prakrit (actual constitution). Accordingly, it has been resolved that PRAKRITI affects the HAMILTON ANXIETY SCORE.
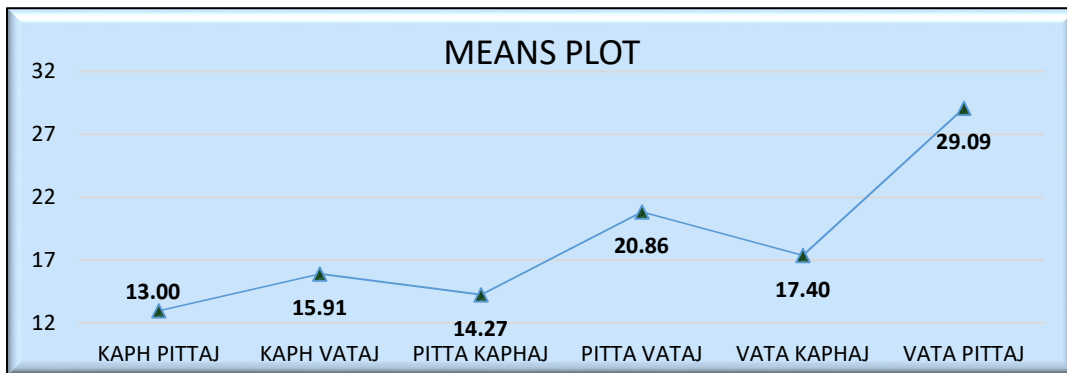

Figure 1 MEAN PLOT

DISCUSSION:

The essential impacts of the Covid pandemic are in actuality on profound prosperity and cerebrum science, affecting both quality and amount, which is reliant upon the people's personality and conduct (Rume & Islam, 2020). The psychological effect of the Covid scourge, especially disquiet, differs as indicated by deha prakriti (physical constitution) (Tripathi & Singh, 1994). Besides, people with vata pittaj and pitta vataj prakriti adversely affect their mental prosperity. As per many tests, most awkward working circumstances produce dread, crabbiness, and anxiety in vata pittaj and pitta vataj characters (Purvya & Meena, 2011). In the ongoing review, understudies represent 31.3% of workers, while housewives represent 16.2%. The workers were all decided to be modestly anxious. The most workers are found to have Pitta Kaphaj Prakriti. The continuous review found that 29.09% of Vata Pittaj and 20.86% of Pitta Vataj prakriti have very troublesome Hamilton Anxiety scores, with Vata Kaphaj coming in second with 17.40%, by and large 15.91% of Kapha Vataj and 14.27% of Pitta Kaphaj having sensitive Hamilton Anxiety Scores, rather than 13.00 kapha Pittaj. Tables, outlines, and charts are utilized to introduce the data. Contingent upon the circumstance, extra quantitative methodologies were covered each time. There was a variety in the Mental Effect of Coronavirus Pandemic concerning anxiety in Various Deha Prakrit (physical constitution), as the p esteem is importance level is more noteworthy than 0.5. Subsequently, it has been resolved that prakriti produces a huge change in the Hamilton anxiety score.

CONCLUSION:

The goal of this study was to look at the sound individual to find out about their degrees of anxiety and influence all through the beginning phases of the Covid event. The data will be saved on record for some time later. 99 respondents from India are remembered for this study's procedures. The survey remembered information for both genuine aftereffects and portion data. The Hamilton Strain Scale, Impact of Event, and Prakriti Parikshan Arrangement were utilized to gauge the mental effect.

1. PITTA Pradhan VATAJ (20.86) is outscored by VATA Pradhan PITTAJ (29.09%).
2. KAPHA Pradhan VATAJ has an anxiety level of 15.91, though VATA Pradhan KAPHAJ has a moderate anxiety score of 17.40.

3. KAPHA Pradhan PITTAJ has the most minimal anxiety level, 13.00, though PITTA Pradhan KAPHAJ has an anxiety score of 14.27 (moderate).

4. We can thus derive from this study that the Coronavirus pandemic affects a few Deha prakriti. The data will be held for some time later.

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