Conclusion

CONCLUSION

Chittavasada is a state of impairment of chitta where Dhi, Dhriti, Smriti and emotional component get Rajo pradhana and Tamo pradhana, supper added with Sharirika dosha Kapha and Vata, loses the state of equilibrium and again vitiate Bhakti, Sheela and Achara of chitta as a result produce a syndrome identified as Depression which is conceived in Ayurvedic medicine as a syndrome called Vishada or Avasada.

Depressed subjects ingest significantly low amount of $\omega$-3 FA and high amount of dietary articles which interferes with the conversion of ALA to EPA & DHA which make them omega 3 deficient and make them prone to depression.

Depressed subjects were found more deficient in $\omega$-3 FA offered by Seeds & nuts (sesame seeds, walnut, Almond, figs), spices (basil fresh, cloves, pepper, fennel seeds), vegetables (cabbage, pumpkin, tomatoes, green leafy vegetables), and fruits (mango, citrus fruits, kiwi, strawberry) compared to non-depressed healthy subjects.

Moreover, they were consuming more amount of trans fat offered by packaged snack foods, chips, buns etc., deep fried foods and sweet articles which hampers the conversion of ALA to EPA & DHA.

Omega 3 fatty acid deficiencies combined with adverse life events, childhood adversities, disharmony in marital life, psychological stress, sleep disturbances, lack of exercise, addiction like tobacco and alcohol are the contributing factors or risk factors for depression.

Age, socio-economical status and educational qualification, occupation etc. emerge as important predictors of prevalence as well as severity of the depression.
Conclusion

- Avara Sattva and dominance of Raja or Tama in Manasika prakriti make person more vulnerable to depression.

- Pharmacologically, Flax seed oil is having an excellent anti-depressant and anti-convulsant activity, mild to moderate anxiolytic and antipsychotic activity, and it is sedative whereas Ashwagandharishta is established possessing potent antipsychotic activity and marked anxiolytic activity. It is CNS depressant and possesses moderate anti-depressant and anti-convulsant activity. Combination of Ashwagandharishta and Flax oil is having potent antipsychotic activity, significant hypnotic potentiating and anti depressant effect, mild anxiolytic and anti-convulsant activity.

- Thus, for anxiety Ashwagandharishta, for depression, epilepsy and as sedative agent Flax seed oil and for psychosis the combination of Ashwagandharishta and Flax seed oil can be the best remedy.

- Clinically, Ashwagandharishta showed better anxiolytic effect as compared to flax seed oil whereas combination of Ashwagandharishta and Flax seed oil demonstrated more potent antidepressant effect against Ashwagandharishta and Flax seed oil alone; evidencing the significant role of Atasi Taila as an adjuvant to Ashwagandharishta in the management of depression.