

(i) **Project Title:**

“Role of Chittasthirikaran Stotra in Anxiety disorder of adults – a spiritual care”

Sponsored by Vasudev Nivas Trust, 42/7, Erandawane, Karve Road, Pune -04

(ii) **Introduction**

Anxiety Disorders affect a considerable population of adults age 18 years and older (about 18%) in a given year, causing them to be filled with fearfulness and uncertainty. Unlike the relatively mild, brief anxiety caused by a stressful event (such as speaking in public), anxiety disorders last at least 6 months and can get worse if they are not treated. Anxiety disorders can occur along with other mental or physical illnesses, including alcohol or substance abuse, which may mask anxiety symptoms or make them worse. In some cases, these other illnesses need to be treated before a person will respond to treatment for the anxiety disorder.

Effective therapies for anxiety disorders are available, and research is uncovering new treatments that can help most people with anxiety disorders lead productive, fulfilling lives. But all these treatments are pharmacological; and individuals may need to continue the medicines for long time or sometimes they get dependant on the medicines.

Since, in ancient Vedic literature there are some rhymes, which if chanted in a particular mode can be of help to control or overcome the anxiety disorder. It being a non pharmacological approach, can be practiced at the end of this research.