

# A Conceptual Exploration of Vishada (Depression) in Competitive Exam Students: BDI-II Scale-Based Insights

Vd. Shaikh Pasha Ibrahim<sup>1</sup>, Vd. Anil Deshpande<sup>2</sup>, Vd. Vishal Madhukar Khandre<sup>3</sup>

<sup>1</sup>Assistant Professor, Kriya Sharir Dept. RPAM, Purna, District Parbhani, Maharashtra. PhD Scholar Sumati Bhai Shaha Ayurved College, Hadapsar Pune.

<sup>2</sup>Assistant Professor, Kriya Sharir Dept. Sumati Bhai Shaha Ayurved College, Hadapsar Pune, Maharashtra.

<sup>3</sup>PhD Scholar, Associate Professor, Kriya Sharir Dept. Shree Saptashrungi Ayurved Mahavidyalaya, Nashik, Maharashtra.

**Abstract**—This conceptual study explores the prevalence and characteristics of Vishada (Depression) among students preparing for competitive exams. Utilizing the BDI-II scale, the study assesses the severity of depressive symptoms and provides insights into the mental health status of students. The findings highlight the need for targeted support systems and stress management techniques to promote students' mental well-being during competitive exam preparation. This study contributes to understanding the mental health implications of academic stress and informs strategies for supporting students' mental health.

**Keywords**—Vishada (Depression), Competitive Exam Students, BDI-II Scale, Mental Health, Academic Stress, Student Well-being

## I. INTRODUCTION

Central government and various state government conduct various competitive exam every year among Maharashtra public service commission i.e. MPSC, UPSC are one of them. At least five lakhs of these candidates register for appearing in MPSC exams every year for various post in MPSC. A government job is considered as a secure and permanent job that is why everyone wants to get that but in India job opportunities are very less for one single post thousands of students are competing to each other because of over population. Due to that students are entering in a new academic and competitive world where they are confronted with multiple transition challenges. The challenges are compounded as they experience higher academic work load and family expectations. These challenges are coupled with the stress which covered a person for the future security of life. Due to their immaturity and future

uncertainties, they seem not to have any control over the situation. The present research investigated the status of *Vishada* (depression) among students those are preparing for upcoming government jobs declared by central and state government.

*Vishada* is considered as a different disease but description of sickness is limited in works of art. According to Sushruta, *Vishada* is defined as per *tika* “*Vak kay chitta avasadah vishadah*” this means *Vishada* comprises a condition *avasada* i.e., exhaustion of talking, body and attention. <sup>1</sup> *Manasika vyadhi* are *Krodha*, *soka*, *bhaya*, *harsa*, *vishada*, *irshya*, *abhyasuya*, *dainya*, *matsarya*, *kama*, *lobha* by the forms of desire and hatred get manifested. Here *vishada* is a state of mind where the person does not initiate any task or loses enthusiasm in it due to fear of failing. *Manasastu Krodha soka Bhaya harsa vishada ersya bhya suyadain yamatsarya kama lobha prabhrtaya*.<sup>2</sup>

Acharya Chakrapani comments that *Vishada* is a feeling of vanity to act upon an anticipated work. This states to the loss of self confidence in the disorder leading the person to threesome of worthlessness, hopelessness and helplessness.<sup>3,4</sup> As per Acharya Charak, *Vishada* has been mentioned as an extraordinary disease of the *vata nanatmaja vyadhi* also considered as *Apatarpanajanya vyadhi*.<sup>5</sup> *Mana* is constituent of human body does not only represent the behavior of a person but also it helps to recognize a healthy state of a person. Increase incidence of *Manasika Vikara* or mental illness is the main concern in today's world. *Manasika dosha* generally vitiates the mind and causes different psychological conditions.

In Bhagvat Gita lord Krishna says that, our *Ataman* is our real friend but positive thinking and control over mind is very important otherwise it becomes our enemy and at that time mental disorders occur.<sup>6</sup>

*Manasa* is made up of three qualities i.e. *Satva*, *Rajasa*, and *Tamasa*. In which *Rajasa* and *Tamasa* are the *Manasa doshas*<sup>7</sup>. Acharya Sushruta explained the various *Manasa rogas* like *Krodha*, *Shoka*, *Bhaya*, *Harsha*, *Vishada*, *Irshya*, *Asuya*, *Dainya*, *Matsarya*, *Kam*, *Lobha*, *Ichha*, *Dvesha* and *Bheda*<sup>8</sup>. *Vishada* one of the *Manasa Vikara* in which *Rajasa* and *Tamasa doshas* are increases.

Vishada (Depression)

Avasaada- “Chittar dehe glani” (Dalhana)

Shoka- “Putradi vinashaja dainam” (Dalhana)

Vishada- “Vishadschetasa bhanga upayabhavanashayo” (Sahitya darpana)

Vishada is said to be a *Vatikan anatmaja Vyadhi* 16 . It is the factor that increases the range of all diseases.<sup>9</sup> Acharya sushruta in the very first chapter of sutrasthana has discussed about *Chaturvidha Vyadhi* as- *Agantu*, *Sharira*, *Manas* and *Swabhavika*. *Vishada* is enlisted among the types of *manas vyadhi*. In the Dalhana commentary of *Sushruta Samhita*, the definition of *vishada* is given as- “*Asiddhibhayat vividheshu karmeshu apravritti vishada*”<sup>10</sup>

Definition - *Avasaada / Vishada* is defined as a “change in mood” characterized by a feeling of “tone of sadness” which may vary from mild despondency to the most abject despair. This “change in mood” is relatively fixed and persists over a period of days, weeks, months or years in depression.<sup>9</sup>

*Vishada Shabda Kalpadruma* and *Vachaspathyam* and *Hemachandra* referred *Vishada* as *Avasada*. *Vishada* = *Manoavasada* = *Swakarya Akshamatva* = Inability of mind to perform its routine functions effectively.<sup>11</sup>

Hetu of *Vishada*<sup>12, 13, 14</sup>

When the desires in mind doesn't fulfill almost everyone appears to be stressed and confused, which can lead to mental disability.

Acharya Charaka mentions following causes for *manas roga* or *Vishada*.

Lack of coordination between mental functions of *Dhi* (learning), *Dhriti* (retention) and *Smriti* (long time memory) Imbalance or weakening of *Prana Shakti* (Life Force) *Pragyapradha* (violation of nature and virtues)

After review of some ayurvedic treatises the *hetu* for *vishada* can be summarized as

1) *Sharira*, *manas hetu*, *lakshana*, *upadrava swarupa* e.g., *Ajeerna*, *Atisara*, *Unmada*, *Grahani*, *Murccha vyadhi*

2) *Manas* (*rajas-tamas*) *dushti* e.g., “*Ishtasya labhat- alabhat ch anishtasya upajayate*”= Obtaining undesired things and non-acquiring the desired ones.

3) *Indriya dushti/ Indriya vikruti janita* e.g. *Ati-Hina-Mithya yoga* of *Indriya*; *Buddhi upaghata*; *Pradnyaparadha*

Lakshanas of *Vishada*<sup>12, 15</sup>

Three types of *Lakshanas* are mentioned in *ayurveda* i.e *Kaayika*, *Vachika* and *Manasika lakshanas*.

| Kayika Lakshanas | Vachika Lakshanas | Manasika Lakshanas      |
|------------------|-------------------|-------------------------|
| Anidra           | Alpavaka          | Atichinta               |
| Atinidra         | Ativaka           | Bhaya                   |
| Aruchi           |                   | Dukha                   |
| Hritspandana     |                   | Asthirata of Mana       |
| Aplacheshta      |                   | Loss of self confidence |
| Aalasyata        |                   | Arati Smritinasha etc.  |

Samprapti of *Vishada*<sup>12, 16</sup>

HetuSevana(MithyaAhara Vihara, Manoghata, Pragyaparadha etc.)



Vitiated Doshas (*VataPradhanaTridoshas* and *Tamas Guna*)



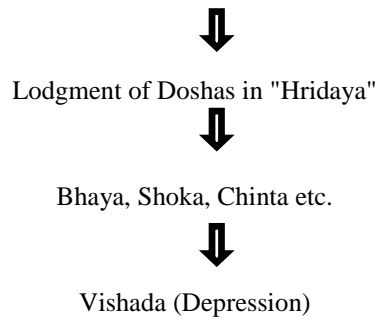
*Annavaha Strotodushti*



*Rasadhatu dushti*



*Ojas dushti*



Dosha – Vata Pradhana Tridosha, and Tamas Guna.  
 Dushya - Rasadhatu and Oja.  
 Srotasa - Rasavaha and Manovaha Srotasa.  
 Srotodushti - Sanga  
 Rogamarga - Madhyama Rogamarga.  
 Sthana - Hridaya.  
 Vyadhiprakar - Chirakari  
 Sadhyasadhvatva - Naveen - Sadhya,

Puratan - Yappa.

Vishada may appear at any stage of life in a person but the duration is very important before intervention. Some kind of Vishada heals up by pharmacotherapy. In Bhagvat Gita the psychotherapy by lord Krishna played a major role to get a way through for Arjuna.

Relation between Dosha Awastha which is prone to Vishada / Avasaada:

1. Vatakshtaya - Apraharsha, Mudhasamghata Su. Su.15/11
2. Pittavridhhi - Alpanidra, Balahani and Indriyadaurbalya Su. Su.15/18
3. Sleshma Vridhhi - Avasada Su. Su.15/18
4. Rasadushti - Tandra, Saangmarda Ch.Su. 28/9
5. Oja Vyapada - Glani, Tandra Su. Su.15/31
6. Vataj Jwara Lakshana - Vishada Ch. Ni 1/21
7. Vishajanya Updravya - Vishada Ch. Chi.23/43
8. Manas Roga - Vishada Su. Su.1/25
9. Vishotpatti - Vishada Su. Kalp.3/21.

## DEPRESSION<sup>17</sup>

The word depression is derived from latin 'depressio' meaning pressing down'

In modern science it is used in various other means like

**DEFINITIONS:** Depression is a mood disorder that causes persistent feelings of sadness, emptiness, and loss of joy. It is different from the mood fluctuations that people regularly experience as a part of life.

## Signs and symptoms of depression<sup>17</sup>

Depression can cause a range of psychological and physical symptoms

- persistent depressed mood
- loss of interest or pleasure in hobbies and activities
- changes in appetite and body weight
- a loss of sexual desire
- unusually slow or agitated movements
- decreased energy or fatigue
- difficulty sleeping or oversleeping

- agitation, restlessness, and pacing up and down
- excessive feelings of guilt or worthlessness
- difficulty concentrating or making decisions
- thoughts of death or suicide, or suicide attempts

If a person experiences five Trusted Source or more Trusted Source of these symptoms during the same 2-week period, a doctor may diagnose them with depression.

Depression may also cause Trusted Source other symptoms, including irritability and restlessness, and it can also make symptoms of chronic pain, headaches, and digestive conditions worse.

## Primary Research Question:

What is the status of Vishada (Depression) among students preparing for competitive exams, and what insights can be gained from using the BDI-II scale?

## Aim:

To explore the concept of Vishada (Depression) in the context of competitive exam preparation and

assess its prevalence and characteristics among students using the BDI-II scale.

Objectives:

1. To assess the prevalence of depression (Vishada) among students preparing for competitive exams.
2. To evaluate the severity of depressive symptoms among students using the BDI-II scale.
3. To identify potential correlations between competitive exam preparation and depressive symptoms.
4. To gain insights into the mental health status of students preparing for competitive exams and inform potential interventions.

Criteria for Assessment

- 1) Students who are preparing all competitive exam since 4 years.
- 2) Students who were given 3-4 exams annually but doesn't achieve any post in competitive exam.
- 3) Student who's positive answering score is >50% in *vishada* symptom's questionnaire will be selected.

Operational definitions:

*Vishada*

1) *Asiddhibhayat dvividheshu karmeshu apravritti Vishada.*"

Dallhana defines *Vishada* as a condition originated from apprehension of failure resulting into incapability of mind and body to function properly. There is significant reduction in both the activities.

2) *"Vishado anushtheyoatmana ashaktatajananam "*  
In this definition, Chakrapani comments that *Vishada* is a feeling of incompetence to accomplish or perform a desired work. This refers to the loss of self confidence in the disorder leading the person to triad of hopelessness, helplessness and worthlessness.

3) *"Vak kay chitta avasadah vishadah"* .

This means *Vishada* comprises a condition *Avasada* i.e. lassitude of speech, body and mind. This definition clearly indicates the feelings of unwillingness to respond or retardation of physical and mental activities.

5) *"Vishada Sarvada manah khedah . And "Vishannatvam dukkhkhitatvam*

*Vishada* is a persistent feeling of sadness and inappropriate guilt which are the

6) *Avasadsa Chitta dehayoh glani.*

The other condition *Avasada* is defined as lassitude of mind and body in their functions.

As narrated above *Avasada* may be a partial condition in *Vishada*.

Depression:-

Modern science defines depression as a psychiatric disorder characterized by an inability to concentrate, insomnia, loss of appetite, anhedonia, feelings of extreme sadness, guilt, helplessness and hopelessness, and thoughts of death. It is also called 'clinical depression.

A depressive disorder is an illness that involves the body, mood, and thoughts. It affects the way a person eats and sleeps, the way one feels about oneself, and the way one thinks about things<sup>1331</sup>. Clinical depression (also called major- depressive disorder or unipolar depression) is a common psychiatric disorder, characterized by a persistent lowering of mood, loss of interest in usual activities and diminished ability to experience pleasure.

Competitive exams:-

competitive examination means one or more selection procedures used to assess the relative qualifications of a group of applicants or candidates e.g. UPSC ,MPSC etc.

BDI-II scale:- (Beck's depression inventory scale)

In this scale total 21 questions are present. Evaluation of depression by BDI-scale is as follows:-

- a) 1-10 these ups and downs are considered.
- b) Normal 11-16 mild-mood disturbance
- c) Depression 21-30 moderate Depression.
- d) 31-40. Severe Depression
- e) Over 40 extrem Depression. Highest possible total of BDI-scale is- 63 Lowest possible score for each question is-0

Steps in study:

1. 220 students will be selected by purposive Non Randomized technique.
2. They are examined well and verified that they are not suffering from any major disorders.
4. They are screened with the help of *vishada* symptom's questionnaire.
5. Assessment of status of *vishada* (Depression) will be done with the help of BDI-II scale and developed Ayurvedic Parameters for *vishada*.  
(<http://www.researchgate.net/publication/34118882>  
7)

## II. METHODOLOGY OF STUDY

Assessment Criteria:

Subjective criteria:-

PARAMETERS FOR THE ASSESSMENT OF STATES OF *VISHADA*/ DEPRESSION

| Sr.no | Parameters   | Grades |
|-------|--|--------|
| 1     | <i>Shoka Dainyena</i> i.e. <i>Rodnadi</i> (Chakrapani)     |        |
|       | No feeling of Sorrowness                                   | 0      |
|       | Feel inferiority and sorrow at occasion                    | 1      |
|       | Inferiority complexes and greedy oftenly                   | 2      |
|       | Weeps and feels inferior very frequently                   | 3      |
| 2     | <i>Bhayam Vishaden</i>                                     |        |
|       | No fear  | 0      |
|       | Fearful only at reasonable cause                           | 1      |
|       | Fearful even in reasonable cause                           | 2      |
|       | Always fearful emotion's                                   | 3      |
| 3     | <i>DhairyamAvishadenai.e.'Manasoadainyam'</i> (Chakrapani) |        |
|       | No fear or sorrow at any cause                             | 0      |
|       | Fearful only at reasonable at any cause                    | 1      |
|       | Fearful occasionally                                       | 2      |
|       | Always in fearful and depressed emotions                   | 3      |

Questionary to asses the *Vishada* ( depression) symptom's

|  |      |    |
|--|------|----|
| 1. Do you feel sad much of the time?                       | Yes. | No |
| 2. Do feel discouraged about your future?                  | Yes. | No |
| 3. Do you feel like a failure?                             | Yes. | No |
| 4. Do you enjoy things as much as you used to?             | Yes. | No |
| 5. Do you feel particularly guilty?                        | Yes. | No |
| 6. Do you feel you being punished?                         | Yes. | No |
| 7. have you lost confidence in yourself?                   | Yes. | No |
| 8. Are you blame yourself for everything bad that happens? | Yes. | No |
| 9. have you any thoughts of killing yourself?              | Yes. | No |
| 10. Do you feel like crying, but you can't?                | Yes. | No |
| 11. Do you feel more restless or wound up than usual?      | Yes. | No |
| 12. have you lost interest in other people or activities?  | Yes. | No |
| 13. have you trouble making any decisions?                 | Yes. | No |
| 14. do you feel you are worthless?                         | Yes. | No |
| 15. have you enough energy to do anything?                 | Yes. | No |
| 16. have you experienced any change in your sleeping?      | Yes. | No |
| 17. Are you more irritable than usual?                     | Yes. | No |
| 18. have you experienced any change in your appetite?      | Yes. | No |
| 19. Can you concentrate as well as ever?                   | Yes. | No |
| 20. Are you more tired or fatigued than usual?             | Yes. | No |

### III. DISCUSSION

This study will explore the concept of *Vishada* (Depression) in competitive exam students, utilizing the BDI-II scale to assess prevalence and severity.

Key discussion points:

1. Prevalence of depression: The study investigates the prevalence of depression among students preparing for competitive exams.
2. Severity of symptoms: The BDI-II scale categorizes symptoms from mild to extreme,

providing insights into the mental health status of students.

3. Impact of academic stress: The study sheds light on the impact of competitive exam preparation on students' mental well-being.

The findings can inform strategies to support students' mental health and well-being during competitive exam preparation.

The BDI-II scale will provide a standardized tool for assessing depression, categorizing severity from mild to extreme. In the context of competitive exams, this

study aims to explore the prevalence and characteristics of depression among students.

#### IV. CONCLUSION

This conceptual exploration will provide valuable insights into the prevalence and characteristics of Vishada (Depression) among competitive exam students.

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