Role of Ayurveda in management of mental disorder

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Abstract:

Ayurveda is the science of life. Certain balance of mind, body, soul is called as complete health 1. Mind is sensory as well as motor organ in body. So disease of mind affects both mind and body2. Mental disorder refers to conditions which affect person’s mood thinking, behavior. It’s also called psychological disorder3. It, include schizophrenia, bipolar disorder, depression, anxiety, convulsion, Alzheimer disorder Parkinson’s disease epilepsy, ADHD (attention deficit hyperactivity disorder) etc. WHO stated that depression will be second leading cause of morbidity and disability worldwide up to 2020?4 In present era due to changes in life style, diet habit lead to various psychological illness. It is found that, 10 percent of Indian population above the age of 18 suffers from various kind of psychological illness, which induces psychological pain5. Psychological pain is associated with feeling of guilt, anguish, fear, anger, loneliness and helplessness. Treatment given commonly is expensive and accompanied with serious unavoidable side effect such as insomnia, mood changes, dizziness, irritability, obesity etc. So many people prefers Ayurvedic treatment which is safe, cost effective, reliable with minimum or no side effect6. Depression and anxiety is commonly seen in chronic pain condition7 As the physical pain increases, mental pain also elevated.3. Ayurveda explain holistic approach to treat psychological illness. Psychological illness and physical illness are interdependent to each other. Satw (balance), raja (Arrogance), tama (Indolence) are three guna of manas (mind). Rajas and tamas are called manas dosha. Imbalance in these dosha lead to mental disorder. Whereas Vata, Pitta, Kapha are sharir dosha, imbalance of these dosha lead to physical illness and psychological illness too. Ayurveda explain Satavayaya (Psychotherapy) Chikitsa, Panchkarma Procedure (Bio-Cleansing five therapy) and behavioral therapy to treat psychological illness.
Keywords: Depression, anxiety, schizophrenia, Satvavjay, Psychology Rajas, tama, Satwa

Material And Method - Review of literature available on manas concept in Ayurveda, treatment of mental disorder in Ayurveda classics, journal, article books, websites etc and material on psychological illness.

Observations-

Manas Concept And Sattvavajaya:

Manas is means of attainment of the sukha (happiness) and dukha (sorrow). Unmada (psychosis), Apsmara (Convulsive disorder), Atattvabhinivesa (Obsessive Disorder), Aaptantrak (hysteria), Manoavsad (depression) Mada (Alcoholism and drug abuse) are common mental disease describe in Ayurveda. Acharya Charaka describe in nidan sthana that Mana,(emotion, mood) Buddhi (thought and decision), Sangya (orientation), Smriti (memory learning), Bhakti (Desire), Sheel (habits), Chesta (psychomotor function), Achar (conduct and behavior) are the eight psychological factor affected in Mental disorder. Out of these eight psychological factor, manas is the factor which get affected predominantly .Mind is amalgated to touch sense. Sparshnendriya (skin),sansparsh (touch) and manas spars (mental contact) are two type of contact that bring pleasurable and painful sensation in body. Raja and tama imbalance, produce mental disorder in body. ManasVishaya (function) are Chintya Vicharya, Uhaya, Dheya Samkalp.. Chintya means to think about to do or not to do in purposeful and purposelessly. Vicharya is analysis of what to accept and what should reject, Dheya is to form goal Uhaya is logical thinking of subject or hypothesis, Samkalp is the determination of mind about thing. These get affected in psychological illness.

To treat mental disorder Charaka explain Satva-Avajay chikitsa.Satva is the mind.Avajey is to bring mind under control .As Raja and tama dosha accumulate in mind produce negative feelings and act as emotional toxin. Satvavajaya is the treatment through which physician tries to win mind of patient, and maintain equilibrium in intellect (dhi), fortitude (dhrti) memory (Smriti), etc (1) By regulating the thought process, (Chintya),(2) by replacing the idea (Vicharya,) (3) by channeling the presumption (Uhya) (4) by polishing the objective(Dheya) (5)By proper guidance and advice (Samkalp). Acharya Charka explain that Manas Sansparsh is one of the major factor for
various Vedana (pain). By eliminating particular thought (causative agent of vedana) can cure disease.

Modern science tells that pain is commonly found in depression and anxiety patient. Focusing towards pain increases it. Cognative –Behavior therapy is useful in patient of psychological illness which work on principle that negative, inappropriate castrofic thought are present in patient of depression. As thought intensity increases pain also raises. Replacing negative cognitive schema and automatic thought are important techniques to treat pain and depression also. Modern psychotherapy involved treatment with the help of psychological means, trained person deliberately establishes a professional relationship with patient with motto as removing and modifying symptoms, mediating disturb pattern of behavior and to promote positive development.

Panchkarma:

Ayurveda describe certain diseases which are sharirik as well as manasik in origins. Sharirik dosha vitiate first later the manasik dosha. Vikrita (disturb) vata produces fear and anxiety, vikrita pitta produce anger, hatred, jealousy, vikrita kapha induces greed and envy.

Panchkarma involved five different karmas these are Vaman (therapeutic vomiting or emesis therapy), virechena (purgation or catharsis therapy), basti, (enema therapy), nasya (errhine therapy) and raktmokshan (bloodletting therapy). These are the bio-purification procedure. Through panchkarma therapy toxic material is removed to normalize psychological condition. It can neutralize toxin created in body due to high level stress condition in today’s life style. Panchkarma process contain three steps- Purvakarma (preparation which have to be done before the toxification), Pradhankarma (the main detoxification procedure), Paschat karma (Rehabilitant the diet and life style after detoxification procedure).

Purvakarma involve Snehana, Swedana, Udavartana.

Snehana give pain relief, reduced anxiety and depression. Swedana also decreases pain and excessive sleep.

Vamana is the therapeutic vomiting to eliminate kapha. As increase kapha dosha (vriddha) produce excessive sleep in body.

Virechana is the procedure where toxins are eliminated through purgation. This procedure prefer in pitta dosha imbalance predominantly. Increase pitta
produce insomnia in body. Virechana expel toxic material through blood, liver and intestine. Basti karma is the therapeutic procedure where toxins are removed through anus, urethra and vaginal canal by using medicated liquid or Oil. It is given mainly for impairment of vata dosha. As increase vata produce insomnia, mano dainya (negativity of mind).

Anuvasan basti act as good tranquilizer as charaka describe samyak yoga of anuvasana lead to swapnanuvritti.

Nasya is the nasal administration of medicine. It is useful in memory loss, convulsion etc.

Raktatmoksha procedure include extracting small amount of blood from vein. Shrusruta indicated raktmokshan in mada and murchha. Manas prasadana (nourishment) done with the help of rakatmokshana.

In Paschat karma, strict diet and life style procedure is to be followed throughout.

Shirodhara plays important role in insomnia, anxiety disorder, depression and other mental illness.

Shirobasti and Shiro Pichu is useful in disease such as ardhavbheda severe headache is the symptom.

Achar Rasayana, Rasayana and Sadvritta:

Achar Rasayana: Achar is the behavior and Rasayana is the delay of aging; thus Achar Rasyana means a behavior that can increase longevity quality of life. Achar Rasayana includes psychological, personal, and social and behavioral changes that brings reduction in non-communicable diseases. Psychological aspect include to be priyavadi-means one should talk pleasant and never rough, ahinsaka- one should be non-violent, etc. Religious aspect include that to be dutiful as per ethics, tapaswini means to practice meditation and to be focused on the task etc. Personal aspect include one should be samajagaranaswapna means to keep balance in wakefulness and sleep etc. Social and behavioral aspect include one should avoid alcohol and sex (nivrittammadyaamithunat), to be ego free etc. Achar Rasayana explain to decrease conflict in society and to form calmful society.

Rasayana: Rasayanameans nutrition at microcellular level. It is not only nourishes body but also mind. Sushruta explain that Rasayana increases intellectual capacity and strenth.
Sadvritta: Sadvritta are the rules of good conduct useful to stay healthy physical as well as mentally.

Result-

- **Satavavajaya** is the Ayurvedic psychotherapy to decrease mental as well as somatic pain.
- **Panchkarma** is the useful treatment to remove emotional toxin along with body toxin.
- Ayurveda give importance to preventive aspect of psychological illness.

Discussion:

Human mind is like stronghold of horses such as Indriya, (organ), Sharir (body), leads by buddhi (intellect) and master is the atma means soul. Mind control leads to body in proper manner. **Sattavavjaya** is the Ayurvedic psychotherapy which is describe in Ayurveda classics is more efficient than to modern psychotherapy. It is use in India from ancient time. As Guru Chela manner. It decreases psychological illness. Depression and pain is interdependent phenomenon. Many patient and pain specialist are at conclusion opioid drugs are not useful to decrease pain. **Satavavajaya** will provide new dimension to treat psychological illness patient having chronic pain.

**Panchkarma** is the bio-cleansing procedure useful in treatment of psychological illness such as epilepsy and schizophrenia. **Panchkarma** such as virechena, nasya act effectively in epilepsy treatment. It decreases side effect, cognitive impairments cause due to antiepileptic drug. **Ayurvedic Panchkarma** procedure along with internal medicine is effective in schizophrenia. It can improve quality of life of patient. It can reduce various side effect causes due to anti-psychotic medicine and also useful in tapering of its dozes. In present era greed, violence increases in people. It causes psychological illness So Charakas concept of Achar Rasayana and Sadvritta is too much useful in today’s era.

**Conclusion** – Manas concept in Ayurved may provide useful links to understand pain and its understanding gives us new insight to manage and prevent chronic pain.

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