

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 health¹. 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 2020⁴. 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 elevated³. *Ayurveda* explain holistic approach to treat psychological illness. Psychological illness and physical illness are interdependent to each other. *Satwa* (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 *Satvavjaya* (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), *Aptantrak* (hesteria), *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,⁷. 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*

sparsh (mental contact) are two type of contact that bring pleasurable and painful sensation in body¹⁶. *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 toxin¹ .*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 it⁹. Cognitive –Behavior therapy is useful in patient of psychological illness which work on principle that negative, inappropriate catastrophic thought are present in patient of depression .As thought intensity increases pain also raises.also⁷Replasing negative cognitive schema and automatic thought are important techniques to treat pain and depression also.⁷modern 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.¹

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 style¹¹. *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*,*Udavarrtana*.

Snehana give pain relief, reduced anxiety and depression. *Swedana* also decreases pain and excessive sleep.¹¹

Vamana is the therapeutic vomiting to eliminate *kapha*. As increase *kapha dosha* (*vridhdha*) 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 body²². *Virechana* expel toxic material through blood, liver and intestine.¹⁰ *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 *anuvrasana* 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 *raktmokshana*.

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.²

Shirobasti and *Shiro Pichu* is useful in disease such as *ardhavybhedak* severe headache is the symptom.²²

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 society¹²

Rasayana: *Rasayana* means nutrition at microcellular level. It is not only nourishes body but also mind *Sushruta* explain that *Rasayana* increases intellectual capacity and strength.¹³

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 manner². *Sattavavajaya* 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* manner¹. 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 pain¹⁹.

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.²⁰ *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 doses.⁶ 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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