



A critical review on mental health.

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ABSTRACT

Mental health of any person will be equally important as just like our physical health. The purpose to study about this topic is to know about the mental health and their remedy in our ayurveda. People feel ashamed to discuss about any mental related disorder because it is a taboo topic in India. People get hesitated to discuss about them. So here we discuss about the natural, herbal and purest form of therapy and also learn that how it works in a human being in both modern and ancient sciences.

Keywords: Shirodhara, Pratimarsha Nasya, Abhyanga

INTRODUCTION

We have lots of medicines in today's era about the physical malfunction of our body. But, what about the mental health status of our mind? In these cases medicine works but less. In which mostly therapies, counselling or some attention are required. Sometime our mind requires rest and stability to achieve their energy. But when it fails to achieve a person will start to get depressed, stressed, anxiety, overthinking and so on. Due to this our brain is not in a situation to deal with them. Ayurveda gets its solution in their way of treatment.

ROLE OF MENTAL SITUATION IN PAST AND TODAY'S ERA

Many years back, in the battle ground of Kurukshetra, when Arjuna lost his path and senses. His mind could not work well then he calls Lord Krishna to show him the right pathway. Lord Krishna consoled him and induced power in it only by his words it produced a strong impact in his mind due to which he was able to win the battle. In today's era mental health refers to cognitive, behavioral and emotional wellbeing. Mental health does not mean absence of mental disorder. Along with this internal happiness also plays a great role in them. A big counselor like Lord Krishna done at that time will be done by counselors at today.

PATHOPHYSIOLOGY OF DOSHAS AND MANA

In *ayurveda*, we mainly focused on three doshas and three *gunas* in our body. Three *doshas* are *vata*, *pitta*, *kapha*. When it gets vitiated it causes generalised body disorder. Along with this, there are three *gunas* *sattva*, *raja*, *tama* and when its gets vitiated it causes mental health disorder.

Raja and tama are vitiated and take their place *in Hridhay*



It starts to move upward with the help of *manovaha strotas and sangyavaha strotas*



It started to reach in mind



Then vitiated *doshas* start to do *avarana* of mind with *raja and tama doshas*



Which leads to restriction between the knowledge and mind



Create some of the mental disorder like *unmad, apasmara and manoavasada*

Mental health disorder in modern view

According to the modern studies, some of the diseases that we frequently hear today is the mental disorders. It is specifically higher in teenage group of people or in younger generation or those who work in a multinational companies are also become a soft target. Due to over stressed conditions and unhealthy lifestyle causes them.

In which it has included :-

- i. Anxiety
- ii. Panic disorder
- iii. Depression
- iv. Mood disorder
- v. Mode of action of anxiety and panic disorder.¹

All the tensions, competition, personal issues and overthinking



It started to stimulates our higher mental system



Due to which sympathetic nervous system gets activated



Which stimulates fight and flight hormone like epinephrine and non- epinephrine



Releases in body and do over activation of person body and mind

Causes panic attack and anxiety

Mode of action of depression and mood disorder

Stress, competition, personal issue or loss of personal things



It activates the higher central system of mind



Which inhibits the dopamine hormone and slow down neuronal activity



It leads to depression and mood disorder

Ayurvedic principle for management of mental health

In *ayurveda* there is lots of reference about *satvavajaya* and *daivavyapashraya chikitsa* in our classical text. Mainly there are three types:-

- I. *Daivavyapashraya*
- II. *Yuktivyapashraya*
- III. *Satvavajaya*

In diseases like *pittaja gulma*, *atisara*, *jawar acharya charaka* describe importance of counselling procedure along with drug effect.

Bhavprakash said that not only drugs but also a change in the attitude of patient helps to bring back the condition to normalcy. This type of treatment in *ayurveda* called as behavioral therapy².

In which we placed patient in a solitary room, snakes are used to threaten them sometime wild animals and lions are used instead. Because psychology says if a threat to his own life is certain, the patient is likely to recover because everybody loves his life more than his griefs and sorrows. All those incidents deviated the mind of patient and again connect them to their virtual reality of life.

³ If any living or non-living thing which was very much closed to you. If it gets destroyed, bring them back again to stop the *vega of unmad*. But if we continue fulfills their all demands it somehow with passage of time use this phenomena as their weapon to fulfill their all demands. So along with counselling, it is necessary to ask patient, to put in empty wells, tell some cruel words, given some bad news, massage their body with mustard seeds, put them under sunlight for a long period of time, closed the person inside the dark room. Sometime patients enacted that he/she suffers from major disorder. Which they are not. Only to fulfills their demands Doing these it learns first, he/she has fear for doing again then something more fearful will done with them. secondly, everyone would protects ourselves first so he/she does not try to do this again.

7. Ayurvedic management by different drugs therapy

⁴Drug therapy was given by *Acharya charka*.

- 1) *Yashtimadhu churn* are mixed with *sheer*
- 2) *Take Ras of guduchi*
- 3) Make decoction of all parts of *shankhpushpi*
- 4) *Swarasa of mandukparni*

It will definitely increases the *agni*, *bala*, *dhatu*, speech and also intellectual power of mind. In *ayurveda* all are described as *Medhya rasayanam*.

⁵*SARASWATA ARISHTA*:-

It can be taken 2 to 3 times a day along with water. It has power to increase the mind of person. So he/she starts to remember thousands of shlokas in just three days.

If it was taken regularly at morning or at evening it started to prevents the insomnia. Those persons who are regularly suffers from nightmares was started to reduced. It enhances our mind and work as brain booster.

In the context of *Bhel samhita* it has been proven that taking *Puran ghrita* with *brahmi sharbat* 2 times a day enhances the power of brain and also decrease the diseases like *unmad*, *apasamar* and other mental disorder.

Brahmi ghrita was taken two times a day(morning as well as evening). It will started to increase our consciousness of mind and also increase the retention power of person. It was specifically recommended to Alzheimer's patients.⁶

Sarpagandha vati can be taken either with milk or Luke warm water two times a day.⁷

- I. Causes vasodilation and reduces the chances of hypertension.
- II. Reduces peripheral blood pressure.
- III. Decrease adrenaline and anxiety level in body.
- IV. Increases serotonin level which gives soothing reflex to the body.

Smritisagar Ras has been taken either with milk/butter or with *ghee* two to three times a day. It decreases the episodes of epilepsy and increases the learning and retaining power of an individual. This drug is specifically proven that it works on all the mental related disorders.⁸

Ayurvedic management with *panchakarma* therapy

Panchakarma is a widely accepted branch of traditional system of medicine. It has specifically known for neuromuscular condition of the body. Its play a great role in the maintenance of mental disorders.

There are so many procedures in *panchakarma* but here we described only three which are used to maintain mental wellness of a person.

Name of three procedures are :-

- I. *Abhyanga*
- II. *Pratimarsha nasya*
- III. *Shiro dhara*

Mode of action of *shiro Dhara* (Type 1)

To start the procedure of *Shiro Dhara*. Firstly, take one *dhara patra*, *dronie*, and *dhara* stand and decided to do either with oil/decoction/coconut water/*takra* it all depends on the type of diseases and *doshas* vitiated in body. Put patient on table his/her head is just below the *dhara* pot and from the height of 4 *anguli* it falls on her forehead in too and forth motion or in concentric circle. It gives us both drug effect and procedural effect.

When we poured oil from 4 *anguli* height at their forehead



Luke warm oil started to absorbed by the micropores or through connective tissues of the skin



Which leads to decreases the *vata* dosha and also remove the *aavarana of vata*



Which reduces the *manas* disorders

Mode of action of *Shiro Dhara* (Type 2)

As *dhara* falls from 4 *anguli* height at forehead of person

↓
It stimulates nervous ending present at forehead

↓
Which activates the higher centre of brain

↓
Give signals to thalamus and then to hypothalamus

↓
amyloid centre

↓
limbic system

↓
Stimulates pineal gland

↓
Releases serotonin and causes reduction of depression and anxiety calm the whole body as well as relax muscles

Placebo effect/procedural effect of *Shiro Dhara*

When *dhara* falls on forehead it diverges the mind of person

↓
Person starts to concentrate more on *dhara* for some time forgot about worries/stress

Which surely provides relief to them

Mode of action of *pratimarsha Nasya*

In ayurveda *matra vasti* and *pratimarsha nasya* was given from the birth till up to death . It is totally non complicated and given at any time according to our convenience.⁹

Giving *pratimarsha nasya* to person daily with *anu tail*

↓
As it enters in nose stimulates the most outer cranial nerve (olfactory nerve) at cribriform plate of ethmoidal bone

↓
As this cranial nerve are lipophilic in nature it attaches droplets of oil with it

↓
It irritates the nervous ending and signals to higher centre

↓
Which stimulates thalamus

↓
hypothalamus

↓
amyloid centre

↓
limbic system

↓
Pineal gland

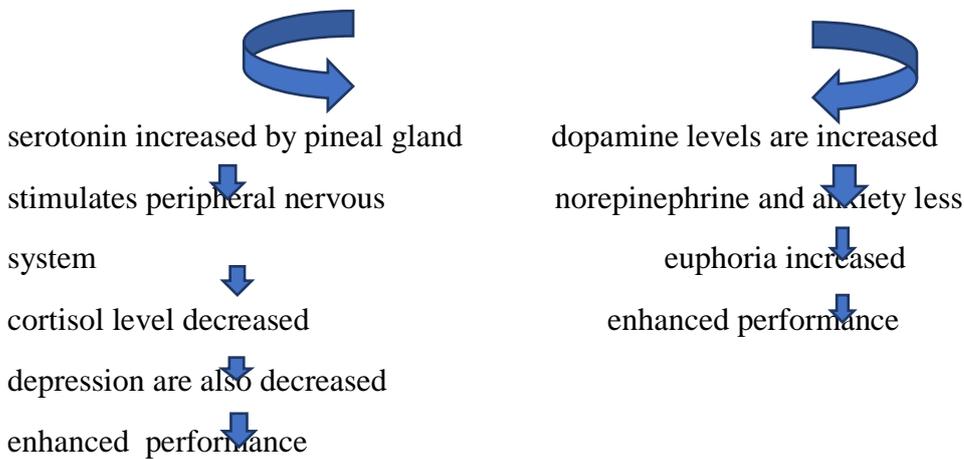
↓
serotonin increased

↓
relaxation of mind and body by suppression of excited nerves

Mode of action of *Abhyanga*

doing *abhyanga* is good for our mental as well as physical health. It keeps our body and mind healthy. In which there are *Sam vahan* (in which it just touches body very smoothly and relaxes the muscle), *mardana* (in which strong force are applied on body with hands of physician), *abhyanga*(in which moderate force are applied on body by physicians hands)

As we applied force on body this tactile sensation irritates the nerve ending at skin which regulates higher centre of body



swarnaprashana in ayurveda for mental wellness of neonates and infants with their benefits

According to *Acharya Kashyapat* the time of birth gold foil/gold *Basham* are mixed with *vacha*, *madhu*(honey) and ghee converted in to paste. Which was licked by neonate in very less quantity. At previous time it given at *pushya nakshatra* and at morning with empty stomach it directly absorbs in body¹⁰.

Some benefits are :-

- 1) *Medhya*
- 2) *Agni and Bala* increased
- 3) Increased age
- 4) *Vrishya*
- 5) *Mangal*
- 6) It beats *the graha*

As the child continue to take for about 1 month it become super intelligent. As it continue to take for more than 6 months it become an ability to hear anything at anywhere.

NU ayurveda pharmaceutical converted this formation in to a drop form for their easy consumption. It was sell them at the name of *swarnaprashana* :-

- a. Infants – 1year 1drop
- b. 5 -10 year 2 drops
- c. 10 -16 years 3 drops

Research journals on how ayurveda treat mental disorder?

Here we written all the context from the authorised texts. But today world want a documentation and experiments, researches and proofs about the written words.

So CCRAS has conducted a research *on Medhya* drugs to state that whether it works on human mind or not.

It has conducted in Bengaluru where they works on several cases. In which we discuss only one research work which forced you to believe that whatever written in text are not just for fooling the person. Whatever therapies that are written in our text are used and implemented and then it has been written.

A double blind study has conducted with *mandukparni* their whole plant was taken and converted in to pills and it started to try on 30 mentally retarded children in which we separates those who has some neurological issues or epilepsy in which 7-18 years age group are included. Another group contains those where we give them starch tablet to same category person. In group A people we given them 0.5 gm tablet of *mandukparni* as 3 to 6 tablets in whole day¹¹.

The results was tested by the Binet kamatz test of intelligence in which :-

- a) Language
- b) Memory
- c) Reasoning
- d) Thinking
- e) Visual skills
- f) Motor skills

g) Social intelligence

After 6 month we found that those who has epilepsy and other neurological issues has gain an improvement in thinking skills and reflexes are improved from previous stage(research was conducted by APPA RAO).

Discussion

Mental disorder is a rising issue in India because in India everyone considered this as a taboo topic or basically hesitates to discuss about them. Most of the peoples are illiterate by which they cannot understand them well by which most of people will suffers from long time and it converted into a big problem which destroyed their physical health as well. for, Every problem medicine or operation is not a solution. Some requires healing with therapies and treated from inner core to outer core of body. So *Shiro Dhara, abhyanga and nasya* their drug effect and placebo effect or their pathophysiology also discuss here. By all of these we nurtures our brain and relief from stress and anxiety.

Conclusion

Here, we discuss about mental health issue that how ayurveda plays a great role to heal them. We easily treated the mental disorder naturally which was done by Acharyas. Ayurveda provides us healing both physically and mentally. ayurvedic remedies are boon for all of us.

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