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## Ayurvedic management of Mental Depression

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**ABSTRACT:** Depression is a common illness worldwide with more than 264 million people affected. It can cause the affected person to suffer greatly and function poorly. Mental depression is becoming common in Indian population. Number of suicides are increasing day by day due to mental depression in modern India . Due to poverty, socioeconomic failure, insomnia , and mental conflicts , the incidence of mental depression has raised. Marriage clashes, economic burden , alcoholism , and mental stress are seen in these patients . In Ayurveda *Manas* is considered as one of the *Tridanda* of life . Ayurveda defines good health when the person is physically and mentally strong. There is detailed description about the various *Manasik bhavas* and *Manas vyadhis*. Scattered references of mental depression are found in various *Ayurvedic classics*. Mental depression can be correlated with the clinical condition under *vishada*, *avasada*, *manodhukhaja unmada* and *kaphaja unmada*. Various Ayurvedic treatments, yoga and pranayama, shows promising and effective results against mental depression. *Shirodhara*, *Tailabhyanga*, *Sarvanga sweda*, *Nasya*, *Matrabasti yavana basti*, *Vipassana yoga*, *pranayama* , *dietatics* , *pathyapathya prayoga* and *Adravyabhoota chikitsa* plays important role in the management of these patients .The present paper highlights the role of Ayurveda treatment in mental depression .

**Key words :** Mental Depression , Ayurveda ,*Vishada*, *Unmada* .

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## INTRODUCTION

The mental depression and other mental conditions are on rise globally. It can cause the affected person to suffers greatly and function poorly at work, at school and in the family. Depression is a common illness worldwide with more than 264 millions people affected.<sup>1</sup> Mental depression is a psychological disorder commonly seen in Indian population . Mental depression has raised. Marriage clashes, economic burden , alcoholism , and mental stress <sup>2,3</sup> According to a survey, about 20 % Of Indian population is suffering from one or the other psychological disorder.

## AIM AND OBJECTIVES

1. To study the Co-relation between *Vishada, Avasada, manodhukaja , kaphaja unmmad and* Mental depression.
2. To evaluate the role of *Ayurveda* in the treatment of Mental Depression

## MATERIALS AND METHODS

### Material :

Relevant literature is referred in *Samhitas, Sangraha granthas*, journals, and internet

and contemporary literature along with personal experiences.

### Methodology

### Review study.

**Depression:** - Depression is a disorder of major public health importance. Depression is a state of low mood and aversion to activity that can affect the thoughts, behavior, feelings and sense of well-being of a person.<sup>4</sup> The person suffering with this disease feels sad, anxious, empty, helpless, guilty, irritable, hurt and restless.<sup>5</sup> Symptoms like lethargy, decreased or increased appetite, lack of interest in day to day in life, body ache, weakness, insomnia, restlessness and irritability and weight gain or weight loss are seen in these patients

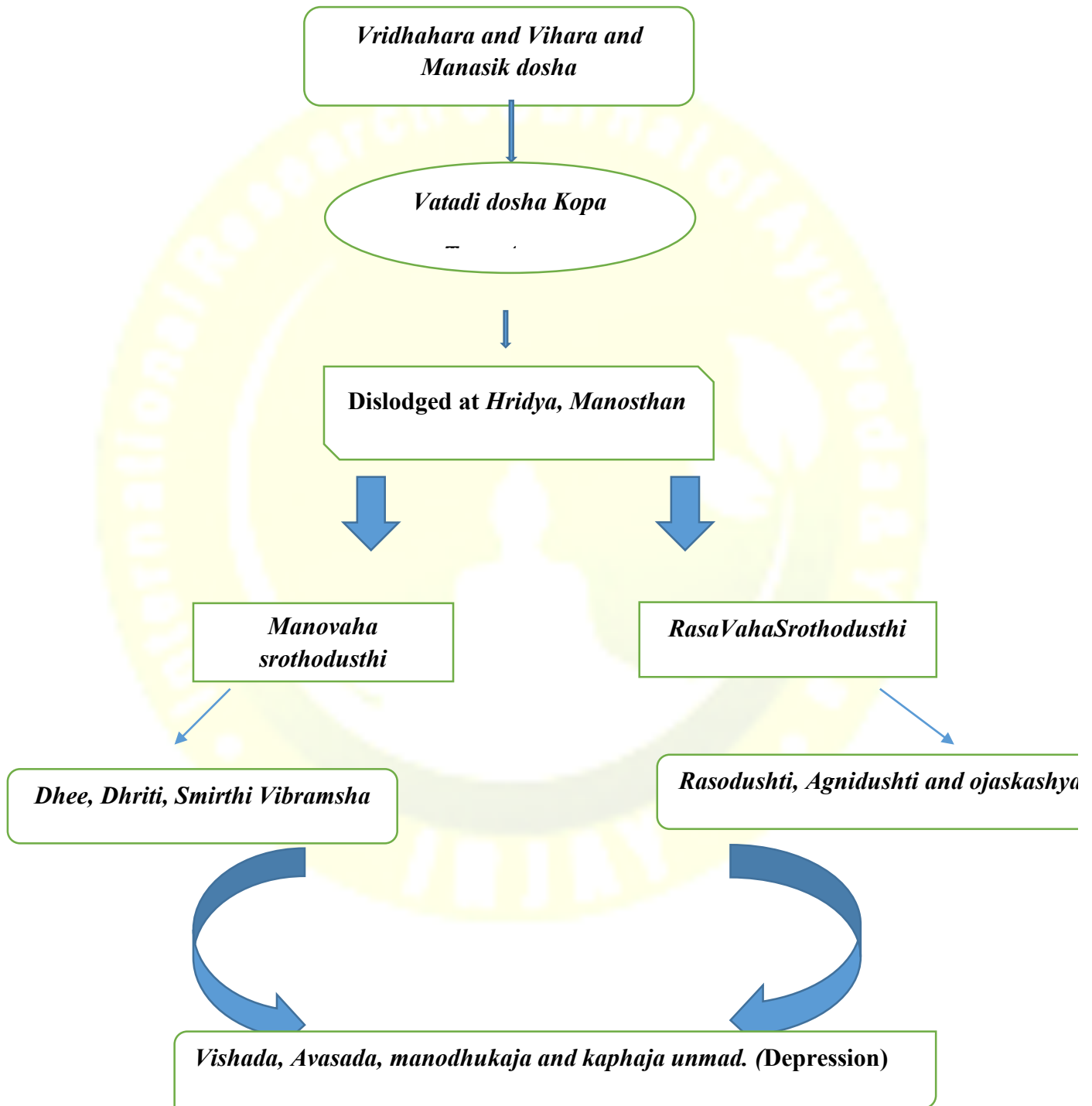
**According to Ayurveda :-** Ayurveda is the science in which prime importance is given to mental health. Manas is among one *Tridanda* of life. Any disorder in Manas

greatly affects the health of the person. Almost all *Ayurvedic* classics describe physical and mental impacts of any disease in detail. The clinical features of mental depression are described under various *Mannisk bhavas* and is co-related with *Vishada*<sup>6</sup>, *Avasada*<sup>7</sup>, *manodhukaja*<sup>8</sup> and *kaphaja unmad*<sup>9</sup>.

### *Samanya lakshana of Unmada*

1. *Dhivibhrama*
2. *Satva pariplava*
3. *Paryakula drishti*
4. *Adhirata*
5. *Abaddha vaktwa*
6. *Hridayashoonyata*
7. *Na sukha na duhkam*
8. *Alpa samjna smriti*
9. *Achintana arambha*
10. *Vijnana bhrama- distorted understanding*<sup>10</sup>

**Pathophysiology of depression according to Ayurveda<sup>11</sup>** :- The root cause are *Shariraka dosha, Manasik Dosha, Satwa bala, Karmendriya, Agni, Jnanendriya, Dhatus, Srotas and Ojus*.



**Treatment:-** The main principal of treatment includes:-

1-Balancing three *doshas* of body:- It is important to use *tridoshaj siddhant* in the management of disease. Balancing all the three *doshas* are important in the treatment of Mental depression, especially *Vatanulomak Ahara vihar* are advised.

2-*Manaisik dosha- the tamodosha har Ahara vihar* is necessary.

3- *Agni, dhatu and ojus virddhi chikitsa* should be done

4- *Panchkarma chikitsa* is also very useful in the treatment of mental depression.

5- *Satwewajaya chikitsa*

6- *Pranayama and Mantra chikitsa* is also advised.

**Table 1-The drugs used in the management of Mental Depression have following actions**

|                               |  |                            |
|-------------------------------|--|----------------------------|
| <b>CNS stimulants</b>         | <b><i>Sthoulyahara</i></b>               | <b>Nutritive</b>           |
| <b><i>Rasayana</i></b>        | <b>Drugs promoting Thyroid functions</b> | <b>Nervine tonic</b>       |
| <b><i>Medhya</i></b>          | <b><i>Pitta vardhaka</i></b>             | <b>Neurodegenerative</b>   |
| <b><i>Smritivardhaka</i></b>  | <b><i>Kaphavata hara</i></b>             | <b><i>Dipana</i></b>       |
| <b><i>Buddhi vardhaka</i></b> | <b><i>Shokahara</i></b>                  | <b><i>Pachana</i></b>      |
| <b><i>Antistress</i></b>      | <b><i>Nadi balya</i></b>                 | <b><i>Agnivardhaka</i></b> |
| <b><i>Adaptogenic</i></b>     | <b><i>Brimhana</i></b>                   |                            |
| <b>Immunomodulatory</b>       | <b><i>Poshaka</i></b>                    |                            |

**Table-2 List of drugs and their specific action.**

|  |  |
|--|--|
| <b>CNS stimulants</b>                          | <ol style="list-style-type: none"> <li>1. <i>Shunthi ksheera paka</i><sup>12</sup>.</li> <li>2. <i>Siddha makaradhwaja</i></li> <li>3. <i>Makaradhwaja</i></li> <li>4. <i>Kasturyadi gutika</i></li> <li>5. <i>Coffee</i></li> <li>6. <i>Herbal tea</i></li> </ol> |
| <b>Rasayana</b>                                | <ol style="list-style-type: none"> <li>1. <i>Amalaki rasayana</i></li> <li>2. <i>Bhallataka vati</i></li> <li>3. <i>Chitrakadi vati</i></li> <li>4. <i>Brahmi ghrata</i></li> <li>5. <i>Goghruta</i></li> <li>6. <i>Goksheera</i></li> </ol>                       |
| <b>Medhya</b>                                  | <ol style="list-style-type: none"> <li>1. <i>Manduka parni swarasa</i></li> <li>2. <i>Bramhi rasayana</i></li> <li>3. <i>Medhya vati</i></li> <li>4. <i>Yashti madhu choorna</i></li> <li>5. <i>Guduchi kashaya</i></li> <li>6. <i>Goghruta</i></li> </ol>         |
| <b>Buddhi medhakara gana</b>                   | <ol style="list-style-type: none"> <li>1. <i>Adhyavasaya</i></li> <li>2. <i>Paratantravalokana</i></li> <li>3. <i>Acharya seva</i></li> </ol>  |
| <b>Smriti vardhaka and<br/>Buddhi vardhaka</b> | <ol style="list-style-type: none"> <li>1. <i>Mandooka parni swarasa</i></li> <li>2. <i>Kooshmanda avaleha</i></li> <li>3. <i>Bramhi ghruta</i></li> </ol>  |

|                         |  |
|-------------------------|--|
|                         | <ol style="list-style-type: none"> <li>4. <i>Smriti sagara rasa</i></li> <li>5. <i>Saraswatarista with gold</i></li> </ol>   |
| <b>Anti-stress</b>      | <ol style="list-style-type: none"> <li>1. <i>Shatavari swarasa</i></li> <li>2. <i>Shatavari guda</i></li> <li>3. <i>Jatamamsi choorna</i></li> <li>4. <i>Kooshmanda avaleha</i></li> </ol>   |
| <b>Aadapto-genic</b>    | <ol style="list-style-type: none"> <li>1. <i>Ashwagandharista</i></li> <li>2. <i>Ashwagandha leha</i></li> <li>3. <i>Ashwagandha choorna</i></li> <li>4. <i>Kooshmanda swarasa</i></li> <li>5. <i>Kooshmanda avaleha</i></li> <li>6. <i>Guduchi kashaya</i></li> </ol> |
| <b>Immunomodulatory</b> | <ol style="list-style-type: none"> <li>1. <i>Guduchi kashaya</i></li> <li>2. <i>Godugdha</i></li> <li>3. <i>Goghrita</i></li> <li>4. <i>Ashta ksheera</i></li> <li>5. <i>Amalaki rasayana</i></li> <li>6. <i>Amalaki swarasa</i></li> </ol>                            |
| <b>Sthoulyahara</b>     | <ol style="list-style-type: none"> <li>1. <i>Medohara guggulu</i></li> <li>2. <i>Amrita guggulu</i></li> <li>3. <i>Navaka guggulu</i></li> <li>4. <i>Tryushanadi loha</i></li> <li>5. <i>Vidangarishta</i></li> <li>6. <i>Shilajatu loha rasayana</i></li> </ol>       |

|                                  |  |
|----------------------------------|--|
|                                  | <ol style="list-style-type: none"> <li>7. <i>Mandoora bhasma</i></li> <li>8. <i>Punarnavadi mandoora</i></li> <li>9. <i>Triphala tablet</i></li> </ol>   |
| <b>Thyroid stimulating drugs</b> | <ol style="list-style-type: none"> <li>1. <i>Medohara guggulu</i></li> <li>2. <i>Bhallataka vati</i></li> <li>3. <i>Chitrakasava</i></li> <li>4. <i>Chitrakadi vati</i></li> <li>5. <i>Navaka guggulu</i></li> </ol> |
| <b>Pitta vardhaka</b>            | <ol style="list-style-type: none"> <li>1. <i>Shunthi ksheera paka</i></li> <li>2. <i>Panchakolasava</i></li> <li>3. <i>Trikatu choorna</i></li> <li>4. <i>Chitrakasava</i></li> </ol>                                |
| <b>Kaphavata hara</b>            | <ol style="list-style-type: none"> <li>1. <i>Guggulu kalpa</i></li> <li>2. <i>Shunthi choorna</i></li> <li>3. <i>Trikatu choorna</i></li> </ol>  |
| <b>Shokahara</b>                 | <ol style="list-style-type: none"> <li>1. <i>Tagara tablet</i></li> <li>2. <i>Jatamamsi choorna</i></li> <li>3. <i>Manasa mitra vataka</i></li> <li>4. <i>Saraswatarista with gold</i></li> </ol>                    |
| <b>Nadibalya</b>                 | <ol style="list-style-type: none"> <li>1. <i>Kooshmanda avaleha</i></li> <li>2. <i>Balarishta</i></li> </ol>   |



|                              |   |
|------------------------------|---|
|                              | <ol style="list-style-type: none"> <li>3. <i>Ashwagandharista</i></li> <li>4. <i>Visha tinduka vati</i></li> <li>5. <i>Tapyadi loha</i></li> <li>6. <i>Abhraka bhasma shataputi</i></li> <li>7. <i>Vajrabhraka sindoora</i></li> </ol>  |
| <b>Brimhana</b>              | <ol style="list-style-type: none"> <li>1. <i>Kooshmanda avaleha</i></li> <li>2. <i>Aja mamsa rasayana</i></li> <li>3. <i>Ashwagandha leha v</i></li> <li>4. <i>Chatusneha</i></li> </ol>  |
| <b>Poshaka and Nutritive</b> | <ol style="list-style-type: none"> <li>1. <i>Godugdha</i></li> <li>2. <i>Ashta ksheera</i></li> <li>3. <i>Aja mamsa rasa</i></li> <li>4. <i>Vidari kanda swarasa</i></li> <li>5. <i>Varahi kanda choorna</i></li> </ol>   |
| <b>Nervine tonic</b>         | <ol style="list-style-type: none"> <li>1. <i>Visha tinduka vati</i></li> <li>2. <i>Ashwagandha choorna</i></li> <li>3. <i>Balarishta</i></li> <li>4. <i>Bala moola choorna</i></li> </ol>   |
| <b>Neuro-regenerative</b>    | <ol style="list-style-type: none"> <li>1. <i>Brihat vata chintamani rasa</i></li> <li>2. <i>Vasanta kusumakara rasa</i></li> <li>3. <i>Yogendra rasa</i></li> <li>4. <i>Ekangaveera rasa</i></li> <li>5. <i>Vajrabhraka sindoora</i></li> <li>6. <i>Abhraka bhasma shataputi</i></li> </ol> |

|                                  |   |
|----------------------------------|---|
| <b><i>Dipana and Pachana</i></b> | <ol style="list-style-type: none"> <li>1. <i>Trikatu choorna</i></li> <li>2. <i>Lashuna ksheera paka</i></li> <li>3. <i>Shunthi ksheera paka</i></li> <li>4. <i>Agnitundi vati</i></li> <li>5. <i>Hingwashtaka choorna</i></li> <li>6. <i>Lashuna ksheera paka</i></li> </ol> |
| <b><i>Agnivardhaka</i></b>       | <ol style="list-style-type: none"> <li>1. <i>Chitrakadi vati</i></li> <li>2. <i>Bhallataka vati</i></li> <li>3. <i>Trikatu choorna</i></li> <li>4. <i>Chitrakasava</i></li> <li>5. <i>Panchakolasava</i></li> <li>6. <i>Lashunadi vati</i></li> </ol>                         |

### Single herbs used in mental depression

1. *Kasturi*
2. *Makaradhwaja*
3. *Pooga*
4. *Shunthi*
5. *Kapikacchu*
6. *Twak*
7. *Panchakola*

### DISCUSSION

Mental depression is commonly occurring in Indian population . It will affect creativity and work performance in the patients . Symptoms of mental depression ,Loss of interest ,Depressive mood, Decreased energy ,Inferiority complex, Disturbed sleep ,Loss of appetite, Poor concentration ,Anxiety affects day to day activities . According to *Ayurveda* the three main *Gunas*, of mana is *Sattva*, *Rajas* and

<sup>13</sup> *Tama* . Any disturbance in these cause various *Mannisk vyadhis*. *Vishhad* and *Avasaad* are the terms used for both *Manasik bhavas* and *Manaisik vikaras*. This is caused mainly due to *Vata vikara*. In *Manodhukhaja unmada* the symptoms expressed are grief, complaining or praising the lost, pallor and fainting, weeping, tearfulness, emotional withdrawal<sup>14</sup> *Kaphaja unmada* on the other hand is characterized by *Sthanam eka dehse* , *Thushni bhava*, *Achankramana* ,

*Lalasinghanaka srava, Sauchadwasha, Anannabhilasha, Rahaskamatha, Bhibhatsyathwam*<sup>15</sup>. Diet patterns like junk food, left over and old food suggestive of *Tamasika and Rajasika Ahara* plays a major role in the manifestation of depression. Treatment of depression is a priority factor as it affects the whole family if one person of the family is affected by mental depression. Ayurveda drugs and formulations are effective in the management of mental depression. The medicines like *Saraswatarista, sarpagandha vati, ardraka khanda, pooga choorna*, herbal tea, and *Ayurveda CNS stimulants* are found effective in mental depression<sup>16,17</sup>. *Ayurveda* management includes *Vyadhi pratyanka aishadha prayoga, pancha karma procedures like Shirodhara, tailabhyanga nasya, sweda, matra basti, dhoomapana, and pathyapathya, diet therapy, vyayama, walking and counselling*. *Ayurveda* medicine is useful in mild to moderate depression cases. However cases of severe

depression should be referred to modern medicine.

## CONCLUSION

From the above facts it is concluded that in *Ayurveda* numerous factors are playing a main role for its pathogenesis like *Prakruti, Deha Prakruti, Manas Prakruti, Manas Bhav, Triguna and tridoshas* etc. *Ayurveda* is essentially preventive in approach; it has a comprehensive system of curative medicine. Primary goal of treatment for this disease is associated with restoration of the underlying physiology. when the quality of mind is unbalanced by emotional disturbances it has to be treated by psycho-behavioural therapy, controlling particular diet or habits play an important role in controlling *tamas* and *rajas* activity of the mind, establishing a *satwa* predominant state, which is essential for the normal and healthy functioning of the mind. *Ayurveda* system of medicine has a positive role in the management of depression

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