

Ayurveda- Role In Mental Ailments

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Ayurveda is a science with vast potential. Today there is not a single area untouched by Ayurveda. Actually mental health problems are dramatically increasing world wide. World Health Organization's warning shows that "depression is set to become the main cause of disability and second leading health problem by 2020".

We know everyone fight with their life and try to make their goals real. So modern life styles lead to-

1. EXHAUSION
2. ANXIETY
3. LACK OF SLEEP
4. IRRITABILITY
5. FORGETFULNESS
6. DEPRESSION

According to allopathic medical system anxiety is a common emotional problem and is typically a response to a perceived threat and depression is present in quarter to a half of all medical patients. The key psychological symptoms are depressed mood, loss of interest and pleasure.

To manage these type of mental ailments always use

1. Physical treatment
2. Physiological treatment

Physical treatment includes antipsychotic drugs and antidepressant drug which gain more side effects.

View of Ayurveda in this regards according to Dalhana Acharya.

"If there is an imbalance of dosha in mind then body will also be affected and vice and versa" Actually there is some sort of relationship between body and mind. One should always consider body and mind as a single unit. (Dalhana)

Definition of Health as per Ayurveda is given below

Balanced stage of Dosha (Biological Humours-Vata,Pita,Kapha) and proper digestion and balance stage of tissue elements (Dathu) and proper elimination of waste product brings happiness of mind. The person who has this state is totally healthy. (ss.su.15)

It is necessary to write a few lines about the pathogenesis of mental ailment according to Ayurveda philosophy.

Vitiated dosha, this dosha can be manasa dosha or sharerika dosha (Ayurveda consider rajas and thamas as the two manasa dosha) considered to be responsible for mental disease. in the same way as the three bodily doshas namely Vata,Pita,Kapha (Madava purva)

Vitiated dosha flow in an upward direction and accumulate channel in the brain (brahma hradaya)and disturbed to function, the mind lead to no proper thinking, no proper feeling and action. Finally we can see some sort of abnormalities in their functions,feelings as well as thinking.

To manage them according to Ayurveda concept, we have to consider the vitiated dosha.and try to bring back that imbalanced dosha to a balanced state. The treatment focus on the person person rather than the disease.

For this purpose always use internal and external medications. I would like to illustrate this with the example below.

The below report was based on the Ayurveda treatment that Mr.Urs Spati had for his mental disorder. Here is his history of disease briefly.

NAME	:Mr.Urs Spati
PLACE OF ORIGIN	:Switzerland
AGE	:52years
BODY WEIGHT	:78kg
HEIGHT	:175cm
BODY MASS INDEX	:23.2
CHIEF COMPLAIN	:lack of sleep, tiredness, loss of interest tremors and suicidal thinking
HISTORY OF TREATMENT	:Antidepressant drug EFEXOR ER REMERON SOLTAB
DATE OF ADMISSION	:18/06/2007

BODY TYPE
(ACCORDING TO AYURVEDA 'PRAKURTI') :Pitha Kapha prominent

MARITAL STATUS :Divorced

NO OF CHILDREN :01

BLOOD PRESSURE :140/90mmhg

PULSE :80/minutes

OTHER SYSTEMS :Normal

Treatment Chart

No of Days	Treatment Name (according to Ayurveda)	Used oil	Blood Pressure
1 day	Shirodhara(45 minutes) Snehana (45 minutes)	Nirgundee oil Seethodaka oil	140/90mmhg
2 day	Shirodhara(45 minutes) Snehana (45 minutes)	Nirgundee oil Seethodaka oil	140/80mmhg
3 day	Shirodhara(45 minutes) Snehana (45 minutes)	Nirgundee oil Seethodaka oil	130/90mmhg
4 day	Shirodhara(45 minutes) Snehana (45 minutes)	Nirgundee oil Seethodaka oil	130/80mmhg
5 day	Shirodhara(45 minutes) Snehana (45 minutes)	Nirgundee oil Seethodaka oil	130/90mmhg
6 day	Shirodhara(45 minutes) Snehana (45 minutes)	Nirgundee oil Seethodaka oil	120/70mmhg
7 day	Shirodhara(45 minutes) Snehana (45 minutes)	Nirgundee oil Seethodaka oil	100/80mmhg
8 day	Shirodhara(45 minutes) Snehana (45 minutes)	Nirgundee oil Seethodaka oil	110/80mmhg
9 day	Shirodhara(45 minutes) Snehana (45 minutes)	Nirgundee oil Seethodaka oil	110/80mmhg

10 day	Shirodhara(45 minutes) Snehana (45 minutes)	Nirgundee oil Seethodaka oil	110/80mmhg
11 day	Shirodhara(45 minutes) Snehana (45 minutes)	Nirgundee oil Seethodaka oil	120/80mmhg
12 day	Shirodhara(45 minutes) Snehana (45 minutes)	Nirgundee oil Seethodaka oil	120/80mmhg
13 day	Shirodhara(45 minutes) Snehana (45 minutes)	Nirgundee oil Seethodaka oil	120/80mmhg
14 day	Shirodhara(45 minutes) Snehana (45 minutes)	Nirgundee oil Seethodaka oil	120/80mmhg

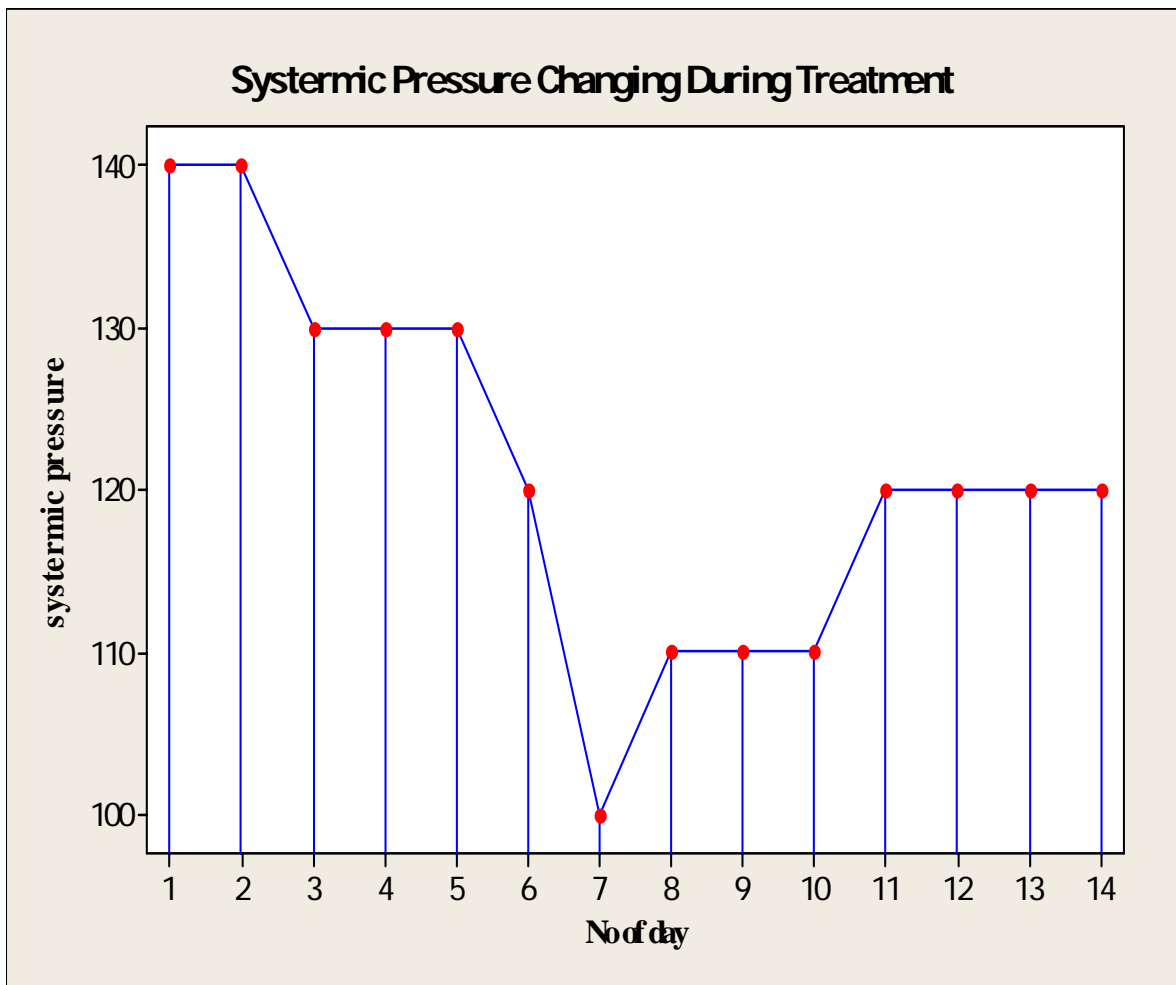


Table -01

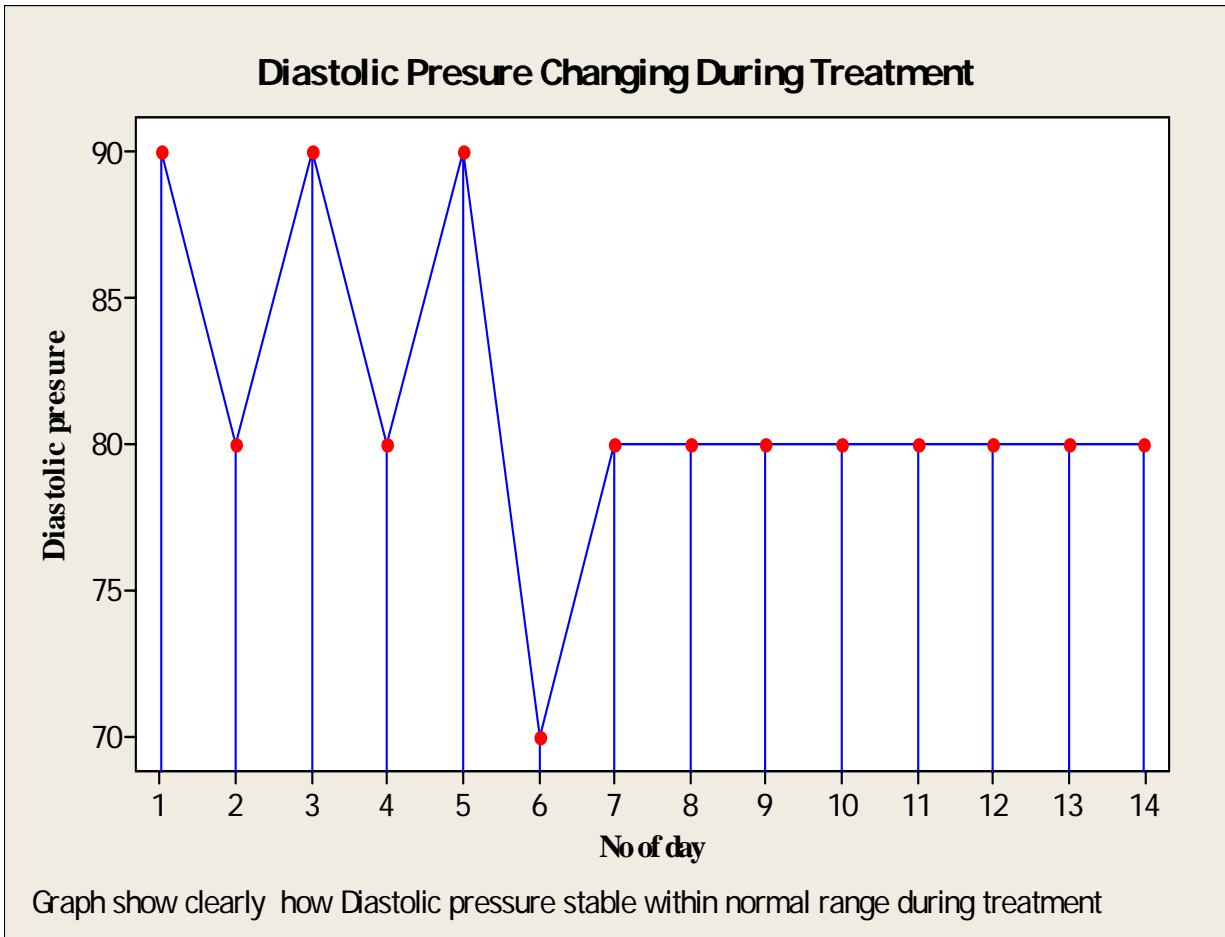


Table -02

I am glad to say his psychological and somatic changes were getting better day by day and pressure changing during treatment showed better improvement.

At the end of the 14 days he became a totally new person .Amazingly enough to say without internal Ayurveda treatment using only external

Shirodhara
Snehana

I was able to make a big improvement.....

According to Allopathy, serotonin has been implicated in several psychiatric diseases. All the functions of serotonin have got to be elucidated. But depletion of serotonin from the brain by serotonin inhibitors has been shown by numerous investigators to cause

Irritability
Aggressiveness
Abnormal fear
Tremors

Now better to mention the lymphatic system which is responsible for serotonin. Actually it is interesting to look at the lymphatic system from the point of view of the east and the west. According to modern lymph is a clear or milky colored fluid which originates by leakage from blood capillaries. It contains,

Lymphocyte
Tryptophan which can make serotonin
Albumin

And this fluid flows in one direction only, towards the heart. Medical anatomists and surgeons have used a variety of staining and dye technique to discover the exact route of the lymph movement as it returns from each organ and extremely of the body to the heart, x-ray localization shows exact location of lymph vessels and nodes. There is exact anatomical correlation between marma and lymph nodes and vessels as shown by modern scientific techniques.

So once we have increased lymph flow by oil abhyanga (in abhyanga we apply oil all over the body and then massage special in marma to upward motion)

Then what are the theoretical mechanisms causing its mental and physical effect?

There are several processes

- Increase tryptophan (that means serotonin level get high)
- The subsequently causes parallel increase in the neurotransmitter and serotonin.

So then they feel sort of freshness and new born. Because if there's any decrease of serotonin, after the oil abhyanga that decrease disappear, it will become normal range.

This is the main point that I wanted to mention.

When he was being treated by using,

Shirodhara

Body oil abhyanga his vitiated dosha turned to a balanced stage and marma got stimulated as Ayurveda. In an allopathic view his serotonin and important neuro-transmitters have been increased by increasing lymphatic flow by surrounding muscle contraction due to abhyanga.

References :-

- Principals and practice of Medicine ;2002 nineteenth edition
- Madawanidana translated and edited by Dr.Ariyadasa Kumarasinghe;1994
- Ancient Indian massage