

Role of Ayurveda and Yoga in Treating Mental disorders - A Review

Review Article

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Abstract

A person's mental health is a personal and unique issue. We need to maintain good mental health because we are human. On the other hand, we form habits and behaviours that can contribute to poor mental health. These behaviours might be anything from minor annoyance to serious anxiety and sadness. The phrase "mental illness" is broad and encompasses nearly all mood-behaviour problems brought on by flawed perception, emotion, thought, and attitude. These people also struggle to fit in with other members of society. Mental illnesses impact individuals in every community worldwide and contribute significantly to the global burden of disease. Mental illnesses can begin early in life. If we take a look in Ayurveda so in Ayurveda also mental health has a great importance for all over healthy personality. Ayurveda consider prassana atma, indriya and mana beside the equilibrium of dosha, dhatu and mala as swastha. Ayurveda deals with four aspects of lifestyle which can ensure good health in us. These include right food (Ahara), right recreation (vihara), right routine (achara), and right thinking (Vichara) life. Observing certain practice ensure a healthy and happy life. There are lots of discussion regarding Aachar Rasayana, sadvrutta, pranayama, Aasans etc. in Ayurveda. All these are helpful to maintain proper mental health as well as to tackle mental illness. Role of these in altered mood behavior will be discussed in detailed in full paper.

Keywords: *Ayurveda, Mental health, Pranayama, Aasna.*

Introduction

A person's physical, mental, social, and spiritual well-being are all considered aspects of their health. As a result, one element of the larger idea of health is mental health. It focuses on the individual's ideal degree of emotional and behavioral adjustment. The devil of mental illnesses is getting worse, according to a number of statistics gathered. The World Health Organization (WHO) published it. An estimated 350 million people suffer from depression today (1). The globe. According to a global mental health survey, 1 in 20 adults on average reported experiencing an episode of depression. Globally, there is a growing need to address mental health issues including depression (2).

Mental disorder or Mental illness

A mental disorder or mental illness is a pattern of behavior or psychology that is not typical of a person's growth or culture and is typically linked to subjective distress or incapacity. Mental well-being characterizes the absence of a mental illness or a state of cognitive or emotional well-being. Subjective well-being, perceived

self-efficacy, autonomy, competence, intergenerational reliance, and the awareness of one's capacity to reach one's full emotional and intellectual potential are all considered aspects of mental health. A person's mental health is a personal and unique issue. We need to maintain good mental health because we are human. On the other hand, we form habits and behaviors that can contribute to poor mental health. Such actions range from little annoyance to intense.

Three basic forms of mood disorders: 1. Major depressive disorder 2. Dysthymic disorder (a chronic, mild depression) 3. Bipolar disorder (also called manic Depression) Depression: Depression is one of the most global public health issue and common disease on human race. Its burden on society is really impressive. It is chronic illness that affects mood thoughts, physical health and behavior of any individual and has been estimated to affect up to 21% of the world's population. Depression is defined as a change in mood characterized by feeling of "tone of sadness" which may vary from mild despondency to the most abject despair. This change in mood is relatively fixed and can persist over a period of days, weeks, months or years. The symptoms of depression can be complex and vary widely between people. But as a general rule, if we are depressed, we feel sad, hopeless and lose interest in things we used to enjoy. The symptoms persist for weeks or months and are bad enough to interfere with our work, social life and family life.

1. Psychological symptoms include: Continuous low mood or sadness
2. Feeling hopeless and helpless

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3. Having low self-esteem
4. Feeling tearful
5. Feeling guilt-ridden
6. Feeling irritable and intolerant of others
7. Having no motivation or interest in things
8. Finding it difficult to make decisions
9. Not getting any enjoyment out of life
10. Feeling anxious or worried: Having suicidal thoughts or thoughts of harming yourself.

Psychotic disorders are severe mental disorders that cause abnormal thinking and perceptions. Delusions and hallucinations are the two main symptoms of psychosis. People with psychosis may also lose touch with reality. The collective incidence of all psychotic disorders in 2002–2017 was 26.6 per 100 000 people. According to a systematic review published in 2018, lifetime prevalence of psychosis was 7.49 per 1000. Schizophrenia is the most prevalent functional psychotic disorder among various psychotic spectrum disorders and ranks among the top 10 global burdens of disease identified by the WHO. In addition to the direct burden, there is substantial burden on the families who care for the sufferers. The management of schizophrenia is currently aimed at early diagnosis & treatment initiation, prevent relapses, provide rehabilitation services, and reintegrate the ill persons into the community so that they can lead as normal a life as possible. Ayurveda is a traditional system of medicine originating from India. It focuses on balancing the lifestyle and biorhythms through the application of herbal formulations and detoxification procedures. It has enormous potential to treat many disorders of the body and mind. Ayurveda understands schizophrenia spectrum and other psychotic disorders as *Unmada*. *Unmada* is described in the Ayurveda texts as a disorder that manifests when the physical and psychological stressors vitiate the humors- *Vata*, *Pitta*, and *Kapha*, displace them from their original site and expulse upward to the *manas* (mind) resulting in a wide range of physical and psychological symptoms.

According to ancient Ayurveda text *Charaka Samhita*, *unmada* can be classified into five subtypes:

- 1) *Vataja unmada* (*unmada* due to vitiation of vata humor),
- 2) *Pittaja unmada* (*unmada* due to vitiation of pitta humor),
- 3) *Kaphaja unmada* (*unmada* due to vitiation of kapha humor),
- 4) *Sannipataja unmada* (*unmada* due to vitiation of all three humors),
- 5) *Agantuja unmada* (*unmada* due to exogenous causes like non-observance of spiritual disciplines or supernatural things).

Although symptomatic manifestations vary according to the *dosha* (humor) involved, the following aspects of an individual personality are commonly affected in all three types of *Unmada*: *Mana*-thoughts/mental faculties, *Buddhi*-intellect, *Samjna*-awareness, *Jnana*-orientation, *Smriti*-memory, *Bhakti*-desire, liking or attitude towards the society, *Sheela*-habits and temperament, *Cheshta*-psychomotor activities and *Achara*-routine activities of daily living.

These changes may manifest acutely or take a chronic progressive course, resulting in the affected person losing touch with reality and his ability to sustain himself in society (3), (4), (5).

Discussion

Ayurveda also explains a systematic treatment protocol for *Unmada* which is based on three principles:

- 1) *Daivavyapashraya* (spiritual/divine therapy)
- 2) *Yukti vyapashraya* (therapy based on clinical reasoning)
- 3) *Satwavajaya* (psychotherapy).

The major focus in acute symptomatic phase is on the *Yuktivyapashraya chikitsa*, which involves treatment in the following phases:

- 1) *Deepana* and *Pachana* (correction of digestive fire)
- 2) *Snehapana* (Oral administration of medicated clarified butter or ghee)
- 3) *Mridu sodhana* (mild purification by induced emesis or purgation)
- 4) *Samsarjana krama* (Dietetic regimen). The aim of this treatment is to balance vitiated humors and facilitate the normal psychological functions.

Further treatment is planned to modulate the residual morbid humors and for maintenance purpose, which involves

- 1) "*Basti*" (medicated enema),
- 2) "*Shirovirechana*" (medicated nasal errhines) and
- 3) "*Samjna prabodhana*" (medications to improve awareness and orientation).

Along with these, several poly herbal formulations having disease modifying effects are also administered for a prolonged duration.

Ayurveda has numerous therapeutic formulations and treatment protocols described for psychotic disorders/schizophrenia. Although these therapies and methods have been in practice for several years, systematic evidence has not been generated for the same. Thus, in the current review an attempt has been made with an objective of summarizing currently available clinical trials exploring Ayurveda treatment protocols in psychotic disorders and evaluating them with conventional treatment procedures.

Yoga Vs Brain

Yoga is a movement-based embodied contemplative activity that can lead to a variety of neurobiological alterations in different brain regions. Yoga exerts a regulatory effect on brain synaptic plasticity and promotes cognitive tasks, particularly working memory. Furthermore, yoga increases inter-hemispheric coherence and symmetry and improves neurocognitive functions. Yoga may also exert pronounced anatomical changes in different brain regions, especially in the limbic system.

Effect of yoga on brain neurotransmitters γ -aminobutyric acid (GABA) is considered the main inhibitory neurotransmitter responsible for the regulation of cortical excitability and neural plasticity. Multiple lines of evidence suggest that yoga promotes cortical GABAergic inhibitory tone and modulates

downstream brain regions. A 12 wk yoga practice markedly enhanced the thalamic GABA values, accompanied by improved mood and reduced anxiety. Higher thalamic GABA levels could be the result of enhanced (regional) cerebral blood flow in the prefrontal cortex of yoga practitioners, which can lead to the activation of the reticular nucleus of the thalamus and higher GABA production. A magnetic resonance spectroscopy study has shown that yoga practitioners exhibited greater brain GABA values after a 60 min session of yoga training compared to controls. In addition to GABA, an enhancement of dopamine has been observed in the ventral striatum of subjects who practice yoga. It has been suggested that yoga could cause a rise in serotonin. Several investigations performed on participants after their meditation sessions have shown an elevation of the serotonin metabolite levels in urine. Moreover, a regular yoga practice may cause a reduction in norepinephrine values. Patients with heart failure who practiced weekly yoga displayed lower levels of norepinephrine in blood samples (6) (7).

Benefits of Savasana

The physiological benefits of deep relaxation Are numerous likes-

- Savasana has a regenerative effect on the mind and the body.
- Savasana provides relief from any kind of stress and strain in few minutes.
- Savasana helps to strike a balance between work and rest.
- Savasana tackles restlessness, insecurity, frustration, anxiety, and fear.
- The ageing process is controlled.

Conclusion

Examining the literature reveals that Acharya Sushruta's concept of health, "Prassana Atma, Indira and Mana beside the equilibrium of Dosha, Dhatu and Mala as Swastha¹⁰," encompasses all facets of a healthy person and amply demonstrates the significance

of mental health. The fast-paced, unpredictable lifestyle of today has brought wealth, but it has also had a significant negative impact on people's physical and mental well-being. In particular, when young, the person becomes mentally weary and looks for rescue. Numerous mental illnesses had emerged, burdening people's lives on a social and financial level. A detailed or brief description of a regimen for almost anything can be found in Ayurvedic texts. One of the fundamental ideas of Ayurveda is the mental element.

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