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Psychiatry in Ayurveda

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ABSTRACT

Synthetic drugs for human brain disorders are expensive symptomatic long treatments, sometimes showing serious and unavoidable side effects with poor patient compliance. Therefore, the herbal and Ayurvedic treatments are preferred over synthetic drugs for a range of human brain disorders including, Alzheimer's disease, Parkinson's disease, depression, epilepsy, schizophrenia, anxiety, etc. Ayurvedic system of medicine has traditionally been used in several neurological conditions. The accessibility, negligible incidence of side effects and cost effectiveness of plant products offer considerable advantages. These days much attention is drawn towards the established traditional systems of herbal remedies for many brain disorders, generating positive hopes for the patients. The Ayurvedic prescriptions which contain either a single identity of plant or a mixture of plant materials have been proven to be very useful against such disorders. The plant materials prescribed for these problems range from herbs to perennial trees with varied plant parts, ranging from whole plant, roots, stem, bark, leaves, flowers, fruits to seeds. It has been attempted to review the current situation of mental disorder in the society vis-a-vis its effective solution described in the Ayurveda and problem of side effects in synthetic medicines.

Keywords: Psychiatry and ayurveda

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INTRODUCTION

The Ayurvedic Concept of Mind: Ayurveda has its own identity as most ancient and Traditional System of Medicine in India. It deals with the whole life of human being starting from birth to end of life because Ayurveda describe the art of living and it is a science of life. That reveals what is appropriate as well as auspicious for a happy and long life. The term Ayurveda has formed by the combination of two words- "Ayu" meaning life, and "Veda" meaning knowledge. Ayurveda has regarded as "The Science of Life" and the practice involve the care of physical, mental and spiritual health of human being. The three pillars of life are Manas(mind),Atma(soul) and Sareera(body). Psychiatry in Ayurveda integrates mind,body and soul.The mindbody connection is very important in Ayurveda.Physical imbalances can disturb mental state while mental illness leads to disruption of body functions.Charaka Samhita and Ashtanga Hrudaya are the two important texts in Ayurveda which describes treatment for mental imbalance.

The perfect balance of mind, body and soul to considered as complete health in Ayurveda. The concept of mind in ancient India had been since pre-vedic period. Mind been conceived to be functional element of ATMAN (soul) which described in Vedas - earliest written script of human race. It been mentioned in Vedas that thoughts determine the facial appearance, thoughts influence facial expression. Even Ayurveda emphasizes its treatment modalities into three parts viz. Satwawajay Chikitsa, Yuktivyapashray and Daivyapashray Chikitsa. Sattvavajaya therapy mentioned in Charakasamhita and it used as new concept of psychotherapy in Ayurveda. Whereas Yuktivyapashraya is rational therapy and Daivyapashray is faith therapy.

The mind contains an organ of Intellect. it is called buddhi. Buddhi helps us understand immediately and clearly the true significance of things, thoughts and emotions; it allows us to know, judge and discriminate. Depending on its

state, Buddhi forms real or unreal images of our husbands, wives, environment, ourselves and the entire world.

Manas, the outer mind, is the receptacle of sensory impressions from our sense organs, organizes them into categories, yet it has doubt about their true nature. Buddhi defines and judges them and brings about definite and determinate cognition. Thus while Manas simply assimilates sense-impressions and Buddhi defines them, Ahamkara, the Ego, self-appropriates the perceived impressions for its own agenda. Buddhi determines their nature, differentiates them and crystallizes them into concepts. Its function, then, is to bring about certainty and distinctiveness in knowledge.

The Three Doshas:

Tridosha Concept and Body Mind constitution
The three life energies called Vata,Pitta and Kapha govern an individual's mind and body activities. Vata is the life energy which controls movement and nervous system. Pitta is the life energy which regulates metabolism and brings about transformation in the body. Kapha provides stability and is involved with building up of tissues. An individual has all these three life energies in him, but in varying proportions. This unique body –mind constitution is very much like the genetic make up of a person. When vata dosha is high it results in anxiety, restlessness and insomnia. Excess of pitta. This causes irritability and the person's behavior will be judgemental Vitiating of Kapha dosha results in depression, possessiveness and greed.

The Three Gunas:

According to Ayurveda there is an imbalance in Tridoshas when there is a causative factor.The gunas of mind rajas and tamas are also affected simultaneously. Excess of shoka (sorrow), krodha (anger), chinta (unnecessary thinking), kama(lust), krodha(anger), lobh(greed), moha(delusion), irshya(jealousy), abhimana (pride), mada (euphoria), shoka(sorrow) and bhaya(fear) are

some of the negative emotions which can contribute to mental imbalance. Holding on to negative emotions and past experiences are considered as toxins affecting mind. Ashtanga Hrudaya explains that an individual should control his senses and negative thoughts in mind like greed, irritability, anger, competition and attachment. "Dharayaet tu sada vegan hitaishi pretya cheha cha Lobha irshya dvesha matsarya ragaadeenam jitendriya(A.H.Su-4:24) Charakaand Sushruta Samhitas, Vagbhata's Ashtanga Hrudaya, and Dhanwantari by Johari and many other books and classical texts have emulated references to these seven types of Doshas and Gunas they are converted to below conditions.

Common Brain Disorders

The term mental disease or brain disorder is not restricted to mean insanity and allied conditions of mental derangement but also includes, to certain extent, the emotional disorders. Often the emotional factors, when cross the state of normalcy, get deranged to become the syndromes of mental disorder. It is stated that the brain has 100 billion nerve cells (neurons) and each of them connect with many others to form communication networks. These nerve cells have special jobs like thinking, learning, remembering as well as to see, hear, and smell. To do their work brain cells, like tiny factories, receive supplies, generate energy, construct equipment, and get rid of the waste. Brain cells also process and store information to communicate with other cells. Keeping everything functional, it requires large amounts of fuel and oxygen for proper coordination. Once the system is disturbed, a range of human brain disorders start appearing, for example, Alzheimer's disease, Parkinson's disease, Huntington's disease, depression, epilepsy, schizophrenia, anxiety, etc. These diseases have very complex disturbance in the brain function and are beyond the scope of this review. However, a brief description is added here for primary information and understanding the most common brain illnesses.

Alzheimer's disease

Alzheimer's disease is a neurological disorder in which the death of brain cells causes memory loss and cognitive decline.

Anxiety

Anxiety is a psychological and physiological state characterized by cognitive, somatic, emotional, and behavioral factors. These factors combine to create an unpleasant feeling that is typically associated with fear, worry or uneasiness. Without an identifiable triggering stimulus, anxiety is a generalized mood state.

Depression

Depression is a common affective disorder of mood rather than disturbances of thought or cognition. It is the most common affective disorder which is accompanied by delusions and hallucination. In this disease condition, the neurotransmitters levels such as dopamine, acetylcholine, nor epinephrine etc., in the brain are increased. The symptoms of this disease are of two types (i) biological symptoms: retardation of thought, loss of libido, sleep disturbance and loss of appetite (ii) emotional symptoms: feelings of guilt, loss of motivation, ugliness etc. There are 2 types of depressive syndrome e.g., (i) unipolar depression: mood swinging always in the same direction; (ii) bipolar depression: depression alternates with mania.

Epilepsy

A seizure is the characteristic event in epilepsy. In fact, epilepsy is associated with high frequency discharge of impulses by a group of neurons in the brain. It can be of two types: (i) Partial epilepsy: In this the localized areas of brain are damaged. Its symptoms depend on the brain regions involved and (ii) Generalized epilepsy: In this case total brain including reticular system is damaged. With the common synthetic medicines for epilepsy relief is possible on long term use but side effects have to be borne.

Parkinson's disease

It occurs mainly in the elderly and is a progressive disorder of movement showing continuous shivering. It is commonly associated with dementia and the symptoms include tremor at rest usually starting in the hands. The muscle rigidity can be detectable as an increased resistance in passive limb movement and hypokinesia suppression of voluntary muscles. In this condition the neurotransmitter levels, such as dopamine, 5-hydroxytryptamine, acetylcholine, nor-epinephrine, are decreased, mainly in the substantia nigra and corpus striatum of brain. With synthetic drugs short relief is possible but complete cure is, normally, unachievable.

Schizophrenia

The patients of this disease don't know what is happening at present and he does not cooperate with the society and physician for treatment. This disorder has 2 types of symptoms: (i) Positive symptoms: abnormal behavior, delusions, Hallucination, thought disorders. (ii) Negative symptoms: flattening of emotional responses and withdrawal from social contact. In this condition the level of neurotransmitter such as dopamine, 5-hydroxytryptamine, acetylcholine, nor-epinephrine level is increased in the brain. Synthetic drugs can reduce symptoms such as hallucinations, delusions and abnormal thinking. Some people have troubling side effects, including tremors and gaining weight and these drugs may also interfere with other medicines or supplements. It is needless to state that in most cases, medication is a must to treat schizophrenia.

Attention Deficit Hyperactivity Disorder (ADHD)

It is considered as a disorder of children but it is not limited to them. In fact, 30- 70% of kids with this disorder, continue showing symptoms of ADHD when they grow up. In addition, people who were never diagnosed ADHD in childhood may develop more obvious symptoms when grown up, causing trouble on the job or in relationships. In people with ADHD, the

neurotransmitters are less active in areas of the brain that control attention. It is exactly not known what causes this chemical imbalance, but it is thought that genes may play a role as this disorder often runs in families. It has been found that adults given stimulants have fewer ADHD symptoms and some of them may feel better concentration, but complete cure is often not seen.

Natural Ways of Healing of Mind

With the passage of time, new techniques in the medical field are being re-introduced that include herbal healing, yoga, meditation, naturopathy, acupuncture, etc. Several individuals as well as organizations are working in this regard with the aim of fulfilling basic healing requirements of the body. As a matter of fact, there has been enormous change in the mind set of people who once depended on painkillers, are now looking for natural treatments, including Ayurvedic, traditional Chinese, Siddha, Unani, Homeopathy and a number of folklore medicines. Yoga and meditation are also the major key for the fitness of body and mind by enhancing the blood flow in the whole body and calming down the worries and excitements of the mind. Throughout the world the plant based systems of medicine have been doing wonders in treating various diseases. So is the case with the mental disorder problems. It is well proven that herbs have excellent properties for treating panic and anxiety affecting the central nervous system, in much the same way as some prescription drugs, without the negative side effects. Lemon balm is good for relieving stress and anxiety. Chamomile tea has been a highly touted herb for anxiety. The roots of kava are used for anxiety and are also well known in the treatment of sleep disorders such as insomnia. Passion flower is also used as herb for anxiety when given in tea or food. Chinese have used ginseng since long for anxiety and natural immune booster. Cannabis sativa is usually smoked and can be eaten for anxiety relief. People worldwide are aware of this relief but

are sometimes abusing the remedy. Valerian is used throughout the world as a natural sedative and is used for insomnia and panic attacks. It is also a mild painkiller and is considered safe for short term use. Ginkgo biloba and *Hypericum perforatum* are very well known Chinese and European plants with neuroprotective properties and useful in improving memory and treating the learning dysfunction.

Ayurvedic plants mainly described for brain related disorders

Indian systems of medicine are very well developed for treating the brain related

disorders. The most important among the Indian systems of medicine is Ayurveda which describes the use of hundreds of plants individually or in combination for treating brain related disorders. These plants have been summarized in this Table, the list contains the majority of Indian plants which have been described in the treatment of mental disorders and are currently part of the regular Ayurvedic prescriptions the Ayurvedic plants have potential to cure most of the mental diseases as given in.

SNO	Botanical name	Ayurvedic recommendations
1	<i>Achyranthes aspera</i>	When inhaled the powder of the seeds, it gives relief from stiffness and headache of migraine.
2	<i>Acorus calamus</i>	(i) Bark powder enhances memory and cures forgetfulness. (ii) It is beneficial in anxiety and epilepsy when its powder is taken with honey. (iii) Equal weights of its powder and "shunthi" powder (ginger) are recommended to cure facial paralysis.
3	<i>Adhatoda zeylanica</i>	Its powder with honey cures old epilepsy disorder.
4	<i>Albizzia lebbek</i>	(i) Its seeds and black pepper powder when applied near eyes, cures unconsciousness. (ii) Its seed powder is one of the constituents for treating psychosis, insanity, anxiety, hysteria.
5	<i>Allium cepa</i>	Tea from its seeds is beneficial in sleeplessness.
6	<i>Anacyclus pyrethrum</i>	(i) When ground with vinegar and licked with honey, it controls the intensity of hysteria. (ii) When a decoction with "brahmi" is given, it controls the epilepsy. This mixture also improves in mental retardation. (iii) Massaging its root powder in mahua oil, heals paralysis. If the powder is mixed with honey and licked regularly morning and evening, effect of paralysis is checked.
7	<i>Bacopa monnieri</i>	Its juice is taken with "kuth" (<i>Costus speciosus</i> root) powder in honey to help in hysteria. It is also recommended by adding "kuth" and "shankhpushpi" to cure epilepsy and hysteria. It is very useful in the recovery of memory power.
8	<i>Benincasa hispida</i>	(i) Its juice is given with "kuth" powder and honey to cure hysteria. (ii) Its juice when given with "mulethi", helps in epilepsy.
9	<i>Brassica nigra</i>	(i) Its seeds and pigeon's droppings after grinding, are applied on forehead. It helps relieve migraine. (ii) Its fresh oil when massaged, reduces fatigue and laziness.
10	<i>Caesalpinia bonduc</i>	(i) Seeds in combinations when given as "nasya", cures headache. (ii) Juice of leaves is beneficial in epilepsy.
11	<i>Calotropis procera</i>	(i) Flowers and its milk have been described to be useful in epilepsy. (ii) Yellowish dried leaves are used as "nasya" for migraine. When the mixture of its shade dried leaves with cardamom, peppermint and camphor is inhaled, it relieves migraine pain. (iii) Its roots, in a complex herbal combination, are recommended for relief in paralysis.
12	<i>Cannabis sativa</i> Linn.	Its leaves along with asafoetida have been used for epilepsy type problem in women. It is also useful in treating sleeplessness.
13	<i>Cassia occidentalis</i>	Decoction of whole plant or its roots, are useful in relieving the epilepsy and hysteria. Inhaling the flowers or their decoction is beneficial in hysteria.
14	<i>Cassia tora</i>	The seeds are ground in "kanji" (gruel of beans) and applied on forehead to get relief from migraine attack.
15	<i>Celastrus paniculatus</i>	Its seed powder is used in combination of almond, pepper and cardamom powder to improve memory.
16	<i>Centella asiatica</i>	(i) Dry plant when taken in preparations of combinations, improves memory power. (ii) Its powder when mixed with unboiled cow milk and taken, shows relief in insomnia. (iii) Its powder is mixed with honey or pepper or cow's "ghee" (purified butter) and taken to ease in anxiety.
17	<i>Citrullus colosynthis</i>	(i) Fruit juice or oil cooked root bark when applied on head, cures migraine and ear pain. (ii) "Nasya" of its root powder cures epilepsy.
18	<i>Citrus aurantifolia</i>	(i) Seeds and juice are beneficial in insanity related disorder. (ii) Lemon juice is given to the patient of anxiety to regularize the heart beat.

19	Clitorea ternatea	The paste of seeds and roots when taken in equal amount and applied as "nasya", it relieves from the migraine pain.
20	Convolvulus microphyllus	(i) Its powder is mixed with milk or "bach" (Acorus calamus roots) or honey and "ghee" and taken to improve the memory power. (ii) Its juice with honey cures the epilepsy, psychosis and insanity. Shade dried powder alone or with "bach" or Indian pennywort strengthens the mind.
21	Coriandrum sativum	When its extract is regularly taken, the vertigo and headache is relieved.
22	Cuscuta reflexa	Its juice is taken in water for improvement in brain disorders.
23	Cynodon dactylon	Extract of whole plant helps cure madness and epilepsy.
24	Cyperus scariosus	It cures epilepsy when given with cow milk.
25	Datura metel	Its seeds are ground with black pepper and given for treating psychosis.
26	Centella asiatica	Leaves are extracted with warm "ghee" and drops given in nose and ears to cure migraine through sneezing.
27	Citrullus colosynthis	After mixing black pepper powder in its juice, it is applied on forehead for relief in migraine.
28	Citrus aurantifolia	Its root bark powder when taken in sugar and cow's milk, improves memory power.
29	Clitorea ternatea	Extract of branches cures madness.
30	Convolvulus microphyllus	Root powder in ghee brings improvements in epilepsy.
31	Coriandrum sativum	Its leaves' juice and seeds are
32	Cuscuta reflexa	Dried leaves and flowers are powdered together and given in sweet milk for improving memory power.
33	Cynodon dactylon	Taking few drops of henbane oil in water at frequent intervals, controls hysteria in women.
34	Cyperus scariosus	Walnut seeds are ground in "nirgundi" (Vitex negundo) juice and given as nasal drop for hysteria.
35	Datura metel	Seeds in honey or decoction of flowers are given to cure giddiness.
36	Daucus carota	(i) After grinding the bark, the liquid is squeezed and put into the nostrils or given orally as drink to cure meningitis. (ii) Decoction of its roots is given for epilepsy and hysteria in women.
37	Eclipta alba	In Ayurveda, it has been described for use in several illnesses and overall body strength. Scientifically it has also been found to be effective in Parkinson's disease.
38	Ficus benghalensis	It is useful in hysteria, epilepsy when taken with "ghee". "Jatamansi", "bach" and "brahmi" juice are mixed in honey and given in mental problem.
39	Ficus religiosa	Poppy is beneficial in delirium, sleeplessness, convulsion, etc.
40	Glycyrrhiza glabra	(i) Its roots in jaggery are given to overcome sleeplessness. (ii) Mixture of "peepal" and "bach" are given in milk to cure migraine pain.
41	Helianthus	On empty stomach, pepper powder and "bach" are given to treat hysteria.
42	Hibiscus rosasinensis	(i) Decoction of leaves is given to cure mental and physical deformities. (ii) Tincture of leaves is massaged on the backbone of children for convulsions.
43	Hyoscyamus niger	(i) Leaves after boiling with water and concentrating, the extract is given in warm milk to cure fatigue, tiredness and insomnia. (ii) Leaves and rose flowers are cooked in water and concentrated. It is given in ghee to cure madness.
44	Juglans regia	(i) Its fruits are ground with black pepper and few drops are poured in the nostrils to get relief from migraine pain. (ii) Its seeds along with kernel and peel are ground and to be inhaled regularly to cure epilepsy, completely.
45	Lawsonia inermis	(i) Sesbane leaves and black pepper are ground in cow urine and made to inhale. It brings immediate relief from epilepsy. (ii) Few drops of leaf or flower extract are put in the opposite nostril of migraine pain giving immediate relief.
46	Moringa oleifera	(i) Its powder after cooking in milk, is given to the patient or massaged, giving relief in facial paralysis. (ii) To control the excessive anxiety, the plant and "apamarg" (Achyranthes aspera) are boiled in milk until concentration and given.
47	Mucuna pruriens	Its roots and poppy seeds are grinded in child's urine and put in the nose to be relieved from epilepsy.
48	Nardostachys jatamansi	It and clove powders are given in honey to cure Parkinson's disease.
49	Papaver somniferum	Cloves are grinded in water and the paste is applied on the earlobes to cure migraine.
50	Piper longum	Seeds are grinded in warm water and applied on forehead for relief in migraine.
51	Piper nigrum	Its juice is useful in epilepsy. When taken in honey, it helps in hysteria. "tagar" when taken in combination of other plants, helps controlling the delirium.
52	Psidium guajava	The powder of its fruits is given in mental disorder.

53	Punica granatum	(i) Grapes and "amla" (Phyllanthus emblica) are boiled together and crushed and Ginger powder is added. When given in unconsciousness due to fever, it helps. (ii) "Munakka", pomegranate bark, khus khus are grinded together and soaked in water overnight. Strained and given for faintness. (iii) "Munakka" is roasted and given for dizziness.
54	Sapindus mukorossi	In Ayurveda, this plant has been described for use in several illnesses and overall body strength. Scientifically, it has also been found to be effective in ischemia.
55	Sesbania grandiflora	Its fruits and sugar are grinded in cow milk and given as "nasya" to treat migraine headache.
56	Sida cordifolia	Although not prescribed in Ayurveda, its fruit is used in mental healing as scientifically proved for epilepsy.

Treatment for mental illness in Ayurveda

Nidana parivarjana – avoiding causative factors

Shodhana therapies - cleansing methods

Supporting therapies -

Sirodhara, shirovasti, thalam, Shiro abhyangam

Shamana medicine (oral medicine)

Mantra (sound therapy)

Healing through 5 senses -

shabda, sparsha, roopa, rasa, gandha

Ayurvedic Medicines for Psychiatric Disorders

- Manasa mitra vatakam
- Sarvthaiaristam.
- Srikhandsava.
- Brama rasyanam.
- Brahmi ghirta.
- Kalyank ghirtam
- Mahakalyana ghirtam.
- Maha panchagavya ghrtam.
- Naladi ghrtam.
- Panchagavya ghrtam.
- Sarvathi ghrtam.
- Sarpangandhi churnam.
- Panchagandha churnam.
- Sarsvatha churnam
- Brahmi tailam.
- Mnjisthadi tailam.
- Nirgundi tailam.
- Tungadrumadi tailam.
- Bramhi vati.
- Sarpaganda vati.

- Smrti sagara rasa.
- Dasamoola aristam.
- Unmada gajakesri rasa.
- Ksheerabala thailam
- Medha gulika
- Drakshadi kashayam
- Thiktakam kashayam
- Swarna bhasmam
- Ksheerabala
- Chandanadi tailam
- Vachadi ghrutham

L.P. Varma(1965)finding that the Though clothed in old terminology of humoral pathology, the concepts are modern in outlook. It is based on constitution, which is more or less akin to the descriptions given by Kretsehmer of asthenic, athletic and pyknic body builds, and personality, which has been discussed at length . Symptomatology of mental disorders have been detailed and correlated with the modern diagnostic categories of Schizophrenia, mania, depression, toxic states, alcoholism and paranoid states, after studying them in patients admitted to mental hospital. Treatment as given in Ayurveda has been given at the end.

Miller M(1996)studied that the brain biochemistry and psychoneuroimmunology point to communication pathways that can provide a clearer understanding of the links between nutritional intake, central nervous system and immune function, and psychological health status. These findings may lead to greater acceptance of dietary treatment approaches among health practitioners addressing psychological disorders.

L V Vithalani et al.(2012)significant that the practice of yoga and some Ayurvedic principles like Aachar rasayana, Aahara, Dinacharya, in the prevention and cure of psychosomatic disorder has been discussed.

Jyoti Shankar Tripathi.(2012)study that the physical and mental diseases and a flexible psychosomatic approach has been put forward. The treatment of different psychological illnesses, as described in Ayurveda, reveals that the psychological, spiritual and pharmacological methods have been used side by side to root out the disease. The psychotherapeutic approach to the management has been described under SattvÁvájaya CikitsÁ.

Basavaraj R et al(2012)study that efficacy of Manasamitra Vataka in anxiety disorders. The results suggest that Manasamitra Vataka is effective in the management GAD with comorbid generalized social phobia. Add-on effect of Shirodhara reduced the daytime sleepiness. Further studies on Manasamitra Vataka need to be carried out to judge its potential as a first-line treatment modality.

Prakash B Behere et al(2013) study that the understanding of the psyche and what our inner experiences are and also involving practical daily activities with thorough attention to our total environment to bring about radical changes in our mental outlook and in physical health.

Pal K et al.(2014)indicated that the psychiatric disorders are highly responsive to treatment. There have many ayurvedic plants/medicine which are effectively use for the psychiatric disorders.

Janmejaya Samal.(2014) suggested that the Ayurveda control and prevention of health related events. In this present document, an attempt has been made to explore some of the age-old social and behavioral health concepts, which have a contemporary relevance.

Balaji Deekshitulu P V(2014) explains that the mental health compound herbal formulation

consisting of Tagar (Valeriana wallichi), Shankhapushpi (Con- volvulus pluricaulis), Brahmi (Bacopa mon- nieri), Musta (Cyprus rotundas), Ashwa- gandha (Withania somnifera), Jatamansi (Nardostachys jatamansi), Munakka (Vitis vinifera), Raktachandana (Pterocarpus santalinus), Parpataka (Fumaria indica), Kutaki (Picrorhiza Kurroa), Dashmula, Amaltas (Cassia fistula). This has been given in the dose of 20g twice a day as coarse powder to prepare decoction by 'Chaturthavashesh' method mentioned by Sharangadhara.

Annavajhula J.C. Bose and A. Chinmayee Meghana (2014) study that the Psychiatric disturbances affect most people in this world. Medical care is not enough to overcome these problems. What is required is the restoration of the mental health and the overall health of the patient concerned. To this effect, however, the Western approach is found to be inadequate. Instead, the Indian psychological approach to mental health and health is said to be optimal. This paper highlights, briefly though, these issues with special focus on Ayurveda and Yoga as part and parcel of the Indian psychological approach.

Devanand Upadhyay(2014) suggested that the Ayurveda has given definition of yoga, powers of yogi, scope of yoga, its implication in attainment to highest stage of moksha. Ayurveda and yogic methods can be applied for preventive, promotive and rehabilitatory health of human being.

Mohsen Younus et al.(2015) indicated that the n alternative treatment from herbal plants which can cure these diseases. Studies undertaken in different parts of the world have proved presence of important pharmacological activities in many plants. This review describes some important plants effective in mental disorders.

Balkrishna A and Misra LN (2017) suggested that the Ayurvedic treatments, which have been described for mental disorders and are currently part of the Ayurvedic prescriptions.

Thus, it could be concluded that the Ayurvedic system of herbal medicine is certainly a treasury of plant drugs which brings back the much sought after hope for the complete and permanent treatment of mental disorders through natural means with minimum side effects as compared to the allopathic drugs.

CONCLUSION:

Ayurvedic medicine is best natural cure of all psychiatric disorders, Ayurvedic texts flourish with details on right behavior, right thinking, right action and right response, right eating, right lifestyle, So the true balance of mind is very important in the well-being of an individual. At the same time mind is dualist in its analysis.. Modern Ayurveda in India, has reduced both the yogic and psychological components of traditional Ayurveda. Yet whether it is the application of diet, herbs, massage, Pancha Karma, life-style changes, mantra or meditation, the psychological component of Ayurveda is always important and should be thoroughly grasped by the serious student. Ayurvedic psychology can also be a good field of specialization as well.

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