Herbal treatment in Mental health

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ABSTRACT

The review article explains that the herbal remedies are uses self-treatment of different psychiatric disorders. It is reported that herbal medicines are used in treating a broad range of psychiatric disorders including anxiety, depression, obsessive-compulsive, affective, bipolar maniac-depressive, psychotic, phobic and somatoform disorders etc…

Keywords: Herbal remedies and mental health

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Introduction:
Mental health includes emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress. Mental health is important at every stage of life, from childhood and adolescence through adulthood. Mental health can affect daily life, relationships, and even physical health. Mental health also includes a person's ability to enjoy life - to attain a balance between life activities and efforts to achieve psychological resilience.

There are many strategies that can help you establish and keep good mental health. These can include:
- keeping a positive attitude
- staying physically active
- helping other people
- getting enough sleep
- eating a healthy diet
- asking for professional help with your mental health if you need it
- socializing with people whom you enjoy spending time with
- forming and using effective coping skills to deal with your problems

What Is Mental Illness?
Mental illnesses can be influenced by several different factors, including:
- genetics
- environment
- daily habits
- biology

Types of mental illness
- mood disorders (such as depression or bipolar disorder)
- anxiety disorders.
- personality disorders.
- psychotic disorders (such as schizophrenia)
- eating disorders.
- trauma-related disorders (such as post-traumatic stress disorder)
- substance abuse disorders.

Types of mental health problems
- Anger
- Anxiety and panic attacks
- Bipolar disorder
- Body dysmorphic disorder (BDD)
- Borderline personality disorder (BPD)
- Depression
- Dissociation and dissociative disorders
- Drugs - recreational drugs & alcohol
- Eating problems
- Hearing voices
- Hoarding
- Hypomania and mania
- Loneliness
- Mental health problems - introduction
- Obsessive-compulsive disorder (OCD)
- Panic attacks
- Paranoia
- Personality disorders
- Phobias
- Postnatal depression & perinatal mental health
- Post-traumatic stress disorder (PTSD)
- Premenstrual dysphoric disorder (PMDD)
- Psychosis
- Schizoaffective disorder
- Seasonal affective disorder (SAD)
- Self-esteem
- Self-harm
- Sleep problems
- Stress
- Suicidal feelings

Herbal Remedies for the Treatment of Mental Disorders:
Mulungu Bark (Erythrina mulungu) The indigenous people of South and Central America have used mulungu for centuries to calm nerves, improve mood and aid sleep, mulungu’s active alkaloids, may also help reduce anxiety and protect brain function. Flavonoids present in this herb are known antioxidants and have been
shown to support cardiovascular health and a healthier brain.

Bacopa (Bacopa monnieri) Commonly known as Brahmi, Ayurvedic medicine uses bacopa to improve memory, reduce stress and support cognitive function. Researchers observed that cortisol, the body’s stress hormone, decreased in study participants who took bacopa compared with those taking a placebo. Additional research indicates it may support the physical health of brain cells and offer some protection against brain aging and age-related diseases such as Alzheimer’s disease.

Mucuna pruriens Mucuna contains L-dopa, a biochemical precursor to several neurotransmitters. One of those neurotransmitters is dopamine, and increasing dopamine levels may improve brain function and support memory. This effect probably contributes to Mucuna’s popularity as an anti-aging herb. Antioxidant properties linked to Mucuna also discourage inflammation and suggest protective effects for neurons.

Rhodiola Rosea This traditional medicinal herb contains two powerful natural compounds that have been proven to play a role in brain health. Salidroside is one of these compounds and is known as a potent antioxidant. Rosin is the other, and this compound appears to reduce inflammation of neural cells, possibly protecting against neurotoxicity. The results of one Swedish study showed that both of these compounds reduced fatigue, improved mood and lowered stress hormones. This may lead to better mental performance and a more positive response to stress and anxiety.

Ziziphus jujube Also known as “sour date” Ziziphus jujube is one of the many herbs that may support mental health while encouraging a good night’s rest. Day-to-day activities can be draining on energy levels, not to mention mental strength. The plant’s saponins have demonstrated sedative effects on animal models, possibly supporting relaxation.

Passiflora incarnata (Passionflower) This traditional herbal sedative has been used as a sleep aid for years. Passionflower also appears to help relieve anxiety, a major cause of sleep disturbance for many individuals. Without a good night’s sleep, mental acuity becomes compromised and memory also degrades. Initial studies indicate consuming low doses of passionflower in a tea helps healthy adults achieve better sleep.

Scutellaria lateriflora (Skullcap) Native to North America, this plant has a history of use for calming nerves, easing stress, lifting the mood and aiding sleep.

Kava Kava is used traditionally to relieve stress, anxiety and insomnia.

Saffron Saffron, also known as Crocus sativus, does more than add color and flavor to food. It has a long history of use for mood disorders, stress and anxiety. Studies have also found it as effective as antidepressants for lifting mood and relieving anxiety.

Ficus ingens (Miquel) Miquel Ficus ingens which belongs to the Moraceae family, is one of the many medicinal plants with long historical use in traditional medical practices. The prolongation of diazepam-induced sleeping time may be attributed to an action on the central mechanism involved in the regulation of sleep.

Drug-Herb Interactions Particularly with Orthodox Drugs for Treating Mental Disorders The use of herbal supplements has a long history, dating back thousands of years. Examples of important orthodox medicines extracted from botanicals include reserpine, morphine, penicillin and vinca alkaloids.

Ginkgo biloba extract, advertised as improving cognitive functioning, has been reported to cause spontaneous bleeding, and it may interact with anticoagulants and antiplatelet agents.

Ginseng, widely used for its purported physical and mental effects, is generally well tolerated, but it has been implicated as a cause of decreased response to warfarin.

Reviews:
David M. Gardner (2002) critical review that the Rauwolfia for “insanity,” St. John's wort to treat “apparitions” and ginkgo for “brain disorders” in part of traditional medicinal treatment for psychiatric conditions.

Monica Vermani et al. (2005) suggested that the ginseng, kava-kava, ginkgo are completely reduced anxiety, depression and various mental illness cured non side effectively.

Sarris J (2007) suggested that the Rhodiola rosea (roseroot) and Crocus sativus (saffron) for depression; Passiflora incarnata (passionflower), Scutellaria lateriflora (scullcap) and Zizyphus jujuba (sour date) for anxiety disorders; and Piper methysticum (kava) for phobic, panic and obsessive-compulsive disorders are reduced.

Dr Aejaz Ahmed Abdul Rafique(2010) explain that the herbal remedies are wonder treatment for mental disorders.

Lei Liu, et al. (2015) indicated that the Chinese herbs such as Chai Hu, Ginkgo Biloba and Suan Zao Ren. Each of them has almost been most frequently examined as a single herb and often prescribed for curing patients with psychiatric diseases.

Balkrishna A and Misra (2017) asked 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.

Nwobodo N.N and Offiah R.O (2017) significant that the herbal psychotherapy such as herbal safety, future areas of application, the relationship of herbal medicine with pharmaceuticals and the potential prescriptive integration of phytomedicines with synthetic psychotropic medicines.

Patrick Amoateng, et al.(2018)studied that the medicinal plants used in treating mental and neurological disorders in Ghana.

David Casteleijn (2019) suggested that the effectiveness of individualised herbal medicine practice and provide contextualisation of data currently focused on individual herbal medicines in specific conditions.

Derya Ozsavci et al. (2019) shows that the mood fluctuations and psychiatric disorders are found to be associated with diet and certain aspects are evaluated as complementary therapy approaches especially in resistant cases. There are several natural remedies reduced mental disorders like depression and anxiety such as passion flower, lemon balm, valerian, chamomile, Californian Poppy, oats, hawthorn, wild lettuce wood betony, brahmi, catnip, hops, boldo, vervain, Siberian ginseng, rosemary, peppermint, mullein, Jamaican dog wood, cramp bark, Ginkgo biloba, St Johns wort, lavender oil, scull cap, lime flower (Linden Blossom), mother wort, damiana, gotu kola, etc.

**Conclusion:**

The preference and utilisation of natural medicine derived from plant sources in the treatment of mental disorders over orthodox medicine can never be over-emphasized. A significant number of herbal extracts derived from medicinal plants have been shown to be effective in treating mental disorders in the traditional setting. There is, therefore, a dire need to encourage the recommendation and use of these medicinal plants as they are relatively safe, efficacious and readily available; particularly in the depressed economic and poor resource setting prevalent in developing countries.

**References**


4. David Casteleijn, Amie Steel, Diana Bowman, Romy Lauche, and Jon Wardle (2019) A naturalistic study of herbal medicine for self-


