

ROLE OF AYURVEDA AND YOGA IN THE MANAGEMENT OF DEPRESSION

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ABSTRACT:

In recent years, the incidence of psychiatric disorder has shown a tremendous increase throughout the world. Depression is a psychiatric disorder, globally 4.3% of world's population affected by this condition. Kaphaja Unmada, one among Nija Unmada explained in samhitas, gives lot of similarities with Depression. A proper healthy diet and active stress free life style plays a major role in maintain a good health and a happy life. Due to improper dietary habits, change in lifestyle and environmental changes the incidence of psychiatric disorder are increasing day by day. Ayurveda has clearly indicated several practices such as Achara rasayana, Dinacharya, Panchakarma and Yoga etc which helps to keep mind and body healthy. So here role of Ayurvedic line of treatment in depression (Kaphaja Unmada) will be discussed in full paper.

Key words: KaphajaUnmada; Ayurveda; Yoga; Depression.

INTRODUCTION:

Health refers to state of physical, mental, social and spiritual well being of individual. Thus as human beings we have to maintain sound mental health. All socio-economic group of population including high pressure executives, businessman, working women and even students are affected by variety of stresses. Depression is significant contributor to global burden of disease and affects people in all communities across the world. Globally, the total number of people with depression was estimated to exceed 300million in 2015, equivalent to 4.3% of the world's population. In India, the National Mental Health Survey 2015-16 reveals that average 1 in 20 people reported having an episode of depression.¹

In Ayurveda, *Unmada* is common entity which represents many of Psychiatric Disorders: *Kaphaja Unmada* is one of the varieties of *Unmada*, where symptoms of disease are mostly similar with disease depression. Depression is a common mental disorder that presents with depressed mood, loss of

interest, decreased energy, feeling low self-worth, disturbed sleep or appetite, poor concentration. Moreover it comes with symptoms of anxiety. Further all these problems can become chronic /recurrent and lead to substantial impairments in an individual's ability to take care of his or her everyday responsibilities.

*NIDANA:*²

Bhiruta (timidity), *Upaklishtasatva* (disturbed mental status), *Alpasatva* (feeble minded), *Kamakrodhalobhabhyatmanaha*(mind afflicted by various emotions), *Vyadhivegasamusamudbhrama* (perturbation due to the severity of disease), *Devaguradwijapragharshana* (disrespect to god), *Abhigatabhyata* (Mental disturbance caused due to trauma), *Pujyavyatikrama* (deviation from the method of worship), *Vishamashariracheshtha* (faulty bodily activity), *Utsannadosha* (vitiated dosha), *Atyupakshinadesha* (exceedingly emaciated body).

SAMPRAPTI:³

The excited *dosha* of the individual with *Alpa satva* mounting upwards through *Manovahasrotas* vitiate *Hridaya*, which is the seat of *Buddhi* and disturb *Manas* occluding *Manovaha srotas*. As result, *Chitta* is disturbed. This in turn causes loss of *Buddhi* due to which the individual loses the power of discrimination and indulges in faulty activities. And this disturbed state is referred as *Unmada*.

PURVAROOPA:⁴

Shirasaha shunyata (emptiness in head), *Chakshorakulata* (Restlessness of the eyes), *Karnasvana* (Sound in the ears), *Uchchvasadhikya* (hurried breathing), *Asyasamsravanam* (dribbling of saliva), *Arochaka* (tastelessness), *Anannabhilasha* (aversion of food), *Hrdgraha* (catching pain in the heart region), *Atyutsaha* (over enthusiasm), *satatam lomaharsha* (continued horripilation), *ummattcittatvam* (crazy minded).

BHEDA:**Table 1:** Types of *Unmada* according to different *Acharyas*-

Types	<i>Charaka</i>	<i>Sushruta</i>	<i>Astanga sangraha</i>	<i>Astaga hrudaya</i>	<i>Madhav Nidana</i>	<i>Harita samhita</i>	<i>Bhavaprakasha</i>
<i>Vataja</i>	+	+	+	+	+	+	+
<i>Pittaja</i>	+	+	+	+	+	+	+
<i>Kaphaja</i>	+	+	+	+	+	+	+
<i>Sannipataja</i>	+	+	+	+	+	+	+
<i>Agantu</i>	+	+	+	+	+	-	+
<i>Manodukhaja</i>	-	+	+	+	+	-	+
<i>Vishaja</i>	-	+	+	+	+	+	+

COMPARISON BETWEEN KAPHAJA UNMADA AND DEPRESSION.

Kaphaja Unmada and Depressive disorders are two different entities. Comparison between modern psychiatric disorders to *Ayurvedic* mental disorder has lot of limitations, because of their different theories (Biochemical in modern and *dosha* theory in *Ayurveda*). So here co-relation is done on the basis of *nidana panchaka* and Etiopathogenesis of *Unmada*.

Table 2: Comparison between *Kaphaja Unmada* and Depression on the basis of *lakshana* -

<i>Kaphaja Unmada</i>	Features of Depression
<i>Mandavaka, chesta</i>	Psychomotor retardation, mutism, slow or delayed talks.
<i>Sthanam ekadese</i>	Inactive, dull, prefer solitude.
<i>Rahakamata</i>	Social withdrawal, Loneliness
<i>Anannabhilasha</i>	Loss of appetite
<i>Arochaka</i>	Tastelessness
<i>Svapnaniyata</i>	Drowsy , dull, altered sleep pattern (hypersomnia)
<i>Sadanam</i>	Fatigue, lassitude
<i>Alpamati</i>	Retardation of thinking, less concentration.
<i>Shaucadvesha</i>	Hating cleanliness/ ignoring personal hygiene
<i>Ratraubhrsham</i>	Diurnal variation

SAMPRAPTI GHATAKA:

Dosha : tridoshaja and Manasika (rajas & tamas).

Dushya: Rasa

Agni: Jatharagni, Bhutagni, Dhatvagni.

Agni dushti :Mandata

Ama: Agnijanya ama

Srotas: Manovaha

Srotodushti: Sanga, Atipravritti & Vimarga gamana

Udbhava stana: Hrudaya

Sanchara stana: Manovaha sroto avayava

Vyakta sthana: Sarva Sharira

Adhishtana : Manas & Bhuddi

Rogamarga : Madhyama

Svabhava : Chirakari & Ashukari.

AYURVEDIC LINE OF TREATMENT:

To lead healthy and happy life, one has to follow right food (*Ahara*), right recreation (*vihara*), right routine (*Achara*) and right thinking (*vichara*). While Acharya Vagbhata stated the general treatment of *manasika roga* as “*Dhi Dhara Aatmadi Gyanam Mano Dosha Aushadam prama*”.

The *Chikitsa* for treating mental illness are as follows:

1. ***Daivavyapashraya Chikitsa (divine therapy):*** A modality of treatment based on past deeds & pleasing of god. This include *Mantra aushadhi mani Mangala Bali Homa Niyama Prayashchita Upavasa Pranipata Yatragamana Upahara etc.*
2. ***Yuktivyapashraya Chikitsa(Rational Treatment):*** refers to *Ahara, Aushadha* and *Dravya Yojana*. It is aimed at rational use of drug and nutrition. It is broadly classified into two groups namely *shodhana* and *shamana*.
3. ***Satvavajaya Chikitsa (Trace therapy / psychotherapy):*** is aimed at regaining the normal mental activity by conducting practice of *Yama, Niyama, Asana and Pranayama*.

Acharyas have also mentioned specific *Panchakarma* procedure for *Manasa roga*. For *Unmada* patients following line of management should be followed: *Snehana* (unction) and *sweda* (sudation) and then subjected evacuation with emetics, purgatives and *shirovirechana*.

Shodhana chikitsa: In *Vataja Unmada – Snehana* followed by *mridu shodhana, pittaja Unmada – Virechan* (purgation), *kaphaja unmada-Vamana* (emesis). After elimination therapy *Samsarjana karma* (deit regimen) should be followed.

Shamana Chikitsa :

- **Single herbs:** *Bhrahmi, Ashwagandha, Guduchi, Yastimadhu & vacha*
- **Formulations:** *kalyanaka ghrita, sidhartaka agada, Manasamitra vataka, saraswatarista, ashwagandharista, smritisagara rasa* etc formulation are mentioned by *Acharyas* in *Unmada*.

Rasayana:

-Medya rasayana: *Bhrahmi, Shankhapushpi, Mandukaparni* etc.

-Achara rasayana: It means to acquire *rasayana* effect without involvement of drug social and personal conducts (personal and social behaviour and *satvika ahara, vihara*) which enhances the psycho-nero-immunity.

Panchakarma therapy: Complete purification of body and mind with *panchakarma* treatment like,

- *Nasya (maha kalyanaka ghrita)*

- *Shirodhara (Chandanadi taila or takradhara)*

- *Shirovasti (Narayana taila)*

- *Shiroabhyanga (Bhrami taila)* etc will

help in balancing tridoshas and to stabilize the thought process for better mental strength.

- **Yoga :**
Yoga effect both body as well as mind .It helps to improve mood and tone up the nervous system and it is a natural way to increase serotonin production which plays a role in treating condition like Depression. It helps by deepening the sense of perception, enhancing mental alertness and focus, reduces unnecessary distractions, improving attention span and awakening latent area. The following sequence of yoga is to be followed:
 1. ***Sukshma vyayama*** (loosening exercise).
 2. ***Asana:*** *Asana* are claimed to provide both spiritual and physical benefits in medieval *Hatha*

Yoga text. They are *Padmasana, Savasana, Suryanamaskara, Bhujangasana, Pashchimotasana, Sarvangasana.*

3. ***Pranayama:*** *Kapalabati, Bastrika, Surya anuloma viloma.*
4. Deep relaxation technique.
5. **Medication-** *Nada Anusandhana.*

DEPRESSION⁶

Depression is common mental disorder, characterized by persistent & a loss of interest in activities that you normally enjoy accompanied by an inability to carry out daily activities, at least for two weeks.

AETIOLOGY

1. Family history of Depression.
2. Trauma and stress caused by things like financial problems or personal problem like death of loved ones etc.
3. Pessimistic personality with low self esteem & a negative outlook are at higher risk of becoming depressed.
4. Medical illness such as stroke, heart attack, cancer & hormonal disorder.
5. Medications such as steroids, painkillers, anti-hypertensive drugs etc can trigger depression.
6. Psychological Disorder like Anxiety disorder, Eating disorder, Schizophrenia, Substance abuse etc can result in depression.

SYMPTOMS:

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 use to enjoy. The symptoms may persist for weeks or months and are bad enough to interfere with our daily routine it might be a work, social or family life.

1. **Psychological symptoms:** Continuous low mood, feeling hopeless, feeling irritable, finding difficult to make decisions, feeling anxious, not getting any enjoyment out of life, having suicidal thoughts.
2. **Physical symptoms include:** Moving or speaking more slowly than usual, change in appetite / weight loss or gain, unexplained pain

or ache, lack in energy or lack of interest in sex, disturbed sleep.

3. **Social symptoms:** not doing well at work, taking part in fewer social activities and avoiding contact with friends, etc.

DIAGNOSIS

Before coming on conclusion for the diagnosis of depression, patients are required to be screened for the following common health issues that can affect mood-

- Anxiety disorder
- Personality disorder
- Vitamin B deficiency
- Hypothyroidism
- Systemic malignancy
- Nutritional deficiency
- Metabolic disorder including diabetes and hepatic dysfunction.

INVESTIGATION

- Neurological examination
- Mini mental status test
- Geriatric Depression Scale(GDS) (Yesavage)
- Haemogram
- Blood sugar
- Blood urea and nitrogen
- Liver function test
- Serum Vitamin B12
- Serum T3, T4, TSH.

TREATMENT

- **Hospitalization**

The main indications of hospitalization are:

1. Risk of suicide and homicide
 2. Depressive stupor
 3. Depression with agitation or panic attacks
 4. Presence of concomitant physical or other psychological problems.
- **Medication:** Drugs like selective serotonin Reuptake Inhibitors (SSRIs) & Mono Amino

Oxidase (MAO) Inhibitors are prescribed to maintain the levels of Serotonin and Nor-epinephrine the synapse.

- **Psychotherapy:** Cognitive Behaviour Therapy (CBT) including Behaviour Therapy, Group Therapy, Family Therapy etc are used to improve behaviour, relationships and to reduce stress.
- **Electro Convulsive Therapy (ECT):** It is widely used particularly in cases of psychotic depression, suicidal tendencies to immediate effect.

DISCUSSION

Mind is one among the three basic pillar of life along with body and conscious. *Ayurveda* gives prime importance to positive mental health maintenance. As *Kaphaja Unmada* & depression are two different entities. Comparison between them is done on the basis of their different theories. Here co-relation is done on basis of *nidana panchaka* and Etiopathogenesis of *Unmada*. In *Ayurveda* mental element is one of basic concept where various causes, features and treatment are given in *Samhitas* especially under title of *Unmada*. Treatment is classified into two *Dravyabhoota Chikitsa* (*shodhana, shaman* and *rasayana* etc) and *adravya bhoota Chikitsa* like following good dietary habits and regimen and also *Yoga* are mentioned.

CONCLUSION

- “A sound mind always lives in sound body.” As mental disorders like Depression are emerging as greater and growing challenge in medical profession.
- *Ayurveda* is an ancient system of medicine, having aim to maintain the balanced health status in healthy individual and to treat the disease like depression by *Achara rasayana, Dinacharya, Rasayana*, and *Yoga* etc.
- *Ayurvedic* medicine and *Yoga* has a very good role in the management of depression (*Kaphaja Unmada*) with least side effect.

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