

## Mental health-Review

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### Abstract

Mental diseases are challenging human being. Today's lifestyle is very fast and hectic, lots of stress everyone is undergoing. This leads to many mental problems, their severity may vary. Sometimes it is only irritability, insomnia, lack of confidence, and sometimes it is very severe like depression, autism, schizophrenia etc. Ayurved helps us to understand what is mind, its constituents, normal functioning, causes of mental illnesses, and types of mental diseases and how to treat them. In this article all these factors are thoroughly discussed, which will be helpful to understand disease.

**Keywords:** Mind, Mana, Satwa, Mental disease, Sharir dosha, Common treatment of mind.

### Introduction

In India 5% of the total population is suffering from mental health problems. Mental disease is a very huge problem in spite that we are ignoring it. Note that these are only recorded patients, there are many more patients who do not agree that their mental state is not proper, or they should take medical treatment for it. Mental problem is affecting 350 million people worldwide. It can affect a person's ability to work, form of relationships, and destroy their quality of life. At its most, severe depression can lead to suicide. It remains as a social stigma in terms of prevalence and suffering, dysfunction, morbidity and economic burden. 80% of depressed people are not currently having any treatment. To overcome this people choose convention medicine, but ayurved has its own perspective. Many people now undergo lots of stress and work pressure which leads to sleep disturbance, anger and early signs of depression. To review ayurvedic aspect I had done this study which gives us deep view of psychological diseases with the help of ayurved.

### Materials and Methods

The methodical collection of data from classical texts of Ayurveda as well as related pharmaco-clinical research articles and dissertations works published up till now have been collected using pubmed and manual search of bibliographies as a source.

### What is mind?

In charak samhita sharir sthan adhyay 1 and 3 narrated details of 'Mana'. Mana is single and minute [ek and anu] it is one of the 9 initiating factors [dravy] for universe It controls all 10 indriyas. Mana is made from all 5 mahabhutas, mana has 3 qualities satva, rajas and tamas. Rajas is motion promoting, satva is self-luminous and tamas controls extra movements, balance of these three is symptom of healthy mana. Mana having both types of characteristics of indriya-sense organ, that is working organ and sensory organ.

Health is defined with the healthiness of mind and body.

1. Mind is invariably important component of living body.<sup>4</sup>
2. Mind is responsible for sensation and its awareness.<sup>4</sup>
3. All kinds of good and bad things we can feel because of mana<sup>4</sup>.
4. If we can control mana through yoga we can have ultimate happiness that is moksha.<sup>4</sup>
5. Mana is responsible for recurrence of life<sup>4</sup>
6. Liveliness in body is only because of mana.
7. Mana is responsible for thinking process.
8. Awareness of all knowledge with the help of sense organs is because of Mana.
9. It is responsible for Memory.

Mana lives in heart, head, and all body. Mana lives in 'sahsra chakra' which is situated in the brain. When the baby is in the womb, because of mana he has characteristics such as, cleanliness, good behavior, memory, bravery, fear, anger, giddiness, smoothness, instability, greed, which can be afterwards divided into satva, rajas and tamas property.

### How you can Examine Mana

Strength of mana is dependent on 3 factors, since birth, over a period of time or because of good practice you can increase the strength of mana [sahaj, kalaj, and yuktikruta].

### 3 types of Strength of Mana

1. Pravara mana- very good bala- strength- in unfavorable conditions also they are steady, satva property is more in this.
2. Madhya satva- medium strength – when see others in the same pain with good tolerance they also try to overcome it. Rajas property is more in this.
3. Heen/ avara satva- unable to overcome situation, always complaining. Fear, anger, greed, grief, fainting, madness, with these qualities they are always in trouble. Tamas property is more in this.

### 3 Qualities of Mana

**Satva guna:** with good memory, faithful, clever, enthusiastic, energetic, intelligence, natural instinct of

observing healthy life style, polite, joyful, accept their status and wealth as it is, no strong desire for gaining more wealth status, faith in divine power, calm, quiet, react to pain and pleasure in proper manner.

7 types, described brahma, marsha, aindra, yamya, vauna, kuber and gandharva depending on different nature.

**Rajas guna:** average intelligence, variable memory, dynamic energy, not satisfied with their position try for more possessions, power, and money, ambitious, hot tempered, egoistic sometimes brave and cruel also.

6 types- Asura, rakshas, paishacha, sarpa, preta, and shakuna depending on their nature

**Tamas guna:** poor memory, lazy, ignorant, and are not curious to learn any new source of work, unclean in body, mind, and speech. Mainly interested in eating, drinking, sleeping than doing physical or mental work. characteristics of satwa guna is characteristics of healthy mind.

### Types of manas rog- Psychological Disease

#### Neej Manasrog

Manas doshajanya- the disease produced due to mental illness-rajas and tamas dosha-

Kam-greed to pacify sense organ, krodha,-anger, lobha,-greed, asuya, irsha- jealousy, moha-lust, mad-ego, dambha-pride, shok- sorrow, chinta- stress-tension, bhay-fear, udweg-disgust, harsha- more happiness, vishad- pain, dainya-depression

Sharir doshajanya- disease produced due to physical illness-All three dosha, vata, pitta and kapha vitiated mind dosha rajas and tamas

Depression (unmad), epilepsy (apsmar), schizophrenia (atatvabhinivesh) and many mental diseases.

#### Agantu Manaasrog

1. Bhutbadhajanya- Because of insects, microbes, brain diseases
2. Grahabadhajanya- pediatric mental diseases

#### Causes of mental disorders-

1. Pradnyapradh- because of wrong interpretation or knowledge some mental diseases occurs, it hampers pradnya-cognitive, emotional and motor functions. It (buddhi) also causes hallucinations, and illusions. If smruti means remembering capacity is hampered, it causes smrutibhransha, means complete loss of mind.
2. Brahmcharya- excess of abstinence without mental support irritates mind.
3. Asatmyaindriyarthasamyog- contact of wrong, more or less things with all sense organs.
4. kal- time –over the period of time all diseases got worst.
5. Sharir vyadhi- diseases of body- many diseases when became chronic leads to mental diseases. When vata increases insomnia, when pitta decreases fear, giddiness, and weakness when kapha reduces- fear, insomnia, so all the body parameters responsible for healthiness of mind.

### Common Treatment for Mental Diseases

1 naishtiki chikitsa<sup>2</sup>- spiritual healing- to disconnect attraction towards happiness related to satisfaction of sense organs is called as naishtiki chikitsa. Yoga and moksha are helpful for this.

Common treatments- rational healing

#### Body detoxification

Snehan- oleation, swedan, - sudation, upper body purification –nasya [nasal drug administration] and vaman [medical emesis], lower body purification [virechan – medical purgation, medicated enema], rasayan- rejuvenation therapy, vajikaran- aphrodisiac therapy.

#### Common measures for prevention of manas disease<sup>4</sup>

1. Avoid pradnyapradh
2. Avoid dosha increasing diet and behavior; follow dincharya, and ritucharya i.e. daily regimen and seasonal regimen.
3. Pacify indriya, sense organs
4. Remember good things
5. Desh and kal dnyan- awareness of surrounding, time, people, country etc
6. Aatmdnyan- awareness of self-uniqueness, importance.
7. Sadvruttasevan- good behavior regimen as per Ayurveda. - It is in detail narrated in charak sutrasthan adhyay 8 indriyopkramniya adhyay.
8. Manasik dharniya vega- natural urges of mind which you should control- giddiness, fear, grief, lust, pride, etc
9. Vachik dharniya vega- avoid bad words avoid harsh, strong, sorrow creating false, wrong words for anyone
10. Sharir dharniya vega- control bad urges of body such as – to hit or troublesome one for your satisfaction

#### Common line of Treatment

1. Daivavyapashraya chikitsa- chanting mantra, medicinal herbs ornaments, to pray God, fasting, remembering God, to visit temples, to undertake yajdnya, prayer etc.
2. Satvavjay chikitsa- satva means mind- treatment to control mind. It can be achieved by two ways one with adequate knowledge of self and God, meditation, and abstinence. Another is to pacify sense organs.

#### 2 types of Treatment

With subject- dravyabhut<sup>3</sup> – different types of medicines narrated in Ayurveda

Some panchakarma treatments are beneficial to treat mental illness. Vaman, virechana, nasya, shirodhara, basti etc. We can use powder massage –utsadan and abhyangam- body massage to nourish mind and body. old ghee is very effective in this case. Old denotes 100 years old ghee, it's penetration power is increased over the period of time. We can use this ghee for nasya- nasal treatment, and also to consume it orally, pranayama, dhyana, meditation are also very useful to control mind. Jatamansi, ajwain, ashwagandha, is useful in insomnia. Many medicated ghee and medicines are very useful to treat mental illness.

1. Medhya dravya- brain tonics- mandukparni, shankhapushpi, licorice, chitrak, brahmi, vacha, jatamansi, vidari, guduchi, apamarg, vidang, shankhini, haritaki, kustha, shatavari etc<sup>3</sup>
2. Madkari- narcotics - bhang, ganja, afim, alcohol, etc
3. Sandyasthapan- to retain consciousness- asafetida, vacha, jatamansi, and also procedures like anjana-in eyes, avpidan, dhoom, pradhanan- strong drug in nostrils, pain with small sharp instrument, burning, pain behind nails, pinching, pull hairs, to make him pain awareness.
4. Nidrajanan- sleep creating treatment- hypnotics- sweet food, body massage, shirodhara, head massage
5. Nidranashan- sleep disturbance- nasya, bloodletting, fasting, panchakarma treatment
6. Vedanasthapan- analgesic or anodyne- guggulu, afeem, vatsnabha etc
7. Aakshepjanan- give drug which will produce seizures e.g. strichnin,
8. Akshepshaman- to pacify seizures afeem, camphor, beladona etc.

Without subject- adavyabhut<sup>4,5</sup>- to keep patient alone, in dark room, induce fear, happiness, sudden shock etc. to aware patient.

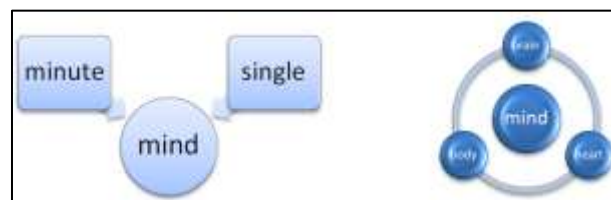
Up till now we discussed ayurvedic perspective in mental diseases.

### Observations and Discussion

Mental disease is major cause of morbidity and mortality all over the world and is comparatively ignored because of lack of insight about mind, reluctant to disclose the disease because of social stigma, and lack of awareness about the knowledge of Ayurveda. In Ayurveda it is well- explained that what is mind, what are the symptoms of healthy mind, how we can identify it. How we can prevent mental diseases. What are the probable causes of mental diseases, how we can overcome them, all these aspects are well-narrated in Ayurveda. We have to conduct clinical trials to verify it. Some clinical trials are done to study depression, unmad, disease, and effect of shirodhara to reduce mental symptoms, but they are very scanty and further study is necessary.

Mana- mind is well- explained in ayurvedic texts. Mind qualities- anu minute and eka- single. Mana is situated in heart, brain, and body. Its function is to recollect knowledge from sense organs, inspire working organs to work on it, intelligence, remembering knowledge, and promote body for good functioning all these are functions of healthy mana. Significance of life is mind, it is important factor of life, it is site of health and illness and it is responsible for life recurrence. Satwaguna is prominent in healthy mind and rajas and tamas are indicative of mental disease. Pradnyapradh, asatmya indriyarth sanyog, wrong desire to achieve more, some chronic diseases, unhealthy food, stale food, dosha vitiating diet and behavior are some of the causes of mental disease. To prevent them you should avoid these causes. Treatment is also of two types spiritual and

rational. Doctor should treat patient with panchakarma, herbal drugs as well as yoga, meditation, pranayama, and counseling.



**Fig. 1:**

### Conclusion

In Ayurveda mental diseases are narrated thoroughly, depending upon these guidelines if we try to treat patients it will be very helpful for mentally challenged patients. Mana means mind and its properties are well narrated in Ayurveda texts. Causes of mental diseases are especially lack of mental satisfaction and greed for the things belonging to others. To avoid this we have to follow satvavajay treatment. There are many herbs which are helpful to treat mental diseases, further study is necessary. In this article I had discussed only general guidelines, to study mental diseases in detail will be the outlook of next article.

**Conflict of Interest:** None.

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