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Review Article

Therapeutic Role of Herbal Drugs in the Management of Mental Disorders: An Ayurveda Review

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ABSTRACT

The development of civilization of mankind witnessed evolution of medical science and in this regards glory of Ayurveda science can't be ignored. Ayurveda encompasses all aspects to restore mental, physical and spiritual health. The general principles of ayurveda not only help to cures disease but also prevent their prevalence. Ayurveda described various therapeutic modalities for the management of physical health problems as well as mental illness. The incidences of mental illness causing huge health burden to the society since prevalence of such diseases increasing due to the inconsistent and irregular lifestyle. Epilepsy, obsessive disorders, neurosis, anxiety, mental retardation, depression and bipolar disorder are some examples of mental illness. Ayurveda proposed many therapeutic modalities for the management of such diseases including use of medicine. The use of natural drugs offers several health benefits in mental problems therefore present article explored pathological suppressing and therapeutic role of medicine in mental disorders.

Keywords: *Ayurveda, Mental Disorders, Medicine, Ashwagandha, Brahmi, Shankhapushpi.*

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Introduction

The today's scenario of living style affecting health of mankind in and health issues increases day by day due to the diversified living pattern. The health problems increase not in terms of physical manner but mental illness also affecting well being of global population. As per ayurveda there are various factors which influences mental health of individual such as; *Rajas*, *Tamas* and *Sattva* (Figure 1). The active and positive state of *Rajas* along with static and stable condition of *Tamas* provides mental well being when *Sattva* is pure and peaceful. The diseases such as; *Unmada*, *Avasada*, *Apasmara*, *CittoUdvega*, *Atatva Abhinevisha* and *Manas Mandata* are described as mental problems in ancient ayurveda literatures. Ayurveda provides many options for the treatment of mental diseases including use of medicine such as; *Centella asiatica (Mandukparni)*, *Bacopa monnieri (Brahmi)*, *Withania somnifera (Ashwagandha)* and *Celastrus paniculatus (Jyotismati)*, etc. These drugs balance the *Doshas* and *Gunas*, revitalizes body and promotes *Sattvoguna*.

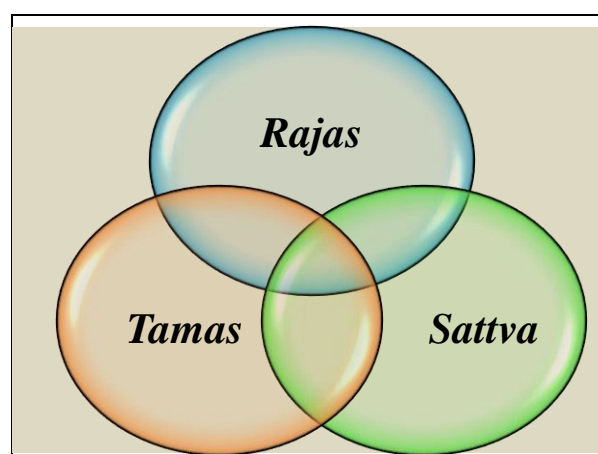
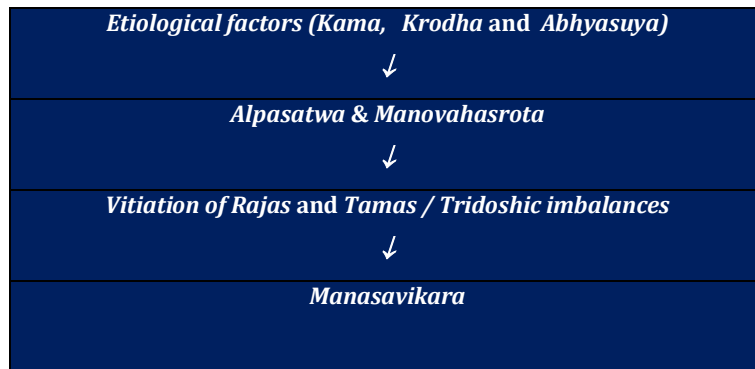


Figure 1: The factors affecting mental health.

General Manasaroga Samprapti (Pathogenesis):



General pathological management of Ayurveda drugs in mental illness:

There are three types of *Chikitsa* described in Ayurveda for the management of mental illness such as; *Daivavyaparshraya Chikitsa*, *Yuktivyaparshraya Chikitsa* and *Satvavajaya Chikitsa*. *Yuktivyaparshraya Chikitsa* mainly focuses on *Aahar*, *Aushadha* and *Dravya Yojana*, *Aushadha* (ayurveda drugs) mainly given to pacify *Rajas* and *Tamas*, these drugs also help in the management of *Tridoshic* balances. The *Alpasatwa & Manovahasrota* also relief by internal medicine thus improve process of growth & development, boosts *Ojas* and suppress diversified effects of etiological factors on mind. The drugs also enhance good quality of *Sattva* thus offers *Satmyendriyarth* *Samyoga* thereby establishes coordination between sense organs and nervous tissue.

Therapeutic Role of Some Herbal Drugs in Mental Disorders:

❖ *Shankhapushpi*:

It possesses *Tikta Rasa*, *Snigdha Guna*, *Sita Virya* and *Madhur Vipaka* thus pacify *Dosha*, control *Tamas* and offers *Vata- Pitta Shamak* properties therefore reduces stress.

Shankhapushpi suppress pathogenesis of *Unmada*, *Apasmara*, *Citto Udvega* and *Manas Mandata*

❖ *Ashwagandha*:

It balances *Vata* thus relief *Vata* vitiated nervous problems. The *Ushna* property of drug pacify excessive coldness (*Vata*) thus helps to maintain circulatory system and opens up channels that supply to nerve therefore provide strength to nervous system.

Ashwagandha suppresses pathogenesis of anxiety, depression and other mental disorders.

❖ *Vacha*:

The *Vacha* offers *Katu Rasa*, *Laghu Guna*, *Usna Virya* and *Katu Vipaka*, *Vacha* also offers *Kapha-Vata shamak* action, these properties help greatly towards the management of

mental illness. The *Katu Rasa* imparts stimulant effects, *Laghu Guna* facilitate delivery to minute channels thereby enhances transportation to the nervous tissue and *Usna Virya* pacify dumbness thus improves alertness.

Vacha acts as nervine tonic, improves memory/grasping power and pacifies behavioral activities.

❖ *Yastimadhu*

It possesses *Madhur Rasa*, *Guru Guna*, *Sita Virya* and *Madhur Vipaka* therefore imparts calming and soothing effect to the mind. The *Madhur Rasa* and *Sita Virya* of *Yastimadhu* suppress nonstop flow of impulses (overexcitement). It also shows *Vata Pitta Shamak* properties and enhances CNS circulation thus open up nerve blockage.

Yastimadhu improves memory, treat dementia and depression.

❖ *Jatamamsi*

The *Tri-Dosha Shamak* property of *Jatamamsi* correct mortar impairment, *Tikta Rasa* stimulant nerves, *Laghu Guna* enhances penetration, *Sita Virya* suppress anxiety, overexcitement and overreacting behavior in mental problems.

Jatamamsi treat epilepsy, depression and improves learning ability.

❖ *Guduchi*

The *Tri-Dosha Shamak* effect of *Guduchi* balances *Vata* and *Pitta* which are mainly vitiated in mental disorders. The antioxidant effect reduces oxidative damage of nerve tissue and cells. It has *Kasaya Rasa*, *Snigdha Guna*, *Usna Virya* and *Madhur Vipaka* thus improves cognition function and improves overall mental strength.

Guduchi suppress pathogenesis of stress, vertigo and correct behavior disorders.

Other than above mentioned drugs **Table 1** showed some medicine that also offers therapeutic benefits in mental illness.

Table 1: Indicated some ayurvedic medicine in mental disorders

S. No.	Natural Drug	Therapeutic Effect
1	<i>Adusa</i>	Enhances memory, helps in anxiety and epilepsy
2	<i>Akarkara</i>	Control hysteria, epilepsy and mental retardation
3	Malabar nut	Treat epilepsy
4	<i>Kushmanda</i>	Cure hysteria and epilepsy
5	<i>Bhang</i>	Help in epilepsy and sleeplessness
6	<i>Nagarmotha</i>	Treat <i>Apasmara</i> and <i>Unmada</i>
7	<i>Malkangani</i>	Improve memory
8	<i>Kasaundi</i>	Relieve epilepsy and hysteria
9	<i>Madar</i>	Relief mortar impairment and <i>Apasmara</i>

Some famous Ayurveda formulations for the management of mental illness:

- ❖ *Sarasvatarist*
- ❖ *Asvagandharista*
- ❖ *Smritisagara rasa*
- ❖ *Cyavanaprasa*
- ❖ *Kalyanakaghrta*
- ❖ *Brahmi ghrta*

Conclusion

The properties of ayurveda internal medicine (*Rasa, Guna, Virya* and *Vipaka*) pacify *Dosha*, balances *Tamas* and *Rajas* therefore reduces mental illness. These drugs maintain circulatory system and opens up blocked nerve channels thus revitalizes nutrient supply to nerve tissue. The ayurveda internal medicine acts as nervine tonic, improves memory, control behavioral activities, provide calming and soothing effect, suppress overexcitement, improves cognition function and strengthen mental stability. The drugs such as; *Mandukparni*, *Brahmi*, *Ashwagandha* and *Jyotismati*, etc. are offers beneficial effects in the management of mental illness such as; anxiety, depression epilepsy, dementia and vertigo, etc.

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