



Depression And Its Ayurvedic Management

*Dr. Gautam J. Bhaisare ** Dr. Hemraj Meena *** Dr. C. R. Yadav

1. P.G.Scholar, Department of Shareer kriya, National Institute of Ayurveda, Jaipur.
2. Assistant professor, Department of Shareer kriya, National Institute of Ayurveda, Jaipur.
3. Lecturer, Department of Shareer kriya, National Institute of Ayurveda, Jaipur

Corresponding author : Dr. Gautam J. Bhaisare. P.G.Scholar, Department of Shareer kriya, National Institute of Ayurveda, Jaipur

Depression (Chittavasada) is common psychiatric disorder; it affects very severely the patient's life, when it persists for a very long time. Depression is often undiagnosed & even more frequently, it is treated inadequately. Ayurveda has emphasised the need of psychosomatic approach to entire problem of health & disease from very beginning. In Ayurvedic texts, Chittavasada has not been clearly mentioned. But it has been found that after study of modern literature that there is similarity between Chittavasada and depression.

Introduction:-¹

In the period of modernisation man suffers from various psychological diseases. One of them is depression. Approximately 15% of population experiences major depressive episode at some point of life. Depression is often undiagnosed & even more frequently, it is treated inadequately. If physician suspects presence of major depressive episode, physician should also assess the risk of suicide by direct questioning. If significant risk factor exists e.g. past history of suicide attempts, profound hopelessness, concurrent medical illness, substance abuse or social isolation, the patient must be referred to mental health specialist for immediate care.

Definition of Depression:-²

Depression is defined as depressed mood on a daily basis for minimum duration of two weeks.

Depressive Episode:-³

Depressive episode, mild (with or without somatic syndrome), moderate depressive episode (with or without somatic syndrome); severe (with or without somatic syndrome), recurrent depressive disorder (moderate with or without somatic syndrome); recurrent depressive disorder (sever with or without psychotic symptoms); cyclothymia and dysthymia.

Recurrent depressive disorder is also referred as unipolar depression. The other method to classify mood disorder is into major depressive disorder; bipolar I disorder, bipolar II disorder, bipolar III disorder, and bipolar IV disorder.

An episode may be characterized by:-⁴

- Sadness.
- Indifference or apathy.
- Irritability & is usually associated with change in neurovegetative functions, including sleep patterns, appetite & weight motor agitation.
- Feeling of shame or guilt & through of death or dying.
- Patients with depression have profound loss of pleasure in all enjoyable activities.

In some depressed patients mood disorder does not appear to be episodic and is not associated with either psychosocial dysfunction or change from individual's usual experience in life.

Psychosomatic approach to health & disease is very recent development in modern system of medicine. But in *Ayurveda* has emphasised the need of psychosomatic approach to entire problem of health & disease from very beginning.

Mind-body relationship & its significance in *Ayurveda* can be illustrated by number of fundamental issues such as psychological concept of evolution of universe, concept of *Purush*, *Prakruti*, *Deha Prakruti* as well as *Manas Prakruti* & identification of psychosomatic factor in causation & presentation of several diseases.

In modern medicine provides no definite treatment non of drug introduced in therapeutics are safe & adequately effective *Ayurvedic* concept of *Rasayan* therapy, especially *Medhya Rasayana*, *Achar Rasayana*, *Sadvritta*, *Swasthavritta*, *Yoga* help in management of depression.

Concept of mental health in ayurveda:-⁵

Susruta state that man in *Swastha* whose bodily structure & function in terms of *Doshas*, *Agnis*, *Dhatus*, *Malas* are in state of *Samya* i.e. balance and who is mentally, sensorioly & Spiritually in State of calmness.

Samprapti (Pathogenesis) of depression:-⁶

Causative Factor(Nidana)

Avar Satva person



Vitiation of *Doshas* (*Tama*, *Raja*, *Kapha*, *Vata*)



Manas + Psychic Personality+ *Sharir*



Hridaya



Manovaha srotodusti



Chittavasada (depression)



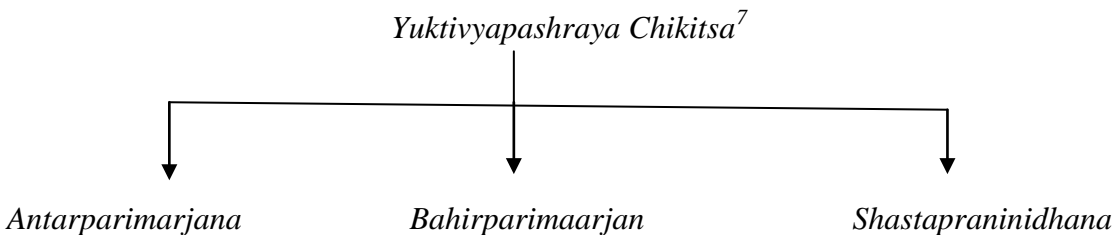
Depression disorder & its ayurvedic management:-

Depression disorder and its management divided into two ways.

I. Pharmacological Management:-

Pharmacological & Non-pharmacological treatments are equally important.

-In ayurveda the therapeutics is divided in to three, *Daivavyapashraya*, *Yuktivyapashraya*, and *Sattvavajaya Chikitsa*. Out of these *Yuktivyapashraya* falls under pharmacological management.



1. Antarparimarjana (Internal purification):-

a. *Samshodhana* (purification) i.e. elimination of vitiated *Doshas* by *Panchacarma* therapy.

b. *Samshaman* (alleviation) - It include different type of drugs, diet activities used to alleviate the vitiated doshas.

2. Bahiraparimarjana (External purification):-

It includes *Purvakarma* of *Panchakarma* i.e. *Snehan* (oileation) & *Swedana* (sudation).Medicated oil are used for external application with heat application.

3. Shastrapranidhana (operative procedures):-

Bloodletting has been indicated in various types of psychoses.

II. Non pharmacological management:-

Non pharmacological management of depression are as follows:

1. *Daivavyapashrya chikitsa*.
2. *Sattvavajay chikitsa*.
3. *Nidan parivarjana*.
4. *Naisthiki chikista*.
5. *Yoga* therapy.
6. Relaxation therapy.
7. Shock therapy.
8. Diet.

1. Daivavyapashraya chikitsa:-⁸

These methods create confidence & pessimistic tendencies. It includes *Mantras*, *Aushadha*, *Manimangala*, *Bali*, *Upadhan*, *Homa*, *Niyama*, *Prayascita*, *Upavasa*, *Pranipata*, *Yatragaman*.

2. Sattvavajaya chikitsa:-⁹

It aimed at control of mind i.e. one should keep himself established in his oneself after knowing real nature of soul & attaining height of spiritual wisdom.

3. Nidanparivarjana:-¹⁰

This is important principle in treatment of any disease is to avoid causative factors.

4. Naisthikichikista:-¹¹

“*Naisthiki ya vinopadham*”(charaka).This term refers to absolute eradication of miseries obtained by elimination of desires which are root cause of all miseries. Elimination of desires leads to eradication of all miseries. (*cha.su.1/94, 95*)

5. Yoga therapy:-¹²

‘*Yoga moksho pravarkak*’ i.e.by practice of *Yoga*, One can attain state of *Moksha*. Process of increasing *Sattva* and decreasing *Raja* and *Tama* leading to *Karmakshaya* (loss of deeds) is way of attaining *Moksha*. (*cha.su.1/131*)

6. Relaxation therapy:-

It is also important therapy. It means of getting free from stress is supposed to be a major causative factor of mental illness.

7. Shock therapy:-¹³

He should be shown strange things or informed (falsely) of the death of someone near and dear to him. He should be terrified by trained elephants and non poisonous snakes.

He should be tried with ropes and flogged by a whip or, he should be tied at very secrete place and horrified by hay fire.

8. Diet:- Gruel should be given for three days, followed by parched barley powder mixed with water only for the next three days. Or, the learned physician may give boiled barley. The diet of the patient should be tasty, appetising and salutary.

Conclusion:-

Depression is stage of mind due to various reasons and it can be manageable with the help of *Ayurveda* like *Daivavyapasrya* and *Satvavjaya chikitsa*.

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