

## HERBS IN AYURVEDA FOR MENTAL DISORDER

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### ABSTRACT

Due to recent lifestyles, there is increasing number of diseases from last few decades. Because of changing lifestyle there are increasing stress, negative attitude, emotional trauma etc and also from this, increasing physical diseases and mental diseases. In *Ayurveda triguna* are mentioned i.e., *Sattva*, *Raja* and *Tama*. In era of rat race and cut throat competition, society is under the influence of *Raja*. For overcome from all this mental disorders, we have to take rest from the day to day routine and there are some drugs mentioned in Ayurveda which if we use them routinely then we feel relax from the mental instability. *Vacha* (*Acorus calamus*), *Brahmi* (*Bacopa monnirie*), *Mandukparni* (*Centella asiatica*), *Shankhapushpi* (*Convolvulus pleuricaulis*), *Jatamansi* (*Nordostachys jatamansi*) these are some drugs use on the mental disorders. In Ayurveda it is mentioned as *Medhya* drugs. In Ayurveda, the three process i.e. Power of acquisition (*Grahanshakti*), Retention (*Dharanshakti*) and Recollection (*Smriti*) are include in *Medha*<sup>(1)</sup>. These drugs worked as brain tonic which increase the mental strength and reduce instability. In this article, the herbal drugs used in mental disorder are described.

**Keywords:** Recent lifestyle, mental disorder, Ayurvedic drugs.

### INTRODUCTION

Mental disorder in modern age is known as psychiatric diseases. Pathology of Mental disorder is psychological imbalance. Mental disorders are associated with emotional trauma, personal losses, negative attitude etc. In Ayurveda *Sattva*, *Raja* and *Tama* are *trigunas* mentioned. This roga are born from disturbance in *Sattva guna*. *Sattva* is largely responsible for inherent quality

of mind. Ayurveda describes channels at mental level and if the channels of circulation related to astral body are disturbed, mental disorder are born.

In Ayurveda, the three processes i.e. Power of acquisition (*Grahanshakti*), Retention (*Dharanshakti*) and Recollection (*Smriti*) are include in *Medha*. In Ayurveda both types of

herbs i. e., *Sheet virya* and *Ushna virya* are used in mental disorder.

Cognitive deficits that present with many of mental condition demand the Ayurvedic herbs use for the boost cognitive ability. Mental illness encompasses a broad range of conditions characterized by patterns of abnormal behavioral and psychological signs and symptoms that result in dysfunction. The classification of *Manasroga* is as follows.

Classification of *Manasroga*<sup>(2)</sup>

- 1) Diseases of primary mental origin and predominantly mental symptoms. It is called as *Keval Mansika Rogas*
- 2) Diseases with primary mental origin and predominantly physical Symptoms.
- 3) Diseases with primary physical origin and predominantly mental symptoms.
- 4) Diseases with primary physical origin and predominantly physical symptoms.

#### Methodology:-

Now a day, mental disorder is the worldwide issue. For the same, we have to change our routine lifestyle and use some herbal medicine mentioned in Ayurveda. *Vacha*, *Brahmi*, *Mandukparni*, *Shankhapushpi*, *Jatamansi* these are some herbs use on the mental disorders. The effect of Ayurvedic drugs on mental disorder are described as follows.

- 1) *Vacha (Acorus calamus)*:- It is belonging to Acoraceae family. *Vacha* is *Tikta*, *Katu rasa*, *Katu vipaki*, *Ushna virya*, *Prabhav* is *Medhya*. It is describe in *Sanjnasthapangana* in *Charak Samhita*. Rhizome is useful part of *Vacha* having *Medhya* quality. It benefits in *Unmadhara*, *Apasmarhara*. It is used for the many diseases especially for the central nervous sys-

tem. It has been proved for its anticonvulsant and sedative effects. It is effective on *Manasmandata* (mental retardation).

- 2) *Brahmi (Bacopa monnieri)* :- *Brahmi* is *Katu*, *Tikta rasatmak*, *Madhur vipaki*, *Sheet virya*. It is belonging to Plantaginaceae family. *Panchang* is the useful part of this plant and it is reported as memory enhancer, cognitive enhancer and sedative action. It is mainly useful in memory and attention disorders. It is effective on *Manasmandata* (mental retardation). It supports restful sleep, calms emotional turbulence and simultaneously improves concentration and alertness. It reduces stress and anxiety as it decreases the level of cortisol, which is known as stress hormone.<sup>(3)</sup>
- 3) *Mandukparni (Centellaasiatica)*:- It is belonging to Umbeliferae family. It is *Kashay*, *Madhur*, *Katu*, *Tikta rasa*, *Madhur vipak*, *Sheet virya*. Fresh whole plant is used for the therapeutic purpose. It is act on behavior besides being neuroprotective. Dendritic arborization is supposed to be the neuronal basis for improved learning and memory. It reduces stress, depression, anxiety.
- 4) *Shankhapushpi (Convolvulus pleuricaulis)*:- *Shankhapushpi* is *Tikta rasa*, *Madhur vipaki*, *Sheet virya*. Whole plant is used for the treatment. It is belonging to Convolvulaceae family. It is highly regarded as *Medhya* (intellect promoter) and neuroprotective. It is effective on *Manasmandata* (mental retardation). It is effective in releasing signs and symptoms of *Chittodvega* (anxiety disorders). It is beneficial for restlessness, sleeplessness, stress disorders, mental debility or sensitivity.

5) *Jatamansi (Nordostavhys jatamansi)*:- It is *Madhur, Katu, Tikta rasa; Katu vipak; Sheet virya*. Rhizome is useful part which is use as *Medhya, Bhutaghna, and Manasdosahar*. It is belonging to *Caprifoliaceae* family. *Jatamansi* are used to treat hysteria, epilepsy and convulsions. The decoction of drugs is also used in neurological disorders, insomnia. The plant has the power to reduce stress, anxiety and tension by balancing biochemical reaction in the body. <sup>(4)</sup>

## DISCUSSION

In day to day life, due to routine busy lifestyle there is increasing number of diseases. Among them mental disorders is the major issue. The drugs described above are very useful in the mental disorder in this era. The all drugs are *Tikta, Katu rasa*. Some are *Katu vipak Ushna virya* and some are *Madhur vipak Sheet virya*. In Ayurveda *Pitta dosha* has *Aashu* and *Tikshna* properties which support increase in Recollection (*Smriti*). *Kaphadosha* promotes Retention (*Dharanshakti*). Due to this reason both herbs i. e. *Ushna virya (Pittavardhak)* and *Sheet virya (Kaphavardhak)* are useful in mental disorder. Mainly *Ushna virya* herbs are useful in *Grahanshakti* and *Smriti* and *Sheet virya* herbs are useful in *Dharanshakti*.

*Vacha* have Anticonvulsant and sedative effect. *Brahmi* useful in memory enhancer, cognitive enhancer, sedative action and supports restful sleep, calms emotional disturbance and simultaneously improves concentration and alertness. *Mandukparni* act on behavior besides being neuroprotective. *Shankhapushpi* is effective on *Manasmandata* (mental retardation), *Chittodvega* (anxiety disorders) and beneficial for restlessness, sleeplessness, stress disorders.

*Jatamansi* reduce stress, anxiety and tension by balancing biochemical reaction in the body, also it is use in epilepsy and convulsion. In this way, these all drugs are useful in mental disorder.

## RESULT

From the above discussion and conclusion it found that *Vacha, Jatamansi, Shankhapushpi, Mandukparni and Brahmi* are used in mental disturbance, emotional imbalance. *Brahmi* act as sedative which leading to sleep that calms the body and mind. *Mandukparni* act on behavior besides being neuroprotective.

## CONCLUSION:-

From the above discussion it is concluded that Ayurvedic herbs are useful in Mental disorder. As compared to modern medicine the herbal drugs have no any side effects and they are safe. We can use these drugs for longer duration.

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**Source of Support: Nil**

**Conflict Of Interest: None Declared**

How to cite this URL: Dipshikha Rakhunde et al: Herbs In Ayurveda For Mental Disorder. International Ayurvedic Medical Journal {online} 2018 {cited February, 2018} Available from: [http://www.iamj.in/posts/images/upload/470\\_472.pdf](http://www.iamj.in/posts/images/upload/470_472.pdf)