



## AYURVEDA AND MODERN VIEW ON MENTAL ILLNESS IN CHILDREN AND THEIR THERAPEUTIC MEASURES

Dr. Sudheer Sharma<sup>1\*</sup> and Dr. Rishu Sharma<sup>2</sup>

<sup>1</sup>Assistant Professor, Department of Kaumarabhritya, Govt. Ayurvedic Medical College, Akhnoor, Jammu.

<sup>2</sup>Assistant Professor, Dept. of Panchkarma, Govt. Ayurvedic Medical College, Akhnoor, Jammu.

\*Corresponding Author: Dr. Sudheer Sharma

Assistant Professor, Department of Kaumarabhritya, Govt. Ayurvedic Medical College, Akhnoor, Jammu.

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### ABSTRACT

Ayurveda mentioned several principles related to the mental (Manas) functioning of human body; in this regard Ayurveda described Satwa, Raja and Tama as Guna of mind. The disorders of mind mainly occurs due to imbalance of Tamas or Rajas, the disturbance of Tamas or Rajas vitiates mind and causes emotional imbalance as well as psychological disturbances. Therefore Ayurveda mentioned Rajas and Tamas as Doshas of mind which play vital role towards the mental health of children. The mental disorders related to the children are depression, insomnia, bi-polar disorder, Attention Deficit Hyperactivity Disorder (ADHD), anxiety and Unmad, etc. Manas roga are associated with Manovaha srotas and behavioral alteration such as Krodha, Bhrama, Murchha, Tandra and Maddattaya, etc. also involves in mental disorders. Ayurveda mentioned several therapeutic approaches for the management of Manas roga such as; Satvavajay, Sadvritta, Yoga, Acharrasayan and uses of nootropic medicines, etc. These approaches can helps greatly in the management of Manas roga along with behavior therapies.

**KEYWORDS:** Ayurveda, Manas roga, Mental illness, Satvavajay.

### INTRODUCTION

Ayurveda elaborated mental disorders in children as *Graha badha*, child psychiatry deals with the mental disorders of children while *Kaumarabhritya* in Ayurveda provides necessary information related to the physical and mental health of children. Ayurveda described *Rajas* and *Tamas* as *Doshas* of mind. *Rajas* is related to the passion & activity while *Tamas* is inhibitor of these activities. *Unmada*, *Apasmara*, *Atatwabhinivesa* and *Kayasatwa rupa vikaras*, etc. are major mental illness associated with children.<sup>[1-3]</sup>

### Pathological Involvement in *Manasaroga*

- ❖ *Alpasatwa*, *Manovahasrota*, *Manasadosha* (*Rajas* and *Tamas*) and *Tridosha* (*Vata*, *Pitta* and *Kapha*) are mainly responsible for *Manasaroga*.
- ❖ *Alpasatwa* is associated with premorbid personality.
- ❖ *Saririka dosa* more prominently involves in *Ubhayatmaka vikara*; *Apasmara*.
- ❖ *Krodha* and *Abhyasuya*, etc. can vitiates *Manadosa* and finally triggers pathogenesis of *Manoroga*.

### *Manoroga* *Nidana*

- ❖ Emotional disturbances
- ❖ Volitional transgression
- ❖ Unwholesome food

- ❖ Genetic & Hereditary Predisposition
- ❖ Environmental factors
- ❖ Insomnia, anxiety and social isolation

### *Lakshana of Manasaroga*

- ✓ *Apasmara*
- ✓ *Mada*
- ✓ *Murcha*
- ✓ *Krodha*
- ✓ *Soka*
- ✓ *Udvega*

### Ayurveda Management of *Manoroga*

#### ✚ *Satvavajaya*

Practice of yoga, ethical regimen, self-discipline and meditation.

#### ✚ *Daivavyapashraya*:

Prayer, reciting or chanting of mantras, spiritual rituals and worship.

#### ✚ *Yuktivyapashraya*

Balancing vitiated *Doshas* and *Guna* of mind, utilization of balance diet, nutrition, mental cleansing, exercise, detoxification measures and rejuvenating therapies.

Various drugs imparts mind boosting effects such as; *Bacopa monnieri*, *Acorus calamus*, *Saussurea lappa* and *Convulvulus pluricaulis*, etc. therefore can be considered useful for preventing mental disorders in children. These drugs act as mental rejuvenator and balances all *Doshas* thus improves mental as well as physical health of children.

Ayurveda drugs possessing *Tikta & Katu-Rasa*, *Laghu & Tiksha Guna*, *Dipana*, *Pachana* and *Tridosha Shamaka* properties can be used effectively for treating mental disorders of growing children. Ayurveda drugs having *Medhya* and *Rasayana* properties can also be used for boosting mental health of children.<sup>[4-6]</sup>

- Drugs possessing *Tikta Rasa* offers *Medha* action
- *Ushna* and *Tikshna Guna* drugs help to dispel *Avarana* of *Tama*
- *Ushna* and *Tikshna Guna* drugs increase *Sattva guna* of *Mana*
- *Ushna Virya* improves *Grahana* and *Smaran* power.
- *Sara Guna* gives *Prerana*
- Drugs possessing *Dosha Shamaka* property helps to pacify vitiated *Vata Dosha* and regularizes function of *Mana*.
- Ayurveda detoxification measures improve attention and memory.

#### AYURVEDIC HERBS FOR IMPROVING MENTAL FUNCTIONING IN CHILDREN

##### **Brahmi**

- ✓ This herb used as brain tonic.
- ✓ Improve memory and sharpness.
- ✓ Calming and nurturing properties imparts mental peace.
- ✓ Relives anxiety and depression.

##### **Shankhpushpi:**

- ✓ This herb helps in cognitive functions.
- ✓ *Shankhpushpi* used as *Medhya rasayana* thus boosts memory.
- ✓ Improves concentration and cognitive function.

##### **Vacha**

- ✓ *Vacha* enhances intelligence.
- ✓ Improve blood circulation in brain thus maintain oxygen supply to the brain.
- ✓ Improves mental strength and inherent memory.
- ✓ Helps to cure mental diseases where *Vata* is deranged.

#### Ayurveda formulations for Mental Health

- *Brahmi ghrita*
- *Kalyanakaghrta*
- *Kusmandarasayana*
- *Chyavanaprasa*
- *Brahmi Rasayana*
- *Asvagandharista*
- *Satavari leha*

#### Modern View

Modern science described many mental disorders including attention and behavioural disorder, psychosis, eating disorders, neurosis and depression, etc. Bi-polar disorder generally arises in early age of childhood and continues to the adulthood. Intense mood swing is characteristic feature of this condition. Genetic illness play role towards the prevalence of disease in children of 12 years of age group.

Anxiety or stress rarely seen in children, symptomatically disease involves restlessness, uneasiness and distressed, etc. Episodes of intense fear and mental pressure are consequences of anxiety in children.

Attention Deficit Hyperactivity Disorder (ADHD) is neurobehavioral developmental disorder characterized by impulsiveness, inattention and hyper activeness, etc, this condition generally observed in children of early age group.<sup>[7-9]</sup>

#### CONCLUSION

*Acharrasayan*, *Satvavajay*, *Sadvritta*, nootropic medicines and *Yoga*, etc. are Ayurveda approaches that can helps to cure mental illness in children. These ayurveda approaches prevent behavioral and conduct problems in children.

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