ABSTRACT: Depression is a common illness worldwide with more than 264 million people affected. It can cause the affected person to suffer greatly and function poorly. Mental depression is becoming common in Indian population. Number of suicides are increasing day by day due to mental depression in modern India. Due to poverty, socioeconomic failure, insomnia, and mental conflicts, the incidence of mental depression has raised. Marriage clashes, economic burden, alcoholism, and mental stress are seen in these patients. In Ayurveda Manas is considered as one of the Tridamnda of life. Ayurveda defines good health when the person is physically and mentally strong. There is detailed description about the various Manasik bhavas and Manas vyadhis. Scattered references of mental depression are found in various Ayurvedic classics. Mental depression can be correlated with the clinical condition under vishada, avasada, manodhukhaja unmada and kaphaja unmada. Various Ayurvedic treatments, yoga and pranayama, shows promising and effective results against mental depression. Shirodhara, Tailabhyanga, Sarvanga sweda, Nasya, Matrabasti yapana basti, Vipassana yoga, pranayama, dietetics, pathyapathya prayoga and Adravyabhoota chikitsa plays important role in the management of these patients. The present paper highlights the role of Ayurveda treatment in mental depression.

Key words: Mental Depression, Ayurveda, Vishada, Unmada.
INTRODUCTION

The mental depression and other mental conditions are on rise globally. It can cause the affected person to suffers greatly and function poorly at work, at school and in the family. Depression is a common illness worldwide with more than 264 millions people affected.\(^1\) Mental depression is a psychological disorder commonly seen in Indian population. Mental depression has raised. Marriage clashes, economic burden, alcoholism, and mental stress\(^2,3\) According to a survey, about 20 % Of Indian population is suffering from one or the other psychological disorder.

AIM AND OBJECTIVES

1. To study the Co-relation between \(Vishada, Avasada, manodhukaja,\) \(kaphaja unmmad\) and Mental depression.
2. To evaluate the role of \(Ayurveda\) in the treatment of Mental Depression.

MATERIALS AND METHODS

Material:

Relevant literature is referred in \(Samhitas, Sangraha granthas,\) journals, and internet
and contemporary literature along with personal experiences.

**Methodology**

**Review study.**

**Depression:** Depression is a disorder of major public health importance. Depression is a state of low mood and aversion to activity that can affect the thoughts, behavior, feelings and sense of well-being of a person. The person suffering with this disease feels sad, anxious, empty, helpless, guilty, irritable, hurt and restless. Symptoms like lethargy, decreased or increased appetite, lack of interest in day to day in life, body ache, weakness, insomnia, restlessness and irritability and weight gain or weight loss are seen in these patients.

According to Ayurveda: Ayurveda is the science in which prime importance is given to mental health. Manas is among one Tridanda of life. Any disorder in Manas greatly affects the health of the person. Almost all Ayurvedic classics describes physical and mental impacts of any disease in detail. The clinical features of mental depression are described under various Mannisk bhavas and is co-related with Vishada, Avasada, manodhukaja and kaphaja unmad.

Samanya lakshana of Unmada

1. Dhivibhrama
2. Satva pariplava
3. Paryakula drishti
4. Adhirata
5. Abaddha vaktwa
6. Hridayashoonyata
7. Na sukha na duhkam
8. Alpa samjna smriti
9. Achintana arambha
10. Vijnana bhrama- distorted understanding
Pathophysiology of depression according to Ayurveda: The root cause are Shariraka dosha, Manasik Dosha, Satwa bala, Karmendriya, Agni, Jnanendriya, Dhatu, Srotas and Ojus.

Vridhahara and Vihara and Manasik dosha

Vatadi dosha Kopa

Dislodged at Hridya, Manosthan

Manovaha srothodusthi

RasaVahaSrothodusthi

Dhee, Dhriti, Smirthi Vibramsha

Rasodushti, Agnishthi and ojaskashya

Vishada, Avasada, manodhukaja and kaphaja unmad. (Depression)
Treatment: The main principal of treatment includes:

1-Balancing three doshas of body: It is important to use tridoshaj siddhant in the management of disease. Balancing all the three doshas are important in the treatment of Mental depression, especially Vatanulomak Ahara vihar are advised.

2-Manaisik dosha- the tamodosha har Ahar vihar is necessary.

3- Agni, dhatu and ojus virddhi chikitsa should be done

4- Panchkarma chiktsa is also very useful in the treatment of mental depression.

5- Satwewajaya chikitsa

6- Pranayama and Mantra chiktsa is also advised.

Table 1-The drugs used in the management of Mental Depression have following actions

<table>
<thead>
<tr>
<th>CNS stimulants</th>
<th>Sthoulyahara</th>
<th>Nutritive</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rasayana</td>
<td>Drugs promoting Thyroid functions</td>
<td>Nervine tonic</td>
</tr>
<tr>
<td>Medhya</td>
<td>Pitta vardashka</td>
<td>Neurodegenerative</td>
</tr>
<tr>
<td>Smritivardhaka</td>
<td>Kaphavata hara</td>
<td>Dipana</td>
</tr>
<tr>
<td>Buddhi vardhaka</td>
<td>Shokahara</td>
<td>Pachana</td>
</tr>
<tr>
<td>Antistress</td>
<td>Nadi balya</td>
<td>Agnivardhaka</td>
</tr>
<tr>
<td>Adaptogenic</td>
<td>Brimhana</td>
<td></td>
</tr>
<tr>
<td>Immunomodulatory</td>
<td>Poshaka</td>
<td></td>
</tr>
</tbody>
</table>
Table-2 List of drugs and their specific action.

| CNS stimulants       | 1. Shunthi ksheera paka¹².  
|                     | 2. Siddha makaradhwaja  
|                     | 3. Makaradhwaja  
|                     | 4. Kasturyadi gutika  
|                     | 5. Coffee  
|                     | 6. Herbal tea  
| Rasayana            | 1. Amalaki rasayana  
|                     | 2. Bhalliataka vati  
|                     | 3. Chitrakadi vati  
|                     | 4. Brahmi ghrata  
|                     | 5. Goghruta  
|                     | 6. Goksheera  
| Medhya              | 1. Manduka parni swarasa  
|                     | 2. Brahmi rasayana  
|                     | 3. Medhya vati  
|                     | 4. Yashti madhu choorna  
|                     | 5. Guduchi kashaya  
|                     | 6. Goghrita  
| Buddhi medhakara gana | 1. Adhyavasaya  
|                      | 2. Paratantravalokana  
|                      | 3. Acharya seva  
| Smriti vardhaka and  | 1. Mandooka parni swarasa  
| Buddhi vardhaka      | 2. Kooshmanda avaleha  
|                     | 3. Bramhi ghrita  

¹² Shunthi ksheera paka is a traditional remedy used in Ayurveda for its stimulating properties.
<table>
<thead>
<tr>
<th>Category</th>
<th>Items</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>4. Smriti sagara rasa</td>
</tr>
<tr>
<td></td>
<td>5. Saraswatarista with gold</td>
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<tr>
<td>Anti-stress</td>
<td>1. Shatavari swarasa</td>
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<tr>
<td></td>
<td>2. Shatavari guda</td>
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<tr>
<td></td>
<td>3. Jatamansi choorna</td>
</tr>
<tr>
<td></td>
<td>4. Kooshmanda avaleha</td>
</tr>
<tr>
<td>Aadapto-genic</td>
<td>1. Ashwagandharista</td>
</tr>
<tr>
<td></td>
<td>2. Ashwagandha leha</td>
</tr>
<tr>
<td></td>
<td>3. Ashwagandha choorna</td>
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<td></td>
<td>4. Kooshmanda swarasa</td>
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<td></td>
<td>5. Kooshmanda avaleha</td>
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<td>6. Guduchi kashaya</td>
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<tr>
<td>Immunomodulatory</td>
<td>1. Guduchi kashaya</td>
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<tr>
<td></td>
<td>2. Godugdha</td>
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<td></td>
<td>3. Goghrita</td>
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<td></td>
<td>4. Ashta ksheera</td>
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<tr>
<td></td>
<td>5. Amalaki rasayana</td>
</tr>
<tr>
<td></td>
<td>6. Amalaki swarasa</td>
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<tr>
<td>Sthoulyahara</td>
<td>1. Medohara guggulu</td>
</tr>
<tr>
<td></td>
<td>2. Amrita guggulu</td>
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<td></td>
<td>3. Navaka guggulu</td>
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<td></td>
<td>4. Tryushanadî loha</td>
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<td></td>
<td>5. Vidangarishta</td>
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<td></td>
<td>6. Shilajatu loha rasayana</td>
</tr>
<tr>
<td>Category</td>
<td>Medicines</td>
</tr>
<tr>
<td>---------------------------</td>
<td>---------------------------------------------------------------------------</td>
</tr>
</tbody>
</table>
| Thyroid stimulating drugs | 1. Medohara guggulu  
2. Bhallataka vati  
3. Chitrakasava  
4. Chitrakadi vati  
5. Navaka guggulu |
| Pitta vardhaka             | 1. Shunthi ksheera paka  
2. Panchakolasava  
3. Trikatu choorna  
4. Chitrakasava |
| Kaphavata hara             | 1. Guggulu kalpa  
2. Shunthi choorna  
3. Trikatu choorna |
| Shokahara                  | 1. Tagara tablet  
2. Jatamansi choorna  
3. Manasa mitra vataka  
4. Saraswatarista with gold |
| Nadibalya                  | 1. Kooshmanda avaleha  
2. Balarishta |
| **Brimhana** | 1. Kooshmanda avaleha  
2. Aja mamsa rasayana  
3. Ashwagandha leha v  
4. Chatusneha |
| **Poshaka and Nutritive** | 1. Godugdha  
2. Ashta ksheera  
3. Aja mamsa rasa  
4. Vidari kanda swarasa  
5. Varahi kanda choorna |
| **Nervine tonic** | 1. Visha tinduka vati  
2. Ashwagandha choorna  
3. Balarishta  
4. Bala moola choorna |
| **Neuro-regenerative** | 1. Brihat vata chintamani rasa  
2. Vasanta kusumakara rasa  
3. Yogendra rasa  
4. Ekangaveera rasa  
5. Vajrabhraka sindoor  
6. Abhraka bhasma shataputi |
**Dipana and Pachana**

1. Trikatu choorna
2. Lashuna ksheera paka
3. Shunthi ksheera paka
4. Agnitundi vati
5. Hingwashtaka choorna
6. Lashuna ksheera paka

**Agnivardhaka**

1. Chitrakadi vati
2. Bhallataka vati
3. Trikatu choorna
4. Chitrakasava
5. Panchakolasava
6. Lashunadi vati

**Single herbs used in mental depression**

1. Kasturi
2. Makaradhwaja
3. Pooga
4. Shunthi
5. Kapikacchu
6. Twak
7. Panchakola

**DISCUSSION**

Mental depression is commonly occurring in Indian population. It will affect creativity and work performance in the patients. Symptoms of mental depression, Loss of interest, Depressive mood, Decreased energy, Inferiority complex, Disturbed sleep, Loss of appetite, Poor concentration, Anxiety affects day to day activities. According to Ayurveda the three main Gunas, of mana is Sattva, Rajas and Tama. Any disturbance in these cause various Mannisk vyadhis. Vishhad and Avasaad are the terms used for both Manasik bhavas and Manaisik vikaras. This is caused mainly due to Vata vikara. In Manodhukhaja unmade the symptoms expressed are grief, complaining or praising the lost, pallor and fainting, weeping, tearfulness, emotional withdrawal. Kaphaja unmada on the other hand is characterized by Sithanam eka dehse, Thushni bhava, Achankramana.
Lalasinghanaka srava, Sauchadwesha, Anannabhilasha, Rahaskamatha, Bhibhatsyathwam. Diet patterns like junk food, left over and old food suggestive of Tamasika and Rajasika Ahara plays a major role in the manifestation of depression. Treatment of depression is a priority factor as it affects the whole family if one person of the family is affected by mental depression. Ayurveda drugs and formulations are effective in the management of mental depression. The medicines like Saraswatarista, sarpagandha vati, ardraka khanda, pooga choorna, herbal tea, and Ayurveda CNS stimulants are found effective in mental depression. Ayurveda management includes Vyadhi pratyanika aishadha prayoga, pancha karma procedures like Shirodhara, tailabhyanga nasya, sweda, matra basti, dhoomapana, and pathyapathya, diet therapy, vyayama, walking and counselling. Ayurveda medicine is useful in mild to moderate depression cases. However cases of severe depression should be referred to modern medicine.

CONCLUSION

From the above facts it is concluded that in Ayurveda numerous factors are playing a main role for its pathogenesis like Prakruti, Deha Prakruti, Manas Prakruti, Manas Bhav, Triguna and tridoshas etc. Ayurveda is essentially preventive in approach; it has a comprehensive system of curative medicine. Primary goal of treatment for this disease is associated with restoration of the underlying physiology. when the quality of mind is unbalanced by emotional disturbances it has to be treated by psycho-behavioural therapy, controlling particular diet or habits play an important role in controlling Tamas and Rajas activity of the mind, establishing a Satwa predominant state, which is essential for the normal and healthy functioning of the mind. Ayurveda system of medicine has a positive role in the management of depression.

Acknowledgement: - Nil
Financial Assistant: - Nil
Conflict of interest :- Nil
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