

## YOGA & AYURVEDA FOR MENTAL HEALTH PROBLEMS

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### Abstract

Ayurveda means not only curing the disease but also maintaining a healthy body and mind. Stress is a normal part of life that can help us learn and grow, but it can also cause significant mental health problems and thus lead to disease manifestation. However, mental illness (manas roga) is now a major problem among the youth, which is primarily caused by changes in lifestyle. Stress is referred to as Sahasa in Ayurveda. Sahasa increases the body's susceptibility by causing oja kshaya (loss of immunity). Ayurveda offers tailored lifestyle, dietary, herbal, and yogic solutions for each individual, not only reducing stress but also laying the groundwork for long-term mental health. Shirodhara is the most effective treatment for mental illness (manas roga). Shirodhara is a traditional and well-known ayurvedic procedure that involves slowly and steadily dripping medicated oil or other medicated liquids onto the forehead. This procedure induces a relaxed state of consciousness, resulting in a dynamic psycho-somatic balance.

**Key words:-** Mental illness, Manas roga, Stress, Ayurveda, Shirodhara, Naturopathy.

### Introduction:

Ayurveda already places a high value on maintaining a healthy, balanced mind and body. Life is a synthesis of the body, senses, mind, and reincarnating soul. Ayurveda is the sanctified science of life; it is a holistic approach to health and homeostasis that considers the body, mind, emotions, spirit, and environment. Ayurveda first provided a detailed description of the mind-body relationship, as well as a clear statement of the mind and body as two separate entities.

According to Ayurvedic philosophy, people are born with a specific constitution known as Prakriti. Tridoshas rule over Prakriti. Internal and external environmental factors, seasonal changes, lifestyle choices, and so on all have an impact on an individual's Prakriti. Ayurveda emphasises disease prevention through Ritu charya (Seasonal Regimen) and Dinacharya (Daily Regimen). Ritucharya is a set of dietary and lifestyle guidelines for each season. It also suggests Dinacharya (daily routine), which bases daily activities on natural cycles, which aids in health maintenance. The practise of Ayurveda individualises treatment based on an understanding of the patient's Prakriti and dosha. In order to arrive at a diagnosis, it connects the disease condition (Roga), its pathogenesis (Samprapti), and the patient (Rogi). While allopathic medicine focuses on alleviating disease symptoms, Ayurveda teaches us how to prevent disease and eliminate its root cause, rather than just providing symptomatic relief.

## **Stress Aspects in Ayurveda:-**

Lust (kama), anger (krodha), greed (lobh), delusion (moha), jealousy (irshya), pride (mana), euphoria (mada), sorrow, grief (shoka), anxiety (chinta), neurosis (udvega), fear (bhaya), happiness are the primary psychological conditions caused solely by mental disorders (harsha). Psychosis (unmada), convulsive disorder (apasmara), hysteria (apatantarka), obsession (atattvabhinvesha), illusion, vertigo (bhrama), drowsiness (tandra), neurasthenia (klama), loss of sensory perception leading to coma (mada-murchha-sanyasa), alcoholism (madatyaya), hypochondrias (gadodvega).

In his treatise 'Charaka Samhita,' Acharya Charaka describes eight essential psychological factors that, when vitiated, negatively affect the body, giving rise to various psychiatric disorders. Manas (mind), buddhi, smriti (memory), sanjna-jnana (orientation and responsiveness), bhakti (devotion), shila (habits), cheshta (psychomotor activity), and achara are the factors that cause psychopathology (conduct). Ayurveda is very effective in stress management and encouraging the body and soul to achieve mental composure.

## **Etiology of Stress:-**

1. Aaharaja (Dietary causes): Tamasika ahara, which includes irregular meal times or skipping meals, eating late at night, spicy and salty foods, fast food such as burgers, hotdogs, pizza, wafers, Chinese food, and so on. Vishamasana and Adhyasana.
2. Viharaja (lifestyle factors): Avyayama (lack of physical and mental exercise) is a critical causative factor in stress pathogens.
3. Manasika (psychological factors): Dukha, Irshya, Lobha, Cinta, and Krodha can cause stress.
4. Rogaja (medical conditions): Prolonged diseases such as jvara, prameha, kustha, and others cause stress.

## **Ayurveda for treating stress**

Principle of Treatment:- "Nidana Parivarjana" is the most beneficial treatment. "Nidana" means "cause," and "Parivarjana" means "removal or eradication." So, in order to treat a disease, the first step must be to eliminate the source of the disease.

Herbs, the Dincharaya (Daily regimen), Pachakarma, Satvikaahara, yoga, and meditation can all help to relieve stress. Dincharaya plays an important role in stress prevention and management.

Dincharaya:- Ayurveda places a strong emphasis on our daily lives, or "Dincharaya," which is critical for overcoming stress and other mental illnesses. Stress and other mental illnesses will never be a part of our lives if we follow the Dincharaya. Dincharaya aids in the maintenance of body and mind balance, the prevention of disease, and the treatment of almost any disease.

Satvika ahara:- Aahara is one of the most important upstambhas. Aahara is also known as maha aushadha, and if we consume food properly, we can prevent and cure various illnesses. Satvika ahara cleanses the mind and body, is high in macro and micro nutrients, and is pleasant to the senses; it is medhya and improves mental coordination.

## **Herbs indicated in stress:-**

As Medhya Rasyana, Ayurvedic herbs have a calming effect on the mind. These herbs stimulate the mind and nourish the nervous system deeply. These are also nervine tonics. Panchakarma therapy is followed by Shamana, or purification therapy, which includes oral medicine and herbal powder.

**These herbs are as follows:**

Ashwagandha - A combination of amino acids and vitamins, acts as an adaptive, assisting the body in adapting to stressful situations while also increasing energy, stamina, and endurance power. It also promotes restorative sleep, balances the energies in the body, and aids in the treatment of insomnia.

Brahmi - Brahmi is well known for its stress-relieving properties. It is known to lower cortisol levels, the stress hormone. This herb counteracts the effects of mental illness by regulating hormones involved in mental illness response. It improves concentration by revitalising brain cells and has a calming effect on the nervous system.

Shankhpushpi - Because of its antidepressant activity, it improves mental health and may aid in the treatment of depression. Shankhpushpi, according to Ayurveda, helps to calm the brain and relieve stress and anxiety. Because of its Medhya (improves intelligence) property, it also improves memory by acting as a brain tonic.

Tagar - Tagar root, which has sedative and anxiolytic properties, helps to reduce anxiety and improve sleep by relaxing the central nervous system.

Jatamansi - also known as spikenard, is an anti-fatigue and anti-stress herb. Jatamansi roots are the primary medicinal parts of the plant that have a calming effect on a stressed mind. These roots cleanse the mind and body of toxins and blockages, and they also provide a sense of stability, allowing the brain to function properly.

Bhringaraj - It aids in detoxifying the body and energising the brain by continuously supplying oxygen and increasing blood circulation.

Vacha- The magical root of this herb has a calming effect on a variety of mental disorders.

Pudina (Peppermint)- Due to the presence of menthol, which helps calm the nerves, pudina or peppermint has been used for centuries to treat nervous system disorders. It is high in vitamin A and C, as well as minerals such as magnesium, manganese, calcium, iron, folate, copper, and potassium. Menthol aids in the treatment of insomnia by keeping the mind calm and allowing for uninterrupted sleep.

**Ayurvedic Formulations:-**

1. Brahmaghrita
2. Kalyanakaghrita
3. Sarasvatarista
4. Asvagandharista
5. Sarasvatacurna
6. Pancagavyaghrita

7. Smritisagara rasa
8. Caturmukha rasa
9. Manasamitravataka
10. Brahmyadiyoga

### **The Panchakarma measures are:-**

**Vamana:-**Vamana is a procedure that eliminates doshas through the upper channels, i.e., the mouth. Vamana has the ability to improve the body's functional and metabolic activities.

**Nasya:-** The nasal canal connects to the brain. This channel is used in Nasya Therapy to deliver a combination of medicated oils, powders, and herbal extracts to treat a variety of neck-and-head ailments such as sinus, throat, and eye infections, migraine, and gout.

**Shirodhara:-** Shirodhara is a treatment that involves applying medicated oils or medicated milk to the forehead. It reduces anxiety, depression, and mental stress while also stimulating the central nervous system.

**Shirobasti:-** Place herbal oil in a cap that fits over the head. It also helps to alleviate anxiety, depression, and mental stress.

### **Shirodhara**

Shirodhara is a combination of the Sanskrit words shiro (head) and dhara (water) (flow). It's an Ayurvedic healing technique in which someone pours liquid on your forehead, typically oil, milk, buttermilk, or water. It is frequently combined with a body, scalp, or head massage. Shirodhara is a traditional and well-established ayurvedic procedure that involves dripping medicated oil or other liquid onto the forehead slowly and steadily. Shiro is a Japanese word that means "head," and Dhara is a Sanskrit word that means "stream of oil or herbal liquid." Both the mind and the body are relaxed as a result of this procedure. Shirodhara is a highly effective treatment for anxiety, fatigue, and mental health issues. Stress, depression, or anxiety are responsible for approximately 80% of all diseases. Shirodhara is a traditional Panchkarma cleansing procedure that involves the use of specially prepared medicated oil. It is also safe and effective as a stand-alone therapy. Shirodhara is the continuous application of warm oil to the areas of the forehead containing nerves. The vibration is caused by the pressure of the oil on the forehead. The oil permeates the nervous system and saturates the scalp and forehead.

The rhythm of the oil trickling (dripping) on the forehead aids in the evocation of deep cognitive memories, transforms bodily tissues, and restores health. This procedure induces a state of complete well-being. The dripping medium is essential in the Shirodhara technique.

Shirodhara is a type of snehana treatment that is titillating (interesting). Where the oil or therapeutic substance is drip-dripped methodically onto the forehead along a course thread.

A metal or clay dharapatra (vessel) is suspended directly above the brow. The patient's brow is smeared with medicated oil during this treatment. The most commonly used treatment is sesame oil.

- Shirodhara with brahmi oil can aid in the treatment of moderate to severe insomnia. Brahmi is a satvik herb that has been used in Ayurvedic medicine since the Vedas' time. It promotes recovery from exhaustion, stress, illness, and aggravation.
- Shirodhara with bala oil, which is known to have beneficial effects on all sensory organs and to calm the patient. Continued application of bala oil to the forehead has a calming effect and induces sleep.
- Shirodhara with lavender has a calming effect. Lavender oil stimulates olfactory nerves, causing impulses to be transmitted to the hypothalamus, which helps to calm the mood and alter the ANS (autonomic nervous system).
- Shirodhara with lukewarm milk has been shown to help with the management of anidra (insomnia) caused by madhur rasa, snidhaguna, sheet veerya, and madhurvipak. It aids in the increase of tamogunna, which induces sleep.
- Takradhara can help with hair and skin problems.
- Shirodhara is typically performed for 40-45 minutes.

## Yoga and Healthy Mind:-

Yoga promotes relaxation, which can help reduce stress. Yoga improves three aspects of human life that are frequently harmed by stress: the body, the mind, and the breathing. Regular practise of pranayams such as Anulom-Vilom, Ujjayi, Shitali, Seetkari, Bhramari, Nadi Shodhan, Chandrabhedan improves longevity, respiration, and command control. Silently chanting mantras according to Vedas generates energy, resulting in a calm and relaxed state of mind. Sukhasana, Paschimottasana, Uttanasana, Shashankasana, Vajrasana, Shavasana, Makarasana, and Padmasana are some yoga asanas that can help you maintain a healthy mind.

## Review of Literature

CCRAS contributions are significant in the scientific exploration of psychological disorders (Bhootvidhya) in Ayurveda. The council through extensive multi-centric clinical trials has evaluated efficacy of certain single drugs and compound formulations on various mental problems and developed formulations like Ayushman-8 for mental retardation, Bhramyadyog for schizophrenia (unmada) and so on. The clinical trials have been conducted to evaluate the effect of Dharachikitsa in the management of stress, Mandata (mental retardation), Vatajashirashoola (psychogenic headache), Cittodvega (anxiety neurosis) and so on.

## Discussion:

After reviewing of literature, we can see that the definition of health given by Acharya Sushruta “prassanatma, indriyemanah” beside the equilibrium of dosha, dhatu and mala as “swastha” fulfils every aspect of healthy being which clearly establishes the importance of mental health. Today's fast and unstable lifestyle has given money but has taken a toll on physical and mental health of human, especially mental health. In Ayurvedic texts, many herbs, panchakarma therapies and yoga

are described in Samhita. So the causes, many concepts and various treatment methods have been discussed. This line of treatment clearly describes its effectiveness in mental disorder of any type.

## **Conclusion:**

Ayurveda uses natural mechanisms to manage stress through physical and psychological therapy, as well as ayurvedic drugs for palliative care. Everyone's life is now infused with stress. That's why Ayurveda provides the best treatment for the complete removal of manas roga from our life. Stress is a cause of so many diseases. So it is first important to eliminate the cause of the disease (Nidanaparivarjana) according to Ayurveda and simultaneously to provide palliative and purificatory treatment.

The application of the dosha-specific herbal oils on the focal point of the third eye (ajya chakra) helps ensure adequate levels of FSH and other reproductive hormones by optimizing communication between the hypothalamus, the pituitary gland, and the pineal gland. These endocrine glands not only secrete our reproductive hormones, but also govern the hormones that support our autonomic responses, including digestion, respiration, and elimination, and play an important role in our mood and emotional states. The use of shirodhara promotes harmony between our organ systems and hormones, thus supporting our overall wellness.

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## **Scope of future research in mental illness ( Manasroga ) management is:**

In this changing era, the cost of health care is constantly rising and affecting people's ability to afford health coverage. Drug based medicines are uneconomic for poor countries like India and problematic in the western countries due to numerous side-effects. The pharmaceutical drug should be uttermost rather than first mean of treatment, beginning with the natural healing method like Ayurveda. One of the Ayurvedic treatment modalities such as panchakarma can remove disease before its manifestation without any stress. The concept of Ayurvedic treatment is broad, which heal the human being as a whole whereas Western system of medicine has traditionally operated from only a pure model.

## **Research Outcomes for Industry / Community / Government / Policy making:**

The research for managing and treating the problems of various Stresses (manas roga) will surely help to get healthy lifestyle of human beings in our community, both physically as well as mentally. Hence, the research perform by the researcher is helpful to eradicate excess mental health problems



(stress) from the community. There are many tools in Ayurveda psychology for treatment of the patient. Thousands of formulations for Stress have been described in Indian text Need to Standardization all formulations.

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