

## Thagara with Kamadugha Rasa Works Excellently in Manoroga by Improving Sleep Pearls

The psychological disturbances and immaturities manifest as physical problems. As per Ayurveda, the seat of the Manas is Hridaya. Anxiety, bad thoughts, and stress impact Satwa guna resulting in Manovikara.

Mano vyakulata occurs when Buddhi (intellect), Samjnya (attention), Smrithi (memory), Bhakthi (interest), Sheela (character), Cheshta (movement) and Achaara (behavior) is impaired in a person. This problem could be solved through Jnyana (knowledge), Vijnyana and Vairagya.

Since most of the activities of the mind happen in the brain, it is important to have treatments that positively impact the brain and, thus, the mind. Therefore, Dravyas like Guduchi, Yashti Madhu, Shankha Pushpi, Brahmi, Mandookaparni, Aamalaki, Gokshura, Vacha, Jatamamsi, Ashwagandha, Kooshmanda, Tagara, Jyothishmathi, Shathavari, and Sarpagandha, are especially useful.

In most cases of Manovikara, there is Nidra Nasha. Although herbal medicines may not be as good as modern chemical medicines to put someone to sleep,



treating Nidra Nasha as per Dosha, especially treating Thridosha Ulbana is helpful. Pitthanashaka drugs like Kamadugha rasa, along with drugs of Katu-kashaya rasa, Katu-vipaka, and Ushna-veerya like Thagara act as Vata-kapha shamaka giving excellent results. Adding 500 to 750 mg of Thagara along with 250 mg of Kamadugha rasa helps to improve sleep and provide psychological stability to patients.

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# Significance of addressing mental health in Ayurvedic practice

## Introduction

Mental health disorders are like termites eating a tree. The tree looks healthy but is being eaten from the inside. About 14% of the global population is suffering from mental health problems. World Health Organization (WHO) estimates that the burden of mental health problems in India is 2443 disability-adjusted life years (DALYs) per 100,000 population; the age-adjusted suicide rate per 100,000 population is 21. This means years are spent with disability when people have a mental illness.<sup>1</sup>

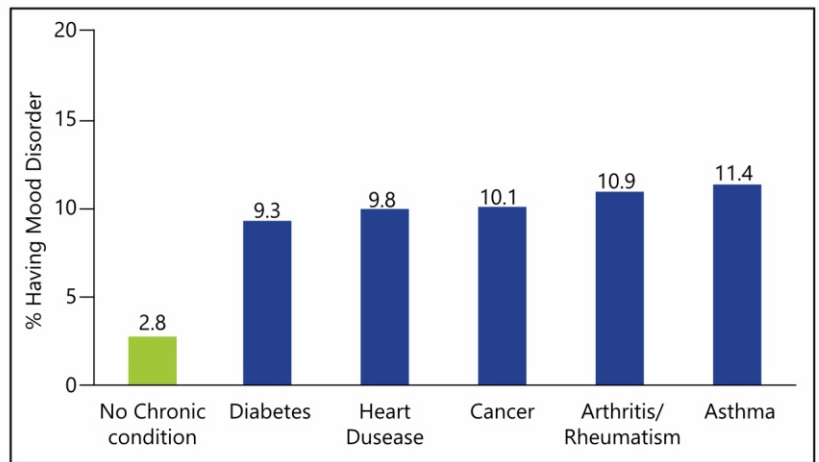
Ayurveda also considers mental health one of the most significant aspects of health.

समदोश समाग्निश्च समधातु मलक्रियाः ।

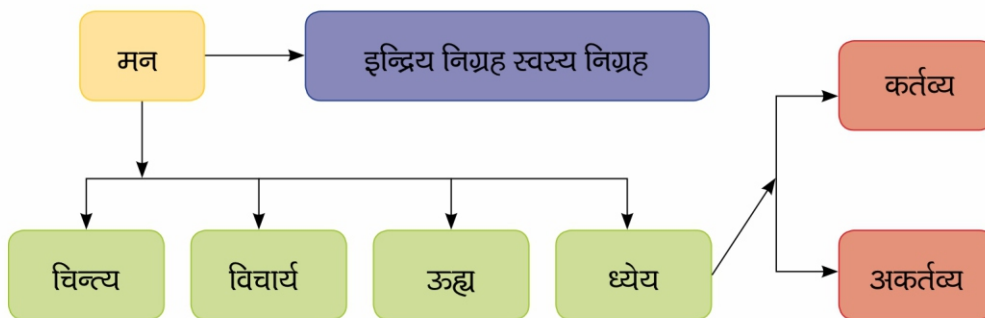
प्रसन्न आत्म इन्द्रिय मनः स्वस्थ इत्यभिधीयते ॥

Mental health is also significant because mental health impacts physical health. Poor mental health could be the reason for several physical conditions. Both mind and body are affected by changes to physiological and emotional processes, as well as by social factors such as income and housing.

The common conditions associated with poor mental health are:<sup>2</sup>



- Diabetes
- Heart disease
- Cancer
- Arthritis/rheumatism
- Asthma



## Ayurveda and Mental Health<sup>3</sup>

Like any other disease, Asathmyaindriyarthā Samyoga (excessive utilization or non-utilization or improper utilization of sense faculties), Prajnyaparadha (Intellectual errors) and Parinama (time) are the reasons for Manoroga. If Rajas or Tamas Guna overshadows Saththa, then it leads to the manifestation of Manas Roga.<sup>4</sup>

## Managing Psychiatric Conditions

The management includes the following:<sup>4-6</sup>

- Promoting Saththa guna over Rajo guna and Thamo guna.

- Using Dravya, medicines to treat Manoroga.
- Nidana Parivarjana – diversion of the mind from causative factors.
- Other measures.

Daiva Vyapashraya	Sathvavajaya	Modification of lifestyle	Medications
Manthra	Assurance	Nidana parivarjana	Mandukaparni, Guduchi
Oshadhi	Positive emotions	Saathmya	Shankhapushpi, Brahmi
Mani dharana	Regulating thoughts	Sadvrittha - acting on Arishadvarga	Ashwagandha, Jatamansi, Sarpagandha
Mangala	Retraining ideas	Controlling desire	Brahmi Ghritha
Bali	Channalizing presumptions	Yoga	Kalyanaka Ghritha
Upahara	Guiding	Relaxation	Mahakalyanaka Ghritha
Homa	Better decision making	Achara Rasayana	Mahapanchagavya Ghritha
Niyama	Controlling temperaments	Acharya Sevana	Saraswatharishta
Upavasa	Shock therapy	Personality development	Ashwagandharishta
Prayaschittha	Fear therapy	Improving social wellbeing	Smritisagara Rasa
Pranipaatha	Dhyana, Vijnyana, Dhairya	Enhancing spiritual value	Unmadagajakesri Rasa
Yaathraa gamana	Smrithi	Aharayojana	Brahma Rasayana

## Significance of Addressing Mano Roga in Clinical Practice

Millions suffer from mental health problems but do not receive treatment. Treating mental health is affordable, especially with Ayurvedic medicines. Addressing mental health issues improves physical health, treatment becomes more effective and provides good health outcomes. Addressing mental health improves the ability of the patient to cope with medical conditions such as pain. Being mentally stable also helps patients to adhere to treatment, periodic assessment, adhere to lifestyle changes (Pathya-Apathya), and hence better treatment outcomes. Assessing mental health also provides an opportunity for early treatment of psychiatric conditions.<sup>7</sup>

ज्ञानबुद्धि प्रदीपेन योनाविशति तत्त्वित ।  
आतुरस्यान्तरात्मानं न सरोगाश्चिकित्सति ॥

Ayurveda suggested that a good clinician should try and reach the soul of the patient and treat him thoroughly. Empathy, positive gestures, and compassion towards patients bring positive changes in physiological processes and trigger the healing mechanisms of the body. A simple approach to treating patient apprehensions can play a huge role in treatment. Besides, assessing the mind (Sattva) and taking appropriate action is an important aspect of Dashavidha Pareeksha.<sup>8</sup>

## Conclusion

- \* Mental health promotion and prevention are too important to wait.
- \* Good health care, medicine and best practice are biopsychosocial rather than purely physical.
- \* Integrate mental health promotion and prevention into your daily work.
- \* Boost resilience among your patients. Identify people at increased risk of mental disorders and provide support.
- \* Provide early intervention.

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# A survey showed encouraging results about patients seeking Ayurvedic treatment

## Introduction

A survey of Indian patients attending a tertiary Ayurvedic college showed a positive attitude of patients toward Ayurveda. The patients chose Ayurveda for its perceived safety and probability of helping in a particular clinical condition. In contrast to common perception, the following factors were given less importance, which is encouraging for Ayurvedic practitioners:



Availability

Accessibility

Affordability

The study included 289 respondents. The study aimed to identify the factors influencing healthcare choices in a subpopulation seeking healthcare in an Ayurvedic teaching hospital. The study found that patients agreed that the factors influencing their turning to Ayurveda as a healthcare choice were largely related to the need factors related to the disease.

In the survey, relative safety, disease eradicating potential, belief and indirect evidence of efficacy were found as primary reasons for opting for health care. Policy makers and practitioners can adapt methods that are gratifying for the people who opt for Ayurvedic health care for their clinical conditions to improve healthcare.

### Source:

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