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Ayurvedic Management of Psychiatric Disorders – A Literature Review

Satya Deo Pandey¹, Priyanka Singh*², Deepak Narang³

¹Professor & Principal, Deshbhagat Ayurvedic College, Punjab, India.

^{2*}Assistant Professor, Samhita Siddanta, Deshbhagat Ayurvedic College, Punjab, India.

³Reader, Department of Oral Medicine and Radiology, Deshbhagat Dental College, Punjab, India.

Corresponding Author: *Priyanka Singh, Deepak Narang*

Email Id: serviceheb@gmail.com

ABSTRACT

Psychiatric illnesses are fundamentally no different from medical illness. Historically, illnesses in which there was prominent disturbance of psychological function or behavior and no obvious pathology came to be regarded as psychiatric. However, modern world now knows that there is demonstrably altered brain function in many psychiatric disorders; also psychiatric illness is no less real or less deserving of care than are medical conditions.

Ayurveda defines health as a state of equilibrium of *tridosha, trimala, sapatadhatu* and homoeostasis of mind as well as sense organs. *Grahachikitsa* is one among the eight major branches of Ayurveda that deals with prevention and management of mental problems.

Studies estimate that at least 10% of the world's population is affected by mental illness and that 20% of children and adolescents suffer from some type of mental disorder. A report of WHO on depression reveals that almost 7.5% of Indian population suffers from major or minor mental disorders that require medical intervention. National Health survey of India reveals that "Every sixth Indian needs mental health help

In spite of great advancement in the science of psychiatry, since decades the problems retained with the management of a certain mental problems like anxiety, stress, mental retardation etc. have not fully solved.

In addition to this, adverse effect of anti-psychotic; anxiolytic medication is also creating considerable amount of discomfort to the patient. At this juncture, need is felt for the exposition and adaptation of such therapies that could effectively tackle these conditions without adverse events.

KEYWORDS - *Ayurvedic plants, Herbs, Brain disorder, Ayurvedic treatment.*

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