

## **Scope and Magnitude of Ayurveda and Yoga in management of Mental Disorders**

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### **Abstract**

Psychosomatic means (psyche) mind and (soma) body. A psychosomatic disorder is a disease which involves both mind and body and it is also known as psychophysiological disease is essentially a disorder of stress. Psychosomatic disorder is sometimes called Somatic symptom disorder, Somatic symptoms or Somatic pain. This disorder are the outcomes of the modern way of life and changing value systems and hence their incidence is rapidly increasing. It is preventable problem. Thus, the yoga, a mystic way of life, originated many years ago in India and compiled comprehensively by Patanjali in fourth century is remarkable vibrant, unique and successful in the management of psychosomatic diseases. Yoga therapy emphasizes self-regulation by patients and stresses the importance of somatopsychic functioning of the individual. Yogic approach have been successfully management of Bronchial asthma, Essential Hypertension Anxiety disorder, Depression. Necessary environment correction and personality training by practice of yoga i.e. Satvavajaya, Practice of yoga, use of Psychotropic drug, Medhya Rasayana therapy .Yoga help to significantly reduce the chronic pain. Although Western Medicine does not understand the cause for this disorder, they have been treated by Yoga Therapy. In Ayurveda three gunas show our mental and spiritual state, while Sattva creates clarity, Rajas creates desire, pain, emotional upset, Tamas brings about stagnation, decay and death. Ayurveda psychology aims to moving the mind TAMAS to RAJAS and eventually to a SATVA.

**Key words** - Somatopsychic, Bronchial asthma, Hypertension

### **Introduction**

Body, mind, soul are three entities of human beings. Each has its own important and maintenance of all three entities is significant any disturbance in these entries is caused for disease. Some disease which are initially, physical but later become worse due to mental

condition such as stress or anxiety are psychosomatic disease but in ayurveda mind(Manas) and body(sharira) are different entities, but not in a sense of complete separation as humans are a complex combination of minds, body and soul [1]. Manas and sharira are defined in terms of dosha imbalance in sharirika dosa or mansika dosha. If vatika dosha increase a person becomes insomniac, Pitta viridhi caused murcha (faint), kapha dosha elevation may cause sleep [2]. In ayurveda a lot of manasika vikara are describe leading to generation of various disease.

Causes of Psychosomatic disorders:-

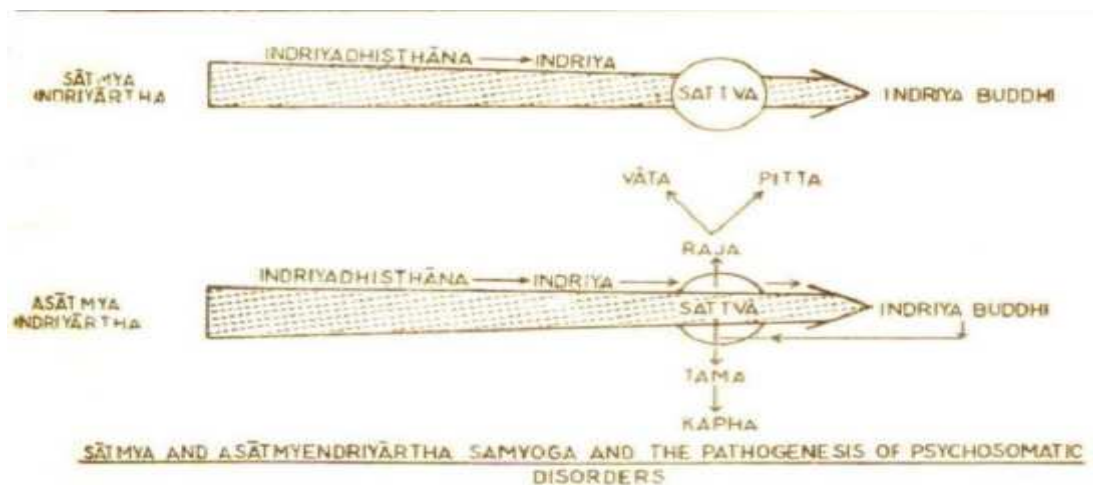
Krodha(anger), Chinta(anxiety), shoka(grief), lobha(greed), bhaya(fear), matsauya (jealousy), Harsha (excessive feeling of happiness).

All of these ultimately alter the physiology of body leading to various disorder.

According to ayurveda :- Phases of psychosomatic disorder

The Susruta has explained concept of SAT KRIYAKALA in context of psychosomatic disease [3].

1. Psychi phase - Sancaya
2. Psychoneurotic phase - and Prasara
3. Psychosomatic phase - Sthana Samsraya and Vyakta
4. Advanced organic phase – Bhedavastha



Manasa Dosas is imbalanced beyond a limit; they start influencing the Vatadi Sharira Dosas.

Thus, precipitating psychosomatic diseases. If Due to the particular nature of an Indriyartha Such an Indriya Buddhi if formed which has Tendency to aggravate Rajas in the mind, it in Turn aggravate; Pitta and Vata. On the other Hand, in a reverse situation if Tamas is the mind, it vitiates Kapha in the body.

Case study by RH Singh - A Series of apparently normal healthy individuals were induced to the regular practice of certain yoga practices viz .certain selected Asanas, Pranayama and relaxation one hour daily for six months under the supervision of trained yoga instructor. A set of psychological and physiological investigation done on these volunteers before, after three months and after six months of starting Yoga abhyasa indicated a number of beneficial effects on mental and physical health of the practitioners.

### **Role of Yoga In Psychosomatic Disorder**

Yoga therapy remains an essential part of multi-dimensional model of natural and spiritual healing the yogic therapeutic approach should consider the stage for mental healing, the balance of 5 vayus, associated with the cultivation of concentration, deep breathing techniques, observation and internal management of emotional conflicts. Yoga helps the individual in integration the personality and steadying the mind by changing the attitude and motivation by developing heathy and correct habits. Yoga asanas manipulates nervous systems and divert body energy to establish the equilibrium of physical mental and spiritual aspect of individual. Breathing exercise help in bioenergy control and which stabilizers emotional illness [4].

### **Conclusion**

Ayurveda has a better answer for the psychosomatic problems, which can be applied effectively in day today practice [5]. This is beneficial not only for individual but also for society as a whole. It can be co-opted as a compulsory part of children and public education

at every level, so that we can hope fewer incidences of psychosomatic disorders in future. This education will not improve the physical, mental, social and spiritual health of an individual but also the society as a whole and render the happy and healthy life while living in this world.

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