AYURVEDIC FORMULATIONS FOR THE MANAGEMENT OF PSYCHOTIC DISORDERS

Kumar Dileep*1, Kumar Sarvesh2, Murthy K. H. V. S. S. Narasinha3

1Resident MD (Ayu) final year, Division of Manas Raga (Psychiatry and Psychosomatics), Department of Kayachikitsa, Faculty of Ayurveda, Institute of Medical Sciences, Banaras Hindu University, Varanasi, India
2M. Pharma (Ayu) first year, R.G.S.C., Banaras Hindu University, Mirzapur, India
3Assistant Professor, Division of Manas Raga (Psychiatry and Psychosomatics), Department of Kayachikitsa, Faculty of Ayurveda, Institute of Medical Sciences, Banaras Hindu University, Varanasi, India

ABSTRACT

Psychosis is the group of psychiatric illnesses with serious distortion of thought, behavior, perception and gross impairment in reality testing. Schizophrenia is the most common disorder in psychiatric outpatient departments. Unmada is a similar clinical condition described in many Ayurvedic texts. Presently, in modern medicine mainly two types of drugs i.e. typical and atypical antipsychotic are available for the management of these disorders but still a large number of patients are having either poor response, recurrence or not responding to these drugs. Ayurvedic therapeutics has many herbal and herbo-mineral formulations in different dosage forms viz. Churna, Kwatha, Ashava / Arista, Vati / Guggulu preparations, Ghrita preparations, oil preparations, Bhasma/ Rashusadhis etc. along with Panchakarma and Sattvavajaya Chikitsa for the management of Unmada. By using these drugs either alone or as an adjuvant with antipsychotic drugs we can not only treat but also can minimize the adverse effects of the same.

Key words: Unmada, Schizophrenia, Herbal formulations, Herbo-mineral Formulations

INTRODUCTION

Etymological meaning of Unmada (psychosis) is a state of disturbed mental function. According to Acharya Charaka Unmada is an unsettled condition of Manas (mind), Buddhi (decision), Smriti (memory), Sanajnanam (orientation & responsiveness), Bhakti (desire), Sheela (habit), Chesta (activity) and Achara (conduct) 1. All therapeutic text books of Ayurveda including Brihatrayee viz; Charaka Samhita, Shusruta Samhita and Astanga Hridaya have a very detailed description about this major clinical condition including their etiology, pathogenesis and management. Unmada is a disease known to mankind since the time of Acharya Charaka. Due to etiological factors Doshas get aggravated in individual with Alpasatva (weak mental strength), mounting upwards through Manovaha srotas and vitiate heart, which is the seat of Buddhi and disturbs the Manas and occlude Manovaha srotas, as result Chitta become disturbed. Thus in turn causes loss of Buddhi. Due to this, the individual loses the power of discrimination and indulges in faulty activities2. Prodromal symptoms3 include emptiness in the head, restless eyes, tinnitus, hurried breathing, excess salivation, anorexia, dyspepsia, indigestion, aversion to food, catching pain in heart nervousness due to unknown reasons, excitement, horripilation, fever, crazy mind, changed facial expression and unpleasant dreams. General symptoms3 of Unmada includes impaired intellect, unstable mind, agitated look or involuntary movement of eyes, irrelevant talk, vacuity in the heart, not understanding the pleasure/pain/conduct etc, deprivation of memory/decision/ orientation and responsiveness, aimless activity, and distorted understanding. According to Acharya Charaka it is of five types namely Vataja, Pittaja, Kaphaja, Sannipataja and Agantuja or Bhunomadaja. While Shusruta has classified in to six types namely Vataja, Pittaja, Kaphaja, Sannipataja, Sokaja and Vishaja. Out of them Vataja, Pittaja, Kaphaja are curable, while Sannipataja type and weak, emaciated and insomnic patients are incurable.

Schizophrenia is a mental condition characterized by gross interference in the capacity to meet ordinary demands of life or loss of ego boundaries or gross impairment in reality testing5. Schizophrenia is characterized by disturbance in thought and verbal behavior, perception, affect motor behavior and relationship to the external world 6. The characteristic sign and symptoms have been present for a significant portion of time during a one month period with some signs of the disorder persisting for at least six months. Schizophrenia has been observed worldwide and about 24 million people suffer from this disorder. Prevalence7 among adults is 0.5% to 1.5% and annual incidences are in range of 0.5 to 5.0 per 10,000. Paranoid, hebephrenic, catatonic, residual, simple and undifferentiated are the different types of schizophrenia. Currently exact etiology of schizophrenia is unknown. Different treatment modalities like drug therapy, ECT, psychosocial treatment and rehabilitation are applied for the management of the same. Outcome8 observed after a long period of treatment and follow-ups is complete remission 25%, remission with minor residual deficit 22%, intermediate outcome 24% and severe disability in 18% while 9% shows unstable or uncertain response. It means treatment of these disorders are still challenging and treatment facilities for mental disorders are not very good, especially in India.
Ayurvedic Management of Unmada (Psychosis/Schizophrenia)

In patients suffering from Unmada first he/she should be treated with Sneha (unction) and Sweda (sudation) and then subjected for evacuation with drastic emetics, purgatives and Shirovirechana. Ayurveda has described the following line of management for the Unmada.

Types of formulation

<table>
<thead>
<tr>
<th>Name of Formulation</th>
<th>Comments / Original Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brahmi</td>
<td>Medhya (intellect promoting)</td>
</tr>
<tr>
<td>Shankhapusi</td>
<td>Medhya and used in Apasmara, insomnia etc.</td>
</tr>
<tr>
<td>Yastimadhu</td>
<td>Medhya Rasayana</td>
</tr>
<tr>
<td>Jyotiismat</td>
<td>Used as memory enhancer</td>
</tr>
<tr>
<td>Kushmanda</td>
<td>Antipsychotic drug</td>
</tr>
<tr>
<td>Sarpagandha</td>
<td>Medhya (intellect promoting)</td>
</tr>
<tr>
<td>Vachh</td>
<td>Used as Resuscitative drug</td>
</tr>
<tr>
<td>Rasona</td>
<td>Used as anodynes</td>
</tr>
<tr>
<td>Satavari</td>
<td>Balya and Rasayana</td>
</tr>
<tr>
<td>Kushha</td>
<td>Rasayana</td>
</tr>
</tbody>
</table>

Churna (powders)

- Saraswat Churna: Promote intellect, memory and poetic capabilities.
- Apasmarahara Yoga: Originally described in Bhaisajya Ratnakara.
- Ashwagandharista: Used In Murcha, Apasmara, Karshyata etc.
- Sarswataparista: For various mental disorders, dementia, mental weakness etc.

Vati / Guggulu preparations

- Shiva Guatika: for psychosis, epilepsy, liver & spleen disorders etc.
- Saptavinshati Guggulu: For Unmada, Apasmara & respiratory disorders etc.
- Mansamrita Guatika: For Unmada, Apasmara, mental retardation, speech disorders etc.

Ghrita preparations

- Kalyanaka Ghrita: For Unmada due to demons etc.
- Tikata Ghrita: For Unmada, Apasmara and Pittaja disorders.
- Daddika Ghrita: For Unmada, Apasmara, cardiac disorders.
- Dhanvantara Ghrita: For Unmada, Apasmara etc.
- Panchgavya Ghrita: For Unmada, Apasmara, kamala (jaundice) etc.
- Brahma Ghrita: For Unmada, dementia, mental retardation etc.
- Mahakalyanaka Ghrita: Treat Unmada and provide longevity etc.
- Chetasa Ghrita: For all types of mental disorders

Oil preparations

- Chandanadi Tail: For external use in insanity, fever etc.
- Tungdrumadi Tail: For application on scalp in insanity, insomnia etc.
- Balashwagandhakshadi Tail: For massage in Unmada, Apasmara and emaciation.
- Sahacharadi Tail: Both external and internal use in insanity.

Bhasma/ Rashausadhies

- Mukta Priti: For mental disorders with Pittaja involvement
- Rajata Bhasma: Used in Unmada with Ghrita & sugar
- Svarna Bhasma: Used in Unmada with Brahma Swarasa
- Swarnamakshika Bhasma: Rasayana and treat Pitta Dosha
- Chaturbhuja Rasa: For mental disorders with Pittaja involvement
- Chaturmukha Rasa: For Unmada, Apasmara, Amlapittata etc.
- Chantamani Chaturmukha Rasa: For insanity, seizures, delusion, cardiac disorders etc.
- Yogendra Rasa: For insanity, paralysis, diabetes etc.
- Malla Sindura: Psychosis and respiratory disorders
- Bhuta Bhrirava Rasa: For Bhutonnanda and insomnia
- Vatakulantaka Rasa: Vata Dosh predominant psychiatric disorders
- Snratisagara Rasa: Various types of mental disorders and Vata Vyadhi.
- Gyanodaya Rasa: Contain cannabis
- Jyotirmati Rasayana: Intellect promoting
- Unmadabhanyini Rasa: For insanity, epilepsy, chronic fever etc.
- Unmadagajakeshari Rasa: For insanity, epilepsy, chronic fever etc.
- Unmadagajankusha Rasa: Immediately cures the insanity
- Bhutanakshika Rasa: Cure insanity caused by demons

Avalahe

- Chandralavale: Given by Acharya Yadava Ji Trikam Ji

For external applications / Nasya (nasal drops) etc.

- Kayashaday Vart: Applied in internal linds in insanity etc.
- Shankhikeetadi Nasya: Used as nasal drops
- Arka: Chandrahas Arka: By Shree Gopalji Kuwan Ji

Removal of Etiological Factors

Sanshodhana Chikitsa: The described principle of management is as follows. In Vataja Unmada – Snehana followed by Mridu Shodhana Pittaja Unmada – Virechana (purgation) Kaphaja Unmada – Vamana (emesis). After elimination therapy Samsarjana Karma (dietic regimen) should be followed.
DISCUSSION

Ayurveda has described three types of management along with effective antipsychotic action.

- **Shanshamana Chikitsa:** It includes oral use of different single and compound Herbal and Herbo-mineral formulations.
- **Psycho shock therapies:** Ayurveda specially emphasis on the use of psychoshock and physical shock treatments as a therapy in mentally ill patients for restoring the derailed thought process which is more or less based on the same principles on which ECT is practiced in present (modern) psychiatry. The methods advocated in principle are as Bhaya darshana (causing fright), Vismapana (surprise), Vismarana (obligation of memory), Kshobhana (administration of irritants), Harasa (elation of spirits), Bharthsana (threats), Vadha (thraushing), Bandhana (bindings), Swapna (induction of hypnosis) and Samvahana (gentle massage).
- **Pratidvanda Chikitsa:** Mental disorders caused by emotions e.g. excess Kama (passion/desire), Soka (grief), Krodha (anger), Bhaya (fear) etc. should be countered by their opposite emotions.
- **Bhutonmada Chikitsa:** Use of old Ghrita (10-100 years old) and Rakshogna Dravyas.
- **Rasayana Chikitsa:** As it is chronic disease, one should use the Rasayana drugs like Vacha, Guduchi, and Shankhpushpi etc.
- **Sattvavajaya Chikitsa:** It is the non-pharmacological approach for treating the mental disorders and equal to psychotherapy. It is based on the application of Jnana (true understanding or spiritual knowledge), Vijñana (specific knowledge or scriptural knowledge by which spiritualism is brought to practical level), Dhairya (improving the mental tolerance to various emotional situations resulting in minimizing the emotional responses), Smriti (Memory) and Samadhi (Samadhi means mental equanimity or meditation).

**Ayurvedic Formulations for management of Unmada**

Following single and compound formulations can be used for the management for the Unmada.

**Kumar Dileep et al / IJRAP 3(5), Sep – Oct 2012**
drugs promote the functions of Buddhi and Manas by correcting the disturbance of Rajas and Tamas also. Beside above mentioned formulations so many other herbal and herbo-mineral formulations are described in various Ayurvedic texts for the management of the Unmada. Different types of dosage forms make these formulations palatable to every patient. The safety and efficacy of these drugs are depending up on the manufacturing of these drugs as per the described classical methods. By use of these drugs as alone or in proper combinations or as adjuvant to allopathic drugs we can not only control but also cure the Unmada.

CONCLUSION

Unmada (psychosis) is a known disorder since ancient time and Ayurveda has its detailed description including etiology, pathogenesis and management. Ayurveda has many herbal and herbo-mineral formulations in different dosage forms for the treatment of unmada. These drugs need clinical trials and pharmaceutical studies to establish their pharmacokinetic and pharmacodynamic properties on modern parameters. By using these drugs alone or as adjuvant with antipsychotic drugs we can not only control but can cure the Unmada.

REFERENCES


Cite this article as:

Source of support: Nil, Conflict of interest: None Declared