

A Review Article on Ayurvedic Concept of Vishada (Depression)

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Abstract— According to Ayurveda, activities of mana and its diseases (mental diseases) are directly related with functioning of ‘Shirah’ as well as ‘Hridaya’. Shirah controls all the senses and their activities. Hridaya acts as propagator for mental functions like medha, harsha, vishada, bhaya etc. Therefore, any sort of imbalance in these two organs lead to manifestation of various mental misbehaving conditions. Vishada (depression) is a mental imbalanced condition which brings inability of mind to perform its routine functions effectively. In Ayurveda, numerous factors are playing a main role for pathogenesis of Vishada like Prakruti, Deha Prakruti, Manas Prakruti, Manas Bhava, Triguna and Tridosha etc.

Acharya Charaka has explained that there is a relationship between depression and immunity. He says ‘Vishado Rogavardhanam’ means Vishada is the foremost factor in worsening the diseases condition. Various traditional regimens described in Ayurveda like Dinacharya, Ritucharya, Sadvrutta along with rules of ahara vihara. Acharya is said to be very effective to get control over various mentally impaired conditions including Vishada. They fairly demolish Manchanchalata (the inconstancy or fluctuations of mind) and brings up Chittaprasadana (Serenity).

Index Terms—Vishada, Depression, Unmada.

I. INTRODUCTION

Ayurveda is one of the most ancient systems of medicine in the world. It is a science of life, health and cure based on the eternal laws of nature. It reminds us that health is the balanced and dynamic integration between our environment, body, mind, senses and spirit. Depression is a mood disorder characterized by loss of interest, feelings of guilt, reduced desire of sex etc. Depression disorders commonly affect wide

population due to causative factors such as irregular food habits, peer pressures, mental stress. It is currently believed that

depression is primarily the result of biochemical alterations in the brain. Recurrent episodes of this disorder lead into chronic state of disease. Traditional Ayurvedic literature reveals that changes in dietary and lifestyle habits leads to disturb physiological as well as mental attributes.

Imbalance in the equilibrium of the mental and physical attributes results in depletion of Dhriti (retaining power of mind), Smriti (memory), Bhuddhi (hampered intellect). This predisposing to occur any of psychosomatic disorders as well as mental illness such as Vishada Apasmar.

The Pre monitory symptoms show the correlation of Vishad and depression.

II. AIMS AND OBJECTIVES

To elaborate and discuss of Vishad (Depression) through Ayurveda and Modern Views.

S. No.	Pre Monitory Symptoms of Vishad
1.	Shirasshunayata
2.	Chakashuakulata
3.	Uchwasaadhikhya
4.	Aannabilasha
5.	Avipaka
6.	Arochaka
7.	Hrudgrha
8.	Santat Lomharsha
9.	Swapesh

S. No.	Symptoms of Depression
1.	Feeling of voidness in head
2.	Restless of Eyes
3.	Noise in Ears (Tinitus)
4.	Loss of Appetite
5.	Anorexia
6.	Indigestion
7.	Chest Tightness
8.	Frequent Fever
9.	Pain in upper half of body
10.	Frequent dreams of unstable in suspicious things

III. AYURVEDIC ASPECT

1. Acharaya Charak: States that person with Alpa Satwa is more prone to emotions like anger, grief, fear etc. as they have inferior type of mental faculties therefore may fall victim to the mental illness. (Cha Vim 8/119)
 - He has also explained about Dhairyami (Courage) is a quality of mind and lack of Dhairyam could lead a person to get influenced by Bhaya (fear), Moha (illusions). Therefore, mind is shield with Tamo Guna. Hence, there is aggravation of negative thoughts, low mood etc.
2. Acharaya Sushruta: States that every human being experience emotions like anger, grief, fear etc. which are generated due to specific desire and influence of Rajas and Tamas guna. (Sush 1/243)
3. Acharaya Vagbhata: Explains that due to affiliation of Dukha the person's mind may get shield by Rajo guna or Tamoguna therefore causing Rajogunatamaka stage (hyperactive mind) or Tamogunatmka stage (Hypoactive mind). Thus, aggression or irritability contribute to develop mental illness. (Ast, Hri. Su 1)

IV. SYMPTOMS OF DEPRESSION

Depression is characterized by the presence of five or more of these depressive symptoms.

1. Persistent depressed mood most of the day, nearly every day. In children and adolescents, symptoms may be present as an irritable and sad mood.
2. Lack of interest in regular daily activities.
3. If food habits are not good then decrease in

appetite, significant weight loss is seen in such patients.

4. Insomnia is also a major reason for depression. Difficulty in regular sleeping pattern or sleeping more than 8 hours, without any reason.
5. Retardation in movements and in speech.
6. Psychomotor disturbance: Impatience, Lack of ability to sit stable, sometimes rapidity in activities.
7. Weakness, fatigue, loss of energy for routine work.
8. Unnecessary guilt, feeling insecure, worthlessness and lack of concentration, thus distracted from goals and facing memory related problems.
9. Severe symptoms are persistent thoughts of death, suicidal ideas.

V. PHYSICAL SYMPTOMS OF DEPRESSION

A person with depression may experience:

1. Being tired and sick all the time.
2. Feeling sick and run down.
3. Headache and muscle pains.
4. A churning gut.
5. Sleep problems.
6. Loss or change of appetite.
7. Considerable weight loss or gain.

VI. BEHAVIOURAL SYMPTOMS OF DEPRESSION

A person with depression may experience:

1. Have stopped going out.
2. Not be getting things done at work or school.
3. Avoidance of close family and friends.
4. Be relying on alcohol and sedatives.
5. Have stopped their usual enjoyable activities.
6. Unable to concentrate.

VII. TYPES OF DEPRESSION

Depression in various types are:

1. Bipolar disorder
2. Dysthymic disorder
3. Post natal depression
4. Seasonal affective depression

According to severity classifies as:

- I. Mild depression

II. Moderate depression

III. Severe depression

Sr. No.	PRE-MONITORY SYMPTOMS OF UNMADA	SYMPTOMS OF DEPRESSION
1.	शिरः शून्यता (Shirashunyata)	Feeling of voidness in head
2.	चक्षुरोद्वेगः (Chakshurokulata)	Restlessness of eyes
3.	श्रवणोद्वेगः (Swarnanayoh)	Noise in ears (Tinitus)
4.	उच्चवासिक्यः (Uchwasadhikya)	Hurried Respiration
5.	आन्नानाभिलाषा (Aannanabilasha)	Loss of appetite
6.	आरोचका (Arochaka)	Anorexia
7.	अविपाका (Avipaka)	Indigestion
8.	श्रुद्धरा (Hrudgraha)	Chest Tightness
9.	शरीरशूलः (Santat Lomharsha)	Horripilation
10.	तृप्त्यर्थात् (Trijep vyarthya)	Frequent Fever
11.	अशान्तिः (Ajyanti)	Frequent dreams of unstable inauspicious things.

VIII. DISCUSSIONS

Depression is most of the common disorders which cause sadness, loss of intense feelings of guilt, reduced desire of sex and also appetite. Due to depleted psychomotor activity, the symptoms seen in this disorder are restlessness, anxiety, guilt feeling, anger, body ache.

Classical text explains alteration in equilibrium of physical and mental disorders.

Literature of Ayurveda mention that terms, 'Vishad' and the symptoms of depression seems to be similar where along with distortion in the thought's impairments are seen in process of cognition. In the same way, comparison is also done between premonitory symptoms of Vishad and symptoms of Depression.

IX. SUMMARY AND CONCLUSION

Depression is a mood disorder characterised by low mood, persistent sad feeling, loss of appetite, sleep disturbance etc. World Mental Health Survey conducted in 17 countries states that about 1 in 20 people reported an episode of depletion in a year. Depressive disorder stands as fourth most significant

cause of disability worldwide. Depression classical explains term Vishad which can be correlated with depression

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