INTRODUCTION

The common mental diseases are unmad, apasmara, atatvaabhinivesh and madatya, etc. The treatment approaches described by ayurveda involves daiva vyapashraya, satwa vajay therapy, yukti vyapashraya chikitsa which include drugs, diet and counseling, beside this ayurveda also described Panchakarma therapy for the treatment of mental disorders, in this way panchakarma utilizes for samshodhana (purification) i.e. elimination of vitiated doshas. It also includes purvakarma of panchkarma i.e. snehana (oleation) and swedana drugs (sudation). Literature proves that panchkarma offers significant relief in mental disorders if used along with aushadha and proper diet regimen. Literature proved efficacy of Panchacarma in disease like: Chittavasada, anidra, Apasmara and ADHD. (1, 2)

PANCHKARMA FOR DEPRESSION

Depression (Chittavasada) is one of the common disorder belongs from psychiatric categories. The treatment of depression needed early diagnosis and conditions may become worse if undiagnosed & treated inadequately. Ayurveda has mentioned some therapeutic approaches for diseases which are symptomatically similar to Chittavasada. Ayurveda mentioned following approaches for Chittavasada:

- Daivavyapashrtya
- Yuktiyapashraya
- Sattvavajaya chikitsa.

Traditional text also emphasized importance of purification (shodhana) in Chittavasada which involves utilization of Panchacarma therapy by various means;

Antarparimarjana:

It includes process of internal purification

Samshodhana:

Elimination of vitiated Doshas by Panchacarma therapy

Bahiraparimarjana:

It is a process of external purification; purvakarma of panchkarma i.e. Snehan (oleation) & Swedana (sudation). Medicated oil...
Study proved the efficacy of Panchacarma therapy in depression since it offers beneficial effects like; body relaxation, calming effect on mind and body, it also helps in removing accumulated toxins and improve circulations. Panchacarma therapies along with herbs possess significant improvement in depression. (3)

**PANCHKARMA FOR INSOMNIA**

As per ayurveda aahara, nidra and brahmacharya are the three important sub-pillars of life. Nidra one of the sub-pillar play important role towards the normal health. Insomnia (anidra) is pathological condition associated with loss of sleep due to the stress and other mental problem. In anidra there is aggravation of vata pitta and rajasik guna vruddhi with shleshma and tama kshaya. Ayurveda mentioned various therapeutic approaches for the treatment of insomnia; Panchkarma one of them. Literature reveals utilization of panchkarma in insomnia which is as follows:

- Sarvang Snehan with tila taila
- Sarvang Swedan (bashpa sweda) with Dashmula kwath
- Shirodhara with tila taila

The therapy helps to mitigates vata, promotes sleep, improvement in respiratory passage and circulation. Mental fatigue is removed and one feels fresh and healthy. The relief in insomnia may also be due to the reduction in stress & calming effect of therapy. (4) Panchkarma therapy eliminates toxins and control dosha; thus improve digestion and these all effect together balance mental strength which reduces sleeplessness.

**PANCHKARMA FOR EPILEPTIC DISORDERS (APASMARA)**

Apasmara deals means convulsive disorder and affects large number of population. Ancient science of medicine described various approaches of treatment including sanshodhan chikitsa which helps to remove etiological factors;

- Sanshodhan chikitsa utilizes unique methodology of panchkarma therapy such as; virechana in pittaja apasmara
- Vamana in kaphaja apasmara.

These approaches of panchkarma eliminate vitiated dosas and removes noxious toxins from body which boost internal circulation and thus potentiate effect of herbal therapy used in Apasmara. (5) Panchakarma also offers effect like maintenance of body tonicity along with strengthening of muscles; these all effect offers great symptomatic reliefs in apasmara.

**PANCHKARMA FOR ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD)**

Attention Deficit Hyperactivity Disorder (ADHD) is common neurological disorders affects the focusing, behaviour and activity controlling abilities. As per ayurveda disease arises due to the increased vata and imbalance of prajya. Research suggests that the relaxation and concentration improving therapy such as; panchakarma along with vedic chant recitation (music therapy) may offer significant relief in ADHD.

Utilization of Panchkarma in ADHD

- Abhyanga: Abhyanga involves massaging the whole body with warm medicated oils. This therapy helps in pacification of vata which is considered responsible factor for ADHD. It also amplified vagal tones (improve parasympathetic activity) which improve attentiveness and relaxation.
- Murdha Taila / Sira Tarpana: Murdha Taila or application of oil to the head is a procedure of extra-cranial drug administration through oleation. It involves;
  - Shirodhara
  - Shiropichu
  - Shiro-abhyanga
  - ShiroBasti

These all approaches utilize application of medicated oil on the head followed by slight massage. siro tarpana pacify vata and offers indriya-prasadana (strengthening of sense organs) and thus possess relief in impulsive behavior, the improvement in overall mental functions also observed due to the increased
cerebral blood flow. Study proved that shirodhara helped in decreasing the auditory and visual reaction time and increasing the attention span. These all procedures also improve alertness and possess calmness. (6)

**Figure 1: Panchkarma for Manasa Vikara**

**ACKNOWLEDGEMENT**

The authors are thankful to IJIST Journal for publishing their article.

**CONFLICTS OF INTEREST**

The author declares that there are no conflicts of interest.

**REFERENCES**