

ROLE OF KAPHA DOSHA IN DEPRESSION –A REVIEW

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Article Received on
20 May 2020,

Revised on 09 June 2020,
Accepted on 30 June 2020,

DOI: 10.20959/wjpr20207-18063

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ABSTRACT

Mankind is facing new challenges in the form of various diseases the non-communicable are the focus of current era dominance of mental health and mental disease cannot be ignored, As much as our life is becoming sedentary and physical work is replaced by mental / intellectual work, number of health issues related to mind (psych) is increasing. Depression is one of them and affecting large number of population. *Ayurveda* always emphasized on mind and first among the health sciences who advocated mental health. *Doshas* are basic constituents and regulatory entities of body. They are divided in to two group *sharirik vata pitta, kapha* and *Manasik, satva raja and tama* although *satva* is not considered as *dosha* it is *guna* of mind. These

dosha are not entirely separated from other they are interlinked and have impact on each other as *vata, pitta, kapha* have *raja, satvo-raja, tamas* dominance respectively. *Sharirik doshas* influence *manasik doshas* and leads to various psychological problems. Depression is one of them which have dominance of *tamas* and *kapha*.

INTRODUCTION

Ayurved is an ancient life science which has described *dosha dhatu* and *malas* as basic structural unit of human body, anatomically and physiologically. *Doshas* further divided in two categories *manasika doshas* and *sharirik doshas*. Health is described as "Health is state of complete physical, and social wellbeing and not merely absence of any disease or

infirmity.”^[1] Ayurveda is the first among the life science who advocated mental health as *prasanna atamenrdriya* in its definition of a healthy person.^[2] In our current scenario mental health is one of the biggest challenges, which have many facet. Depression is a byproduct of fourth revolution and no. of cases of depression and suicide related it has increased in last few decades.

- **Definition of depression-** Depression is a common mental disorder that presents with depressed mood, loss of interest or pleasure, decreased energy, feelings of guilt or low self-worth, disturbed sleep or appetite, and poor concentration. Moreover, depression often comes with symptoms of anxiety. These problems can become chronic or recurrent and lead to substantial impairments in an individual's ability to take care of his or her everyday responsibilities. At its worst, depression can lead to suicide.^[3]
- **Prevalence of depression and suicide.-**Almost 1 million lives are lost yearly due to suicide, which translates to 3000 suicide deaths every day. For every person who completes a suicide, 20 or more may attempt to end his or her life (WHO, 2012).^[3] The burden of depression is 50% higher for females than males (WHO, 2008). In fact, depression is the leading cause of disease burden for women in both high-income and low- and middle-income countries (WHO, 2008).^[4]
- **Category /Severity of depression: -** There are multiple variations of depression that a person can suffer from, with the most general distinction being depression in people who have or do not have a history of manic episodes. Depressive episode involves symptoms such as depressed mood, loss of interest and enjoyment, and increased fatigability.

Depending on the number and severity of symptoms, a depressive episode can be categorized as

- ✓ **Mild -** An individual with a mild depressive episode will have some difficulty in continuing with ordinary work and social activities, but will probably not cease to function completely
- ✓ **Moderate, or Severe-** During a severe depressive episode, on the other hand, it is very unlikely that the sufferer will be able to continue with social, work, or domestic activities, except to a very limited extent.
- ✓ **Bipolar affective disorder** typically consists of both manic and depressive episodes separated by periods of normal mood. Manic episodes involve elevated mood and

increased energy, resulting in over-activity, pressure of speech and decreased need for sleep.

- **Kapha dosha and its properties.** *Vata Pitta, Kapha* are three *Sharirik doshas* and *rajas tama* and *satva* are *manasik dosha*.^[5] Kapha have *guru sheet, mridu, snigdh madhur sthir, mand, picchila, shlakshana, mritsana* properties.^[6] (5 AH. pg10)

Relation between sharirik dosha and manasik dosha.

No.	Sharirik dosha	Manasik dosha
1	Vata	Raja
2	Pitta	Satva-Rajas
3	Kapha	Tamas

Comparison between vikrit kapha and depression

Comparison between symptoms or function exhibits by kapha in its vikrit state various symptoms of depression are given below.^[7]

No.	Functions of vikrit kapha	Symptoms Depression
1.	Shaithilya	lethargy
2.	Agyanta	Poor concentration.
3.	Alaasya /utsaah haani	Loss of interest or pleasure
4.	Moha	Feeling of guilt or low self -worth.
5.	Mandagni	Loss of appetite
6.	Nidraadhikya	Disturbed sleep

CONCLUSION

Kapha have *sthira, dradta, mand guna* but these *guna* increased in body and as well as in mind. We know all bodily ailments affect mind (*manas*) in depression it is both *manasik* and *sharirik shirthrta, mandta, moha* and *Jadata* occurs. Similarly *tamas* who have property to cover the *buddhi* which leads to *moha*, is *ashraayi* to *kapha*. Loss of interest, feeling of self-worth, guilt disturbed bowel habits and disturbed sleep are the symptoms which are mainly related to *kapha* and *tamas* in Ayurveda. Shir(Head) is site for kapha dosha, As we look upon the treatment line of other *manas roga mada, moorch, sanyaas, atatwabhiniwesh, teekshna samshodhana* is mentioned by *Acharyas* which is similar to treatment of *kapha dosha* and by comparing the symptoms of *kapha vikriti* and depression we can conclude that *kapha* plays a major role in depression.

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