

MANAGEMENT OF *KAPHAJA UNMADA* W.S.R. TO DEPRESSION ACCORDING TO AYURVEDA- A REVIEW

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ABSTRACT

Background: In Covid-19 pandemic situation where there is the feeling of terror and insecurity, everyone is going through some or other mental stress leading to increase in number of cases of mental disorders at a fast pace. Depression is one of the most prevailing mental diseases among all the mental disorders. According to recent survey by ILO on pandemic of COVID- 19 showed that one in two young people across the world are possibly subject to anxiety or depression, while 17% are affected by it. Therefore there is a need to revise the treatment modalities on depression according to *Ayurvedic* background. **Aim:** Our objective for this review article are (i) to search for the treatment methods explained in *Ayurveda* according to the

present scenario on *Kaphaja Unmada* (depression) (ii) to get the best treatment plan without any side effects. **Methodology:** We searched many texts to understand the concept of *Ayurvedic* pathogenesis and treatment of *Kaphaja Unmada*. **Result:** In *Ayurveda* Depression can be correlated with *Kaphaj Unmada*. It is a mental disease affecting the life of a person as a whole in all aspects. When not treated, it can cost loss of life of the sufferer. *Ayurvedic* approach towards depression is holistic which include all the three forms of treatment protocol of the *Chikitsa: Devavyapashraya Chikitsa, Yuktivyapashraya Chikitsa and Satavavajaya Chikitsa* making chances of relapse of it to minimal. **Conclusion:** This treatment modality when used has proven to be very much effective in treatment of

depression and it can be used as a complete treatment for the *Kaphaja Unmada* that is Depression.

KEYWORDS: COVID-19, *Devavyapashraya Chikitsa*, *Satvavajaya Chikitsa*, *Yuktivyapashraya Chikitsa*.

INTRODUCTION

Depression is an episode of depressed mood on daily basis for a minimum duration of 2 weeks. It is a feeling of sadness, apathy, irritability and is usually associated with changes in sleep patterns, appetite, and weight; motor agitation or retardation; fatigue; impaired concentration and decision-making; feelings of shame or guilt; and thoughts of death or dying. Patients with depression have a profound loss of pleasure in all enjoyable activities, exhibit early morning awakening, feel that the dysphoric mood state is qualitatively different from sadness, and often notice a diurnal variation in mood (worse in morning hours).^[1] In *Ayurveda*, *Unmada* is a disorder of *Manovaha Strotas* causing *Vibhrama* of *Dhee* (intelligence), *Dhriti* (retention power) and *Smriti* (memory); these entities are deteriorated in depression also leading to changes in mind and body activities.^[2] *Acharya Charaka* explains 8 factors from which, when any one of them becomes abnormal it causes *Unmada*, these factors are *Mana* (mind), *Buddhi* (wisdom), *Sangyagyana* (orientation), *Smriti* (memory), *Bhakti* (Devotion), *Sheel* (habits), *Chesta* (psychomotor activities) and *Aachara* (conduct).^[3] Practically these all factors are deranged in depression causing vitiation of *Tridosha* and *Mansik Guna- Raja* and *Tama*, mainly *Kapha* and *Tama*. *Rasavaha Strotas* is also involved in this disease. *Mool* of *Rasavahastrotas* is *Hridaya*^[4], according to *Acharya Charaka* seat of *Mana* is also *Hridaya*.^[5] Any factor causing vitiation of *Doshas* in *Rasa Dhatu* and *Hridaya* ultimately affects the *Manavaha Strotas* and leads to vitiation of *Doshas* in *Mana* causing *Mansika Vyadhi*.^[6] So the treatment protocol not only aims to the correction of *Manovaha Strotas* but also seat of *Rasavaha Strotas* along with maintaining balance of *Tridosha* and *Mansik Dosh*.

According to *Acharya Charaka*, *Kaphaja Unmada* is characterized as *Alpavaka* (decreased talk), *Mandachesta* (decreased movements), *Aruchi* (anorexia), *Atinidra* (excessive sleep), which are fully correlated with the symptoms of Depression.^[7] This disease is also seen as independent disease and may be associated with some other disease also, which lead to further deterioration of one's health, which can be understood by *Ayurvedic* concept that *Vyadhi Adhishthana* is *Mana* and *Sharira*, *Sharirik Vyadhi* affects *Mana* and effects of

Mansika Vyadhi is seen on body, these concept can be very well understood in context of Depression.^[8] Depressive disorders are not only found independently but they are found as a complications of many drugs like anti arrhythmic medication, hypertensive medications, stroke medications and also associated with many diseases like cancer, hypothyroidism, post pregnancy and many more.^[9]

ETIOLOGY

According to *Ayurveda*, *Nidana* of *Kaphaja Unmada* are- *Viruddha Aahara*, *Dushta Aahara*, *Asuchi Aahara* (unhygienic food), *Apmana* of *Devta* or *Guru* (misbehave with God and teachers), *Mano Abhighata* (mental trauma), *Bhaya* (fear), *Harsha* (excitement).^[10]

The causative factors of depression include environmental, psychological, genetic and biological, they are

Environmental factors

- Loneliness
- Social isolation
- Failures
- Pandemic situations etc,

Genetic factors

- Mutations
- Family history
- Twins- monozygotic twins have more risk than dizygotic twin

Psychological factors

- Childhood abuse
- Divorce
- Marital problems
- Loss of newly born
- Loss of dear ones
- Low social support

Biological factors

- Diseases like- stroke, heart diseases, hypothyroidism, cancer, sexual dysfunctions etc,

- Post delivery
- Disabilities
- Abortions
- Hormonal imbalances, etc

Others

- Traumatic
- Drugs related- such as hypertensive drugs, glucocorticoids, anti cancer drugs etc.

PATHOPHYSIOLOGY

Many studies has been conducted on various models to get the exact pathology of depression. Studies are suggestive of neuroendocrine abnormalities that reflect the neuro vegetative signs and symptoms of depression include increased cortisol and corticotropin-releasing hormone (CRH) secretion, a decreased inhibitory response of glucocorticoids to dexamethasone, and a blunted response of thyroid-stimulating hormone (TSH) level to infusion of thyroid- releasing hormone (TRH). Other studies is suggestive of raised cytokines, deregulation of the HPA axis, cortical and sub cortical functional, structural brain changes, gene, stress etc.^[11]

Ayurvedic Samprapti (Pathogenesis)

According to *Ayurveda*, cause of a disease is practice of *Nidana*. Without practice of *Nidana* no disease can develop. In *Kaphaja Unmada*, the *Nidan* which are told in the classics vitiates *Kapha* which further leads to the sets the pathogenesis of disease in the body.

When a person consumes excessive amount of food and does not exercise at all, it lead to increased *Kapha* in the body because inactivity leads to increase *Guru Guna* which is similar with *Gura Guna* of *Kapha*; so *Kapha* is increased in the body by the principle of “*Sarvada Sarva Bhavanam Samanya Vriddhi Karanam*,” *Prakop* of an entity takes place in its own place, *Kapha* is *Mala* of *Rasa Dhatu* and the seat of *Rasa* is *Hridaya* so this vitiates *Kapha* rest in the *Hridaya* and starts the pathogenesis of disease. Increased *Kapha* affects the *Mana* by increasing the *Tama Guna* in the *Mana* because *Mana* is nourished by the *Rasa Dhatu*, and increased *Kapha* in *Rasa Dhatu* vitiates *Tama Guna* and making *Mana* depressed. This can be seen by the symptoms like anorexia, no excitement, irritability, loss of memory, decreased interest in talking etc.^[12]

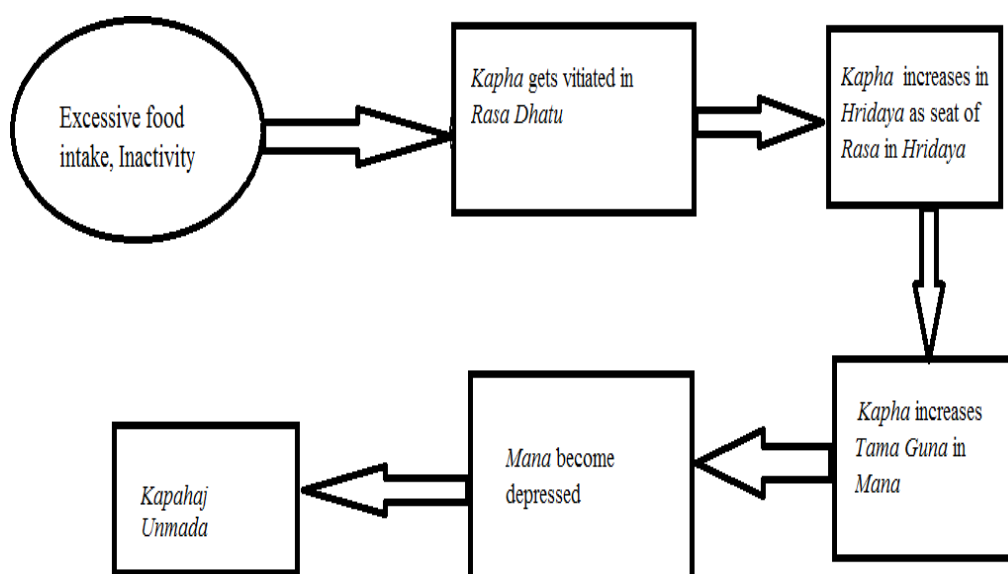


Fig. 1: Diagnostic Measures.

Dsm-Iv Symptoms^[13]

1. Depressed mood
2. Insomnia or hypersomnia
3. Significant increased or decreased weight
4. Feeling of worthlessness
5. Fatigue or loss of energy
6. Diminished ability to think or concentrate
7. diminished interest or pleasure in all the things
8. Psychomotor agitation or retardation
9. Suicidal tendency

Any of the 3 features found for more than 2 weeks then the patient is considered to be suffering from depression.

In *Ayurveda*, the diagnostic criteria of depression is matching with the symptoms of *Kaphaja Unmada*, and the symptoms are.^[14]

- *Alpa Vaka* (decreased talk)
- *Mand Chesta* (decreased movements)
- *Aruchi* (anorexia)
- *Narivivikta Priyata* (interest in females and empty places)
- *Atinidra* (excessive sleep)
- *Chardhi* (vomiting)
- *Shweta Nakha, Loma, etc* (whitish discolouration of skin. Nails, etc).

Some other symptoms which are told; are^[15]

- *Dhee Vibhram* (loss of intelligence),
- *Smriti Vibhrama* (loss of memory),
- *Buddhi Vibhrama* (loss of wisdom),
- *Bhakti Vibhrama* (loss of devotion),
- *Sheel Vibhrama* (loss of habits),
- *Aachara Vibhrama* (loss of conduct).

MANAGEMENT

The treatment protocol of the patient depends on the *Prakarati, Desha, Kaal, Bala, Vaya, Satamya* etc,^[16] but management can be summarised under following headings to get an ideal prescription. The points which should be included while treating the disease are-

Devavyapashraya, Yuktivyapashraya, Satvavavjaya

DEVAVYAPASHRAYA CHIKITSA

Unmada is also caused by *Bhoots* (present life deeds) and *Deva* (past life deeds) so its necessary to do *Devavyapashraya Chikitsa*, which helps to get rid of the disease fast and it create a feeling of security in minds of diseased. *Acharya Charaka* has advised *Rudra Pooja* in context of *Unmada Chikitsa*,^[17] as lord *Shiva* has the *Samharaka* qualities and also know for courtesy, worshipping him causes *Kshaya* of *Deva* (past life deeds) and *Bhootas* (present life deeds). Also in supportive management *Bali, Daan, Home, Upvasa* etc are said which helps in *Kshaya* of bad *Karma*.^[18]

YUKTI VYAPASHRAYA CHIKITSA- It also of 2 types

1. *Sanshodhan*
2. *Sanshaman*

SANSHODHAN CHIKITSA

Sanshodhan Chikitsa in *Kaphaja Unmada* contains whole *Panchkarma* from *Vamana* to *Nasya*.^[19] *Mala* of *Rasa Dhatu* is *Kapha* and for *Kapha* best *Shodhan* treatment is *Vamana*, therefore the procedure is started with *Vamana*. Before *Vamana*, internal *Snehen* is done with *Acha Sneha* (pure clarified butter of cow) which helps to increase *Kapha* followed by *Sarvanga Sweden* (whole body fomentation). *Vamana* is given with *Madanphala* and *Vacha Phanta* as *Madanphala* is best *Vamanadravya*^[20], *Vacha* has *Tikshna, Ushna* properties and by *Prabhav* it is *Vamanopag* and hence used in *Kaphaja Unmada*.^[21] After *Vamana*,

Dhoompana with *Aparajitadi Dhooma*^[22] is given to eliminate the *Kapha* left behind.

After *Vamana Karma*, *Virechana* is planned if there is involvement of *Pitta Dosha* along with *Kapha*.^[23] In such case *Snuhi Ksheer* is the drug of choice for *Virechana* in *Chetas Vikara*.^[24]

If there is involvement of *Vata Dosha* along with *Kapha* then after *Vamana Karma*, *Basti* can be given. To pacify *Vata Dosha* *Nihura Basti*^[25] is given by *Erandalmoooladi Nirhu* or *Potaladi Nihura*^[26] and *Anuvasan Basti* is given with *Madanphal Taila*^[27] according to the conditions and severity of disease.

To eliminate left over *Kapha*, *Shirovirechna Nasya* with *Anu Taila* can be used as it pacifies *Tridoshas*.^[28] A study shows that *Vamana Karma* is the best *Shodhan* treatment and it shows significant and highly significant results in all the symptoms of Major Depressive Disorder.^[29]

SHANSHAMAN CHIKITSA

Anthaparimarjya Chikitsa

In *Shaman Chikitsa* many drugs are told in the context of *Unmada*, which can be selected according to the presenting features and with associated diseases.

- **Rasa Aushadhas**

1. *Unmada Bhanjano Rasa*- The drugs in this formula pacify *Kapha* and can be used in *Kaphaj Unmada* and also in *Kaphaja Unmada* with *Karshaya* (emaciation).^[30]
2. *Unmada Gajakeshari Rasa*- All the drugs in this formulation are *Kaphahara* so can be used in *Kaphaja Unmada* and depression with fever.^[31]
3. *Chaturbhuj Rasa*- It pacifies *Tridoshas* and is can be used in depression along with *Kshaya* (emaciation), *Apasmara* (epilepsy), *Mandaagni* (low digestive fire), *Hashtakampa*, *Shirakampa*, *Gatrakampa* (tremors).^[32]
4. *Unmada Bhanjani Rasa*- This formulations contains the drugs which majorly pacify *Kapha Dosha* and it can be useful in *Unmada* so this can be used in depression, and depression related with fever.^[33]
5. *Unmada Gajaankush Rasa*- This formulation contains *Upvishas* which has *Ushna*, *Tikshna*, *Vyavai*, *Vikashi* properties, which pacifies *Kapha* so can be used in Major Depressive Disorders.^[34]

- **Ghrita/ Taila**

1. *Panniye Kalyanaka Ghrita* – This formulation is used in *Chitta Doshas*. In this formulation majority of drugs has *Kaphahara* properties so can be used major depression and it can also be used in depression if found with *Apasmara* (epilepsy), *Jwara* (Fever), *Kasa* (chronic cough), *Mandagani* (low digestive fire), *Kshaya* (emaciation), *Visarpa* (Cellulitis) etc.^[35]
2. *Maha Kalyanaka Ghrita*- This *Ghrita* is used in all types of *Unmada* along with *Kaphaja Unmada*.^[36]
3. *Maha Pshaik Ghrita*- It provide intelligence, boosts memory can be used to enhance memory in depression, also used to enhance growth in retarded children.^[37]
4. *Kalyanaka Ghrita* – This formulation has *Kaphara* drugs therefore used in *Kaphaja Unmada* it is *Balya* and *Rasayana* and also used in *Visarpa*, and it is *Shreshta Punsavana*.^[38]
5. *Swalpachetas Ghrita*- This *Grita* helps to cure all the diseases related to *Chetas (Mana)* so can be used in Major Depressive Disorder.^[39]
6. *Lahusanadya Ghrita*- It cures *Kaphaja* and *Vataja Unmada* and can be used in Major Depressive Disorder.^[40]
7. *Hingvadi Ghrita*- *Charaka Acharya* has told that this medicine helps to cure depression, *Hingu* has *Ushna-Tikshna* properties which helps to pacify *Kapha* hence can be used in Major Depressive Disorder.^[41]
8. *Shiva Taila*- This oil is used in all the *Unmada*, also used in *Kaphaja Unmada* if found with *Apasmara* (epilepsy), *Jwara* (fever), *Hanustambha* (lock jaw), *Ardita* (facial paralysis), etc.^[42]

Ghrita is the best vehicle for medicines in depression. According to modern researches a medicine can only reach brain when it is lipid soluble. In *Ghrita* formulations, the herbs are processed with clarified butter so that their active compounds get conjugated with lipid and hence can cross the blood brain barrier to reach and act on brain tissue to get the desired effects.

- **Avhleh**

1. *Chawanprash*- provides intelligence, boosts memory.^[43]
2. *Bharama Rasyana*- provide intelligence boosts memory.^[44]

These *Rasayan* can be given after the *Samprapti* (pathogenesis) is broken.

• **Single drugs which are used in *Kaphaj Unmada***

1. *Vacha Churna*- It has *Tikshna*, *Ushna* properties which pacifies *Kapha* and by *Prabhava* its *Unmada Nashak*.^[45]
2. *Jatamansi* – It is *Tikta* and has *Kashaya Rasa* which pacifies *Kapha* and is *Medhya* in nature.^[46]
3. *Shankhapushpi*- *Kashaya Rasa* and *Medhaya* in nature and also boost memory.⁴⁷ *Acharya Charaka* has told it in *Medhya Dravyas*.^[48]
4. *Brahmi*- *Kashaya Rasa* helps to pacify *Kapha Dosha* and by *Prabhav* its is memory enhancer.^[49]
5. *Jyotashmati*- *Tikshna* in nature, *Smriti* and *Buddhi Prada* in nature.^[50]
6. *Sarpagandha*- *Kapha Vata Hara*, *Nidraprada*, *Unmada Nashak*.^[51]
7. *Tagar*- *Ushna*, *Laghu*, *Tridoshara*, and its action is seen in brain.^[52]
8. *Ashwagandha*- *Kasaya*, *Tikta Rasa*, pacify *Vata* and *Kapha*, *Rasayana* in nature.^[53]
9. *Guduchi*- *Tikta*, *Kashaya*, *Rasayan* in nature^[54], *Acharya Charaka* has told it in *Medhya Dravyas*.^[55]
10. *Yastimadhu*- *Acharya Charaka* has told it in *Medhya Dravyas*.^[56]
11. *Mandukparni*- *Acharya Charaka* has told it in *Medhya Dravyas*.^[57]
12. *Kushmandam*- pacify *Tridoshas*, and used in *Chetas Vikara*.^[58]

Bahiparimarjana Chikitsa

Anjana

1. *Krashnadhya Anjana*- It contains *Maricha*, *Pippali*, *Sendhava Lavan* and *Gorachana* which has *Ushna Tikshna* properties, which helps to pacify *Kapha Dosha* and helps to cure *Kaphaja Unmada*.^[59]
2. *Darvayadigutika Anjana-Daruhaldi* with *Gorochana* also contains *Tikshan Ushna* properties which helps to pacify *Kapha Doshas*.^[60]

Dhoopana

Nasa-hi-Shirso Dwaram, according to that *Dhoopan* is done, fumes from the *Dhupana Dravyas* by properties helps in *Shirovirechana*, drugs which can be used are- *Shirisha*, *Madhuka*, *Hingu*, *Lahusana*, *Tagar*, *Vacha*, *Kushta*, *Ajaa Mutra* all these drugs has *Ushna* and *Tikshna* properties which helps to pacify *Kapha Dosha* hence helps in *Kaphaj Unmada*.^[61]

Virechanic Dhoompana- It helps to eliminate *Kapha* by *Shirovirechana*^[62]

Siddharthaka Agad- This is used in *Pana*, *Anjana*, *Nasya*, *Aalepa*, *Snanan* and for *Ubtana* to cure *Unmada* and *Apasmara*, it contains the drugs which helps to pacify *Kapha Dosha*.^[63]

SATVAVAJAYA CHIKITSA

Satva means *Mana* and *Vajaya* means to restrict the mind from going towards *Ahita Arthas* and treatment of *Mana* is done in *Kaphaja Unmada* by *Yoga*, *Pranayam*, *Dhyan*, *Dharna*, and by *Aashwasan Chikitsa* (counseling).^[64] Various yoga postures are mentioned in *Patanjali Yogsutrawhich* helps in making mind calm. *Pranayam* is also practiced to keep a watch on your breath which makes mind calm. In meditation, attention is kept at a particular place or on some spiritual sculptures or patient is asked to listen to a spiritual tune in resting mode which helps to calm mind and help a person to overcome worries. Counseling is also done to know the worries of a person and a doctors tries to solve the patients problems by showing a new path to think in positive way towards their problem.

DISCUSSION

In Covid-19 pandemic situation where majority of population are suffering from depression there is a necessity to focus on treatment and prevention of it. Depression in *Ayurveda* is correlated with *Kaphaja Unmada* because features of both the disease coincide. In this disease body and mind both are involved. Vitiating of *Kapha* is the cause of disease which later causes involvement of *Manas Dosha Raja* and *Tama*. So *Raja* and *Tama* along with *Kapha* is responsible for causing the disease. Various researches had been conducted in *Ayurveda* on depression by using the terminology as *Avsada*, *Chitta Avasad*, *Vishada*, *Chittodevega* and *Kaphaja Unmada*. These studies have shown that through *Ayurveda* management of depression is possible effectively. Certain formulations, drugs, meditation, *Yoga*, *Aradhana* etc are found very useful in management of this mental disease. A research conducted on *Vachadi Churna* reveals that “*Vachadi Churna* may be used as an antidepressive drug in the management of Depressive illness effectively.”^[65] It shows highly significant results in all the symptoms of the depression. *Vacha* being *Ushna Tikshna* in nature it helps to pacify *Kapha Dosha*. Another study on same drug has shown *Vachadi Churna* is a potent antidepressant remedy then imipramine for the management of depressive illness.^[66] Another study showed that *Jyotashmati Churna* is beneficial in mild to moderate cases of depression, it possesses antidepressant and mild to moderate tranquillizing effects.^[67] Research on - *Ashwagandha* and *Kapikacchu* when combined together shows they have a potent anti-

depressant effect in mild to moderate case of depression.^[68] Another study on *Kushmanda Beeja Churna* has shown highly significant results on patients suffering from depression because of its *Medhya Prabhava*.^[69] Another study shows *Ashwagandha* and *Brahmi* when used together shows strong antidepressant activity, *Ashwagandha* has shown antidepressant activity but *Brahmi* does not when used alone *Brahmi* being *Medhya* drug when used with *Ashwagandha* has shown highly significant results on patient suffering from depression.^[70] A research on administration of *Jyotashmati Oil* as *Nasya* helps to eliminate the *Doshas* and clean *Mahovaha Strotas* followed by administration of *Panchgavya Ghrita* and *Jyotashmati Oil* internally shows marked improvement in the depressive patients.^[71]

Some studies on *Satvavajaya Chikitsa* are also conducted. The research shows that drugs alone is not effective in treating the patient of depression, counseling also plays a major role in improving the condition of the patient and thus this studies shows highly significant results in the patients suffering from depression;^[72] counseling help to improve mental strength of patient and increase the effort of patients' relatives towards patient, these all subjects comes under *Satvavajaya*. Another research on effects of Yoga (*Pranayama, Dharma and Dhyana*) in orphanage children has shown significant improvement ($P= 0.001$) in anxiety and depression of orphanage children.^[73]

Patients were followed by *Bhrama Mahurata Jagarana*- observations & results obtained in a series of patients of *Avsaad* and *Chittodvega* (Depression and Anxiety), treated with *Brahama Muhurat Jagran* have shown the good recovery in clinical manifestations of the disease confirming the potent anti-depressive and anxiolytic effects of *Brahama Muhurat Jagran*.^[74]

A study on effects of *Aradhana* on depressive patient has shown prayers significantly lower the level of depression and anxiety while they concomitantly elevate the level of optimism and spirituality; prayers removed the negative emotions and increased positivity which helps the recovery in a speedy way.^[75]

A study conducted on effects of *Vamana Karma* and *Unmada Gajankusha Rasa* shows the that *Vamana* therapy is a very effective procedure in the cases of major depressive disorder and *Unmada Gajankusha Rasa* is a mild to moderately effective remedy in the cases of major depressive disorder. *Vamana Karma* eliminates *Kapha Dosha* and *Unmada Gajankush Rasa* possess *Vata Kapha Shamaka* properties.^[76]

CONCLUSION

This major disease is the leading cause of concern worldwide, through *Ayurveda* it can be managed efficiently. *Ayurveda* has a holistic approach towards Depression. It not only aims at curing the disease but also tells the ways for its further prevention after being cured. It has told 3 treatment plans *Devavyapashraya*, *Yuktivyaprashaya* and *Satvavayjaya Chikitsa*. All these 3 have shown equal effects in curing Depression. Mantra chanting, *Sanshodhan* and *Sanshaman*, Counseling, Yoga, *Dharana*, *Dhyana*, *Pranayama* all when combined together cures the person and also daily practicing of *Yoga*, *Pranayama*, meditation helps to stop reversion of depression in long run which can be drawn from the researches done in this context. It can also be drawn that it helps in curing depression without any adverse effects when compared with the leading system of medicine of this Era.

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