

INTRODUCTION OF MENTAL RETARDATION AND ITS MANAGEMENT ACCORDING TO AYURVEDA - A REVIEW

¹*Dr. Monika, ²Dr. Veena K. H.

¹*Final Year PG Scholar, Department of Kaumarabhritya, Kaher's Shri B. M. Kankanwadi Ayurveda Mahavidyalaya, Shahpur, Belagavi, Karnataka-590003.

²MD (AYU), Associate Professor Department of Kaumarabhritya, Kaher's Shri B. M. Kankanwadi Ayurveda Mahavidyalaya, Shahpur, Belagavi, Karnataka-590003.

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***Corresponding Author**

Dr. Monika

Final Year PG Scholar,
Department of
Kaumarabhritya, Kaher's
Shri B. M. Kankanwadi
Ayurveda Mahavidyalaya,
Shahpur, Belagavi,
Karnataka-590003.

ABSTRACT

Mental retardation is one of the most commonly found disease among the developmental disorders which can neither be called a disease nor a syndrome. It refers to a considerably substandard mental intellectual presentation resultant or linked with simultaneous injury in adaptive performance which are manifest during dissimilar developmental stage. It refers to a considerably sub average mind thinker performance resulting or associated with concurrent impairment in adaptive performance which is manifested during different developmental stages. The presentation of mental retardation varies generally stating from mild form to reasonable, severe and may be deep in some cases which depends on patient to patient. Hence, an attempt has been made to recollect all the references regarding mental disorders and its management with Ayurveda.

KEYWORDS: *Mental retardation, Psycho disorders, Ayurveda.*

INTRODUCTION

Mental retardation (MR) is a widespread form that refers to any disarray or abnormality in the expansion of the neural system that may result in important issues in the academic and adaptive functioning of a person. Mental retardation (MR) is long-established in broad based on their IQ scores. An IQ attain below 50 with 2 or more adaptive performance disorders is considered to be a case of mental retardation. The below-average aptitude and be short of skills needed for day-to-day livelihood make them unlike from usual children.^[1,2]

It is not the end of the earth as persons affected by this state can and do study new skills, at their own pace. There are altering degrees, from mild to profound. MR is thought to affect about 1% of the inhabitants of the world, of which 85% have a mild intellectual disability.

As per Ayurveda main causative factors for the Psycho or Somatic or Psychosomatic diseases are

1. Vitiating of rational thinking, intellect / retaining authority of the mind, memory.
2. Deformity or variations of seasons and irregular conduct.
3. Shocking contact of the senses with their objectives.
4. Indulge in negative activities after the loss of Dhi, Dhriti, Smriti causes the vitiating of all the doshas, which is called as volitional transgression.
5. **Manasika doshas** - Sattva, Rajas, Tamas (3 states of mind) when in equilibrium, preserve the brain and body of the person and maintain the fit state. Due to imbalance of Manasika doshas various mental diseases are developed.

Sattva - Pure state of mind - that is characterized by lightness, consciousness, pleasure and clarity of mind and is free from diseases. It is responsible for the perception of the knowledge through proper mental functioning.

Rajas is the most active guna among three Manasika gunas. It also activates the other components. The motion and stimulations are the kind of Rajas. All types of desires, wishes, ambitions and fickleness are shaped due to rajas. It is accountable for the manufacture of different motions and plains. Various psychiatric illnesses are shaped due to rajas.

Tamas is describing as weight and resistance. It is the symbol of oblivion and inactivity. It produces trouble in the process of insight and performance of the mind. Delusion, false information, laziness, apathy, sleep and sleepiness are bent due to increase of Tamas.^[3-5]

Signs of Mental Retardation

This common symptom will be bare by the brood during their early days itself or maybe during pre-schooling days. This totally depends on the strength of the state.

1. Late walking, late talking, sometimes in grouping with tongue-tie.
2. Slow to master skills.
3. Difficulty with simple questionnaire and reasoning or rational thinking.
4. Difficulty in detection.

5. Behavioural problems.
6. In severe cases, seizure, mood disorders nervousness, autism, etc, motor skills impairment, vision problems or hearing disorders.

If the indication perseveres, the child should undergo a comprehensive physical test and an examination of medical history should be done correct away to find out any organic cause of symptom.

Causes of Mental Retardation

In about 35 percent of cases, the cause of mental retardation did not find. This psychogenic symptom is because by chromosomal or other genetic disorder, it is often obvious from infancy. Childhood illnesses or injuries can make facts and become familiar of skill difficult or impossible. Other organic factors may include

1. Genetics

Heredity does play a significant role in the mental constancy and proper cerebral physical condition of a child. For example, Down's syndrome is due to trisomy condition of the 21st chromosome, Klinefelter syndrome due to XXY condition, an extra copy of X chromosome, Turner's syndrome due to X condition, and a single-sex chromosome.

2. Prenatal illnesses

The factors which affects the mother, will affects the baby during the prenatal period. If a mother suffers from the illness, it seriously affects the physical and mental health of the baby. Mental retardation can be caused due to excess alcohol intake, excessive smoking, and drug abuse by the mother while carrying. Maternal infections and illness such as glandular disorder, rubella, toxoplasmosis, and cytomegalovirus infection may cause mental retardation. Factor like High blood pressure or blood poisoning in the mother can cause brain harm and mental retardation.

3. Childhood illnesses and injuries

Hyperthyroidism, whooping cough, chickenpox, measles, meningitis, encephalitis (inflammation of the brain) etc. may cause mental retardation if they are not treated adequately. Traumatic brain injury cause by a blow or an aggressive shake to the head may also reason for brain damage and mental retardation in children.

DIAGNOSIS

If we look at the diagnosis of Mental Retardation can be made through a careful history, a criterion thinker assessment and gauge of adaptive behaviour, which is below the usual level. A history and psychiatric interview are useful in obtaining a longitudinal picture of the child's growth and functioning, examination of bodily stigmata, neurological abnormalities and laboratory tests. Besides these, psychological assessment is very important to evaluate the psychological level and brain injury. Intelligence appraisal plays a major role in the diagnosis, prognosis and therapeutics.

TREATMENT ACCORDING TO AYURVEDA

Various Medhya drugs and other related formulations have been described in various text for the managing of jadata and related circumstances ancient acharyas have described various drugs and Rasayanas in mixture or as a single drug to attain such result, such measures can be branded into

(A) PREVENTIVE MEASURE

(i) **Jatakarma:** In Chakra.Samhita. 84, Sushruta Samhita 10th chapter we found the reference regarding the use of Medhya drugs just after birth during samskara called as jatakarma. After the birth child will be resuscitated and cutting of the cord the infant should be obtainable honey and ghee in unequal proportions with enchantment of sacred mantra. Sushruta has advocate its management before bath and as advised to add swarn bhasma (Gold) and to carry on it till the establishment of breast feeding i.e. to 4th day. Kasyapa has also expressed similar views in Lehadhyaya. He said that this condition is Medhya (intellect), digestive power (agni), strength, vitality and immunity (Bala). It also increases the longevity (Ayusya) and over all well-being of the child.

(ii) **Observance:** Observance of strict universal and specific month wise nutritional regime during, pregnancy, pauperism and lactation, as described by different acharyas helps in the normal, easy uncomplicated delivery of health child.

(iii) **Fulfillment of Dauhridya:** During 4th month of intrauterine life due to growth of Hrdaya i.e. the seat of cetana in the foetus transport mother having double heart is term as the dauhridyani. Non fulfilment of the needs of the Dauhridiya in the dauhridya state lead to multiple congenital anomaly and meads to manifold congenital anomaly and mental sub normality in the foetus (Ca. Sa. 4/17)1.

(iv) **Avoiding the Garbhopaghat Kar Bhavas:** there are various factors, viharajanya mental trauma and ritual otherwise it may lead to abortion or birth of a child with multiple content congenital anomalies and psychological disorders including jada said by Caraka samhita (Ca.Sa 4/18).

B) Specific management Ayurvedic classics have given elaborate description

For the management of jada and related disorders the Acharya's have advocated the use of various Medhya drugs and other compounds to promote the level of intellect. Acharya Caraka as described four major Medhya Rasayana (Ca.Ci 1/30-31) i.e.

- **Mandukaparni swarasa**
- **Yastimadhu Churna**
- **Guduchi swarasa**
- **Sankhapuspi karka**

These Medhya Rasayanas increase longevity, prevent diseases, increase vitality, endorse intellect, control of retention etc. the texts also explain various other Rasayanas like Brahma Rasayana, Amalaki Rasayana etc. Similarly Acharya Sushruta (Su.Sa 10/72-74) has described four Avaleha's to promote Medha (brain) i.e. cognitive aptitude and energy of a child.

Swarna Bhasma, Katphal, Sweta, Durba Ghrita, Madhu

Swarna, Kushtha, Madhu, Ghrita, Vaca

Finely powdered Swarna, Brahma Shankhapuspi, Madhu, Ghrita

Arkpusti, Swarna Bhasma, Madhu, Ghrita, Vaca

These drugs are to be taken for creation paste with honey and given to the enduring in form of avaleha. [6-8]

DISCUSSION

After taking history careful evaluation and diagnosis of mental retardation appropriate treatment like administration of medhya rasayana in different forms like ghrita, churna, avaleha, khanda etc. when it is given in form of churna or khanda form it should be given with ghrita and madhu.

Mode of action of medhya rasayana-

They help in management of mental retardation.

CONCLUSION

Aim of Ayurveda is preventive, rehabilitative and is particularly obliging for organization and avoidance of such deficits. Mental retardation is also found in ancient or traditional time too and now a days made a current issue due to change in lifestyle, stress etc. The Ayurvedic management is totally health orient rather than disease oriented. The main aim of organization is to teach suitable life skills, promote functional and mental independence, and facilitates intellectual and adaptive functioning thus on the road to recovery overall health state and superiority of life. There is a scope of utilize Ayurvedic approach and therapeutics to mental retardation patients for future animal study with these drugs. These medicines can be researched single and in form of formulations too.

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