

DEPRESSION (MANOVASAD)



Brahmi

Further information can be obtained from :

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CENTRAL COUNCIL FOR RESEARCH IN AYURVEDIC SCIENCES
Ministry of AYUSH
(Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy)
Government of India

What is Depression (Manovasad)?

Depression is a mood disorder that causes one to feel sad or hopeless for an extended period of time, more than just about of "the blues" or temporary feelings of grief or low energy. Depression can have a impact on one's enjoyment of life, work, health, and the people you care about.

What is the impact of Depression (Manovasad)?

- Depressed mood
- Variation of mood during the day. It's often worse in the morning, improving later in the day
- Inability to enjoy activities
- Changes in eating habits or appetite
- Weight gain or weight loss
- Changes in sleeping habits
- Difficulty going to work or taking care of your daily responsibilities because of a lack of energy
- Feelings of guilt and hopelessness; wondering if life is worth living (common)
- Slowed thoughts, speech and movement
- Preoccupation with thoughts of death or suicide
- Somatic complaints such as headache and stomachache
- Disturbed sleep, usually waking early and being unable to get back to sleep
- Feelings of anxiety
- Tearfulness for no reason
- Short temper
- Lack of energy and constant exhaustion
- Lack of concentration
- Difficulty making decisions
- Negative thoughts about the future
- Loss of identity
- Blaming self and low self-esteem
- Unrealistic sense of failure
- Loneliness, even when around others
- Reduced desire for sex



Jatamansi



Tagara

How Ayurveda manages Depression (Manovasad)?

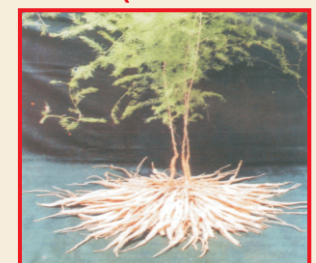
Takra dhara, Sirodhara with medicated oils, Siro Abhyanga (head Massage) with medicated oils etc special procedures.
Dhyana, Pranayama, Asana etc Yogic exercises.
Some useful Ayurvedic formulations

- Saraswatarishta
- Kushmanda lehyam

- Brahmi ghrita
- Kalyana ghrita
- Chandanasava

What are the useful medicinal plants Depression (Manovasad)?

- Ashwagandha (Withania somnifera)
- Shatavari (Asparagus recemosus)
- Brahmi (Bacopa monnieri)
- Vacha (Acorus calamus)
- Jatamansi(Nardostachis jatamansi)
- Tagara(Valariana wallichii)
- Chandan(Santalum album)
- Yashti madhu(Glycyrrhiza glabra)
- Tulasi (Ocimum sanctum)



Shatavari



Chandana

Specific Do's and Don'ts

Do's:

- Amalaki (Phyllanthus emblica), Dadima (Pomegranate) & seasonal fruits
- Light meals especially Dinner
- Food like whole grams, whole fruits etc.
- Fresh vegetables
- Dhyana
- Pranayama
- Social work



Ashwagandha

Don'ts:

- Non-vegetarian diet
- Frequent eating and high calories food
- Excessive thinking.
- Canned/ Tinned food



Vacha

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- Gupta Sheelendra Kumar and Singh. R.H. "A Clinical Study on Depressive illness and its Ayurvedic management". **Journal of Research in Ayurveda and Siddha, Vol XXIII, No. 3-4, July-Dec, 2002** 82-93
- Bharati, "Promotion of Mental health- A Review" **Journal of Research in Ayurveda and Siddha, Vol. XXIII, No. 3-4, July-Dec, 1997.**, PP- 132-140