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### “A Review of Literature on the Effect of Mantra Therapy and Shirodhara on patients of Mental Illness w. s. r. to ADHD.”

**Dr. Sejal Sandip Kini <sup>1</sup>, Dr. Vidyanand Thorwat <sup>2</sup>**

<sup>1</sup>P.G. Scholar, Dept. of Panchakarma, Yashwant Ayurvedic College, Post Graduate Training & Research Center, Kodoli, Maharashtra.

<sup>2</sup>Professor, Dept. of Panchakarma, Yashwant Ayurvedic College, Post Graduate Training & Research Center, Kodoli, Maharashtra

#### ABSTRACT

ADHD is an most common mental health disorder found in appear 5-11% in childrens and 2-5% in adults. *Ayurveda* can play a pivotal role in prevention of psychiatric/mental illnesses and thus saves many lives. *Mantras* have great significance on the mental &spiritual evolution of harmony. *Shirodhara* described in *Ayurveda* calms &strengthens the Nervous system. It has an ability to cure multiple neurological disorders.

**Keywords:** *Mantra, Shirodhara, ADHD (Attention Deficit Hyperactivity Disorder)*

#### INTRODUCTION

##### **Ayurvedic view on Mental Illness –**

The Brain is the organ of the mind. The main issue for man is understanding the mind. There is a growing realisation that much of the world’s burden of illness is behaviour related. In *Charak Samhita* we find the earliest attempts to classify human behaviour as *Sattvik* (Pure), *Rajasik* (Passionate) & *Tamasik* (Ignorant).

Human intelligence is determined by multiple genes. *Charaka Samhita* attributes mental illness to vitiation of the humors (*Chaturvidha Purshartha*). It is interesting that current research is focused on neurotransmitters like dopamine, Noradrenaline & Serotonin. *Charaka* described the symptomatology as under confusion of the intellect, extreme fickleness of mind, agitation of the eyes, incoherence of speech, mental vacuity, unsteadiness, these are the general symptoms of mental illness <sup>1</sup>.

Mental illness which is characterised by such derangement of understanding, mind & memory is of exogenous or endogenous origin. Possession by the gods, *Sages, Gandharvas, Pisaschas, Yakshas, Rakshasas* and the manas and the failure in the proper discharge of observance and vows in this life are the causes of the exogenous type<sup>2</sup>.

Provoked *Vata, Pitta & Kapha* are the causes of Mental illness of the endogenous type. From time to time religious notions have strongly influenced the treatment of the mentally ill. Apart from various therapeutic measures other remedies used include herbs, human & animal excrements, prayers & holy water, the breadth & Spits of priests, pilgrimages relic handling Lucky Charms. These measures may succeed in helping the disordered mind of the insane patients to regain its composure when all the other measures have failed.

## AIM

To assess the effect of *Mantra* therapy and *Shirodhara* on patients with Mental Illness with s.r.t. ADHD

## OBJECTIVES

1. To Review the Literature available on Mantra Therapy, Shirodhara, Mental Illness and ADHD in detail.
2. Data relevant to Mantra Therapy and Shirodhara will be collected from various research Articles available.
3. Data collection and analysis of the Effect of Mantra Therapy and Shirodhara on patients with Mental Illness and ADHD will be made based on the report, findings and published data in various research articles available

## MATERIAL AND METHODS

This is a Conceptual study so for the present study details of Mental Illness, ADHD, *Mantra* therapy & *Shirodhara* mentioned in various *Ayurvedic* classics, Modern texts and various research papers published on internet are taken into consideration.

### Literature Review- ADHD details –

It is a neurodevelopmental kind of mental illness. It is characterized by problems paying attention, excessive activity or difficulty controlling behaviour which is not appropriate for a personsage<sup>3</sup>. In Children problems in paying attention may result in poor school

performance. WHO estimated that it affected about 39 million people as of 2013 about 30-50% of people diagnosed in childhood continue to have symptoms in adulthood & between 2-5% of adults have the condition. ADHD management recommendations vary by country.

#### **ADHD Ayurvedic view –**

ADHD can be correlated with *Vataja Unmad* mentioned in *Ayurvedic* texts. ADHD is directly connected to the *Chakra* system in the human Body . Some say ADHD is connected to the *Sahasra (Crown) Chakra*<sup>4</sup>. The ADHD is Likely to manifest due to a malfunctioning of this *Chakra*. Healing of the *Sahasra Chakra* is likely to give good results in making ADHD subside.

*Vata dosha* is characterized by air & ether. when in excess due to compromised *agni*, *Vata dosha* can lead to various health concerns, such as anxiety, constipation, cracking joints, mild insomnia, & digestive disorders in general.

*Vata dosha* controls the function of movement, activity, the process of thought, expression, perception of sense objects, etc. Things experienced by the sense organs should be distinguished between positive or negative and this is made possible by the mind's efficient operation. In ADHD, the mind is unable to have clear control over these two sets of sense organs, under the influence of the aggravated *Vata Dosha* It Is Also becomes hyperactive. In attention deficit hyperactivity disorder, there is irregular hyperactivity behaviour that may indicate dysfunction in *vata dosha* and disturbed mental function. here, *manovaha strotas* are mainly affected, creating blockages in the normal functioning of these channels.

**Unmada** - *Ayurveda* explains the condition of *Unmad* with respect to three important entities like *buddhi vikaras* (deformity of will), *manovikara* (deformity of mind) and *atma vikara* (deformity of intellect) *Buddhivikaras* refers to impairment in will & thinking pattern<sup>5</sup>. Cognition of thinking & paranoid reactions are commonly found in this category of mental illness.

**Origin of Unmad**-Due to favourable causative factors the morbidity (vitiating doshas) ascends upwards to the mind, from the main site of heart. This leads to functional disturbance in its main location (heart) as well as disposed areas like brain & its various relative compartments. Due to this the individual gets false belief or delusions & person appear as if intoxicated due to the unawareness of the situation. This condition is called

*Unmad*, a kind of psychosis.

**Reasons** – *Viruddha Ahara* (incompactible foods), *dushta Ahara* (Infected, Contaminated foods), *Deva- gurudwija pragharshana* (insult towards teachers & elders), *Mano Abhighata* (mental shock) *bhaya* (fear), *Harsha* (unusual pleasure).

**Types** – *Vataja*, *Pittaja*, *Kaphaja*, *Sannipatik*, *Agantuj*

**Prodromal symptoms** – *Moha* (delusions), *udvega*(anxiety), *Karna swana*(auditory hallucinations), *Gatraprakarshana* (general debility), *Atyutsaha*(occasional unnatural enthusiasm), *aruchi* (Tastelessness), *Swapne Kalusha Bhojana* (dream of having contaminated food), *vayunomathana* (sensation of being taken by the wind ).

**General Clinical features** – Illusion of intellect (*Buddhivibhrama*), *Satvapariplava* (dilemma of minds), *Akuladisthi* (biased willind & thinking), *Adheerata* (loss of confidence), *Abanddarak* (irrelevant talk), *Hridayashoonata* (emptiness of the mind), *Moodhachetana* (disorganised consiousness)

**Specific features** –

*Vataja* – undue laughing, dancing, singing, irrelevant talk, waving of the body parts, crying, roughness, emaciation, reddish discoloration of the face, elevated mood, impaired thoughts.

**Management** – *Snehapana* with ghee (internal oleation), *Mridhushodhana*(emesis/purgation), *Niruha Basti* (Decoction Enema), *Shirovirechana* (medicated errhines), *Sanjna prabhodhana* (oral medication to stabilize the mind), *bahirparimarjan chikitsa* which includes *Shirodhara*<sup>6</sup>.

**Treatment** – *Ayurvedic* classics mentions oblation, worship, sacred bathing, sacred offerings to the personal deities are in practice, their scientific validity is not proved which needs to be explored much with various possible dimensions. wholesome diet and habits, all measures which give mental pleasure, assurance in case of depression, *Medhya Rasayana* (memory tonics), Good sleep. **Single drugs** – *Lashuna Garlic*, *Jatamamsi*, *Shakhapushpi*

**Formulations** – *Kalyanaka ghrita*, *saraswata choorna/Arishta*

## OBSERVATION AND RESULTS

Samsher Singh (2006) – post test mean score of experimental group is significantly different from post test mean scores of the controlled group on psychological variables i.e. emotional stability, overall adjustment intelligence & mental health. However yogic practices improve the emotional stability, overall adjustment intelligence & mental health significantly. There

was a significant reduction in anger score after the training period in both the experimental groups when compared to the controls of which there was a marked reduction in the group that practical *surya namaskar* with *mantra* chanting.<sup>7</sup>

Bormann, J.E. (2010) studied that *Mantram* is a very concrete, practical tool where by you know when you are repeating it and you know when you are not". Each time your mind wanders and you bring it back to focus on the *mantram*, you have an opportunity to increase mindfulness & your ability to control.

G. Kalyani (2010) Bangalore – study that neurohemodynamic correlation of “OM” chanting indicate limbic deactivation. As similar observations have been recorded with vagus nerve stimulation treatment used in depression & epilepsy, thus the study findings argue for a potential role of this *OM* chanting in clinical practice.

Pradhana B. & Dule S. G. (2012) – significant that the improvement in the total net score of digit letter substitute task (DLST) The Magnitude of net score improvement was greater after *gayatri mantra* (21.6%) compared to poem line(4.85%).

Punder Ashwini et al (2013) – that the effect on psychological wellbeing, school performance, stress & anxiety. It was also effective on developing self awareness, wellbeing, vitality, low mood & anxiety.

Tomasino et al (2013) that *mantra* chanting triggers activation in the inferior frontal gyrus, prefrontal cortex, anterior angulated cortex, limbic and superior parietal areas, middle cortex & precentral cortex.

## DISCUSSION

In this study, designed to test the hypothesis that Mantra Therapy and Shirodhara is Effective in the patients of Mental Illness and ADHD it is seen that, If you utter the word *OM*, you will feel a vibration in your body. All of the perceptible noises we perceive, including drum and stick, waves lapping against the cost, bow and strings, etc. are described in our vedas. They only create when they strike each other creating waves of air molecules, which are perceived as sounds. The sound of *OM*, however, arises spontaneously and is unrelated to any vibration or collision between two items. It is believed to be a primal sound of the universe that comprises of all sounds within itself<sup>8</sup>.

It lessens stress – According to scientific research, chanting *OM* with focus allows you to lower your adrenaline levels, which in turn lessens your stress. The chant of *OM* is said to improve your endorphins that make you feel refreshed and relaxed. Not only does it

revitalize you, but it also regulates the hormonal secretions that are a big factor in mood swings. Accordings to numerous studies, it has been discovered that the spinal cord is strongly impacted by this vibration during *OM* chanting<sup>9</sup>.

The selected *mantra* can be sung while restless until the restlessness passes. The diversion of the spent up energy towards the mantras is sure to not only enhance the brain and mental capacity but also develop other curative skills in the chanter of the *mantras*. The *chakra* system is directly and specifically impacted by each *mantra*. As the *Mantra* formulae are intoned, the petals on the Chakras vibrate in sympathetic response & Bridge to the healing from the gross physical level to the eternal cosmic consciousness is awakened, more simply, the *mantra* creates a forcefield of such positive energy that you cannot help but be affected positively.

Chanting provides means of achieving daily stress & increasing mental health through a simple focused activity that slows respiration improves concentration induces calm. This 5000 years old practice seeks to provide health & wellness in the lives of the chanter by reducing mental & physical health. Absence of mental pressure leaves the subject in the state of consciousness where the mind is peaceful & steady. Steadiness contributes to a healthy physiological state by improving how well the breath, glands & nervous system function in the relaxed state. The research substantiates that peace, calm & healing in the body is achieved by the benefits of *mantra* chanting in mental health and wellness.

*Shirodhara* can aid in calming the hypothalamus , which activates the pituitary gland's regulation. To effectively manage works, it also works to lower increased serotonin levels and stress hormones like noradrena line and adrenaline. *Shirodhara* calms and stabilizes the mind so that it is quiet and calm because of the steady flow of liquids over the head. It is a type of restorative therapy for all psychosomatic illness, including stress, anxiety, and depression<sup>11</sup>.

*Shirodhara* with Cow's milk (*Dhara kalpa of sahastrayogam* 8) treatment for 45 min per day over two weeks<sup>10</sup>, has many advantages for the brain, including improved cognitive ability , Flavonoids, antioxidants, and neuroprotective components found in the oils used in *shirodhara* therapy improve brain function. The treatments is said to boost memory, alertness, and theability to focus. For the elderly, who frequently run the risk of memory loss, it's a fantastic oil therapy. *Ayurvedic Shirodhara* therapy helps calm the *vata dosha* and return you to a state of mind where you feel joy, creativity and connection.

## CONCLUSION

The results of the analysis suggest that both Mantra Therapy and Shirodhara are Effective in the patients suffering of Mental Illness and ADHD however, Additional Clinical study with patients suffering from these conditions should be considered.

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