

## REVIEW ARTICLE

## A review article on drug abuse and psychosomatic disorder: an ayurvedic approach

\*Dr Anita Sharma

\*Lecturer, Dept. of Agad Tantra , National Institute of Ayurveda, Amer Road Jaipur

### ABSTRACT

A psychological disorder is a disorder of the mind involving thoughts, behaviours, and emotions that cause either self or others significant distress. Psychological disorders are result of complex interactions between genetic and environmental factors. Globally, it is found that in 2012, nearly 243 million people of the world population used an illicit drug. Ayurveda is ancient health science which has already mentioned the psychological disorder under the heading of the Unmad. The Etiology, Pathogenesis and Management of psychological disorder has also found in all the Text Book of Ayurveda. As the abuse substance causes psychological disorders along with the somatic disorders due to prolonged administrations causing addiction .The management of psychological disorders due to drug abuse will be same as Unmad. Hence the Drugs Abuse and its disorder along with psychological hazards will be managed by using Satvajaya chikitsa, Yukti Vyapashraya including detoxification and Medhya Rasayan.

**Keywords :** Drug abuse, Unmad, Psychological disorders

### Introduction

Improper use of a therapeutic or non therapeutic drug, which may or may not be harmful, even in absence of addiction constitutes drug abuse. Teens are increasingly engaging in prescription drug abuse, particularly narcotics (which are prescribed to relieve severe pain, and stimulant medications, which treat conditions like attention deficit disorder and narcolepsy. <sup>[1]</sup> Globally, it is found that in 2012, Nearly 243 million people of the world population used an illicit drug – mainly a substance belonging to the cannabis, opioid, cocaine or amphetamine-type stimulant (ATS) group – at least once in the previous year. The extent of problem drug use, by regular drug users and those with drug use disorders or dependence, also remains stable, at about 27 million people [2]. In Ayurveda the psychological disorders have

been described under the heading of Unmada having Visha is one of cause. Clinical manifestation, pathogenesis and management has also describe in detailed. The psychological disorder due to prolonged administration of abuse substance its Ayurvedic aspects of pathogenesis and management has been highlighted in this article.

### 2. Aims and Objective

1. To evaluate, elaborate and discuss the psychological disorders due to abuse drug.
2. To evaluate, elaborate and discuss the aetiology, pathogenesis and Ayurvedic method of psychological disorders
3. To evaluate, elaborate and discuss the management of psychological disorders.

### 3. Material and Method

Material related to psychological disorders is collected from text book of Ayurveda, commentaries and modern medicine respectively. The index, non-index medical journals has also referred to collect information of relevant topic.

### 4. Conceptual study

#### ➤ Causes of Psychological disorder due to abuse substance as per Ayurveda (Hetu)-

Acharya Charak has stated the cause of psychological

disorders which include dushta means these substances which vitiated the vatadi doshas.<sup>[3]</sup> The abuse substance causes psychological disorders along with the somatic disorders due to prolonged administrations causing addiction.

#### ➤ Pathogenesis of psychosomatic disorder due to abuse substance-

Acharya Charak has stated that the psychological disorder has manifested due to vitiation of manovaha srotas by vitiation of vatadi doshas within the brain (Budhi).<sup>[4]</sup>

Sr.	Drugs	Long term effect
1.	Opioid	Mood instability <sup>[5]</sup>
2.	Cannabis	Psychosis <sup>[5]</sup>
3.	Cocaine <i>Stimulant</i>	Paranoid ideation, visual and auditory hallucinations <sup>[6]</sup> .
3.	Amphetamines <i>Stimulant</i>	Psychosis, dizziness, mood or mental changes, mental illness <sup>[7]</sup> .
4.	Methampheta-mine <i>Stimulant</i>	Anxiety, confusion, insomnia, mood disturbances, violent behavior, psychotic features, including paranoia, visual and auditory hallucinations, and delusions <sup>[8]</sup> .
5.	MDMA <i>Stimulant</i>	Confusion, Depression, Sleep problems, Severe anxiety, Possible depletion of serotonin and memory <sup>[9]</sup>
6.	Barbiturates <i>Depressant</i>	Insomnia <sup>[10]</sup> .
7.	Benzodiazepines <i>Depressant</i>	□ Impaired thinking, memory loss, anxiety, depression, irritability, aggression, personality change, difficulty sleeping. <sup>[11]</sup>
9.	LSD <i>Hallucinogen</i>	Psychosis, A motivational syndrome, Flashbacks.
10.	PCP <i>Dissociative Anesthetics</i>	Impaired memory, Flashbacks (similar to chronic LSD), anxiety and depression, suicide attempts, Social withdrawal and isolation, Toxic psychosis, paranoia and auditory hallucinations <sup>[12]</sup> .
11.	Inhalants	Psychosis and permanent brain damage <sup>[13]</sup>

### 5. Management of psychological disorders due to drug abuse

**5.1. Satvajayachikitsa (psychological counselling):-** It is needed to create awareness about the ill-effects of alcoholism and substance abuse to the individual. A warm, friendly and sympathetic relationship between the therapist and the patient is the basis of any psychotherapeutic procedure.

**5.2. Yukti Vyapashraya:-** Patient of Psychological disorder due to drug abuse, has need at first Detoxification which will be achieved by stopping the drugs and managing the withdrawal syndrome followed by either Induced Emesis (Vaman) or Purgation (Virechan) as per instruction given by Ayurveda. Mahapeshachik Ghrit containing the herbal drugs having Medhya in nature and Puran Ghrit will be found very effective to suppress and

cure the psychological disorders due to drug abuse.

### 5.3 Some Ayurvedic formulation used in psychological disorders and drug abuse

Sr. no	Ayurvedic formulation	Dose	Anupan	Indication
1.	<i>Sarasvatarista</i>	12-24 ml	Water	Apasmara, Manasa dosa
2.	<i>Brahma rasayana</i>		Milk,water	Tandra,Shrama,Manodaurbalya
3.	<i>Brahmi ghrta</i>	12g	Warm milk,warm water	Apasmara,unmade,vandhyatva,kusht
4.	<i>Kalyanaka ghrta</i>	12g	Warm milk,warm water	Kasa,Pandu, Apasmara,Balagraha,garavisa, Bhutonmada
5.	<i>Maha kalyanaka ghrta</i>	12g	Warm milk,warm water	Mandagni,Pandu,Kasa,Smrti kshay
6.	<i>Maha pancagavya ghrta</i>	12g	Warm milk,warm water	Udara rog,Jvara,Sopha,Apasmara
7.	<i>Pancagavya ghrta</i>	12g	Water	Pittaja unmade,Bhrama
8.	<i>Sarasvata curna</i>	5 gm	Water	Shrama,Sirahshula
9.	Manasamirta vataka	1-2 tab	Milk,	Manodosa,unmad,apasmara
10.	Sarpagandha vati	2-3tab	Water,milk	Unmada,nidranasa,apasmara
11.	Smrtisagara rasa	125 mg	Honey,ghee	Manasaroga,cittodvega,smrtinasa, Anidra
12.	Unmada gajakesari rasa	250 mg	Ghee,honey, nagvalli ras	Anidra, Unmada, apasmara

## 6. Discussion

Acharya Charak has mentioned Daivavapasaryachikitsa, Stvajeyachikitsa and yuktivyapasarya chikitsa for the management of any diseased including psychological disorder. The treatment of 'manasrogas' are basically done by vigyaan ,gyan , dhairya, smariti, smadhi.. [14] In modern Satvaajeya is correlated with 'psychotherapy'. Satvaajeya chikitsa' mind is diverted from harmful factors. Yuktivyapasarya means which restore to elimination of disorders through rational use of drugs. The word 'vyapasraya' also indicates avoidance of etiological factors which is primarily essential in treatment of diseases. Panchkarma is also mentioned in

psychosomatic disorders along with some preparations like Mahapeshachikrith, Puraan Ghrit.[15]

## 7. Conclusion

Psychological disorders due to drug abuse is one of the most burning problem in the world along with India, which are affected the Youth. The Drugs Abuse and its disorder along with psychological hazards will be managed by using Satyajaya chikitsa (psychological counselling, Yukti Vyapashraya including Detoxification and Medhya Rasayan.

## References

1. Medicine net.com available from [http://www.medicinenet.com/drug\\_abuse/page2.htm](http://www.medicinenet.com/drug_abuse/page2.htm) downloaded on 25/08/2015.
2. World Drug Report 2010. Drug statistics and trends. Available from [http://www.unodc.org/documents/wdr/WDR\\_2010/2.0\\_Drug\\_statistics\\_and\\_Trends.pdf](http://www.unodc.org/documents/wdr/WDR_2010/2.0_Drug_statistics_and_Trends.pdf) downloaded on 06/04/2015
3. Charak Samihta, Chikitsa Sthan 9/4, Pandit Kasinath Shastri, Reprint edition, Chaukhambha publication Varanasi 2011; 629.
4. Charak Samihta, Chikitsa Sthan 9/5, Pandit Kasinath Shastri, Reprint edition, Chaukhambha publication Varanasi 2011; 629.
5. DRUGS Short- and Long-Term Effects And Withdrawal Symptoms [http://www.unodc.org/pdf/india/publications/DAIIM\\_Manual\\_TTK/3-17.pdf](http://www.unodc.org/pdf/india/publications/DAIIM_Manual_TTK/3-17.pdf) downloaded on 5/5/15
6. Dennis L. Kasper, Eugene Braunwald, Anthony S. Fauci, Stephen L. Hauser, Dan L. Longo, J. Larry Jameson; Harrison principals of internal medicine 16th edition vol-2, pub. Mc Graw Hill Newyork, 2005; 2570-2571.
7. Indiana Prevention Resource Center, <http://www.cesar.umd.edu/cesar/drugs/amphetamines.pdf>
8. National institute of drug abuse research report series; Methamphetamine abuse NIH Publication Number 13-4210 • Revised September 2013 Feel free to reprint this publication.
9. Downloaded from <http://www.cesar.umd.edu/cesar/drugs/ecstasy.pdf> on date 11/5/15
10. Downloaded from <http://www.projectknow.com/research/effects-of-drug-abuse> on date 16/2/15
11. Downloaded from <http://www.druginfo.adf.org.au/drug-facts/benzodiazepines> on date 16/2/15
12. Downloaded from <http://www.cesar.umd.edu/cesar/drugs/pcp.pdf> on date 16/2/15
13. DRUGS Short- and Long-Term Effects And Withdrawal Symptoms page 17. [http://www.unodc.org/pdf/india/publications/DAIIM\\_Manual\\_TTK/3-17.pdf](http://www.unodc.org/pdf/india/publications/DAIIM_Manual_TTK/3-17.pdf) downloaded on 5/5/15
14. Charak Samihta, Chikitsa Sutra Sthan 11/57, Pandit Kasinath Shastri, Reprint edition, Chaukhambha publication Varanasi 2011; 238.
15. Charak Samihta, Chikitsa Sthan 9/25, Pandit Kasinath Shastri, Reprint edition, Chaukhambha publication Varanasi 2011; 632.

## सारांश:

मनोवैज्ञानिक विकार मन का एक विकार है जिसमें विचार, व्यवहार और भावनाएं शामिल होती हैं जो स्वयं या दूसरों के लिए महत्वपूर्ण संकट का कारण बनती हैं। वैश्विक रूप से, यह पाया जाता है कि 2012 में, दुनिया की आबादी के लगभग 243 मिलियन लोगों ने गैर कानूनी दवा का इस्तेमाल किया। आयुर्वेद प्राचीन स्वास्थ्य विज्ञान है जिसमें पहले से ही उन्माद के शीर्षक के तहत मनोवैज्ञानिक विकार का उल्लेख है। मनोवैज्ञानिक विकार के कारण, व्याधि जनक कारक और चिकित्सा का वर्णन आयुर्वेद में पाया जाता है। चूंकि दुरुपयोग पदार्थ लंबे समय तक सेवन के कारण दैहिक विकारों के साथ मनोवैज्ञानिक विकार का कारण भी बनता है। नशीली दवाओं के दुरुपयोग के कारण मनोवैज्ञानिक विकारों की चिकित्सा उन्माद के समान ही होती है। इसलिए ड्रग्स एब्ज्यूज और मनोवैज्ञानिक विकारों में सत्त्वाजय चिकित्सा, युक्ती व्यापाश्रय चिकित्सा, विषहर योग और मेध्य रसायन का उपयोग किया जाता है।