

PSYCHIATRY (MENTAL DISORDERS)

Mental health is an essential part of overall well-being. Modern lifestyles, work pressure, emotional challenges, and lack of proper rest can affect mental balance. When stress and emotional disturbances persist for a long time, they may lead to mental health disorders.

Early recognition and proper treatment can help individuals restore mental balance and lead a healthy life.

Common Psychiatric Disorders (Modern Medical Perspective)

1. Stress

Stress is the body's natural response to challenging or demanding situations. While short-term stress can sometimes motivate individuals, prolonged stress may negatively affect both mental and physical health.

Causes

- Work pressure or academic stress
- Financial or family problems
- Lack of sleep
- Major life changes
- Poor lifestyle habits

Symptoms

- Irritability and mood swings
- Difficulty concentrating
- Headaches and fatigue
- Sleep disturbances
- Increased heart rate

Management

- Stress management techniques
- Relaxation therapies
- Regular exercise
- Counseling and lifestyle modifications

2. Anxiety

Anxiety is a mental health condition characterized by excessive worry, fear, or nervousness that interferes with daily activities.

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Causes

- Genetic factors
- Emotional trauma
- Chronic stress
- Hormonal imbalance
- Certain medical conditions

Symptoms

- Excessive worrying
- Restlessness
- Rapid heartbeat
- Sweating and trembling
- Difficulty sleeping

Management

- Psychological counseling
- Relaxation techniques
- Stress reduction practices
- Medication when required

3. Depression

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Depression is a serious mental health condition that affects mood, thoughts, and daily functioning. It can lead to persistent sadness and loss of interest in activities.

Causes

- Long-term stress
- Emotional trauma
- Hormonal changes
- Genetic predisposition
- Certain medical conditions


Symptoms

- Persistent sadness
- Loss of interest in daily activities
- Fatigue and low energy
- Changes in sleep or appetite
- Difficulty concentrating

Management

- Psychological therapy
- Emotional support
- Healthy lifestyle changes
- Medical treatment when required

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Psychiatric Disorders According to Ayurveda

(Manasik Vikar)

In Ayurveda, mental health is closely related to the balance of three mental qualities

(Gunas):

Satva – clarity, calmness, and wisdom

Rajas – activity, desire, and restlessness

Tamas – ignorance, laziness, and confusion

When Rajas and Tamas increase and Satva decreases, mental disturbances may occur.

Causes of Manasik Vikar (Mental Disorders)

- Imbalance of Doshas (Vata, Pitta, Kapha)
- Improper diet and lifestyle
- Emotional stress and trauma
- Lack of sleep and mental rest
- Excessive worry or negative thinking

Ayurvedic Approach

Ayurveda focuses on restoring balance between mind, body, and emotions through:

- Herbal medicines
- Detoxification therapies
- Meditation and yoga
- Proper diet and lifestyle

This holistic approach helps improve mental clarity, emotional stability, and overall well-being.

Panchakarma and Local Therapies for Mental Disorders

Panchakarma therapies help remove toxins from the body and restore the balance of doshas. These treatments are beneficial in reducing stress, anxiety, and mental fatigue.

Common Panchakarma Therapies


Shirodhara

Continuous pouring of medicated oil on the forehead that helps calm the nervous system and improve mental relaxation.

Shiro Abhyanga

Medicated oil head massage that improves blood circulation and reduces stress.

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Nasya Therapy

Administration of medicated oils through the nasal passages to improve brain function and mental clarity.

Takradhara

Therapy using medicated buttermilk poured over the forehead to reduce stress and mental tension.

Local Ayurvedic Therapies

- Herbal oil head massage
- Relaxation therapies
- Meditation and breathing exercises
- Yoga for mental stability

These therapies help in improving sleep, reducing anxiety, calming the mind, and enhancing emotional balance.

Mental health disorders such as stress, anxiety, and depression are increasingly common in modern life. Timely diagnosis and proper treatment are essential to maintain emotional and psychological well-being.

Ayurveda offers a natural and holistic approach to mental health by combining herbal medicines, detoxification therapies, lifestyle correction, and mind-body practices.

Visit Us

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