



Anxiety & Depression

An Ayurveda Perspective

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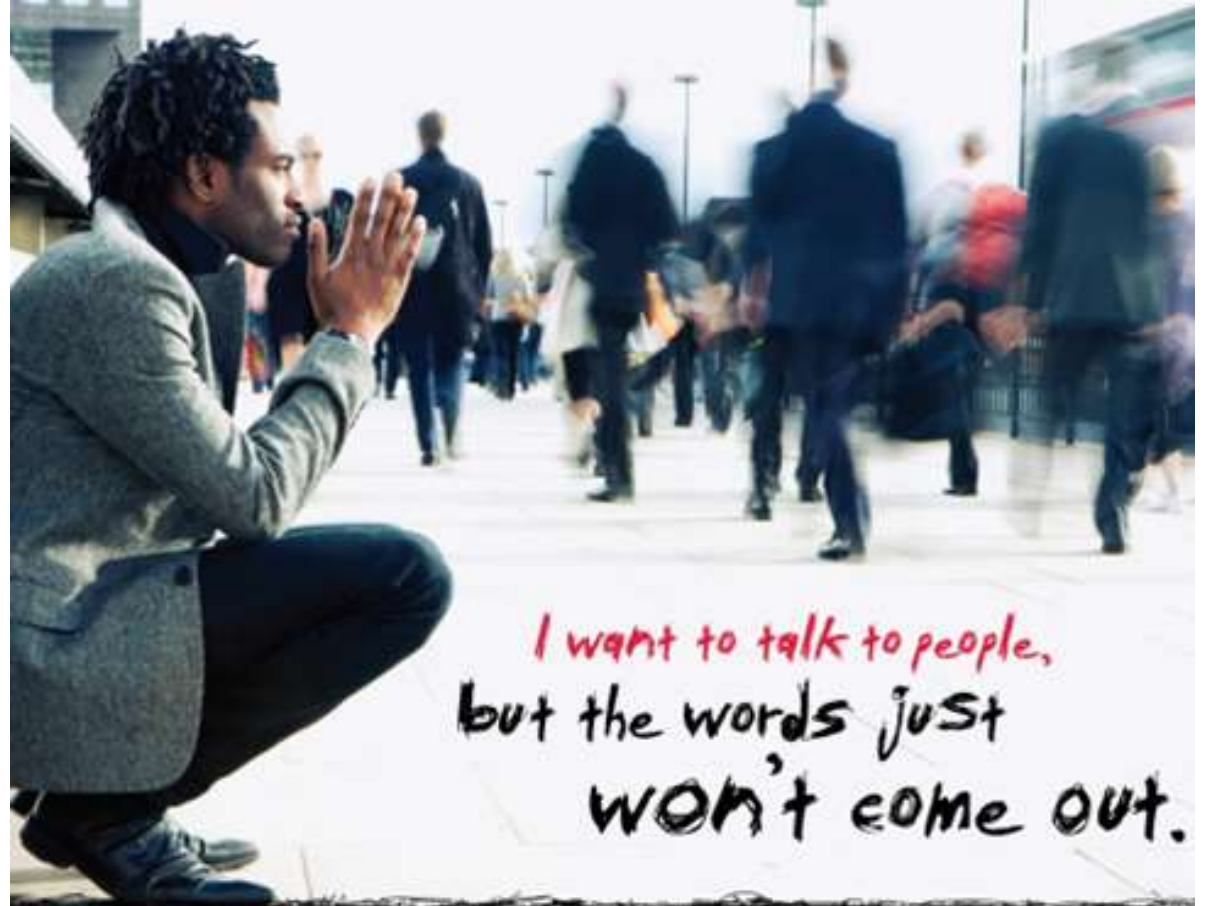
Fear



Anxiety Experience

- Nervousness, Strange feeling in stomach, Unhappy
- Mind starts racing, Heart begins pounding
- Start sweating, Out-of-body experience
- Feel defeated

Normal anxiety & Anxiety disorder.
Anxiety helps us meet our deadlines.
Excessively and constant worry in GAD



Depression & feeling Depressed

- Everyone feels down from time to time.
- Clinical depression is a medical disorder.
- Depression doesn't just go away.
- Lingers for at least 2 weeks.
- Interferes with work, play or love.



Similarities & dissimilarities in Symptoms

Around half of people with generalized anxiety disorder will also have depression.

Overlapping symptoms

- Sleep problems, Isolation
- Irritability, Appetite problems
- Trouble concentrating, Loss of interest, Fatigue

Distinguishing features.

- People with depression move slowly.
- People with anxiety have racing thoughts.
- Presence of fear about the future in anxiety.
- Worry or fear, is not associated with depression.
- Suicidal thoughts is linked to depression.



Different Types: Anxiety & Depression

Types of anxiety disorders

- Agoraphobia
- Generalized anxiety disorder
- Panic disorder
- Separation anxiety disorder
- Social anxiety disorder
- Specific phobias
- Substance-induced anxiety

Types of depression

- Anxious distress
- Mixed features
- Melancholic features
- Atypical features
- Psychotic features
- Catatonia
- Peripartum onset
- Seasonal pattern

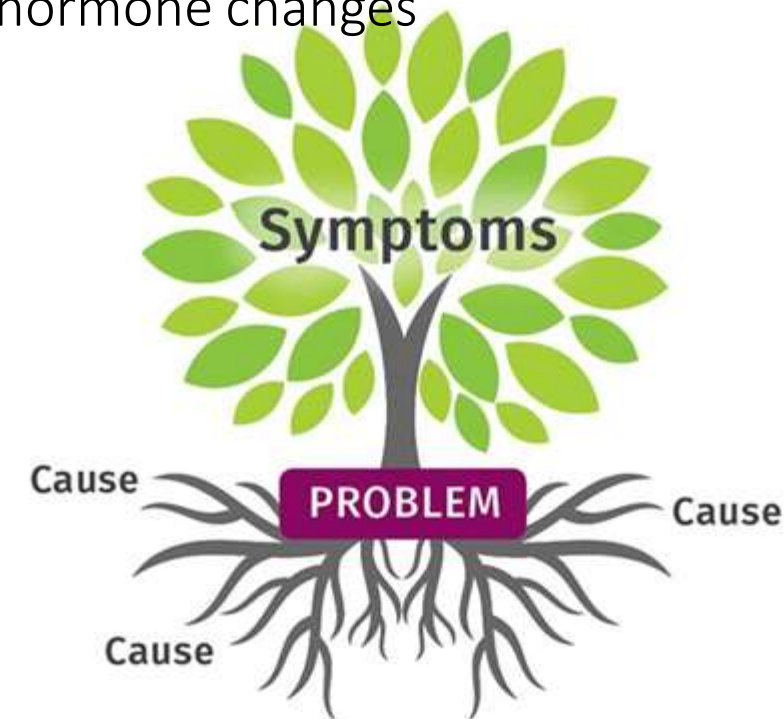
Causes of anxiety

- Traumatic events trigger anxiety disorders.
- Inherited traits also can be a factor.
- Linked to an underlying health issues.
- Side effect of certain medications.

Some types of depression are unique to females –
Postpartum depression and Premenstrual dysphoric disorder.

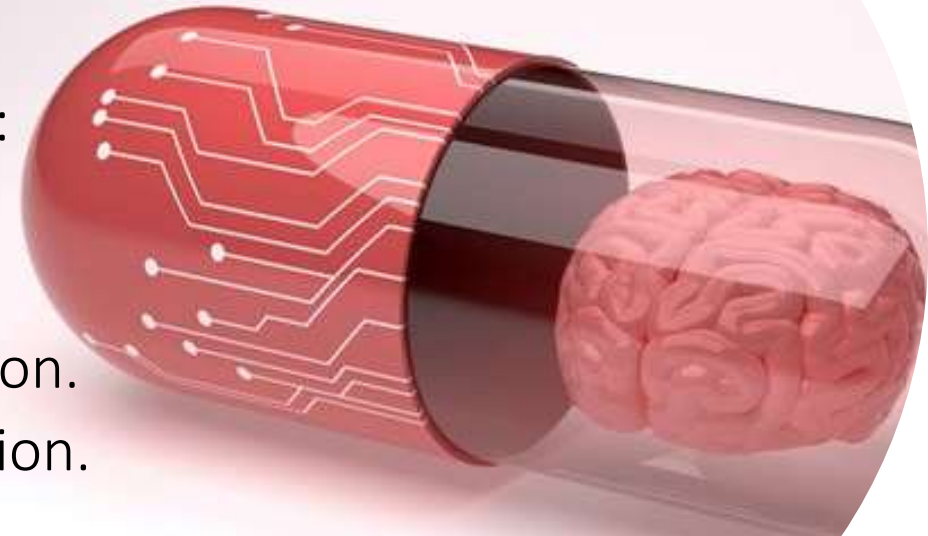
Causes of Depression

- Physical changes in brain.
- Smaller frontal lobe, reduced hippocampus.
- Depletion of neuro-transmitters.
- Blunted circadian rhythms
- High cortisol levels, hormone changes
- More women



Conventional treatment for Anxiety & Depression

- 2 approaches to depression and anxiety:
 - Anti-depressant or anti-anxiety medicine
 - Cognitive behavioral therapy
- Clinical studies have uncovered several interesting results:
 - Those on antidepressants experience 50% reduction
 - Those on a placebo still experience 30-40% reduction.
 - Cognitive behavioral therapy - as effective as medication.
 - Relapse & withdrawal symptoms on stopping medication.



Health

Life is a conglomeration of 4 interdependent components:

- The Body
- The Sensory and Motor
- The Mind
- The Soul



Ayurveda
Concept of
Health

Health is
Balance

Disease is
Imbalance

Vata Qualities	Pitta Qualities	Kapha Qualities
Dry	Oily	Oily
Light	Light	Heavy
Cold	Hot	Cold
Rough	Sharp	Slow
Mobile	Mobile	Stable
Subtle	Liquid	Smooth
Vata Functions	Pitta Functions	Kapha Functions
Respiration	Digestion	Stability
Enthusiasm	Body Temperature	Lubrication
All movements	Vision	Binding
Initiate Natural urges	Desire	Vigor
Sharpness of Senses	Hunger & Thirst	Tolerance
Retaining of Intelligence	Glow	Intelligence
Control of mind	Grasping power	Courage
	Courage	Strength
	Softness of body	Passion



Uniqueness - Swastha - Ahamkara



Swastha = Health
Swastha = Established in Self

Ahamkara

You're
Unique!

Every Individual is Unique. No two persons are alike.



Personalized Care for Body Type

7 Body Types:

1. Vata
2. Pitta
3. Kapha
4. Vata-Pitta
5. Vata-Kapha
6. Pitta-Kapha
7. Vata-Pitta-Kapha

Vata Body Type

- ✓ Thin, non- muscular body.
- ✓ Thin, dry, coarse and curly hair.
- ✓ Long, angular face; thin neck; small nose, small eyes.
- ✓ Small mouth, with thin, narrow lips, irregular teeth
- ✓ Active, restlessness; quick gait; lack the stamina.
- ✓ Light, interrupted sleep of 5-7 hours a day.
- ✓ Rapid, chaotic speech; changes of mind
- ✓ Artistic & creative with a good imagination.
- ✓ Fearful, worrisome and anxious.



Low self-esteem, dependent
Self-critical or pessimistic
Higher risk of anxiety & depression.

Pitta Body Type

- ✓ Moderately physique - muscular limbs.
- ✓ Skin is soft, lustrous, warm, perspire more.
- ✓ Fine, soft, brownish; premature grey hairs.
- ✓ Face is heart-shaped, pointed chin; pointed nose.
- ✓ Usually active, particularly in sports.
- ✓ Overly competitive, proud, intolerant, & irritable.
- ✓ Loud, strong voice and precise, convincing speech.
- ✓ Intellectual & precise due to alert, focused mind.
- ✓ Sharp anger, irritable, jealous & aggressive.



Pitta types align with
agitated depression

Kapha Body Type

- ✓ Broad, well-developed frame - large, long limbs.
- ✓ Large round face; large nose.
- ✓ Large, attractive, eyes, thick eyelashes; full lips.
- ✓ Pleasant, deep voice; slow, rhythmic speech.
- ✓ Thick, wavy, lustrous & black or dark hair.
- ✓ Calm, steady, considerate, patient, slow to anger.
- ✓ Loyal, forgiving and understanding
- ✓ They can be lazy, if not driven.
- ✓ Long hours of deep sleep

Anxiety & Depression is
not a personality
weakness or body type



Kapha types are likely to have
sluggish depression

Qualities of Mind

Satva

Rajas

Tamas

Positive Elements

Intense passion/drive

Incomprehension

Mercy

Lack of self-control

Depressed Mood

Purity

Inflated self esteem

Fear

Truthfulness

Cruelty

Ignorance

Good conducts

Pride

Sleepiness

Belief in God

Excitement

Laziness

Knowledge

Competition

Grief

Learning ability

Attachment

Intellectual deficits

Selfless service

Anger

Lack of good conducts

- Rajas & Tamas imbalance mind and causes psychological conditions.

- Depression is a condition of **Tamas** predominance over rajas.

- Anxiety is **Rajas** predominance over tamas.



Concept of Mental strength

Mind has genetic endowment

Mind gets nurtured:

- In the womb
- Childhood Experiences
- Own Body type

Mental strength is graded into

- Superior - Withstand mental trauma well
- Medium - Afford to take hardships if consoled
- Inferior - Incapable to suffer even minor trauma

Mental Health and Ojus & Sara

- Sara = State of Excellence of Tissues.
- Ojus is the essence present in every Tissues.
- Sara & Ojus - a measure to assess the health.

Ojus bestows:

- Strength, Stability and growth of muscles
- Ability to perform all functions
- Clarity of voice, Brightness of complexion
- Perception of sense organs



Mental Health & Ojus

Factors adverse to Ojus:

- Excessive Physical exertion
- Fasting for long period
- Constant worries
- Consumption of dry food
- Restricted food intake
- Excessive exposure to sun & wind
- Anger, fear, grief & sorrow
- Keeping awake at nights
- Physical & emotional trauma

Psychological symptoms of weak Ojus:

Fear complex, constant weakness, worry, loss of complexion, cheerlessness, emaciation are similar to that of depression



Anxiety & Depression

Vata – Pitta – Kapha



- Primary imbalance - Vata dosha.
- Vata - Erratic thoughts, worries, obsession, confusion, & difficulty focusing.
- Vata imbalance - Hyper-excitable nervous system & insomnia.
- Feel ungrounded - Vata imbalance.
- Interplay between Vata-Pitta-Kapha and the Rajas-Tamas.



Symptoms of Depression	Dosha
Sadness, tearfulness, emptiness or hopelessness	Vata
Anxiety & restlessness	Vata
Lack of interest in enjoyable activities	Kapha
Insomnia	Vata
Hypersomnia	Kapha
Irregular reduced appetite and weight loss	Vata
Weight gain	Kapha
Easy fatigability	Vata
Slowed thinking, speaking or movements	Kapha
Guilty feeling or worthlessness & self-blame	Vata
Trouble - thinking, concentrating, decisions	Vata
Suicidal thoughts	Vata
Unexplained physical problems - back pain or headaches	Vata



Symptoms of Anxiety

Dosha

Feeling fearful, nervous, restless

Vata

Lack of concentration

Vata

Irritability

Pitta

Having a sense of danger, panic

Vata

Having an increased heart rate

Vata

Breathing rapidly (hyperventilation)

Vata

Sweating

Pitta

Trembling

Vata

Feeling weak or tired

Vata

Having trouble sleeping

Vata/Pitta

Experiencing gastro-intestinal problems

Vata/Pitta

Excessive worry and difficulty controlling

Vata

Urge to avoid things that trigger anxiety

Vata

Muscle tension

Vata

Ayurveda approach to Anxiety & Depression

Ayurveda takes an entirely holistic view of:

- Physical health
- Mental stability
- Spiritual well-being
- Social welfare
- Environmental considerations
- Dietary and lifestyle habits
- Daily routines & Seasonal routines

Treatment according to its symptoms & body type:

- Yukti Vyapasraya – Medicinal therapy
- Satvavajaya – Psycho therapy
- Daiva Vyapasraya – Spiritual therapy



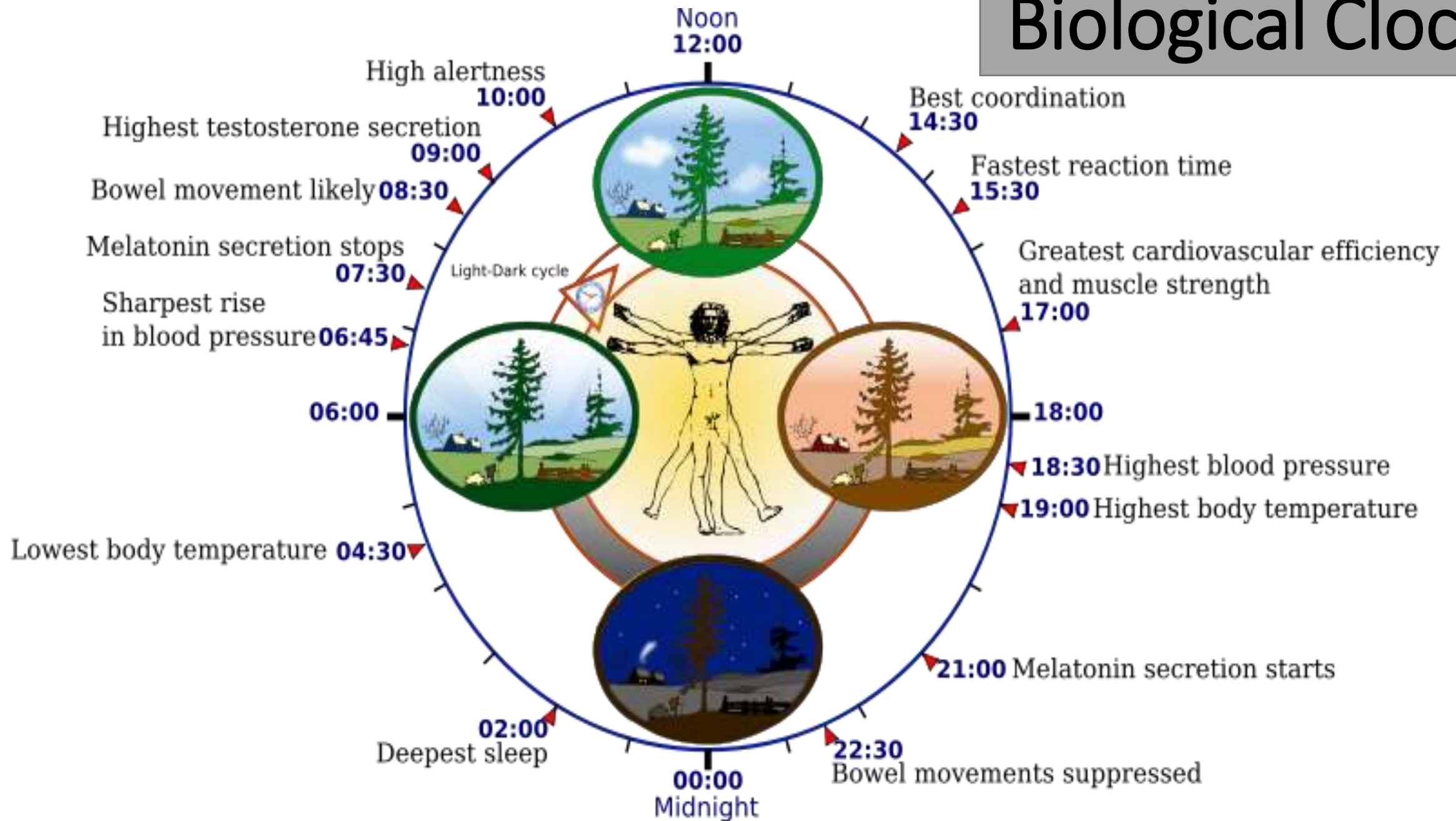
Biological Clock

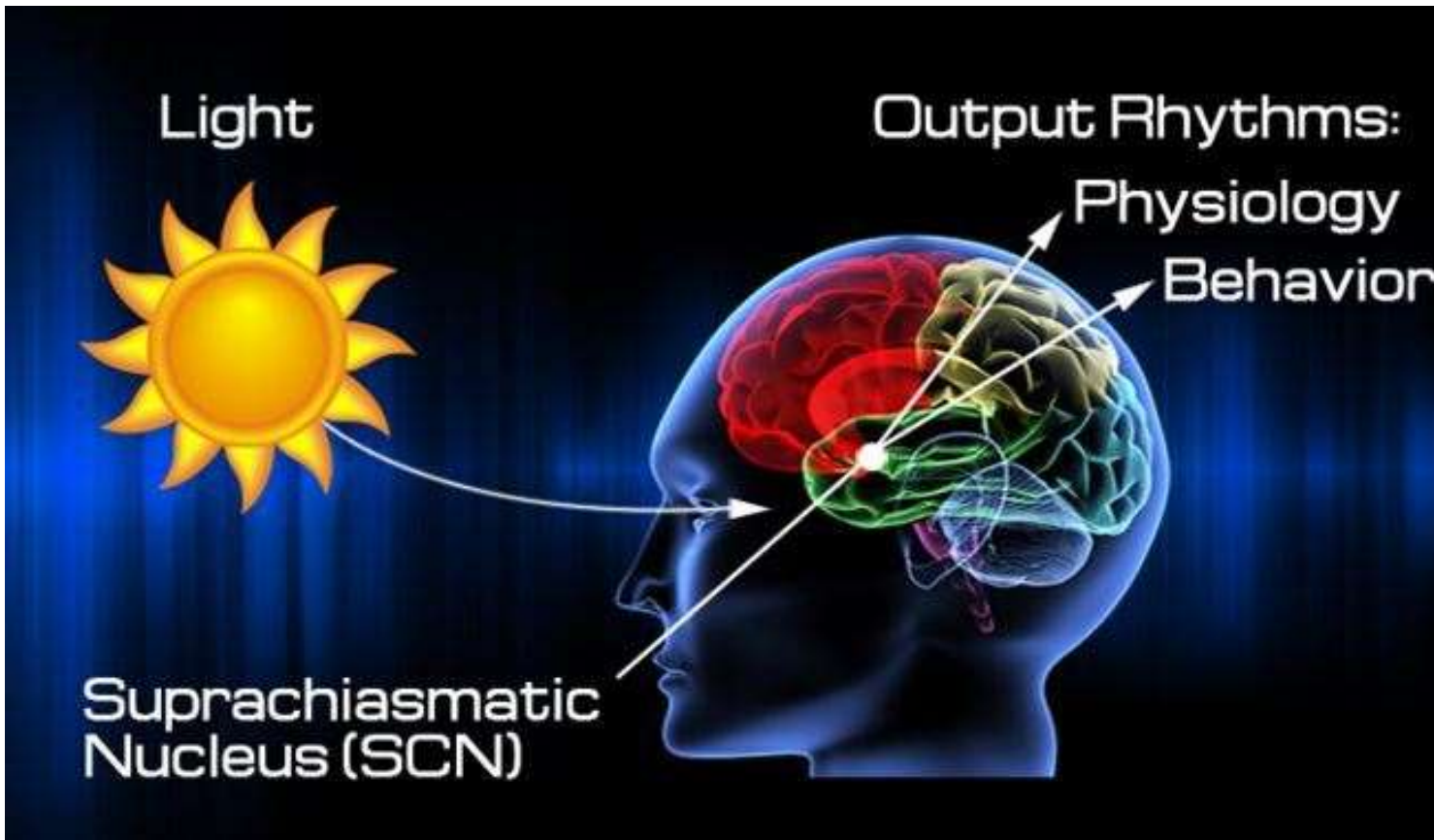
Ayurveda is a science & way of life.

Ayurveda teaches to live in
harmony with nature



Biological Clock





Circadian Physiology Biological Clock

Established during the first months of life

Controls body temperature, blood pressure, & release of hormones

- Disruption results
 - Anxiety
 - Depression
 - IBS
 - GERD
 - Diabetes
 - Obesity.
 - Premature aging
 - Neuro degenerative diseases.

Exercise

Eases Anxiety & Depression

- Exercise daily to
 - 'Half of your capacity' in Winter & Spring
 - Light exercise in other seasons
- Regular exercise reduces Anxiety & Depression.
- Exercise improves endorphins & wellbeing chemicals

Vata Type – Mild Exercise

Pitta Type – Moderate Exercise

Kapha Type – Intense Exercise

Late evening exercise may alter melatonin levels

Mental Health - Digestion & Food

- Hunger is a fuel demand produced by Pitta.
- Gastrointestinal system plays an important role mediated through our microbiome.
- The enteric nervous system (Second Brain), is a collection of neurons located in the GI system
- ENS has 100 million neurons and 30 different neurotransmitters.
- Most of the body's serotonin is found in GI tract.



Diet for Anxiety & Depression

- The food should ideally contain all the 6 tastes.
- Influence of mental state on the digestion.
- Favor complex carbohydrates.
- One should eat several small meals during day.
- Satvic foods – Rice, vegetables, fruits, ghee, honey.
- Rajasic Food – Spicy, sour, salty, dry foods
- Tamasic Food – Tinned & canned food, stale foods



Vata Balance	Sweet, sour, salty
Pitta Balance	Sweet, bitter, astringent
Kapha Balance	Spicy, bitter, astringent
Vata Pitta Balance	Sweet
Pitta Kapha	Bitter, astringent
Vata Kapha	No tastes

Foods to Favor



Night Sleep



- Sleep - One of the 3 pillars of life.
- Sleep - fuel demand produced by Kapha.
- Sleep varies according to Body Types:
 - Vata type – 6-7 hours
 - Pitta type – 7-8 hours
 - Kapha type – 8-9 hours
- Stress, anxiety, and depression cause half of all insomnia.
- Sleep deprivation linked to, poor memory, poor cognition.

Sexual Health

Healthy sexual life is one among the 3 pillars of life

Sexual desire is the fuel demand produced by Vata

Healthy sexual functioning & happy life.

Problems in sexual functioning, sexual myths, and misconceptions are commonly seen in cases of anxiety & depression.

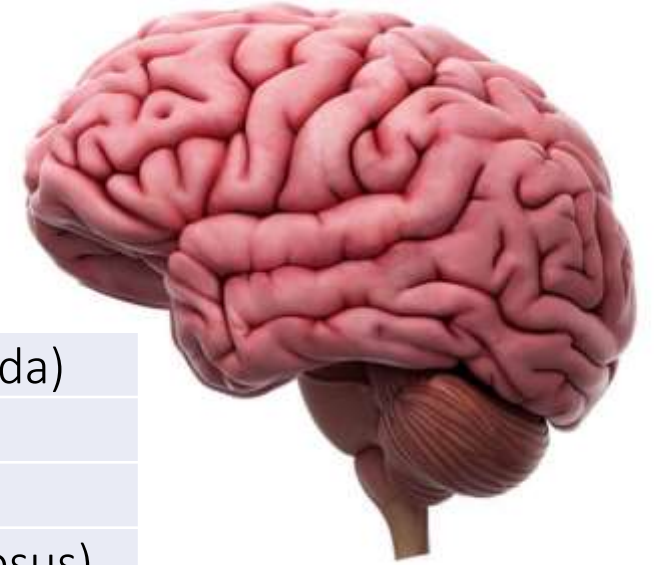
Rational use of Medicines & Lifestyle Changes

- Vata-Pitta-Kapha balance with herbs, lifestyle & therapies
 - Depression – Balance Vata Kapha
 - Anxiety – Balance Vata Pitta
- Ayurveda has many single drugs for Psychiatric illnesses.

Brahmi (<i>Bacopa monnieri</i>)	Kushmanda (<i>Benincasa hispida</i>)
Sankhapushpi (<i>Convolvulus pluricalis</i>)	Vacha (<i>Acorus calamus</i>)
Yastimadhu (<i>Glycyrrhiza glabra</i>)	Rasona (<i>Allium sativum</i>)
Jyotishmati (<i>Celastrus paniculatus</i>)	Shatavari (<i>Asparagus racemosus</i>)

- Other preparations like:

Ashwagandharishta	Panchgavya Ghrita	Mahapaishachika Ghrita
Saraswatharishta	Brahmi Ghrita	Dhanvantara Ghrita
Manasamitra gutika	Mahakalyanaka Ghrita	Mahachetasa Ghrita





Oil Therapies

Oil Therapies like – Sirodhara, Thalapothichil, Abhyangam, Sirovasthy, Takradhara, Thalam etc.

Warm oils & hot therapies are helpful in Depression.

Cooling and calming therapies helps in Anxiety.



Ayurvedic Oils

Choosing the Right oil is important

- For Vata: Warm & Nourishing
- For Pitta: Cold Potency
- For Kapha: Warm Potency
- For Vata Rakta: Cold & Nourishing
- For Daily Use: Neither Warm Nor Cold

Potency of Oils

- Mustard oil – Hot Potency
- Coconut oil – Cold Potency
- Sesame oil – Hot Potency
- Olive oil – Hot potency
- Almond oil – Cold potency





Panchakarma

- **Vata: Vasthy**
(Medicines through anum)
- **Pitta: Virechana**
(Therapeutic Purgation)
- **Kapha: Vamana**
(Therapeutic Emesis)
- **Nasya**
(Medicines through nasal)

Benefits of Vamana & Virechana

- Clarity of intellect
- Strengthens the senses
- Stability of body tissues
- Increased digestive capacity
- Regulated aging

Psychotherapy & Spiritual therapy



Spiritual therapy (Daiva Vyapashraya Chikitsa)

- Logical use of spiritual therapy to improve self-confidence and mental strength.

Satvavajaya Chikitsa (Psychotherapy):


- Equivalent to modern psychotherapy.
- Based on 3 principles:
 - Replacing undesirable emotions
 - Repetitive Assurance
 - Psychological Shock

Medhya Rasayana

Improve memory and intellect by specific action

- Mandukaparni (*Centella asiatica*) – Kapha Pitta
- Yastimadhu (*Glycyrrhiza glabra*) – Vata Pitta
- Guduchi (*Tinospora cordifolia*) – Vata Pitta Kapha
- Shankhapushpi (*Convolvulus pleuricaulis*) – Pitta Kapha
- Brahmi (*Bacopa monnieri*) – Vata Pitta
- Kushmanda (*Benincasa hispida*) – Vata Pitta
- Vacha (*Acorus calamus*) – Kapha Vata
- Jatamamsi (*Nardostachys jatamamsi*) – Pitta Kapha
- Aswagandha (*Withania somnifera*) – Vata Kapha





The Meaningful Life is to live a Meaningful Life

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