

28<sup>th</sup> International Conference on

## PSYCHIATRY AND MENTAL HEALTH

November 20-21, 2017 Melbourne, Australia

**Clinical study on management of depression through Ayurveda****Aarti Sharma**

Govindrakshak Ayurvedic and Acupuncture Centre, India

Depression is very common mental health disorder which affects person's way of thinking and behaviour. The present study was conducted at my clinic on sixty three male patients between 40 to 45 years age who were clinically diagnosed of moderate depression on the basis of Hamilton Depression Rating Scale. These patients were divided into 3 groups (A, B and C). They were given Ayurvedic treatment along with psychological counselling. Group A had 20 patients who were prescribed Shavasan and Anulom vilom pranayama. Group B had 17 patients who were given panchkarma treatment of Nasya, Shirodhara in addition to above mentioned yoga and pranayama. Group C had 25 patients who were prescribed two ayurvedic formulations namely Saraswatarishta and Ashwagandharishta along with treatment prescribed to Groups A and B. These patients were clinically assessed after 7, 30, 60 and 90 days by Hamilton Depression Rating Scale. Results obtained after 7 days, showed 15, 24 and 28 percent improvement in group A, B and C respectively. The patients showed gradual improvement and their anxiety level decreased, their interest in life increased. After one month, 35, 54 and 56 percent improvement in group A, B and C was observed. The patients exhibited more positivity in thoughts with an improvement in sleep. After two months of treatment, patients in group A, B and C showed 50, 66 and 72 percent of improvement respectively. Their persistent sadness, feeling of guilt gradually reduced. After three months of treatment, an improvement of 60, 72 and 84 percent, respectively was noticed in three groups. A remarkable improvement with positivity in thoughts and feeling of happiness was noticed. Results obtained showed that mental health disorders like depression can be effectively managed by Ayurveda along with psychological counselling.

**Biography**

Aarti Sharma born 1983 did Bachelor of Ayurvedic medicine and surgery (BAMS) from one of the premier Ayurvedic college, Gov. Ayurvedic college, Patiala (India) in 2007. Since then she has been practising Ayurveda for the treatment of lifestyle disorders, stress, gynaecological issues, hepatic disorders, arthritis and other chronic ailments in her own clinic named Govindrakshak Ayurvedic and Acupuncture centre, Ludhiana (Punjab). During these years, she also completed Masters in nutrition and dietetics, Post graduate diploma in Acupuncture and moxibustion, Post graduate diploma in yoga and naturopathy along with a short term course in panchkarma. She always deals patients on humanity basis considering their pain and suffering as her own. Knowledge gained through these degrees and diplomas is helping her a lot in treating her patients thoroughly. She is very thankful to Lord who gave her opportunity for this noble profession. She has established herself as well-known physician in the region over last 10 years. She has been presenting her findings at various national and International conferences. Her work has been appreciated in all conferences.

govind8rakshak@gmail.com