



Role of traditional Ayurveda medicine in anxiety and depression

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Abstract

Ayurveda is a science of life and the prime objective of ancient Indian system of medicine is the prevention of disease process and curative measures for all diseases. Plants described in Ayurveda Samhita as Rasayana and Vajikaran acts inside the human body by modulating the psycho-neuro-endocrine systems and relieve stress and anxiety. These drugs have effect on mood swings and nervousness and very useful in Anxiety and Depression. Many research conducted on Rasayana and Vajikaran plants concluded that these plants act as natural energizers and helps to overcome lethargy. The present review summarizes experimental information of combination of these medicinal plants and exploring their beneficial effects in Anxiety and Depression.

Biography

Hiranman Warungase has completed his MD (Ayurveda) in Psychiatry from SDM College of Ayurveda, Hassan; Karnataka (RGUHS, Bangalore) India. He has also completed MSc Industrial Psychology from Annamalai University. He has an Associate Professor in Dept. of Kayachikitsa at SMBT Ayurved College, Dhamangaon, Nashik; Maharashtra, India. He has Consulting Ayurveda Psychiatrist at Niramay Mind Body Healing Centre at Nashik since 2007. He has engaged in promotion, propagation of Ayurvedic drugs in the treatment of Psychiatric Disorders especially in Anxiety and Depression.



10th International Conference on Traditional Medicine and Acupuncture
November 9-10, 2020

Citation: Hiranman Warungase, Role of traditional Ayurveda medicine in anxiety and depression, Traditional Medicine 2020, 10th International Conference on Traditional Medicine and Acupuncture, November 9-10, 2020, 09