

Potential of Ayurveda in 'Post Hospitalization Syndrome' W.S.R. Mental Health Management

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Abstract

Post-hospitalization recovery for individuals with mental illness is a critical phase that requires comprehensive support and management. Following a mental health crisis, patients may experience a range of challenges, including emotional instability, anxiety, and difficulty reintegrating into daily life. Effective management strategies are essential for promoting healing and preventing relapse. This paper reviews various approaches to post-hospitalization care, emphasizing the importance of a Ayurvedic science that includes therapy, medication management, and lifestyle modifications. Key components such as establishing a strong support system, implementing self-care practices, and recognizing triggers are discussed. Additionally, the integration of holistic approaches, such as mindfulness and wellness therapies, is explored as a means to enhance emotional resilience. By fostering a supportive environment and personalized care, individuals can achieve sustainable recovery and improve their overall well-being following hospitalization.

Ayurveda offers a holistic approach, emphasizing personalized treatment based on individual constitution (*dosha*) and natural remedies. Key components include herbal therapies like *Ashwagandha* and *Brahmi*, dietary modifications towards a *Sattvic* diet, and lifestyle practices such as yoga and meditation. Techniques like *Panchkarma* provide detoxification, while daily routines enhance stability. By addressing the mind-body connection, Ayurveda aims to promote emotional well-being, reduce anxiety, and support long-term recovery. This approach encourages a comprehensive understanding of mental health, fostering resilience and balance in post-hospitalization recovery.

Keywords: Post hospitalization syndrome; Mental health; Neurological Symptoms; Ayurveda.

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INTRODUCTION

Post-hospitalization¹ is a critical period for individuals recovering from mental illness, often marked by both vulnerability and the potential for growth. Following a mental health crisis, patients face numerous challenges, including emotional instability, anxiety, and the need to readjust to daily life. This transitional phase is essential for preventing relapse and fostering long-term recovery. Effective management during this time requires a comprehensive approach that combines traditional therapeutic interventions, medication management, and holistic practices. Understanding the complexities of post-hospitalization care is vital for healthcare providers, patients, and families alike, as it sets the foundation for sustainable mental health and emotional well-being. By addressing the multifaceted needs of individuals during this period, we can empower them to navigate their recovery journey more effectively and build resilience against future challenges. The *Ayurvedic* approach for the treatment as well as preventive purpose serves as a boon for the mankind. In case of post hospitalization syndrome management either of physical or mental symptoms, a wide range of *Ayurvedic* drugs and practices have been implemented to get fairly positive outcome. The *Rasayan-Vajikaran dravyas*, *Yoga practices* are some of the effective measures that are taken as **management of mental health**.

AIM AND OBJECTIVE

To understand the Ayurveda approaches in post hospital management of mental health.

MATERIAL AND METHODS

- *Medhya Rasayan explained by Acharya Charaka, Vagbhatta and Sushruta in their Samhitas.*
- *Achar Rasayana explained by Acharya Charaka in chikitsasthan chapter 1.*
- *Dincharya, Sadoritta, Ashtaaharavidhi Visheshaytana describes in Charaka Samhita.*
- Major scientific database namely Google Scholar, etc and the words searched were *herbal medicine, post hospitalization symptoms, etc.*

Ayurvedic view of 'post hospital syndrome' symptoms

Post hospital manifestations or symptoms can be understood as *Agnimanda Awastha, Dhatukshya*

Avastha and Ojokshaya Awastha in an individual. These all contributes to the impairment of mental health along with physical health.

Some of the symptoms which symbolizes the impaired mental health are:

- Post traumatic stress disorder
- Cognitive abnormalities
- Orthostatic problems
- Irregular menstrual cycles
- Negative thoughtfulness
- Fatigue
- Depression
- Impaired concentration
- Headache
- Sensory abnormalities
- Insomnia and other sleep related issues
- Anxiety

Causes of post hospitalization mental health related issues: Ayurvedic view

Agnimanda, Dhatukshaya and oojakshaya are the three major factors leading to abnormal functioning of body and mind resulting in post hospitalization manifestations.

Table 1: Ayurvedic aspect of causes of post hospitalization symptoms

Sharirik Nidana	Masika Nidana
<i>Agnimandaya</i>	<i>Raja and Tama vridhhi</i>
<i>Dhatukshaya</i>	<i>Avasada</i>
<i>Oojakshaya</i>	<i>Shoka</i>
<i>Jagarana</i>	<i>Traasa</i>
<i>Anashana</i>	<i>Bhaya</i>
<i>Vishamashana</i>	<i>Priyejan Mrityu</i>
<i>Aniyamit Chaya-Upchaya</i>	<i>Aekanta vasa</i>
<i>Vataprakopa</i>	<i>Chinta</i>

Ayurvedic approach for management of post hospital mental health

The Ayurvedic system of medicine evolve as a sharpest beam of light in the dark diseased world of post hospitalization. *Ayurveda* has enough potential for the treatment and prevention of post hospitalization illness W.S.R. of mental health. The side effect get reduced in case of *Ayurveda* treatment and also there will be no residual symptoms.

Concept of Agni is unique in Ayurveda and

treatment of Agni helps in *dhatupushti* and to maintain *vyadhikshamatwa*.

For improving Agni principles of *Sansarjan karma* can be followed

1. Samsarjana Krama:

It is mainly indicated after Vamana and Virechana Karma. Vamana and Virechana are the major Samshodhana Karma.² After the Samshodhana Karma Agni becomes Mandata.³ To enhance the Agni and to restore the normal Prakruti of patient, particular Ahara Krama should be followed. The Ahara Krama includes Peya, Vilepi, Yusha and Mamsa Rasa.⁴ Duration of Samsarjana Krama depends on the type of Shuddhi. But the sequence of diet are same for all type of Shuddhi except in conditions of little elimination in Kapha and Pitta, those who take Madhya and patient of Vata Pitta Prakruti these patients should be given Tarpanadi Krama instead Peyadi Krama in Samsarjana Krama.⁵

Various kinds of Samsarjana Krama

1. Peyadi Samsarjana Krama⁶
2. Tarpanadi Samsarjana Krama⁷
3. Rasa Samsarjana Krama⁸

2. Dhatupusti/ Dhatu Bala:

After agnideepan dhatuagni bala is improved and body tissues are ready to heal. This can be done by using Rasayan and Vajikaran drugs.

Modalities like *Rasayana-vajikarana* and *Agnivardhaka* property medication can be chosen. Also the *Yoga-Pranayama* serves as a wonderful measure for attaining mental stability or surpassing the state of confusion and depression like conditions.

3. Mansik Bala

Herbal medication for rejuvenating mental status:

Many herbs works as brain tonic and hence results in positive mental health status. Such herbs can be better defined as *Medhya Rasayana*.

Medhya Rasayana according to *Acharya Charaka*⁹

1. *Mandukaparni (Centella asiatica)*
2. *Yashtimadhu (Glycyrrhiza glabra)*
3. *Guduchi (Tinospora cordifolia)*
4. *Shankapushpi (Convulvulus pluricolis)*

*Acharya Vagbhatta*¹⁰ also describes *Medhya Rasayana* same as *Acharya Charaka*.

Medhya Rasayan according to *Acharya Sushruta*¹¹

1. *Shweta Vakuchi (Psoralea corylifolia)*¹²
2. *Mandukaparni (Centella asiatica)*¹³
3. *Brahmi (Bacopa monieri)*¹⁴
4. *Vacha (Acrocos calamus)*¹⁵

Some other medicated herbs which aid in impaired mental health are:

- *Ashwagandha (Withenia somnifera)*
- *Jatamansi (Nardostycus jatamansi)*
- *Rasona (Allium sativum)*
- *Jyotishmati (Celastrus paniculatus)*
- *Kushmanda (Benincasa hispida)*
- *Shatavari (Asparagus racemosus)*

Some herbal preparations:

- *Ashwagandarishtha*
- *Saraswatharishtha*
- *Saraswatha churna*
- *Panchgavya Ghrita*
- *Lashunadya Ghrita*
- *Dhanvantara Ghrita*
- *Brahmi Ghrita*
- *Yashtimadhu kwatha*

Metallic preparations used to enhance mental health:

Metallic preparations are commonly known as *Rasaushadhi* in *Ayurveda*. Some *Rasaushadhi* used to treat mental health related issues are:

- *Swarna Bhasma*
- *Abhraka Bhasma*
- *Smritisagar Ras*
- *Manasamitra vati*

Role of diet in managing mental health post hospitalization:

Diet is said to be basis of life, strength, *Ojas*, intellect, development, happiness and stability of mind. **Mind is the essence of food we take.** The food should be *Sattvika* in nature to enhance the quality of health. Also the rules of taking food should be followed as described by *Acharya Charaka* as *Ashtaaharavidhi Visheshayatana*¹⁶ and by *Acharya Sushruta* as *Dwadashashan Pravicharan*.¹⁷

Role of *Pathya-Apathya*

The *Aahara and vihara* which is nutritional and beneficial to the body and mind is known as *Pathya* and opposite to that is known as *apathy*. *Pathaya* sevan act as a important supportive pillars for the successful disease management.

- ***Pathya Ahara*** - *Kshir (Milk), Navanita (butter), Ghrita, Patol, Yava, RaktaSali (rice), Draksha (grape), Haritaki, Kushmanda.*
- ***Pathya Vihar*** - *Aachar Rasayan¹⁸ and Sadorittha.¹⁹*

Yoga and mental health

The eight limbs of Yoga are comprised of ethical principles for living a meaningful and purposeful life; serving as a prescription for moral and ethical conduct and self-discipline, they direct attention towards one's health while acknowledging the spiritual aspects of one's nature. Any of the eight limbs may be used separately, but within yoga philosophy the physical postures and breathing exercises prepare the mind and body for meditation and spiritual development.

Yoga as a therapeutic intervention leads to psycho-physiological benefits. The physical exercises (*Asanas*) may increase physical strength while the breathing practices and meditation may calm and focus the mind to enhance awareness and diminish anxiety and thus leads to higher quality of life.

Yogic practices are shown to improve cardiorespiratory performance, psychological profile, and plasma melatonin levels and also significantly reduced systolic blood pressure, diastolic blood pressure, mean arterial pressure, and orthostatic tolerance.²⁰

Numerous studies show that asana, meditation or a combination of the two can reduce pain and disability while improving flexibility and functional mobility in people with a number of conditions causing chronic pain. Additionally, in some cases use of pain medication was reduced or eliminated completely. Yoga was also shown to improve gait function and reduce age-related changes in gait among a group of healthy, non-obese elders.²⁰

DISCUSSION

'Post hospitalization syndrome' symptoms have ranged from asymptomatic to severe sickness and even death. In addition, patients that recover are

left with multiple signs & symptoms. The phrase "post hospitalization illness" describes the long term state of deterioration in health. It not only just effect physical health, but has also creates the condition of impaired mental health i.e. state of panic and tension, causing anxiety problems, poor concentration, forgetfulness and behavioural changes. Individuals with co-morbidities are at more risk and hence require special attention and care. The immunity of post hospitalization patients get very badly affected and ultimately resulted in immune-compromised patient. So, Immune-modulator drugs and therapies should be highly recommended as a preventive as well as curative approach. These therapies and drugs bring out reduction in mortality and morbidity rate post hospitalization.

The steps to deal post hospital syndrome are:

1. *Nidan parivarjan*
2. *Aam pachan*
3. *Agni Deepan*
4. *Dhatupusti through bruhan and rasayan vajikaran*
5. *Rog Anuttpatikar Chikitsa*
6. To increase *Ojobala* and ultimately *Vyadhi Kshamatawa*

Nidana Prarivarjana

- *Healthy food habits and life style*
- *Maintain happy environment around the patient*
- *Follow Dincharya and Ratricharya*

Yuktivyapashraya Chikitsa

- *Shaman Aushada for aam pachan*
- *Samsarjana Krama for agni deepan*

Dhatu pusti

- *Rasayan*
- *Pathya-Apathya*
- *Snehana-Swedana*
- *Nasya*
- *Shirodhara*
- *Abhayanga*

Roganutpattikar chikitsa

- *Daivavyapashraya Chikitsa*
 - *Homa*
 - *Vrata*

- **Satvajaya Chikitsa**

- Yoga
- Pranayam
- Dhyam
- Sadavrita
- Rehabilitative Care

Ayurveda brings out its natural approach to regulating mental health through a combination of herbal medications, lifestyle modifications and dietary changes.

CONCLUSION

It can be concluded that post hospitalization symptoms can be effectively managed by *adapting* Ayurveda modalities. Ayurveda has enormous potential and treatment options for enhancing systemic as well as mental health through the use of *Rasayana, yoga, herbal & metallic medication, nasya, shirodhara, sadavrittaand, patya-apathya ahar-vihar* and *diet*. Hence, *Ayurveda* can be used as main line of treatment for health restoration while treating post hospitalization symptoms.

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