



Review Article

PERSPECTIVE APPROACH TO PSYCHO-SOMATIC DISORDERS IN ELDERLY PATIENTS WITH CERTAIN MEDICINAL PLANTS IN COVID PANDEMIC

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ABSTRACT

Psychosomatic disorders have now become a common disease in present global scenario due to Covid pandemic. People are always in panic due to morbidity of the disease whereas the livelihood has become a secondary morbid condition due to economic slowdown. Under the above global scenario almost every person is undergoing certain psychosomatic problems either one or both of the factors. Apart from this, the present trend of competitive and conservative life-style has made young and old person to panic mental situations. The egoistic attitude of the human being and his inability to compromise his desire/demands tends to imbalance of temperament resulting into essential hypertension, insomnia, irritability etc. Ultimately such person becomes addicted to anxiolytic, anti-depressant and tranquilising drugs of modern medicine. Psychiatric disorders are commonly encountered by clinical medicine and the management includes psychotherapy, behavioural therapy, physical treatment with antipsychotic drugs, but the post management leads to addiction or drug dependence along with morbid withdrawal symptoms in patients. In view of problems of dependence specific approach of Ayurvedic concept like *Satwavajaya* and *Daivavyapasraya* have provided the light of protection but the practices are still limited due to orthodox beliefs. Some psychotropic drugs like *Medhyarasayana* etc. in single and compound form are described in classical texts for the management of different mental disorders. The use of herbs to offset these antecedents and outcome has greatly increased in recent years. Not only it is helpful for psychosomatic issues rather it would be helpful at least in such Covid pandemic as because the anti-psychotic drugs are scarce in market due to heavy personal demands. Ayurvedic approach can also create a trend of revitalising herbal preparations keeping behind the hazardous post drug complication. It is an attempt for mainstreaming the Ayurveda in present scenario.

KEYWORDS: Medicinal plants, Geriatric, Psycho-somatic, Covid pandemic.

INTRODUCTION

In present scenario, the whole world experiences the maximum psychosomatic problems due to Covid pandemic along with economic slowdown. Everyone rushed into pharmacy for anxiety drugs which has also become scarce & prescription bound. In present scenario Ayurveda can bring a hope no doubt. Ayurveda the ancient science of life assures for preserving and promoting health as well as preventing the diseases. Though man rests on enough wealth and prosperity still he lives a life of worry, anxiety and discontentment, neglecting the moral social and spiritual values. Anxiety neurosis or general anxiety disorder (GAD) is a commonest mental problem of universal human experience which only assume medical significance in our society influenced mostly due to unknown and sometimes stressful life events along with

multifactorial life events. GADs are one of the commonest disorders encountered by physicians in general practice. The new style to which all the sections of the society (due to various reasons of modern life) is the main cause for the disorder. Anxiety disorder and depression are generally found in human being in various occasions in their life span. About 10% of men & 20% of women experience at least once in their life time.

The imbalance between our expectation and perceptions causes disturbed conflicts, inner struggle pending to frustrations when these conditions are allowed to continue for a prolonged period, ultimately result in variety of psychic disorders. With the advancement of technology, industrialisation and mechanisation of life, the incidences of mental illness are increasing day by day. After Sigmund Freud,

psychiatry is a fast-developing field since the incident of psycho & psycho somatic disorders are rising very fast. Psychological problems may be defined as a multi-dimensional problem including medical, psychological, educational and social aspects, where the rate of mental acceptability is deficient in relation to chronological age and environment.

Stress is associated with severe psychosomatic disorder from simple headache to cardiac ailment involving immune system & central nervous system also. Ayurveda is not only a therapeutic science but is really a comprehensive health system that includes diagnostic, preventive and curative aspect. The safety of Ayurvedic medicines is well established because of its long existence with time tested experimental & clinical study. The literature reveals that psychological disorders have been recognised as separate faculty for very early period. Their knowledge on mind, its power, its disorders, somato types and the approach for the treatment are more scientific and comprehensive. The clinical varieties like psychosis, neurosis, convulsive-disorders and organic brain syndrome can be correlated with the various classifications of psychosomatic disorder described based on the vitiation of three humors and the predominated symptoms as per the basic concept of Ayurveda.

According to Ayurveda body and mind are equally important to keep the balance of health. The concept of *Svasthanavrita* or special preventive medicine is being forgotten, causing stress and other mental problems to the human beings. In spite of ample medical facilities available and advancement of science of psychiatry, there is a sizeable sector of Indian population, particularly in rural mass, which still go to the traditional healer of religious places for treatment of mental disorder. Their belief has medico-Religio-social background, besides herbo-mineral remedies. The present paper envisages single herbal formulation/preparation to meet the need of time which are not only documented in classical texts rather verified through several clinical and experimental studies, have been carried out regarding their efficacy and can be used safely under the pandemic situation with consultation by the expert Ayurvedic physicians.

Material Methods

In this paper an attempt has been made to explore the role of certain plant drugs with research feedback in the management of psycho-somatic disorders in present situation. In Ayurvedic system of medicine several medicinal plants have been prescribed which have shown potential effects in the management of anxiety and stress oriented mental

disorders. Among the plants *Aswagandha* (*Withania Somnifera*), *Sarpagandha* (*Rauwolfia Serpentina*), *Arjuna* (*Terminalia Arjuna*), *Brahmi* (*Bacopa Meniere*), *Vacha* (*Acorus Calamus*), *Satavari* (*Asparagus Recemosus*) are the important tested and acclaimed ones. The identification of approaches that is more comfortable, less costly and equally safe & effective in comparison to modern drugs for the care of individuals with moderate to several conditions. It is expected that if these plant drugs are kept in use for the ailment, it can contribute a major share definitely for the complete health of human civilisation especially in GDA cases.

Several medicinal plants have been identified for various conditions with their experimental & clinical study by the traditional healers of Odisha, Assam and Bihar apart from clinical trials which have been enumerated here. Moreover, for proper identification of the drug with its vernacular names, distribution, chemical constituents, ref. of experimental & clinical study along with other similar formulations available in the market have been incorporated for easier availability and understanding of the people at large.

Arjuna (*Terminalia arjuna*) (Roxb ex DC.) Wt. & Arn.

Fam: Combretaceae

Vernacular Names: White murdah/ Arjun tree (E); Arjuna/Akha gachha (O); Arjuna/ Kahua (H).

Distribution: Throughout India,

Part used: Stem bark

Chemical Constituents: Flavone arjunolone, arjunglucoside, tannin, arjunic acid, arjunetin, arjungenin.

Experimental & Clinical Study: *Terminalia arjuna* is used for cardiac ailment specially hypertension and other related conditions also^[1].

Ethnobotanical Claim: Bark powder (1g) mixed with the decoction (5ml) of the fresh bark and 5 drops of honey is given on empty stomach twice daily to cure epilepsy.

Other available formulations: *Arjunarishta*. *Arjun* bark powder, *Arjuna* bark tablet and capsule also, *Hridayarnabarasa* (for hyper tension).

Ashwagandha (*Withania somnifera*) (L) Dunal

Fam: Solanaceae

Vernacular names: Winter cherry/ *Ashvagandha* (E); *Ashwagandha*/ *Asgand* (O); *Asgamdh*/ Punir (H).

Distribution: Throughout warmer parts of India, ascending to an altitude of 1800m, often cultivated.

Part used: Root

Chemical constituents: Alkaloids, glycosides, dulcitol, withanol, hentriacontane, acylsery, glycoside-sitondoside IX, sitnodoside X, withaferin A, somniferine, withanine and pseudowithanine.

Experimental & Clinical Study: *Asvagandha* is a drug used for multi-purpose disease like memory enhancing, sleep inducing, having neuro protective, adaptogenic and anti-oxidant properties. The study signifies WS as a mood stabilizer in clinical conditions of anxiety and depression in Ayurveda. [2]

Ethnobotanical Claim: Powder of the dried root (3-5g) is given with honey during loss of memory due to mental stress or mental disorder. Consumption of root powder with milk is prescribed against debility due to old age. Presently in heavy demand for energy capsule.

Other available formulations

- *Ashwangharishta* (General debility & anti-stress)
- *Bala-Ashwangha-Lakshadi Taila* (Neurological disorders)
- *Ashwagandha Ghreeta* (Neurological deflicits)
- *Ashwagandha Churna* (Insomnia)
- *Ashwagandha* tablet
- *Ashwagandha* capsule.

Bringaraja: *Ecliptaprostrata* (L) L. (*E. alba* (L) Hassk)

Fam: Asteracea

Vernacular names: Trailing eclipta (E); Kesuta/Keshadura (O); Safed-Bhangra/ Mochakand (H).

Distribution: Throughout India, at all elevations in waste places and on road sides.

Part used: Whole plant.

Chemical constituents: Terthinyl aldehyde ecliptal, demethywedelolactone-7-glucoside, 16 polyacetylenictiophenes, 0.078% nicotine. Aeral parts contain steroid, triterpenoid and flavonoid. Roots contain dithienylacetylene (I), (II), (III).

Experimental & Clinical Study: The result shows both sedative & anxiolytic activity. [3]

Ethnobotanical Claim: The fried leaves taken as vegetable for treating for restoration of lost memory. Leaf juice along with honey is used as remedy for mental disorder. The juice of the plant is taken with milk for a month increases energy, vigour and longevity.

Other available formulations

- *Bhringaraj Taila* (Loss of memory)
- *Bhringaraj Ghrita* (Epileptic fits)
- *Bhringaraj Rasayan* (Psychosis)
- *Mahabhringaraj Taila* (Mental disorders)

Brahmi (*bacopa monnieri*) (L.) Pennel. (*Herpestis monniera* (L))

Fam: Scrophulariaceae

Vernacular names: Thyme leaved gratiola (E); Brahmi/ Panikundi (O); Brahmi / Jalnim (H).

Distribution: Throughout India, in wet places up to 1,200 m elevation.

Part used: Whole plant

Chemical constituents: Brahmiane, hepeptine, nicotine, luteolin, luteolin-7-glucoside, bacogeninA1, A2, A3, betulinic acid; saponins- baocsideA, A3 and bacoside B and monnierin, stigmasterol, β -sitosterol, dammarane type triterpenoid saponins-Bacosaponins A, B and C.

Experimental & Clinical Study: Extract of plant *Bacopa monnieri* possess significant anxiolytic activity in rats. It can be a promising anxiolytic agent. [4]

Ethnobotanical Claim: Leaf juice (15ml) along with 5ml of honey given once a day on empty stomach for 30 days for epilepsy. *Brahmi* juice prepared in ghee is given internally to the infants in small doses for good memory power, intelligence and mental health. Juice of the plant (15ml) mixed with milk (50ml) given twice a day against neuralgia, epilepsy, psychosis and insanity.

Other available formulations

- *Brahmi Ghrita* (Epilepsy, loss of memory, depression and anxiety)
- *Sarasvatarishta* (Epilepsy, mental disorder, insomnia)
- *Brahmi Vati* (Sleep disturbance & mental-retardation)
- *Brahmi Rasayana* (Loss of concentration & memory)

Guduchi (*Tinospora cordifolia*) (Wild.) Miers ex Hk.f & Th.

Fam: Menispermaceae

Vernacular names: *Tinospora*/ Heart-leaved moon seed (E); *Guluchi-lata*/ *Guduchi-lata* (O); Giloe/ Amrita (H).

Distribution: Found wild throughout the country.

Part used: Stem

Chemical constituents: Furanoid diterpene 10-hydroxycolumbin, clerodane, clerodane furano diterpene I, II, III, IV, tinosporidine, tinosporaside, β -sitosterol, norditerpinefuran glycosides-cordifolioside D and E, furanoid diterpene glucosides-palmatosides C and F.

Experimental & Clinical Study: *Guduchighanasatwa* is most potent dosage form as compared to *Guduchichurna* to validate anxiolytic and anti-depressant action of *Guduchi* in pharmacological experimental modes performed in research work that this drug may be used in stress induced emotional disturbances. [5]

Ethnobotanical Claim: 15-20ml stem juice with 2 drops of honey is given twice a day for 15 days to the children for the cure of epilepsy and hysteria. A decoction of the stem of this plant with grapes and sugarcane is useful in mental retardation and general weakness of children. Moreover, it is also widely used

as antipyretic and to eliminate toxin from the body for which it is more often given in all sorts of viral and bacterial fever to promote immunity in the body.

Other available formulations

- *Guduchi Modak* (General debility & neurological problems)
- *Amritarishta* (General debility)
- *Guduchi Satva* (Mental retardation & neurasthenis)
- *Guduchi* tablet
- *Guduchi* capsule

Jatamansi (*Nardostachys grandiflora*) DC

Fam: Valerianaceae

Vernacular names: Indian nard/ Spikenard/ Musk root (E); *Jatamansi* (O, H)

Distribution: In the Alpine Himalayas, from 3300-5000m.

Part used: Rhizome or hairy portion.

Chemical constituents: Volatile oil (0.3-0.4) consisting of an ester, an alcohol and a sesquiterpene hydrocarbon acid (water soluble) and resin.

Experimental & Clinical Study: The study shows significant anxiolytic effects. [6]

Ethnobotanical Claim: Rhizome juice (10ml) taken with honey twice a day for treatment of mental depression. A decoction of the rhizome along with 5 drops of honey is used as tonic to cure hypertension, sleeplessness, epilepsy and neurosis. The infusion of roots (2-3ml) is given 3times a day in the treatment of spasmodic attacks of hysteria.

Other available formulations

- *Jatamansi Kwath* (Insomnia)
- *Jatamansi Ghanavati* (Sleeplessness & hypertension)
- *Jatamansi* tablets
- *Jatamansi* capsule

Jyotismati (*Celastrus paniculatus*) Wild.

Fam: Celastraceae

Vernacular names: Climbing staff plant (E) Kharsano/Laibeheda/Garvana/Nalunaluka/lyotismati (O); Malkangani/ Malkunki (H). up to an altitude of 1,200m.

Part used: Leaves

Chemical constituents: Sesquiterpene esters malkanguniol, malkanguinin, celapanine, celapanigine, dihydroagarofuran Sesquiterpenoids. Seeds contains alkaloid celastrine and paniculatine, glucoside and oil consisting of Sesquiterpene poyol ester.

Experimental & Clinical Study: The study shows chronic treatment with *Celastrus Paniculatus* oil to improve cognitive abilities in chronically stressed rats. *Cellartrus paniculatus*, a traditional Ayurvedic

herbal medicine was used to treat cognitive deficits in mentally retarded children. It has been reported to have neuro protective and anti-oxidant activities. The study provides a perspective on beneficial effect of herbal therapy on stress induced cognitive dysfunctions formulations. [7]

Ethnobotanical Claim: Leave juice (10ml) is given to infants once a day for one month for stimulating the intellect and sharpening the memory. Leaf juice is also used in treating psychosis and diseases of nervous system.

Other available formulations

- *Jyotismati Ghrit* (Blood Pressure)
- *Malkangi Taila* (Neurological disorder)
- *Jyotismati Taila* (Depression)
- *Jyotismati* capsule.

Mandukaparni (*Centella asiatica*) (L)Urban

Fam: Apiaceae

Vernacular names: Indian Pennywort (E) Ghodatapua Brahim/ Thalakudi (O); Brahmamanduki / Bengsag (H).

Distribution: Throuhgout India on moist soils, especially along bounds and canals.

Part used: Whole plant

Chemical constituents: Triterpenoid Asiaticoside-A and Asiaticoside-B, triterpene acid, madasiatic acid, two triterpene acids – brahmnic acid, isobrahmnic acid and two saponins- brahmoside and brahminoside, a triterpene glycoside – thankuniside acid, thankunic acid.

Experimental & Clinical Study: The primary outcome won the clinical effort of C.A. on cognitive function including attention and concentration. C.A. has been used as an herbal brain for psycho-somatic disorder. [8]

Ethnobotanical Claim: The plant juice (10ml) is used in the treatment of epilepsy, nervous disorder, mental disorder (*Unmada*), and loss of memory. It is used in Ayurveda for the treatment of insomnia and as brain tonic.

NOTE: Both *Bacopa monnieri* and *Centalla asiatica* are often used under the name “*Brahmi*”.

Other available formulations

- *Mandukaparnyadi Yoga* (Insomnia & epilepsy)
- *Brahma Rasayana* (Epilepsy, insomnia & loss of memory)
- *Brahmi vati* (tablet)
- *Brahmi* capsule

Rudraksha (*Elaeocarpus sphaericus*) (Gaertn.) Sch., (*Elaeocarpus ganitrus* Roxb.)

Fam: Eleocarpaceae

Vernacular names: Ultra sum-bead tree (E) Rudraksha (O, H).

Distribution: Bihar, Bengal, Assam, Maharashtra and Madhya Pradesh.

Part used: Fruit, Seed kernel

Chemical constituents

Experimental & Clinical Study: The present study demonstrated anxiolytic like effect of E.S. fruits with a mild sedative action.^[9]

Ethnobotanical Claim: Fruit powder (3-5g) is given with 10ml of warm water to the patient with neuralgia, epileptic fits, manic conditions and other brain disorders, Seed kernel is useful in epileptic fits, melancholia, manic conditions, mental disorders and insomnia.

Other available formulations

- *Rudrakshya Mala* (Palpitation & hypertension) as garlanding.
- *Mahesakhyadi Vati* (Epilepsy, mania conditions)
- *Mahesakhyadi powder*
- *Mahesakhyadi capsule*

Sankhapuspi (*Canscora decussata*) (Roxb.) Schult

Fam: Gentianaceae

Vernacular names: Canscora (E); *Sankhapuspi*/ *Dandipohala* (O); *Sankhaphuli* (H).

Distribution: Throughout India, in moist areas up to 1,500m elevation.

Part used: Whole plant

Chemical constituents: Glucosyloxyflavan, diffutin.

Experimental & Clinical Study: The study showed on anxiolytic effect along with significantly reduced the neuromuscular co-ordination indicative of the muscle relaxant activity at a high dose.^[10]

Ethnobotanical Claim: Decoction (10-15ml) of the whole plant is given along with old jaggery (5g) to cure epilepsy and psychosis. About 20ml juice of plant given once daily for seven days at bed time either with honey or with jaggery to cure forgetfulness and general debility.

Other available formulations

- *Sankhapuspi* Syrup (Loss of memory & sleeplessness)
- *Sankhapuspi Tila* (For children sleeplessness)

Sarpagandha (*Rauwolfia serpentina*)(L.) Benth. ex Kurz.

Fam: Apocynaceae

Vernacular names: Rauwolfia root/ serpentina root (E); Ptals-garuda/ Sarpagandha (O); Chotachand/ Chandrabhaga/ Sarpagandha (H).

Distribution: Throughout India, as forest undergrowth.

Part used: Roots

Chemical constituents: Ajmalicine, ajmaline, isoajmaline, ajmalicidine, ajmalimine, ajmalinine, ajmalinimine, chondrine, rauwolfinine, renoxidine,

rescinamine, reserpiline, reserpine, reserpinine, sandwicoline, sandwicolidine, sarpagine, serpentine, serpentinine, tetraphylline, indobine, indobibnine, rescinnaminol, rescinnamidine, ajmalinimine, yohimbine, yohimbinem 3-epi- α - yohimbine, yohambanoiderescinnaminol.

Experimental & Clinical Study: Three forms of Rauwolfia, reserpine, alseroxylon and the whole crude root gave the same result in the control of overt anxiety in ambulatory patients. *Rauwolfia Serpentina* a new Indian drug for insanity and high blood pressure.^[11]

Ethnobotanical Claim: It is believed that this plant has been known in Indian medicine for about 4000 years. A mention of the plant is found in Charak's work. The chief of the drug (dried root with bark) is as a sedative and hypnotic and for reducing blood pressure. The roots of the plant are useful also in diseases of insomnia, psychosis, epilepsy and neurologic disorder.

Other available formulations

- *Sarpagandha Vati* (Hypertension)
- *Sarpagandha Churna* (Insomnia)
- *Sarpagandhasava* (Neurosis)
- *Sarpagandha Mishran* (Hypertension)
- *Sarpagandha* tablet & capsule also.

Satavari (*Asparagus recemosus*) Wild.

Fam: Liliaceae

Vernacular names: Wild asparagus (E); *Satavari*/ *Chhatuary*/ *Abhirupatri* (O); *Satawar*/ *Shatamuli* (H).

Distribution: Throughout India, in areas up to 1,400m elevation, also cultivated.

Part used: Tuberous root.

Chemical constituents: Sitosterol, udecanyl etanoate, shatavarin I to IV.

Experimental & Clinical Study: Methanolic extract of AR was evaluated for anxiolytic activity and the preclinical data show that AR can a potential agent for treatment of anxiety disorders.^[12]

Ethnobotanical Claim: Tuberous root powder (5g) mixed with 5 drops of honey is given to the patient once in a day for one month to cure nervous disorders. In epilepsy, root juice (3-5ml) with milk (10-15ml) is given to children. The root is rejuvenating and used in the treatment of general weakness due to mental stress.

Other available formulations

- *Satavaryadi Churna* (Mental stress)
- *Satavari Guda* (General weakness)
- *Satawar Ghrita* (Neurasthenia)
- *Satavari* tablet
- *Satavari* capsule also

Siresha (*Albizia lebeck*) (L) Benth.

Fam: Mimosaceae

Vernacular names: Siris tree/ Silk flower/ Parrot tree (E); Shirisha (O); Garso/ Siris (H).

Distribution: All most all parts of India, in moist, teak bearing forests, also cultivated. **Part used:** Bark

Chemical constituents: Tannins of condensed type viz. D-catechin, isomers of leucocyanidin, melacidin, neo-leuco-anthocyanidin, lebbecacidin, fridelin and sitosrerol.

Experimental & Clinical Study: The data emanates in the present study suggest involvement of GABA in the nootropic and anxiolytic activity of saponins obtained from *Albizzia Lebbek*. Evidence shows that AL is an effective treatment for mood disorders, nootropic and anxiolytic activity of saponins of *Albizzia Lebbek* leaves. [13] **Ethnobotanical Claim:** Bark powder (2g) mixed with the decoction (5ml) of the fresh bark of 'Arjun' and 5 drops of honey is given once a day for one month to cure mental retardation, fainting and psychosis.

Other available formulations

- *Shirishadi Arka* (Psychosis)
- *Shirishadi Quath* (Mental retardation)
- *Mahachaitasa Ghrita* (Psychosis & schizophrenia)
- *Shirishadi Agada* (for prolonged use in Alcoholism)

Sunishanaka (*Marsilea quadrifolia*) (L.)

Fam: Marsileaceae

Vernacular names: *Sunusunia saga* (O); *Sunsuniya/Chaupatiya* (H).

Distribution: Throughout India, in Marshy places and along the banks of canals and rivers.

Part used: Leaves

Experimental & Clinical Study: Commonly available aquatic play flow to be used in different traditional system & by local and tribal people for anxiety & related disorders- The study indicates that the ethanolic extract of M.Q has significant anti-anxiety activity. [14]

Ethnobotanical Claim: Leaf juice (10ml) with 20ml of curd once in a day for 7 days useful in neurological disorder and insomnia. The patient is also advised to take leaves fried with ghee to cure epilepsy.

Other available formulations

- *Sunishanaka Churna* (Sleeplessness & loss of memory)
- *Changeri Ghrita* (Loss of memory & Sleeplessness)
- *Sunishanaka* tablet
- *Sunishanaka* capsule also.

Vacha (*Acorus calamus*) L.

Fam: Araceae

Vernacular names: Sweet- flag (E); Bacha (O); Bach, Ghorbach (H).

Distribution: Throughout India, in areas elevated up to 1,800m. in marshes, also cultivated.

Part used: Roots, rhizomes

Experimental & Clinical Study: The result of the study revealed that different fractions of *A. Calamus* L. are dose dependently effective in preventing memory impairment & stress development through controlling oxidative stress & inflammation. [15]

Ethnobotanical Claim: Rhizomes or root powder (5g) along with old jaggery (2-3g) is given against fits caused due to epilepsy. *Vacha* with breast milk is given to the child for one month to enhance memory power, intelligence and gain resistance against diseases.

Other available formulations

- *Vacha Ghrita* (Hypertension & speech disorder)
- *Mahachaitasa Ghrita* (Neurological problem)
- *Vacha Churna* (Depression)
- *Vacha* tablet
- *Vacha* capsule also

CONCLUSION

In Ayurveda, diseases are classified into three major groups in accordance with treatment. They are physical, mental or pathological and both. Ayurveda specially emphasises on providing tranquility to the individuals through the schedule of treatment [16]. The efficacy of Ayurvedic treatment is compounded with modern line of anti-psychotic treatment. The psychopathology tests confirm the efficacy of Ayurvedic treatment in bringing about improvement in some of the psychological functions in the patients, who received such schedule of treatment. In addition, this type of treatment is more comfortable, less costly and equally safe and effective for the cure of individuals with moderate to severe conditions [17]. This will have enormous benefits to patients, their family and society.

Mental disorders, especially the anxiety and depression, are major health problems in the western countries and, unfortunately, in the more civilised sector of modern India too. Anxiety and stress are the universal phenomena that results in a variety of neuro-psychological changes among the individuals. Stress produces marked adverse effects on mental performance. According to Ayurveda, *Satwavacayas* (rectification of mental faculty) is the treatment indicated for its management of which, knowledge (*Gyana*), special knowledge (*Vigyana*), will power (*Dhi*), memory (*Smriti*) and absolute bliss (Samadhi) are achieved through *Yoga sadhana. Medhya*

Rasayana therapy is aimed at improving conditions encountered at insanity lunacy, madness, mental derangement, mental disorders^[18], alcoholism, dementia, impairments, behavioural symptoms, mood changes, schizophrenia, mental retardation, tension headache, speechlessness, blood pressure etc. Like psycho-somatic significant. During last two decades several anxiolytic, anti-depressant and mood stabilising drugs have been introduced extensively but continuous oral administration of such drugs has reportedly led to several endocrine, metabolic and allergic side effects. Further, resistance to the increasing dosage of these drugs results in some major health hazards. Hence, taking resort to Ayurvedic treatment of psycho-somatic diseases is undoubtedly the most effective while being naturally compatible and congenial to human health.

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