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## Clinical study on management of depression through Ayurveda

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Depression is very common mental health disorder which affects person's way of thinking and behavior. 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 three 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 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 seven 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.

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