

Psychotic Disorders – An Ayurvedic Perspective

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Psychotic disorders are mental disorders in which personality of the individual is severely disorganized and the affected person loses touch with reality, experiencing hallucinations, delusions, bizarre behaviors, incoherent speech etc. Research data revealed that 3% of the global population suffers from these disorders. These disorders can be found in both males and females across all cultures and socioeconomic groups. The objectives of this study are to find out the psychotic disorders mentioned in *Ayurveda* and correlate them with modern psychotic disorders. To review the authenticity of above claim, a number of *Ayurvedic* classics, *Ayurvedic* journal articles, Modern psychiatric texts and facts from recent research studies have been considered. Those investigations revealed the following results. The *Ayurveda* has mentioned the symptoms, etiology, pathogenesis, prodromal features, clinical features, prognosis and management of psychotic disorders. Moreover, *Unmada disorders* and *Athathvabhinivesha* are the main psychotic disorders mentioned in *Ayurveda*. The *Unmada* is a broad term used to denote mental illnesses which are characterized by the perversion of mind, intellect, consciousness, knowledge, memory, desire, manners, psychomotor activity and conduct. The *Unmada* disorders have been classified into dosaja and exogenous types. The *dosaja unmada disorders* include *Vataja*, *Pittaja*, *Kaphaja*, and *Sannipataja* types while *exogenous type of unmada* includes *Vishaja*, *Manodhukkaja*, *Deva*, *Pitru*, *Gandharva*, *Yaksas*, *Raksas*, *Pisacas* etc. The *Athathvabhinivesha* is a distinct mental disorder characterized by the perversion of judgement regarding eternal and ephemeral events and wholesome and unwholesome objects. Modern Psychotic disorders are referred to as schizophrenia, delusional disorder, postpartum psychosis, Major depressive disorder, bipolar affective disorder, etc. Based on the signs and symptoms of above mentioned *ayurvedic* and modern psychiatric disorders, it can be concluded that *kaphaja unmada*, *Prasava unmada*, certain types of *Nija unmada* and *Atathvabhinivesha* show significant correlations with Major depressive disorder, Postpartum psychosis, Schizophrenia and Delusional disorder respectively. Moreover, it is rather difficult to find out modern correlations for most of the psychotic disorders mentioned in *Ayurveda* owing to their differences in diagnostic criteria and theories of psychopathology like biochemical theory in modern psychiatry and *Tridosaja* theory in *Ayurvedic* psychiatry.

Key words: *Ayurveda*, *Psychotic Disorders*, *Unmada*.