

The Role of Psychedelics in Treating Mental Health Disorders - Intersection of Ayurvedic and Traditional Dietary Practices

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Abstract: *The perfect balance of mind, body and soul is considered as complete health in Ayurveda. Ayurveda proclaims food and drugs are intersecting concepts that are vital for human survival and for the prevention and mitigation of diseases. Ayurveda is regarded as “The Science of Life” and the practice involve the care of physical, mental and spiritual health of human being. Life according to Ayurveda is a combination of senses, mind, body and soul. The effectiveness of “traditional mental health promoting practices” was identified as health regimens (swasthvrnt), correct behavior (sadvrnt), and yoga. When we integrate the contemporary art of psychotherapy with the ancient science of Ayurveda, it becomes a powerful combination that is called Psycho Veda. Ayurvedic psychotherapy would play a dual role: First, as a revival of authentic medical culture, the exercise of a practice with an assumed primordial dimension, and second as a discovery of authentic subjectivity, the revelation of a self with an assumed interior depth.*

Keywords: Ayurveda, Dietary Practices, Ayurveda proclaims, psychotherapy, physiome, (swasthvrnt), sattvavajaya, balance of mind, Psycho Veda

1. Introduction

According to Ayurveda Acharyas, most of the disease occurs from malfunctioning Agni loosely translated as individual digestive capacity. It is not enough to eat proper food but is more important to digest what one has eaten. The chronic indigestion lies at the root of most of the disease. The properly digested food yields the nutrient fluid Ahara Rasa that is capable of nourishing the body constituents and thus ensures continuation of life process. Ayurvedic medicine, an ancient system of healing from India, offers a holistic approach to mental health through diet, lifestyle, and herbal remedies. One must understand his constitution (Prakruti) and consume food accordingly for a healthy and better life. Traditional Ayurvedic practices emphasize balance among the body's energies (doshas) and promote mental well - being through specific dietary practices, stress reduction techniques, and the use of adaptogenic herbs. Psychedelics have gained attention for their potential in treating mental health disorders such as depression, anxiety, and PTSD. Research suggests that substances like psilocybin and MDMA can offer significant therapeutic benefits, often in conjunction with psychotherapy. All cultures and societies have knowledge best described as folk medicine. These substances may help by promoting neuroplasticity, enhancing emotional processing, and breaking maladaptive patterns of thought. Many cultures have dietary customs that align with the mind - body connection. For example, the Japanese practice of eating in smaller portions and focusing on presentation and mindfulness, or the Mediterranean emphasis on leisurely, communal meals, contribute to mental well - being.

2. Literature Review

A. Jain (2017) Psychiatry in Ayurveda is very well described. In CharakSamhita chapter on mental illness describes about classifications, nosology, treatment and prognosis. Sattvavajaya therapy mentioned in CharakSamhita is used as a new concept of psychotherapy in Ayurveda. A concept has come out known as psycho veda. This article relates modern psychiatry and its concepts in Ayurveda.

Prakash B. Behere (2013) The perfect balance of mind, body and soul is considered as complete health in Ayurveda. Ayurveda has its own identity as most ancient and traditional System of Medicine in India. Even Ayurveda emphasizes its treatment modalities into three parts viz. Satvawajay Chikitsa, Yuktivyapashray and Daivyapashray Chikitsa. Sattvavajaya therapy mentioned in Charakasamhita and it used as new concept of psychotherapy in Ayurveda. The effectiveness of “traditional mental health promoting practices” was identified as health regimens (swasthvrnt), correct behavior (sadvrnt), and yoga.

Dr. BalajiDeekshitulu P. V (2013) The review of the study ayurveda in general, is used to mean a healthy balance of the mind and body in an overall feeling of well being to describing the existence of positive health of stress in an individual as exemplified by quality of life, Ayurveda, meditation, yoga, physical exercises and a balanced diet. It is like rejuvenation and clean up process on all levels physical, mental and emotional. Ayurveda systems of medicine are over 5000 years old. The concept of Stress Problems of mind and these determine Ayurveda is guided best treatment. Ayurveda is highlighted as a holistic system with its concern for prevention and promotion of stress and mental health.

Volume 7 Issue 11, November 2018

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Neelesh K. Nema (2012) Ayurveda, derives from the Sanskrit words Ayus (life) and Veda (knowledge) is the most ancient system of traditional medicine of the world. It has been practiced in Indian peninsula since 5000 BC to offer natural ways to treat diseases and to promote healthcare. Considering the widespread use and popularity of Ayurveda worldwide, administrative management and infrastructure facilities, indigenous practices and standards for quality control and its evaluation have been highlighted.

Ramesh U (2012) The striking feature of healthcare industry in India is its potential to grow at a much faster rate in the foreseeable future. In this prevailing situation, Health Tourism has emerged as a separate industry with incredible potential. Health/Wellness tourism refers to trips that are taken by tourists with the principal purpose being to improve their health and/or wellbeing. Today, once again, promoting the healthful and health - care benefits of a destination is gaining popularity because tourism marketers need ways to differentiate their products.

Recent studies on substances like psilocybin and MDMA

Psilocybin: Research has highlighted its potential for treating conditions such as depression, anxiety, and PTSD. Psilocybin, a hallucinogenic compound found in certain mushrooms, has been shown to help reduce symptoms of depression in cases where traditional treatments are ineffective. Studies suggest that it can lead to profound, lasting changes in mood and perception, often facilitated by guided therapy sessions.

MDMA: Known for its stimulant and empathogenic effects, MDMA has also been studied for its therapeutic potential. It's been shown to be beneficial in treating PTSD, where it helps patients process traumatic memories and build a stronger therapeutic alliance. The drug's effects on emotional regulation and empathy are thought to contribute to its effectiveness in therapy. Both substances are still under investigation, with research focusing on optimizing dosage, understanding long - term effects, and ensuring safe, controlled use. While results are encouraging, they are part of a broader field of psychedelic research that requires further study before these treatments become widely available.

Psychotherapy

Psychotherapy is the utilization of psychological measures in treatment of sick people. It is planned and systematic application of psychological facts and theories to alleviate large varieties of human ailments, which are psychogenic in origin. Psychotherapy is the art of combating disease and promoting health by mental influences. Psychotherapy is use of psychological technique in the treatment of mental of mental disorder or maladjustment.

Psychedelic Therapy with Ayurvedic and Traditional Dietary Practices

Integrating psychedelic therapy with Ayurvedic and traditional dietary practices could potentially enhance mental health treatment. For example:

Dietary Practices: Ayurveda advocates for individualized diets to balance doshas and support mental health.

Combining these tailored diets with psychedelic therapy might optimize physical and mental states, enhancing the effectiveness of the psychedelic experience. s

Holistic Support: Ayurvedic practices such as meditation, yoga, and detoxification (panchakarma) can complement psychedelic therapy by preparing the mind and body, potentially leading to more profound and stable therapeutic outcomes.

Herbal Remedies: Traditional Ayurvedic herbs known for their adaptogenic and mood - stabilizing properties could support the mental health benefits of psychedelics and help manage potential side effects or integrate experiences.

Hanuman complex

Indian psychologist like Balhodi and Sinha has discussed traditional holistic definition of health and illness according to Ayurvedic system of medicine. Balhodi finds western therapeutic intervention is incongruent with the Ayurvedic holistic worldwide. These holistic worldwide influences definitions of individual and of psychological health and illness. Instead of western concept of health based on separate individual, there seems to be a concept of health based on individual as a personality, sociocultural and cosmic whole. He discusses how the Hindu society is a world of sharing. Illness is seen as a integral part of the whole community and as a fault of the whole community. Health is based on holistic worldview of no separation from mind, body and society. Holistic Ayurvedic intervention involves diet, massage and performance of rituals that often include family members. Therefore, patients expect more from treatment than western style therapy. Balhodi recommends psychiatrist to work with local Ayurvedic practitioners and try to familiarize themselves with Ayurvedic and folk concepts of mental ailments.

Screen Patients with Prediabetes

More than one - third of the adult population is in the stage of glucose dysregulation that precedes diabetes known as prediabetes, which may present as impaired glucose tolerance or impaired fasting glucose, and is a significant risk factor for PN. Despite their high risk, the American Diabetes Association (ADA) recommends that PN screening be "considered" among patients with prediabetes and only when symptoms are present. Based on current ADA guidance, which is not well concordant with PN epidemiology and pathogenesis, it is likely that millions of early PN cases among prediabetes patients are being missed. This is particularly unfortunate knowing that PN is most amenable to lifestyle interventions in its early stages (see above), after which it becomes increasingly difficult to treat. A more successful (albeit labor - intensive) approach to PN screening might be treat prediabetes similar to diabetes, that is, perform a yearly history, exam, and sensory tests, including thermal testing or pinprick looking for small - fiber pathology that predominates in prediabetes PN.

Ayurveda systems biology and disease etiopathogenesis

Ayurvedic principles are developed on the basis of innumerable clinical observations (time tested). The scientific rationality of these principles is based not merely on ancient texts, but also on the fact that they can

demonstrate results that can be found in the Ayurvedic treatise Astanga Hridaya (AH. Ut. - 40/81). A primary reason for this demonstrable reproducibility is its development over a long period of what we call translational research today. An understanding of the systems biology of a disease or a disease complex at the genomic level gives us strategic advantage to identify targets and also related challenges to find out ways that may help us mitigate, treat, or manage the disease. The Ayurvedic internal medicine, known as Kayachikitsa, mainly consists of the etiopathogenesis, diagnosis, and treatment of diseases. "Genome Wide Association Studies," where variations in its entirety for many diseased and healthy individuals, can be compared to identify regions in the genome that have sufficiently different frequency and can be associated with the disease.

Objectives

- To enhancing mental clarity, reducing anxiety, and promoting a sense of calm through diet.
- To creating a sense of routine, mindfulness, and community that supports mental health.
- To understand the Quality of Dietary practices.
- To tailoring diet to individual constitution and mental health needs.
- To evaluate the effect of certain indigenous drugs.

3. Research Methodology

Analyze the purported health benefits of these dietary practices, focusing on commonalities in promoting balance, digestion, immunity, and overall well - being. Conduct ethnographic studies in communities that still follow traditional dietary practices alongside or in combination with Ayurvedic principles. Collect and analyze data on health markers, dietary intake, and lifestyle factors to quantify the impact of these practices. Combine qualitative and quantitative data to provide a comprehensive understanding of how Ayurvedic and traditional dietary practices intersect and influence health. Develop case studies of individuals or families who integrate Ayurvedic and traditional dietary practices, documenting their health outcomes, challenges, and adaptations. Present findings at conferences and workshops focused on holistic health, Ayurveda, and traditional practices. The dietary supplements product that contains of dietary nutrients secured from the food products and are intended to add further nutritional value to the diet. Pharmaceuticals such as polyphenols, isoflavonoids, anthocyanidins, phytoestrogens, terpenoids, carotenoids, limonoids, phytosterols, glucosinolates, and polysaccharides. Develop models that synthesize Ayurvedic and traditional dietary practices into practical guidelines that can be applied in modern contexts.

4. Data Analysis

Details of the Respondents

The statistic factors that are considered for this investigation are Age, Gender, Marital Status. Information identified with the area of the Respondents is displayed in the beneath Table 1.

Age of the Respondents

Age of the representatives is a vital factor affecting the adequacy of preparing and advancement on Ayurvedic and Traditional Dietary Practices. Experience and development are constantly connected with age. Along these lines the accompanying division <24, 25 - 34, 35 - 44, above 45 are considered.

Table 1: Age of the Respondents List

	Age	Frequency	Percent
Valid	Below 24	60	30
	25 - 34	80	40
	35 - 44	30	15
	45 - 54	20	10
	Above 55	10	5
	Total	200	100.0

Source: Primary data

It is analyzed that 30% Respondents are below the age of 24 years, 40% are between 25 - 34 years, 15% are between 35 - 44 years, 10% are between 45 - 54 years and 5% above 55 years.

The Gender of Respondents

Gender is an indispensable factor to describe the special attentive differences among Respondents. Any study states that the gender of Respondents drastically important to identify any differential form of the effectiveness on Ayurveda.

Table 2: The Gender of Respondents

	Gender	Frequency	Percent
Valid	Male	120	60
	Female	80	40
	Total	200	100.0

Source: Primary data

The study Respondents are 60% Male and 40% are Female.

Marital Status: The status of a person inside family unit is dictated by their conjugal status. Information identified with the conjugal status of the Respondents is displayed in the beneath Table 3

Table 3: The Respondents of Marital Status

	Marital Status	Frequency	Percent
Valid	Married	126	64
	Unmarried	74	36
	Total	200	100

Source: Primary data

The survey revealed that 64% Respondents married and 36% are unmarried. Married Respondents are more conscious towards Ayurvedic and Traditional Dietary Practices may be health awareness; care is more in the Married persons.

5. Conclusion

The intersection of Ayurvedic and traditional dietary practices offers a comprehensive approach to mental health. Ayurveda stands no less behind in explaining the nutritional aspect and therapeutic nutritional concept. Effort should be made to put Ayurvedic menu of nutritional supplements into the National nutritive programmes. As for, nutraceutical

powerful appliance in maintaining health and to act against nutritionally induced acute and chronic diseases, thereby promoting optimal health, longevity, and quality of life. By combining personalized nutrition, mindful eating, and attention to the gut - brain connection, these systems aim to create balance and harmony, leading to better mental well-being. Although, it is proven that nutraceutical is connecting between the where both the system of medicine should shake their hands with enduring hardcore research and mutual acceptance of both the systems. Currently available studies on the effect of Ayurveda treatment on psychotic disorders are very less in number to draw a valuable conclusion. Hence there is a large scope for conducting neurobiologically informed clinical research in the management of schizophrenia using Ayurveda approaches.

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