Concept of unmada

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Integrative medicine
अष्टःशङ्कृद्याम्

प्रणामः सर्वाः सुन्दराः या वा या हेमशेरीनीताः आयुष्यवर्धनाय व तस्माद इति

सुभेदीरागाः सततातुष्णतात्वर्ण्यांप्रवृत्ताः सताः
औषधिमोहासर्वत्रात्तिदः
योऽपवृत्तविवाहे नामीसुते तस्माः

सर्वाः शंद्री व्याख्या (कृति)

स० - राग आदित्यशंभास्त्रि रागाः
आदिशंभे द्विप्रेमभद्रप्रियाः
रुज्जीति रोगा
देहमस्ति सतनामपर्यत्तुर्ध्वत्
नन्द ज्ञातस्थितिविना व्रते 
रुज्जीति वदनामहुष्मा
मैत्रमः
देहभ्रोक्षणायोपशायोरसाधारसः विभवस्य स्थितस्मृतिवृत्तोर्तया नन्दाया पुकारः
वषा अधिधेयन्योगोलकेष सनाचने
What is unmada?

Su.Ut.62/3

मदयन्त्युद्धता दोषा यस्मादुन्मार्गमार्पिताः
मानसोस्यममेऽवाधिरुन्नाद इति कीर्तितः
What happens in Unmada?
Cha. Ni. 7/5
Mano Vibrama
Buddhi vibrama

“He left me because of PUBG”
Samjnajnana vibhrama
Smriti vibhrama
Bhakti vibhrama
Sheela vibhrama

Why is this man getting angry these days???
Cheshta vibhrama
Achara vibhrama
Unmada hetu

- Mano Vega
- Vishama cheshta
- Viruddha, Dusta, Asuchi Ahara
- Deva, Guru Praghars aana
- Bhaya, Harsha poorva
- Mano Abhighata
- Dhee, Vijna and Smriti Bhramsha
- Visha prayoga
Samprapti

- Nidana

Sharirika dosha

Manasika dosha

Hridaya Pradushana

Manovaha Srotas

Unmada
Types of unmada (ch.chi 9/28), (su. ut. 62/413) (A.H.ut.6/15-16)

<table>
<thead>
<tr>
<th>Nija Unmada</th>
<th>Agantuja Unmada</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Vataja</td>
<td>1. Adhija</td>
</tr>
<tr>
<td>2. Pittaja</td>
<td>2. Vishaja</td>
</tr>
<tr>
<td>4. Sannipataja</td>
<td>4. Agantuja / bhutonmada</td>
</tr>
</tbody>
</table>
Unmada samanya laxana

- Shanti nivrutti na vindati
- Dhee vibrama
- Satva pariplava
- Ashwaan Rathiriva braamayati
- Paryakula drishti
- Hridaya shunya
- Abaddha vak
- Adheerata
Vataja unmaada

- Asthana hasa, smita, nritya, geeta, vak
- Anga Vikshepana, parisarnam ajasram
- Sataatam aniyatanam giram utsargah
- Rodana, phenagamana asyat
- Shabdanukarna of veena, vamsha, shankha etc.
- Parushya(twak and vak)
- Karsya
- Jeerne balam
- Yanam ayanaih, alankarikam analankarikaih
- Labdeshu cha avamanah teevra matsaryam
Pittaja unmada

- Amarsha
- Samrambha
- Vinagna
- Santarjana
- Abhidravana
- Trit, sweda, daha bahula
- Rosha
- Pracchya, sheetaanna, sheeta jalabhilasha
- Ahni taraka darshana, jale jwalana upashankha
Kaphaja unmaada

- Manda vak, manda chesta, stanam ekadeshe
- Tushnibhava
- Arochaka
- Nari vivikta priyata
- Atinidrata
- Chardi and lala srava
- Alpa chankramanam, lala singanaka sravam
- Rahaskamata
- Shouchadwesham, bhibatsatvam, Shukla stimita mala
Sannipataja unmada

- Sarvani roopani
- Contribution of all the Causes, mixture of symptoms with the tridosha involvement.
- Asadhya and daruna (poor prognosis)

- **Adhija unmada/ manodukhaja unmada**
  Loss of valuables or loved ones causing unmada.
  Fear induced

- **Symptoms**
  - Dussaha
  - Pandu dehi
  - Hahaeti
  - Rodana
  - Chitram sa jalpati manogatam visamjno gayato hasati rodati
  - Shokaklishta manah jagaruka vicheshtate
Vishaja unmada (Su. U. 62/13)

- Raktekshana
- Hata indriya
- Hata bala
- Deena
- Shyava anana
Grahonmada

According to charaka – 8
According to sushrutha – 8
According to vagbhata - 18
According to vagbhata - 18

<table>
<thead>
<tr>
<th>Category</th>
<th>Entity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deva</td>
<td>Kooshmanda</td>
</tr>
<tr>
<td>Daitya</td>
<td>Nishada</td>
</tr>
<tr>
<td>Gandarava</td>
<td>Naigamesha</td>
</tr>
<tr>
<td>Sarpa</td>
<td>Betala</td>
</tr>
<tr>
<td>Yaksha</td>
<td>Pitru</td>
</tr>
<tr>
<td>B.Rakshasa</td>
<td>Rishi</td>
</tr>
<tr>
<td>Rakshasa</td>
<td>Guru</td>
</tr>
<tr>
<td>Pishacha</td>
<td>Siddha</td>
</tr>
<tr>
<td>Preta</td>
<td>Kinnara</td>
</tr>
</tbody>
</table>
### Difference between nija and agantu unmada

<table>
<thead>
<tr>
<th>NIJA/DOSHAJA</th>
<th>AGANTU/BHOOTA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sadya</td>
<td>Asadya/Yapya</td>
</tr>
<tr>
<td>Definite Nidana</td>
<td>Indefinite Nidana</td>
</tr>
<tr>
<td>Definite Lakshana</td>
<td>Indefinite Lakshana</td>
</tr>
<tr>
<td>Pourusheya</td>
<td>Apourusheya</td>
</tr>
<tr>
<td>1(^{st}) - Vatadi tridosha vitiation</td>
<td>1(^{st}) – Lakshana</td>
</tr>
<tr>
<td>Yukti vyapashraya</td>
<td>Next- vatadi prakopa</td>
</tr>
<tr>
<td>Avastitatva</td>
<td>Daiva vyapashraya</td>
</tr>
<tr>
<td></td>
<td>Anavastitatva</td>
</tr>
</tbody>
</table>
Brief understanding of grahonmada

- As per the existing Socio – cultural knowledge they considered these behavior similar to entities like deva, rishi, gandharva etc.
- Today it can be considered as cultural bound syndrome, dissociative identity disorders, some personality disorders.
Treatment

CURATIVE

YUKTI

DAIVA

SATVAVAJAYA

SHODANA

SHAMANA
Daiva vyapashraya chikitsa

Daivavyapasraya chikitsa this mode of treatment depends upon faith. It refers to the following measures.

- Mantra – chanting hymns
- Aushadi – talisman
- Mani – wearing amulets, gems
- Mangala – Auspicious ceremony
- Bali – sacrifices or offerings
- Homa - Oblations
- Upavasa - fasting
- Pranipatha gamana - Going to pilgrimage
- Niyamana - Observance of scriptural rules
- Prayaschitha - the action of making amends for a wrong or injury.
Yuktivypashraya chikitsa

- **Dravyabuta**
  - Ahara – pathya apathyā
  - Oushada
  - Vihara – pathya apathyā

- **Adravyabuta**


Shodhana in unmada

- **Vata unmada**
  - Nirama vata ----- snehapana
  - Saama vata ----- amaharana, anulomana (deepana+ pachana+ mild purgation) treatment followed by snehapana.
  - Basti – niruha and sneha vasti as per the condition of disease and patient.

- **Pitta unmada**
  - Sasneha virechana

- **Kapha unmada**
  - vamana
- Shirovirechana
- Teekshna nasya
- Anjana
- Other lines of treatment include... pradeha, utsadana, abhyanga, dhooma, sarpipana
Shamana treatment

Sarpipana
- Hinguvadya grita
- Kalyanaka grita
- Mahakalyanaka grita
- Mahapaishachika grita
- Lashunadya grita
- Panchagavya grita
- Brahmi grita
Satvavajaya treatment

Psycho behavioural therapy based on Ayurvedic principles consists of the following components:

- Jnana
- Vijnana
- Dhairyā
- Smruti
- Samadhi
- Dhee
- Avoiding prajnaparadha
- Sadvrutta
Vigata Unmada Laxana / State of Mental health

prasada indriyarthanam buddyathma manasam tata
dhatunam prakrutistatwam vigata unmada lakshanam

1) Clear perception through the sensory faculties of their respective objects
2) No abnormal psychomotor activities
3) Clarity of cognition
4) A clear insight
5) Pleasant emotional state (appropriate affect)
6) Balanced state of bodily humors (Dhatus)
Pathya

A] Sakavarga [vegetables], Patola [snake guard], Bramhi [Bacopa monnieri [Linn] Pennell], Shobhanjanam [Moringa olifera]. Kakamaci [Solanum nigrum Linn], Vastuka [Chenopodium album Linn.], Tanduliyaka [Amarantlus viridis Linn.].

B] Dhanyavarga [cereals/pulses]: Raktha/Aruna-Sali [red rice], Godhuma/Yava [Wheat/barley], Mudga [green gram].

C] Phalavarga [fruits]: draksa [grapes], Panasa [jack fruit], Matulunga [Citrus medica Linn], Narikela [coconut], Kapittha [wood apple], Kusmanda [ash gourd], Dhatri [gooseberry], haritaki [terminalia chebula]

D] Gorasavarga [Milk and Milk products]: Ksira [Milk], Navanita [Butter], Ghrrta [Ghee]

E] Paniyavarga [drinks/beverages]: Gangambu [Rain water], Madya [Alcohol], Rasala, Kulmasatapana [Gruel of Kulmasa].
Nootropics is a newly emerging branch of modern research which study drugs, supplements and other substances that may improve cognitive functions, memory, creativity, motivation etc. Botanical nootropics are described in *Ayurveda*, which are considered as *Medhya, Buddhi vardhaka, Smritikara* etc. Some of the fruits and vegetables having these properties are Sesame seeds, Ash gourd, Garlic, Pomegranate, black jeera, coconut etc which can be included in the diet.

### 3.5 Apathya Ahara in Mental Illness

The *Apathyas* mentioned in *Unmada & Apasmara Prakarana* of Yoga Ratnakara and Bhaishajya Ratnavali include, over indulgence in meat, fish, alcohol, sex, incompatible, heavy, hot and stale food articles, suppression of sleep, hunger, thirst, and natural urges, excessive exercise, excessive strain, leafy vegetables, bitter food items, bimbi, and rude acts, which are not in accordance with prescribed ethical code of conduct. It is also necessary to consider the different food related aetiological aspects of Unmada before suggesting the diet. In *Unmada Prakarana* of Charaka Samhita, it is mentioned that a person with a strong mind who does not indulge in meat and wine, who eats only healthy foods, remain clean internally and externally does not affected by either “*Nija*” or “*Agantuja Unmada*.”
For a better understanding of unmada!!!

- http://niimh.nic.in/ebooks/ecaraka/?mod=read
- http://niimh.nic.in/ebooks/esushruta/
- ch.chi 9, su. ut. 62 A.H.ut.6
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