

Abstract No 11

**A critical review of *Mānasa roga* (Mental Disease) in the
Ayurveda Sanskrit texts.**

T. D. N. Karunaratne^{1,*}, Kahapola Sugataratana², H. A. S. Ariyawansa¹, H. A. de Silva³,

¹Institute of Indigenous Medicine, University of Colombo, Sri Lanka,

²Faculty of Humanities, University of Kelaniya, Sri Lanka,

³Medical Faculty, University of Kelaniya, Sri Lanka,

According to the data, there is a high prevalence of Mental Disease among elders of Sri Lanka. Prevalence of Dementia (*Smruthibramsha*) is 3% of elders in between the age of 60 to 80 years. This will be a big issue for Health policy planning and Health management. This study will be carried out to review classifications of *mānasa roga*, causative factors, signs and symptoms, treatment modalities of them in Sanskrit Authentic Ayurvedic texts viz *Charaka Samhitha*, *Sussrutha Samhitha*, *vagbata Samhitha*, *Madawa Nidana*, *Bhavaprakasha*, *Bhela Samhitha* and *Ahstanga Samgraha*. It is revealed that there is no definite pattern of classification of *mānasa roga* in Ayurvedic Sanskrit texts. Description of *Mānasa roga* are found in scatted form at different places in Sanskrit texts of Ayurveda. *Mānasa roga* can be mainly divided in to two types viz Unmāda and Apasmāra according to Ayurvedic Sanskrit authentic texts. Achārya Caraka has mentioned Unmāda, Apasmāra and Atathvābhinive^aya in two chapters in Cikithsā Sthāna of Caraka Samhitā as dominant mental illnesses. ^[1] Suśruta has mentioned Unmāda, Apasmāra and Amaānusopasarga in separate chapters in Uttara Tantra of Suśruta Samhitā. ^[2] Bhela Samhitā, Aṣṭāṅga Hṛdaya Samhitā, Aṣṭāṅga Sangraha and Mādhava Nidāna, Bhava Prakāṣa also followed the same pattern. ^[3] It is found that there are treatment modalities and managements of *Manasa roga* are different in text to text.

Keywords: *manasa roga*, *Dementia*, *Smruthibramsha*, *cikithsa*.