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[Ayurvedic Herbal Treatment For Schizophrenia](#)

Schizophrenia is defined as a mental or brain disorder that typically manifest its symptoms during childhood or early adulthood phase. There are several negative symptoms that accompany this condition, which affects your emotional, physical, and cognitive behavior. In some cases, the symptoms can even lead to aggression, violence, or other negative behavior that could cause harm to one's self or to others.

There are several treatment options available for patients of schizophrenia today, ranging from medications, therapy, behavioral treatments, among other things. But natural form of remedies are considered to be the best approach for treatment given that it lack all the harmful side effects associated with other form of treatment. One such example of natural treatment approach for schizophrenia is ayurveda. To find out more about what this method comprises of and how it can be effective for this mental condition, you can read further below.

Ayurvedic View on Schizophrenia

Ayurveda has a unique view and definition on schizophrenia that also explains its unique approach to treatment. Schizophrenia is known in Ayurvedic world as "Unmaad". In the case of modern physicians, they base their treatment approach on what symptoms are manifested along with this disorder. The same approach is utilized in Ayurveda albeit differences in the specific components for analyzing the impact of this mental disorder.

Ayurvedic Treatment

Patients who tend to become over-excited or agitated are given medications in nasal drop form. The objective of such medication is to become a "counter-irritant" and there are several other medications suggested for this condition. Among the medications suggested for ayurvedic treatment of schizophrenia include Shigru seed powder, Tagar, Vacha (powder or oil form), Shunthi, Yashtimadhu, Shunthi + Jaggery, Marich, among other medicines available in Ayurveda.

If you don't have accurate details regarding Schizophrenia, then you might make a bad choice on the subject. Don't let that happen: keep reading.

As soon as the patient is subdued, it is followed up with the use of other Ayurvedic medicines such as Jatamansi, Brahmi, Ashwagandha, Sarpagandha, Ajwayan, Suvarna Bhasma, Raupya Bhasma, and Puran Ghruta. Most of the medicated ghrutas used for treatment of schizophrenia in Ayurveda are taken orally, including Jatamansi Ghruta, Kalyanak Ghruta, or Panchagavya Ghruta. Another well known treatment approach in Ayurveda is known as "Panchakarama", which is made up of medicated enemas, as well as involve induced purgation and vomiting for internal cleansing.

Long Term Management of Schizophrenia

In most cases, Ayurvedic healers base their treatment of schizophrenia on the three different doshas. The predominant dosha in the patient is determined in order to identify the best treatment approach for long-term treatment plan.

Those who are predominantly "Vata" are recommended to use the following medications: Sarpagandha powder, Vatavidhvasa rasa, Brahmiprasha, and Sameerpannag rasa. Those who are predominantly "Pitta" must take Brahmi juice along with Sarpagandha and Sutshekhar. Finally, those with a predominant "Kapha" dosha must intake Bhootbhairav and Unmaadgajakesari as their primary medicine.

Patient Rehabilitation

One of the biggest advantages to using Ayurvedic treatment approach for curing schizophrenia is the ability to fully rehabilitate the patient without causing harmful side effects. One is therefore recommended to consistently apply the long-term treatment plan as suggested in Ayurveda, particularly the use of Ayurvedic herbal medicines as suggested above, to see effective results. The fact that this is an all-natural approach gives you the assurance that there will be no harmful side effects to be experienced.

When word gets around about your command of Schizophrenia facts, others who need to know about Schizophrenia will start to actively seek you out.

About the Author

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