

Mental Disorder and its Natural Herbal Cure

A very common problem now a day is mental disorder. It is a very general term that covers all the problems that are related to our mind. These problems arise when our mind is hit harshly by external and internal problem. These problems are the facts that are consciously or subconsciously not acceptable to our mind. This unwanted feeling of acceptance of the result of the given problem leads to the creation of psychic disease, which is termed as mental disorder. Our body's mechanism is such that it tries to come in harmony by it self but if the person is not able to come out of the problem that is prevailing, it leads to mental sickness. This results in imbalance in mind; behavior, attitude, reactions, tolerance, manners, actions and outlook or simply we can say the person becomes abnormal in his day-to-day activities. These conditions can involve any person, of any age, either of the two sexes, of any place and of any socioeconomic background. Ayurveda has mentioned lot about mental disorders under the heading "UNNMAD".

Now two types of queries might be sticking your mind.

1. How to cure this mental sickness?
2. How to maintain stable state of mind that keeps us away from having these problems?

Answer to your query is only one i.e. AYURVEDA and YOGA Basic principal on which ayurveda was designed was how to maintain a health of a healthy person and how to cure a diseased person. First of all I will mention about some urges which person should adapt of a peaceful living as mentioned in ayurveda. These are called "dharniye Vega" or the urges that should be adapted in life. These are: -

1. Should not be greedy
2. Should not be afraid of any one
3. Should not be short tempered
4. Should not be jealous on anyone's success.
5. Should not speak bad words to any one.
6. Should always be helpful to others.

There are certain herbs that are mentioned in ayurveda, which has wonderful effects in treating mental disorders, and improve brains efficiency.

Some of those are mentioned below

1. Brahmi (Bacopa monnieri) Commonly known as Indian Pennywort is generally found everywhere in India especially above 4000 ft. of height. This herb is most extensively used in Indian system of medicine as brain tonic and stress reliever. Due to its laghu (light) gunna (property), it is able to affect mind very easily thus giving mind a nourishment to develop. It is considered to be the nerve stimulant that helps in perceiving in better reflexes from brain. It is considered to be a nerve-rejuvenating herb, which has been used by ayurvedic practitioners unreluctantly since ages in any condition in which brain is found affected or in psyche related disorders. Good results have also been found in epilepsy attacks. Its action as non-sedative tranquilizer has made it a drug that can be used in anxiety and hypertension. Whole plant part is used in preparing medicines.

About the Author

NearSea Naturals, your source for organic cotton and natural fabrics and notions. Everything you need to sew, Naturally!

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