

## **CME REPORT**

The 6-day Continuing Medical Education (CME) program on "Manasa Roga" (Psychiatry) organized by Kayachikitsa department of V P S V Ayurveda college was held at the Boon Inn Hotel from 2/12/24 to 7/12/24 bringing together esteemed faculties and enthusiastic delegates. The conference aimed to enhance knowledge and insight in the field of Manasaroga Chikitsa. Eminent faculties from renowned institutions shared their expertise on various aspects of Manasa Roga, including diagnosis, treatment, and management. Delegates actively participated in discussions, case presentations, and workshops, showcasing their enthusiasm and dedication to the field. The conference covered a wide range of topics, including anxiety disorders, mood disorders, Substance use disorders, Psychotherapies, psychopharmacology and also visited GARIM, CMPR, Arya vaidyasala and V P S V Ayurveda college. The conference was extremely informative and helped for updating knowledge on the latest developments in psychiatric treatment. The 6-day CME program on "Manasa Roga" was a resounding success, providing a platform for knowledge sharing, networking, and skill enhancement.

### **CME REPORT – 1<sup>st</sup> Day**

CME on Manasaroga Sponsored by Ministry of Ayush, Govt. of India conducted by Department of Kayachikitsa, Vaidyaratnam P S Varier Ayurveda College was held at Boon Inn, Kottakkal from 2<sup>nd</sup> December to 7<sup>th</sup> December 2024. Inaugural session was started at 9 am on 2<sup>nd</sup> December 2024. Programme was inaugurated by former Principal of VPSV Ayurveda college, Dr. M P Eswara sarma. The ceremony was presided by VPSV Ayurveda College principal and Chairman of CME programme Dr. Bindu K.K. Professor and Head of the Department of Kayachikitsa and the Coordinator of CME programme, Dr Jithesh M welcomed the gathering. VPSV Ayurveda college Vice principal Dr. N Manoj Kumar felicitated the programme. Assistant Professor of Department of Kayachikitsa, VPSV Ayurveda college Kottakkal , Dr Sujitha V delivered thank you for the ceremony.

There were 4 sessions on the first day from 9.30 am to 4.30 pm.

The first session was on the "Concept of Mind in Ayurveda, Manasaprakriti" and managed by Dr. Nagabhushan G, Principal, Charak Ayurvedic medical college and research centre , Delhi.

Next session was on "bhootonmada- clinical perspective" and taken by Dr. Prasad Mamidi, Professor & HOD, Department of Kayachikitsa, R.B Ayurvedic medical college, Agra .

3<sup>rd</sup> session was taken by Dr. Nagabhushan G on the topic "Satva pareeksha, Examination of psychiatric patient". 4<sup>th</sup> session on "Psychosexual disorders- Ayurvedic approach" was done by Dr. Prasad Mamidi.

After each session, provided time for discussion where the speakers' addressed queries from delegates.

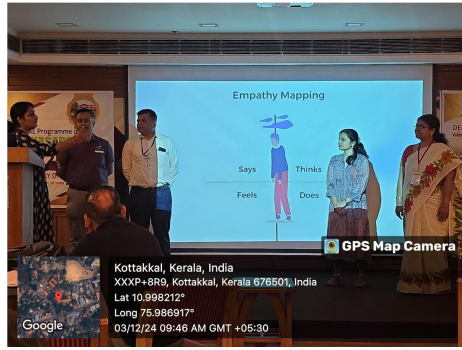
## REPORT ON DAY 2 (03/12/2024) OF CME

On Day 2 of the CME on Manasaroga at VPSV Ayurveda College, Kottakkal (03/12/2024), The morning began with a session by Mrs. Seetha TM, a clinical psychologist, on the basics and clinical uses of psychotherapies, including specific techniques such as CBT, ERP, and family therapy. The presentation provided an overview of psychotherapy, including its importance in promoting emotional regulation, self-understanding, and behavioral change. It outlined various therapy types such as CBT, behavioral therapy, family therapy, and emerging approaches like EMDR and DBT. Case studies highlight practical applications, while research links CBT to brain function improvements, enhancing emotional control.

This was followed by sessions focused on anxiety and affective disorders were conducted by Dr. Raviprasad Hedge, Associate Professor and In-charge HOD of the Department of PG Studies in Manasaroga, Alva's Ayurveda Medical College, Moodbidire. The morning session explored Ayurvedic perspectives on anxiety disorders. The presentation provided an overview of various anxiety conditions such as Generalized Anxiety Disorder (GAD), PTSD, OCD, phobias, and social anxiety. It covered symptoms, diagnostic criteria, treatment approaches from Ayurveda (e.g., Satvavajaya Chikitsa), and therapeutic techniques like relaxation, yoga, and music therapy. Also highlighted the prevalence, management, and preventive measures.

The afternoon session on affective disorders discussed their public health significance, highlighting major depressive disorder and postpartum depression. It outlined cases with diverse triggers and symptoms, the etiology from biological and psychosocial perspectives, and treatments. Therapies included conventional antidepressants, Ayurvedic remedies, lifestyle modifications, and severity-specific interventions, from mild to very severe cases.

The day concluded with a visit to the Centre for Medicinal Plants Research Institute at 3.30 PM, where participants gained insights into the ongoing research projects and the potential applications of medicinal plants in healthcare.



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## **CME REPORT 04/12/2024**

The third day of the CME (Continuing Medical Education) on *Manasaroga* began with an insightful session on the topic of "Deaddiction – Ayurvedic Approach," delivered by Dr. Narayana Prakash, Professor and Head of the Department of Kayachikitsa at Rajeev Institute of Ayurveda Medical Sciences, Hassan. Dr. Prakash emphasized the growing impact of alcohol use disorders (AUD) in today's society. He detailed the physiological aftereffects of AUD and provided an Ayurvedic perspective on the disorder, explaining it under the concept of *Madatyaya*.

In his talk, Dr. Prakash also discussed other substances commonly abused in society and introduced the concept of *Vishaja Unmada*, which can be correlated with substance-induced psychosis in modern terms. He elaborated on Ayurvedic treatment strategies, particularly focusing on *Sodhana* and *Samana* therapies. These were supplemented with the use of single drugs and classical Ayurvedic medicines to manage addiction.

Dr. Prakash presented several case studies along with their management, showcasing how Ayurveda can be effectively applied in treating addiction. He also referred to recent research that supports Ayurvedic treatment in this field.

A key highlight of the session was Dr. Prakash's discussion on the *Satvavajaya* module for mental health and addiction management. He emphasized the importance of mental balance through techniques like *Smriti* (memory) meditation, various yoga practices, and a proper

## nutritional approach in the treatment of addiction



The second session of the day was focused on *Sodhana* (detoxification) and allied procedures in the treatment of *Manasa Roga* (mental disorders), presented by Dr. Narayana Prakash. In this session, Dr. Prakash provided a detailed explanation of various *Manovikaras* (mental disorders), including their *Nidhana* (causes) and *Samprapti* (pathogenesis). He emphasized the crucial role of *Agni* (digestive fire) in mental health, discussing the need for *Deepana* and *Pachana* to address imbalances in mental disorders.

Dr. Prakash also highlighted the application of different classical *Panchakarma* procedures, along with *Keraleeya Panchakarma* techniques, in treating conditions like *Unmada*, *Apasmara*, and *Anidra*. He explained how these Ayurvedic treatments help in purifying the body and mind, restoring balance, and alleviating the symptoms of mental disorders.

Further, Dr. Prakash elaborated on the physiological actions of Ayurvedic management, particularly in relation to gut microbiota. He discussed how the balance of gut microbiota plays a significant role in mental health and how Ayurvedic treatments, such as *Sodhana* and *Panchakarma*, can positively influence this microbiome, thereby contributing to better mental well-being

The third and fourth sessions of the CME were led by Dr. Sundaran, the PG Dean of Pankajakasthuri Ayurvedic Medical College in Trivandrum, focusing on two crucial topics: *Manasa Roga in Samhitas* and *Samana Chikitsa in Manasa Roga*. In these sessions, Dr.

Sundaran shared his extensive clinical experience, particularly from his work at the Government Ayurveda Research Institute for Mental Health and Hygiene.

During the first session, Dr. Sundaran provided an in-depth explanation of the term *Unmada* as described in classical Ayurvedic texts. He offered a practical understanding of the condition based on his prolonged clinical experience, linking theoretical concepts with real-world applications. He discussed how the classical texts describe mental health disorders and the various diagnostic and treatment approaches for *Unmada* and related conditions. This was followed by a discussion of different classical formulations and treatment protocols that he has found effective in managing various mental health conditions.

In the fourth session, Dr. Sundaran delved into *Samana Chikitsa* (pacification therapy) in the context of mental health. He elaborated on how different treatment modalities, including herbal formulations and treatment protocols, are used to pacify mental imbalances. He also shared practical insights into the application of these treatments, focusing on the individualization of care based on specific mental health conditions.

A significant portion of the sessions was dedicated to a discussion on the practical aspects of managing *Manasa Roga* (mental disorders). This led to a valuable exchange of ideas among participants about the challenges and strategies in treating mental health disorders using Ayurveda.

#### **MANASA ROGA CME REPORT Day 4 (5/12/2024)**

The day 4 of CME commenced with a visit to Government Ayurveda Research Institute for Mental Health & Hygiene (GARIM), Kottakkal. The visit helped to gain insight into the diagnosis, treatment, and management of various psychiatric conditions in Ayurveda. The visit provided a unique opportunity to interact with mental health professionals in GARIM, observe patient care, hospital atmosphere, wards and learned about ongoing projects. During the visit, we were presented with several case studies, which highlighted the complexities of psychiatric conditions. Later on Dr Toolika, Supdt. GARIM explained various projects, ongoing practices and various case studies. The session on ongoing projects highlighted the hospital's commitment to innovation and community engagement.



The second session by Dr Ajay Gopalani explores child psychiatry, covering behavioral and emotional disorders in children and adolescents, classifications (ICD-10/ICD-11), and related conditions like ADHD, autism spectrum disorder, and eating disorders. Emphasis is placed on genetic, developmental, and environmental influences, diagnostic methods, and management approaches, including psychotherapy, behavioral therapy, and Ayurveda practices like Panchakarma and herbal medications. Preventive measures such as Garbha Sanskar and family-centered rituals are highlighted, alongside challenges in diagnosis and treatment within this specialized branch.

The presentation titled "Apasmar: Ayurveda and Contemporary Review" by Dr. Ajay Gopalani provides a detailed exploration of epilepsy (Apasmar) through Ayurvedic and modern medical lenses. It defines Apasmar as a condition of memory loss and disrupted consciousness, emphasizing causes like dosha imbalances and triggers such as stress or trauma. Ayurvedic treatments include detoxification (Shodhan) and balancing therapies (Shaman).

The contemporary section covers epilepsy's neurological basis, types of seizures, triggers, and treatment options like antiepileptic drugs and surgery. Epidemiology highlights its global prevalence and treatment challenges, particularly in pediatric cases. Specific epilepsy syndromes are discussed, with case studies illustrating real-world scenarios, including West syndrome, Lennox-Gastaut syndrome, and juvenile myoclonic epilepsy.

Dr. Gopalani stresses the psychosocial impacts of epilepsy, such as stigma and quality-of-life challenges. He advocates for an integrative approach, combining Ayurvedic wisdom and modern medicine, to improve diagnosis, treatment, and patient outcomes.



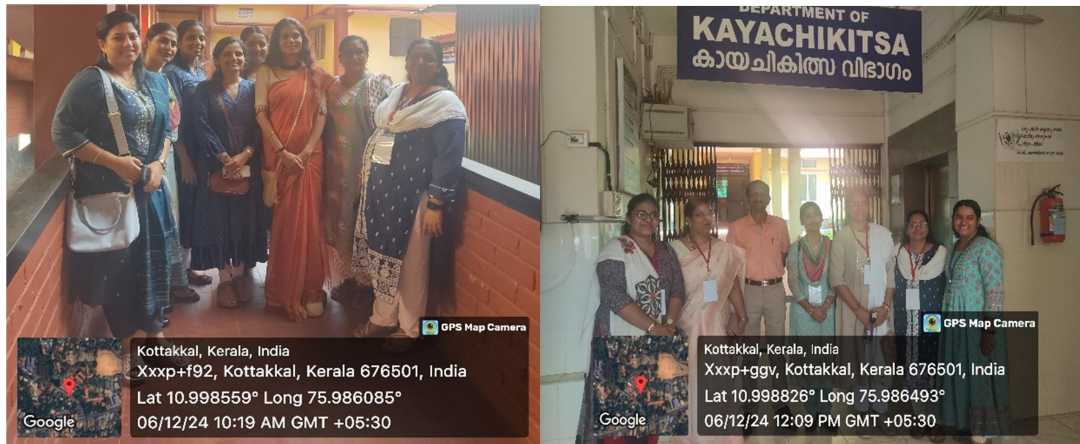
As a final session, the group visited the Arya Vaidya Sala Factory in Kottakkal. The factory is a renowned manufacturer of Ayurvedic medicines and products, and the visit aimed to provide insight into the production process, quality control measures, and research initiatives. The factory produces a wide range of Ayurvedic medicines, including tablets, capsules, oils, and ointments. During the visit, the delegates observed the production process, viz Raw Material Sourcing, Cleaning and Processing, Manufacturing and Quality Control.





**CME REPORT Day 5 ( 06/12/2024)**

The 5<sup>th</sup> day of the CME on Manasaroga commenced with visit to VPSV Ayurveda College to explore the facilities, educational framework, research contributions, and traditional Ayurvedic practices upheld at VPSV Ayurveda College, Kottakkal. The entire team was splitted into 6 groups lead by scholars. The group visisted Panchakarma theatres, PG block, academic block Dhanwanthari Hospital, College Library



Further on at the venue, an enlightening session titled "Nidra Vichara: Sleep and Sleep Disorders" by Dr. Mahesh C. Kundagol emphasizes sleep as a pillar of health, integrating Ayurvedic and modern perspectives. It details the physiology, influenced by Kapha Dosha and Tamas Guna, and sleep's phases (NREM, REM). Disorders are analyzed via dosha imbalance and modern tools like polysomnography. Ayurvedic treatments, including herbs and therapies (Shirodhara, Basti), are compared with pharmacological and behavioral interventions. It promotes lifestyle changes, yoga, and meditation for holistic management, supported by evidence-based studies.

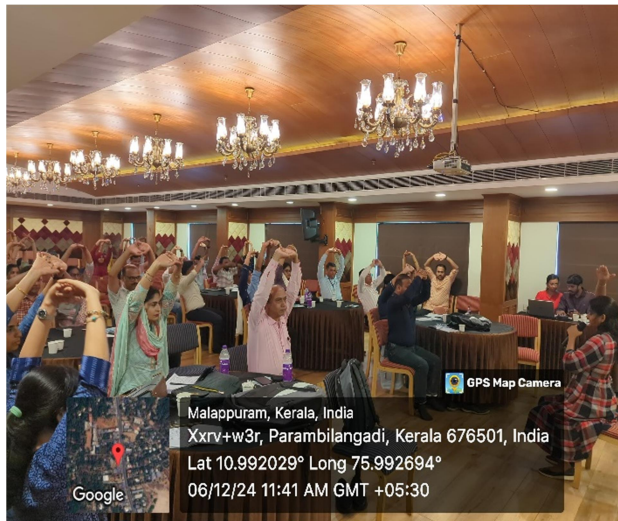


The next session was on *Swapna Vihara: Dreams and Morbid Dreams* by Dr. Mahesh C. Kundagol explores the nature of dreams, their Ayurvedic and modern perspectives, and their implications for mental health. Morbid dreams, including nightmares and PTSD-related dreams, are linked to dosha imbalances, neurotransmitter dysregulation, and REM sleep disturbances. Ayurvedic treatments, such as Shodhana and Shamana therapies, alongside behavioral interventions like CBT and IRT, address these issues. Stress management, sleep hygiene, and

pharmacological options complement treatment. Emerging therapies like VR and neuromodulation enhance care, emphasizing a multimodal approach for managing dream-related disturbances.

The yoga session by Dr Praseeda was designed to provide participants with a practical break during the seminar, fostering relaxation, improved focus, and physical rejuvenation. It aimed to align the mind and body, complementing the seminar's themes of wellness and holistic health.

☑ Many participants expressed feeling refreshed, relaxed, and more focused after the session. The session provided a much-needed break from the intense seminar schedule.



The next session was on "Psychosomatic Wellness," by Dr. Arjun Chand, discusses psychosomatic disorders, where physical symptoms are influenced by psychological factors like stress or trauma. It highlights mechanisms like the HPA axis and the PNEI model, linking chronic stress to conditions such as arthritis and psoriasis. Steps for diagnosis include comprehensive history-taking and psychological assessments. Treatment integrates Ayurveda and modern approaches, emphasizing holistic care, empathy, and compassion. The presentation underscores addressing biological, psychological, and social factors for effective management.



The afternoon session on *Nutritional Psychiatry: Gut Health and Mental Well-Being* by Dr. Mahesh C. Kundagol highlights the impact of diet on mental health. It discusses the gut-brain axis, emphasizing the role of microbiota in regulating neurotransmitters like serotonin and GABA. Conditions such as depression, anxiety, and autism are linked to microbiota imbalances. Ayurvedic principles advocate tailored diets based on individual constitution. Modern approaches include mindful eating, supplements, and balanced meal plans. Personalized nutrition and emerging research are key to improving mental health through dietary interventions

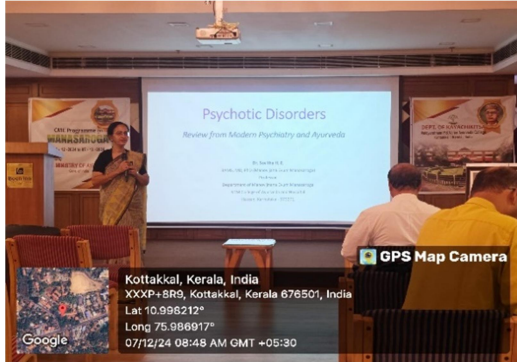
### **REPORT ON DAY 6 (07/12/2024)**

The final day of the CME on Manasaroga at VPSV Ayurveda College, Kottakkal (07/12/2024), commenced with an enlightening session by Dr. Savitha HP (BAMS, MD, PhD, Department of Manovijnana Evum Manasaroga, SDM College of Ayurveda and Hospital). Her thought-provoking presentation delved into the realm of psychotic disorders, offering an Ayurvedic perspective and management strategies. The discussion encompassed a comprehensive overview of psychosis and neurosis, diagnosis and assessment of psychotic disorders, treatment modalities, and the adverse effects of antipsychotics, ayurvedic perception of psychotic disorders and the traditional line of treatment for unmada.

The subsequent session focused on Ayurvedic management in geriatric psychiatry, led by Dr. Savitha. This informative discussion highlighted the importance of geriatric care, Ayurveda's perspective on common geriatric disorders, and the interrelation between aging and cognition.

The presentation also touched upon cognitive assessment scales and preventive and management aspects.

The second session of the day commenced with a research update on Manasaroga by Dr. Jithesh M (Professor and HOD, Kayachikitsa, VPSV Ayurveda College, Kottakkal). His engaging presentation outlined the department's journey, social activities, medical camps, rehabilitation programs, academic pursuits, treatment procedures, and notable research outcomes.





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Afternoon valedictory function began at 2:30 pm with a warm welcome speech by Dr. Satheesh K (Professor, Department of Kayachikitsa, VPSV Ayurveda College, Kottakkal). This was followed by a presidential address by Dr. Jithesh M (Professor and Head, Department of Kayachikitsa, V P S V Ayurveda College, Kottakkal, and Coordinator, CME Programme). The chief guest, Dr. K. Muraleedharan (Trustee and Additional Chief Physician, Arya Vaidya Sala, Kottakkal), graciously distributed certificates to all the delegates. The program concluded with a heartfelt vote of thanks by Dr. Vinod R (Professor, Department of Kayachikitsa, VPSV Ayurveda College, Kottakkal, and Convener, Program Committee).