

The Mandala of Healing

Moving Toward a Whole Person Paradigm
in Mental Healthcare



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Modern Society: Challenges in Finding Balance Amidst Stress

Sources of Stress

1. Job Pressure	Co-Worker Tension, Bosses, Work Overload
2. Money	Loss of Job, Reduced Retirement, Medical Expenses
3. Health	Health Crisis, Terminal or Chronic Illness
4. Relationships	Divorce, Death of Spouse, Arguments with Friends, Loneliness
5. Poor Nutrition	Inadequate Nutrition, Caffeine, Processed Foods, Refined Sugars
6. Media Overload	Television, Radio, Internet, E-Mail, Social Networking
7. Sleep Deprivation	

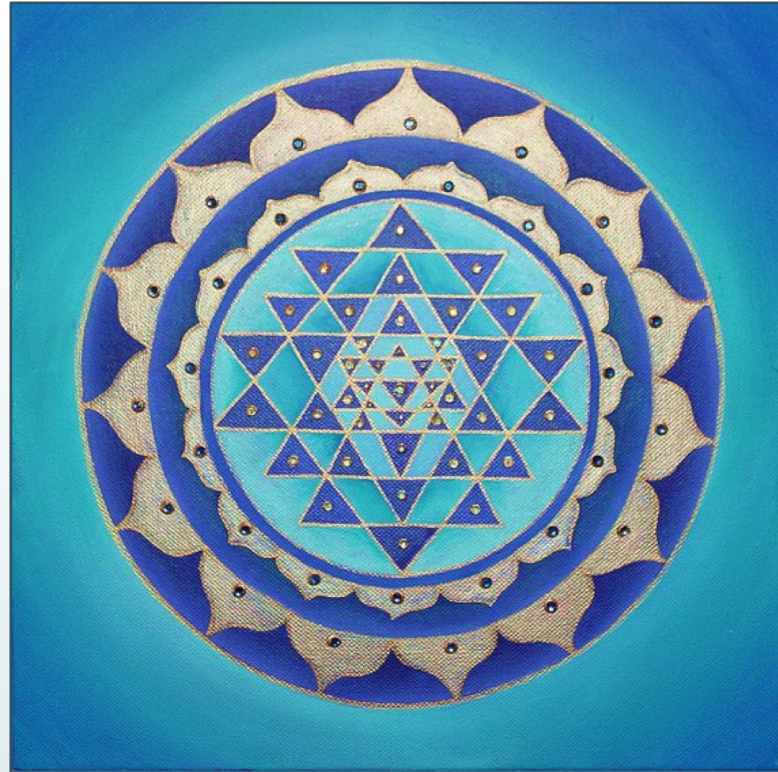


- Greater diversity of interactions
- More work specialization
- Accelerating innovation
- Social media effects

(Re)Discovering Balance



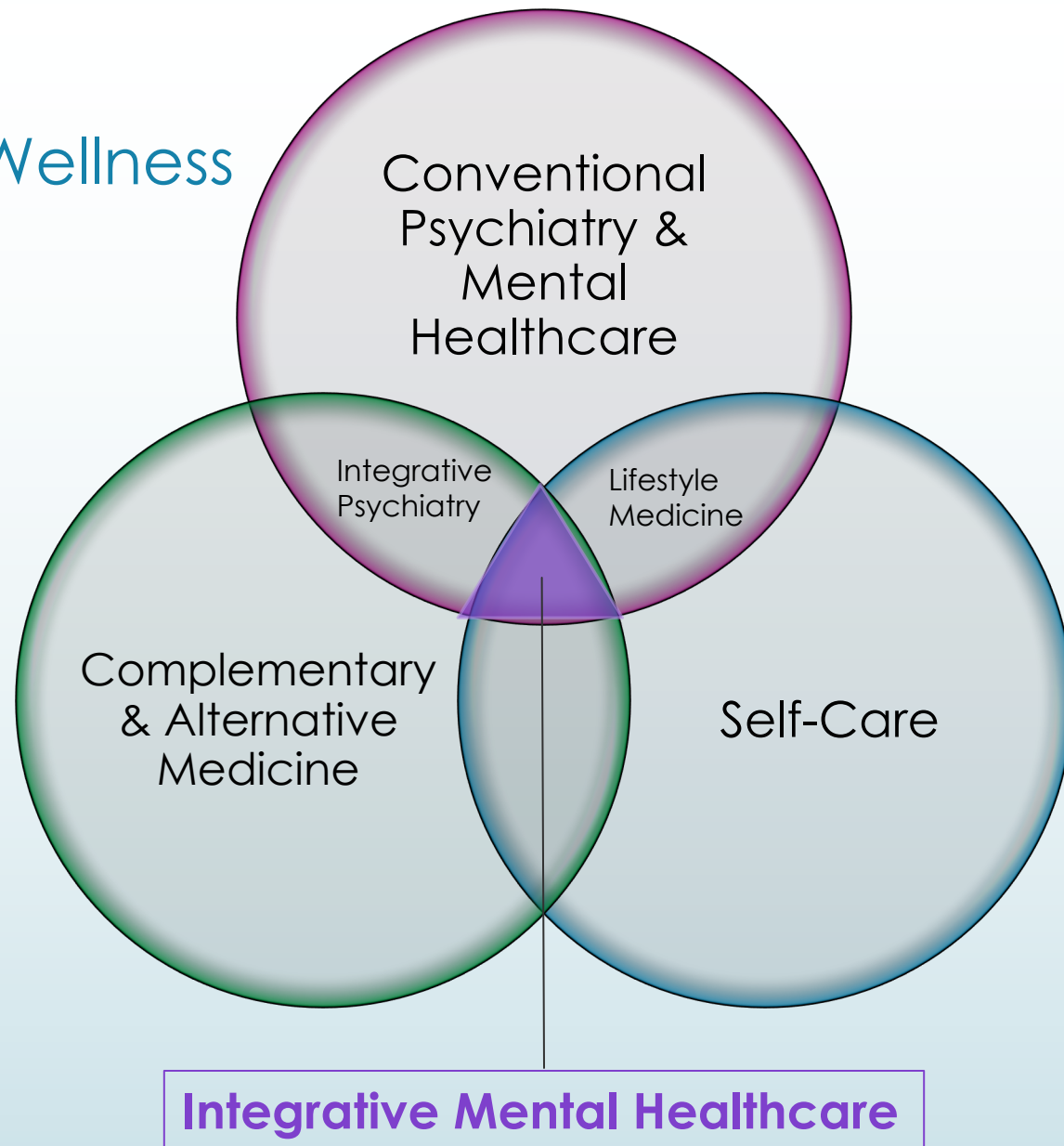
Mandala: Cosmic Circle



A mandala is the psychological expression
of the totality of the Self.

~ Carl Jung

Promoting Healing & Wellness

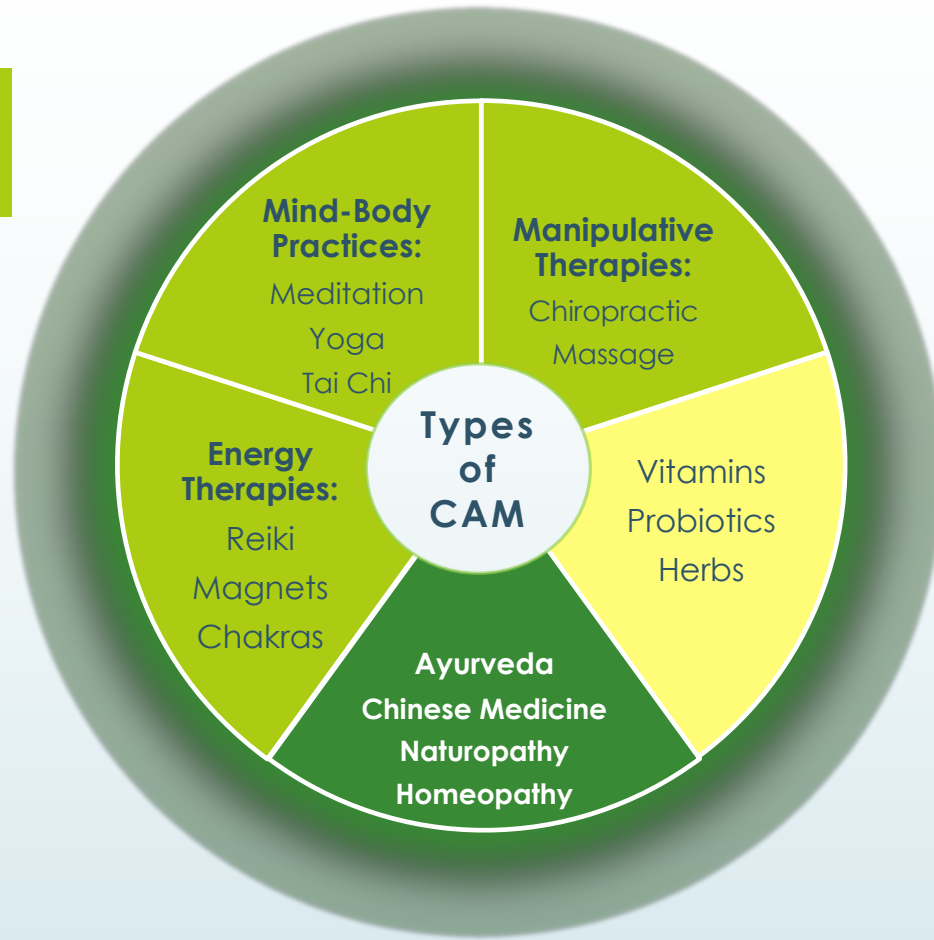


Essentials of Self Care



Complementary & Alternative Medicine

Mind & Body Therapies

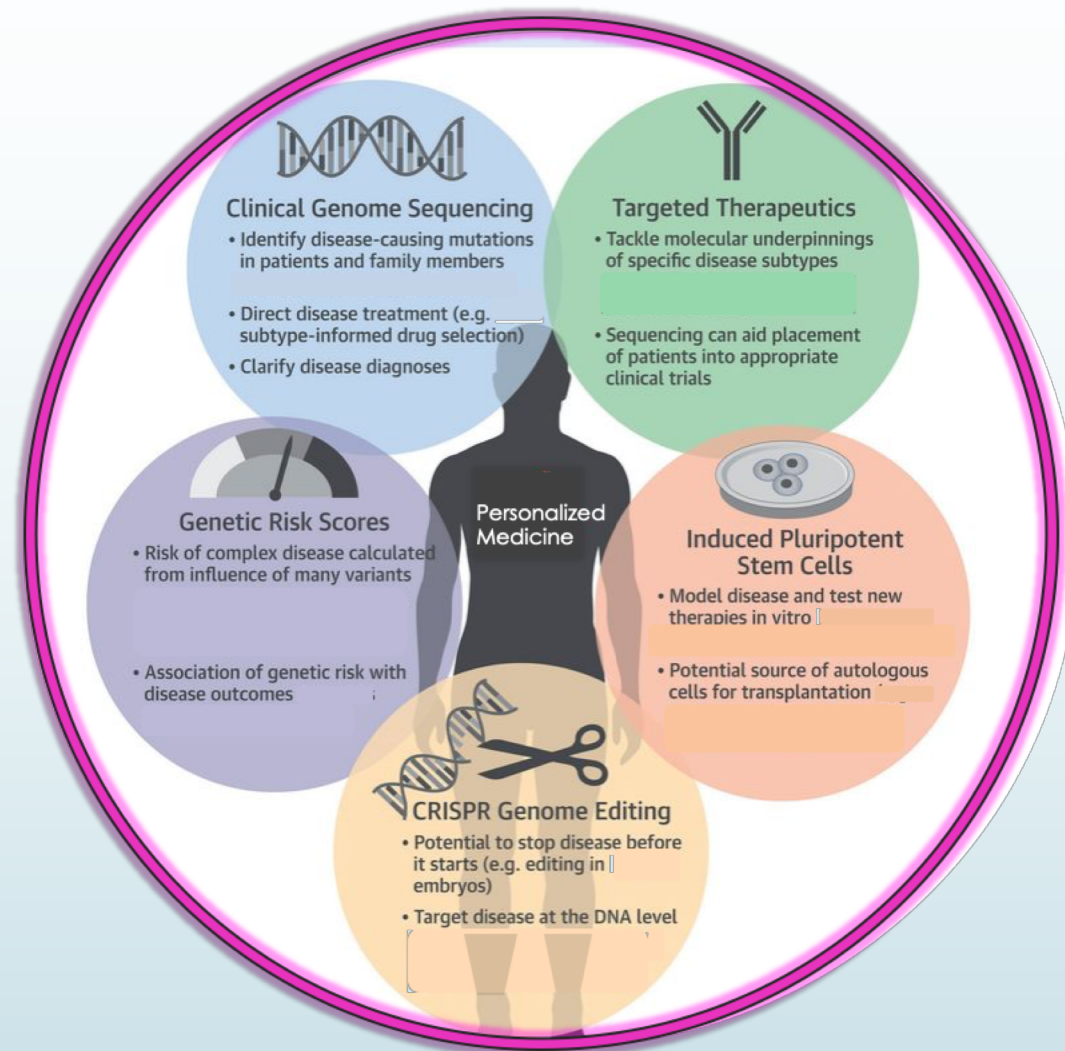


Biological Therapies



Alternative Medical Systems & Other Approaches

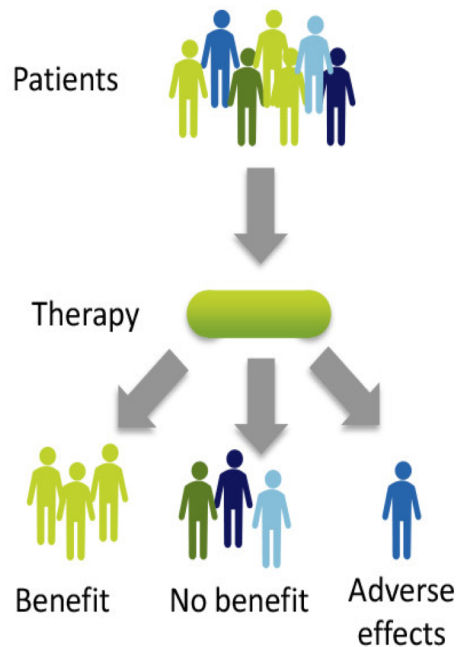
Personalized Medicine: An Emerging Paradigm in Conventional Care



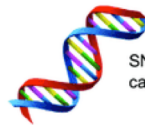
Impact of Personalized Medicine on Mental Health Diagnosis & Treatment

Without Personalized Medicine:

Some Benefit, Some Do Not



Genetic make up



SNP markers from GWAS
candidate genes/loci

Epigenetic patterns

histone modifications



DNA methylation

CH₃

chromatin accessibility



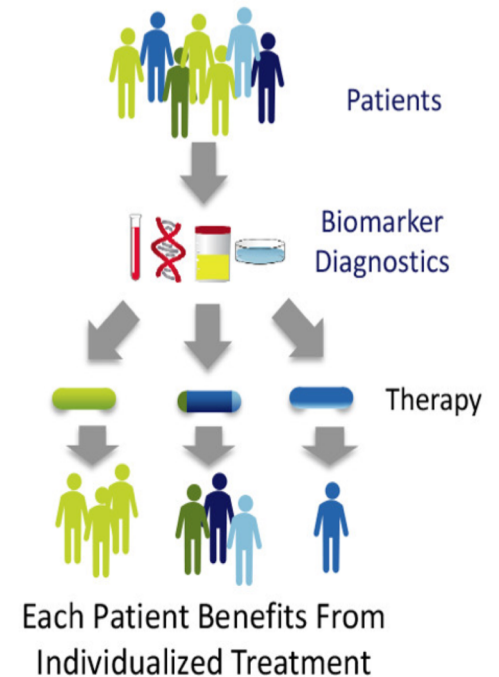
CH₃

Gene X environment interactions



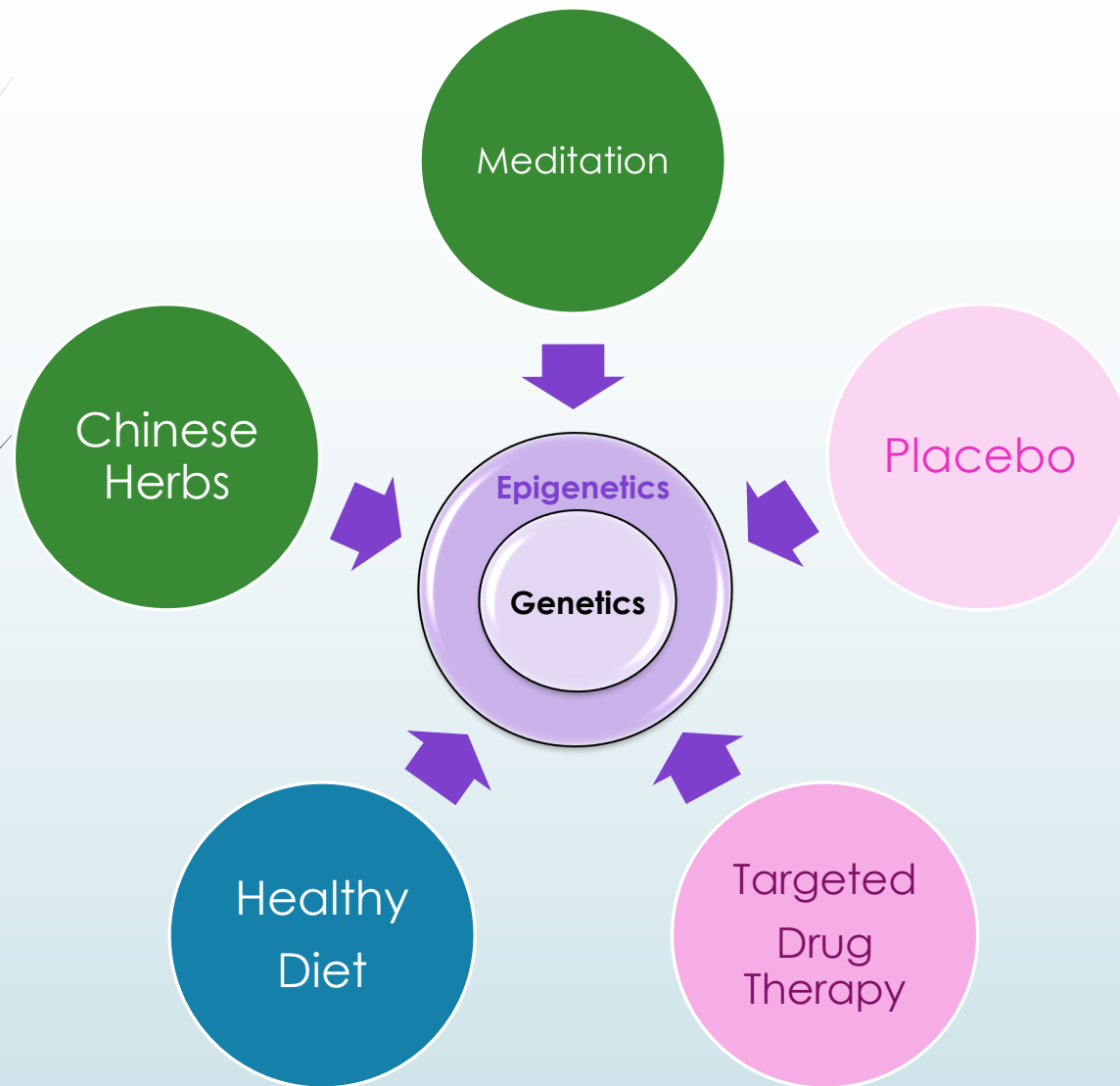
With Personalized Medicine:

Each Patient Receives the Right Therapy For Them

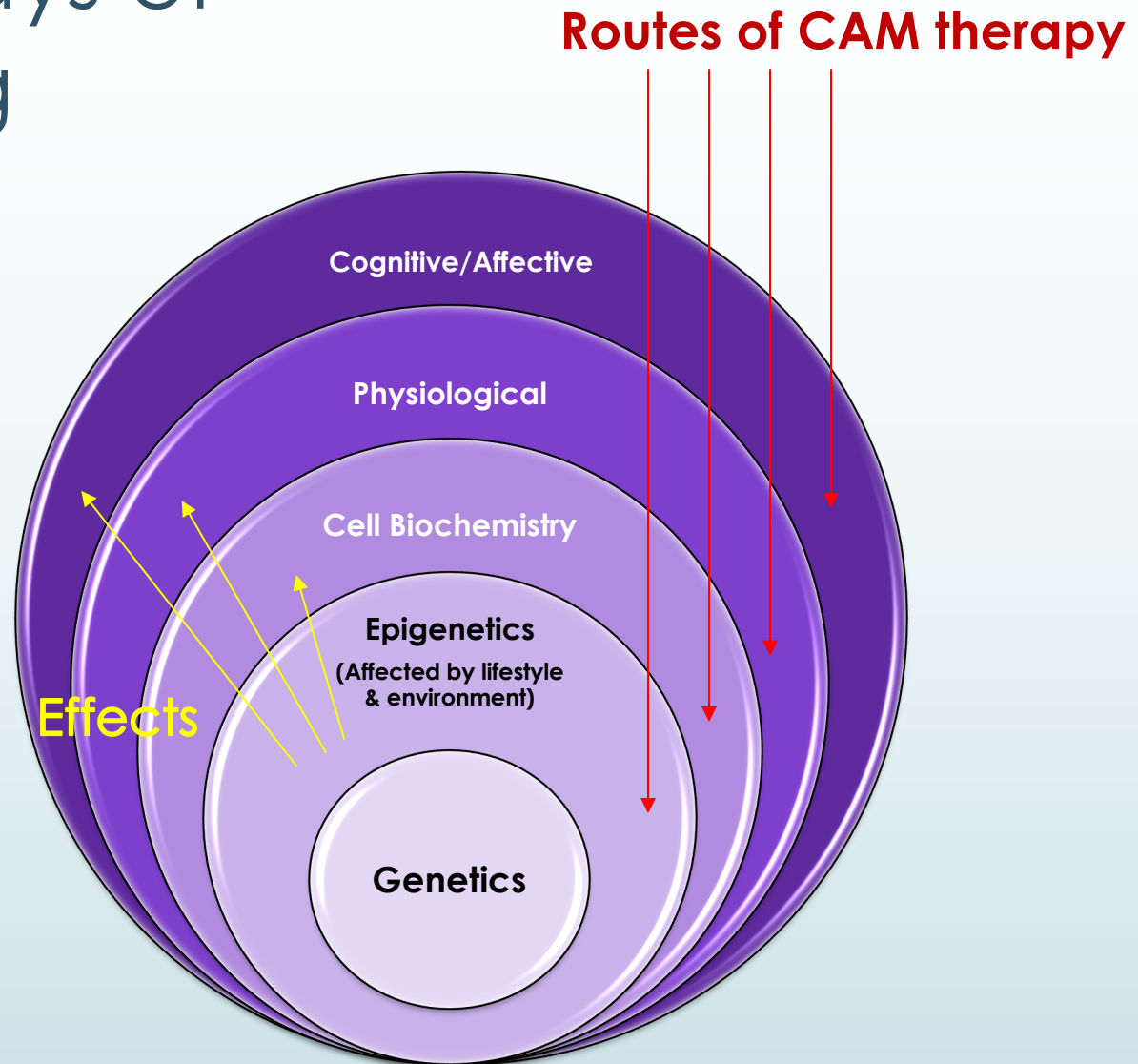


Molecular Profile

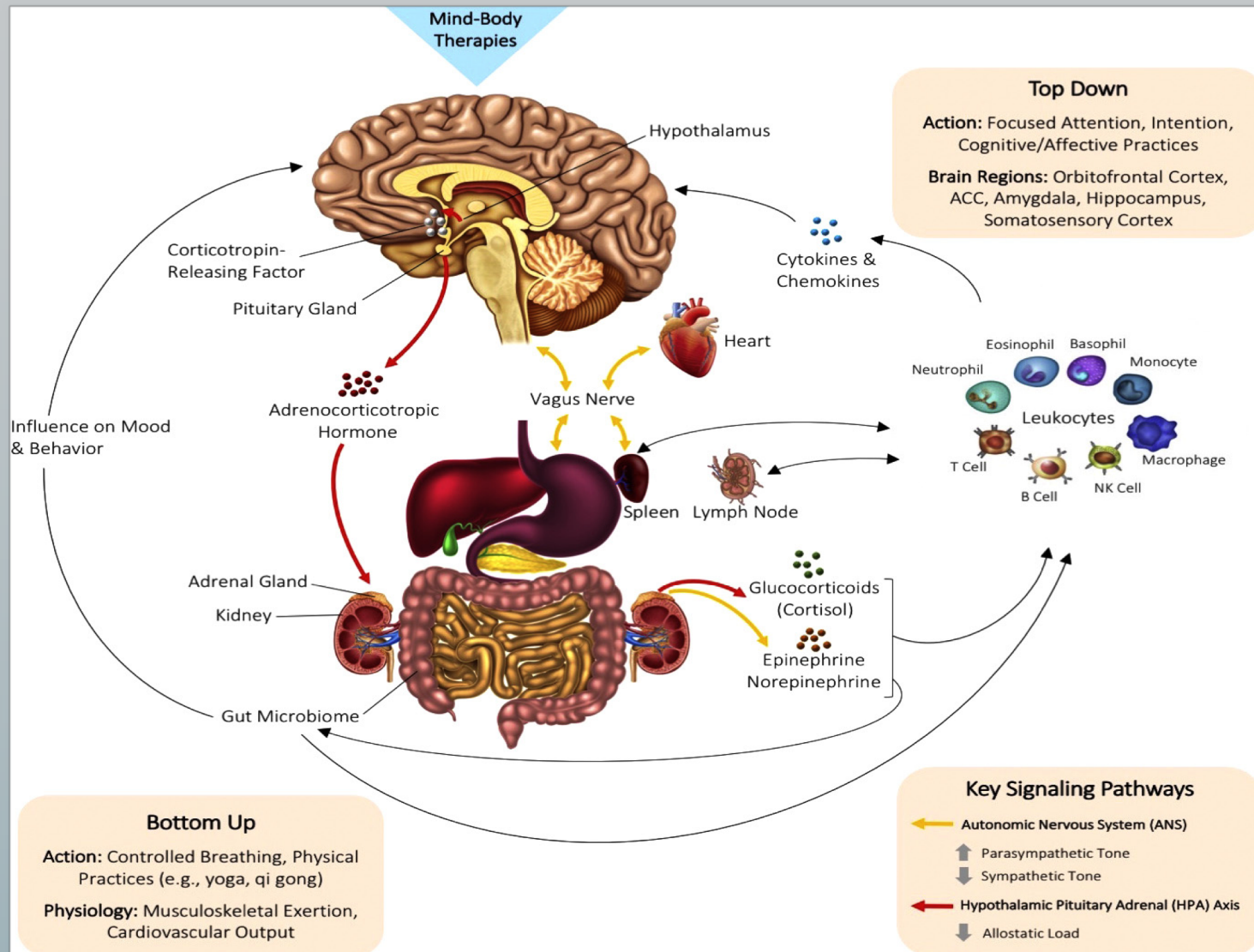
Epigenetics: An Important Pathway of Healing



Pathways of Healing



Bi-directional Pathways of Healing



Healing & Wellness

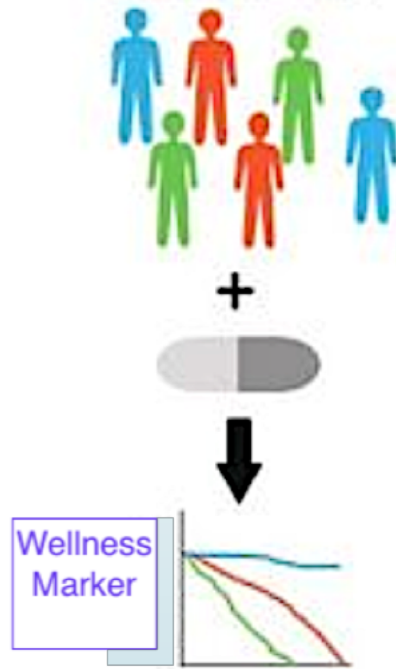


Integrative Healthcare

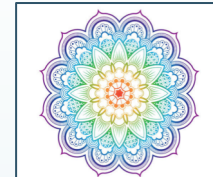
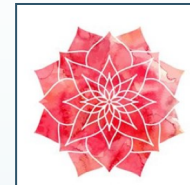
Ayurveda: 5000 years of personalized, holistic healthcare

Conventional Care

“One size fits all”



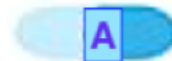
Individualized Ayurvedic Care



Profile A



+



Profile B



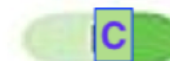
+



Profile C



+

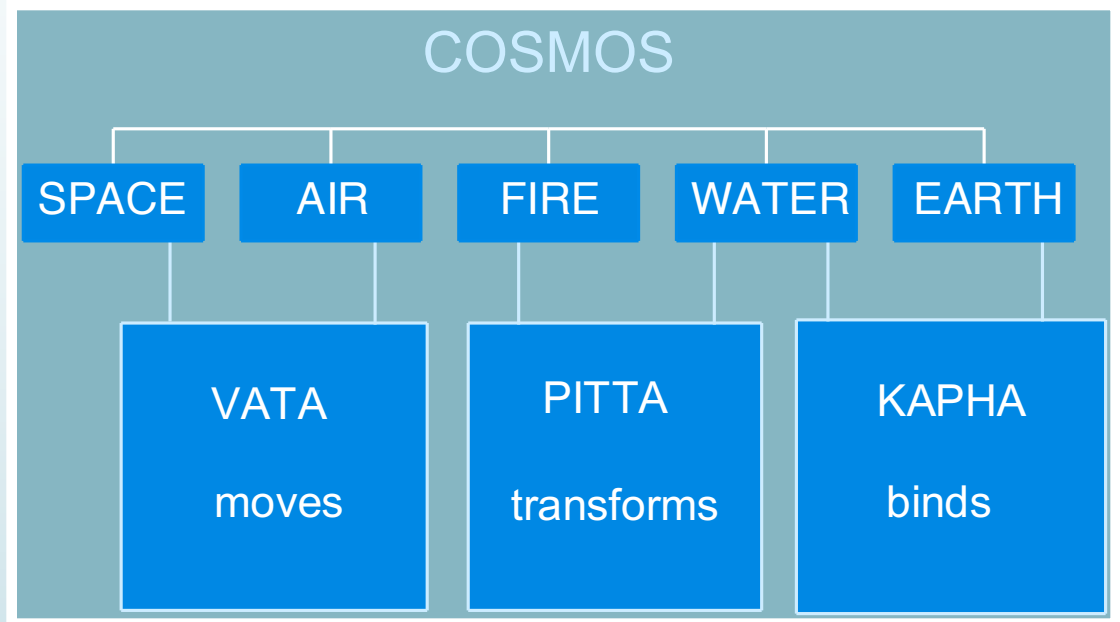


AYURVEDA: SCIENCE OF LIVING

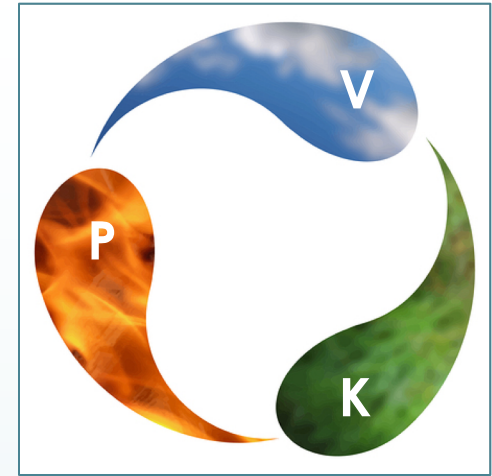


5 GREAT ELEMENTS

3 GREAT DOSHAS



AYURVEDA: THE THREE GREAT DOSHAS



Each dosha is essential to life and is present in every person, having specific expression in every dimension of being:

- **Vata** moves → body, mind, subtle energy
- **Pitta** transforms → body, mind, subtle energy
- **Kapha** binds → body, mind, subtle energy

AYURVEDA: IMPORTANCE OF INDIVIDUAL CONSTITUTION

Each person has unique constitution of 3 doshas

Constitution ascertained via careful history & exam

- ❖ Pulse
- ❖ Body Build & Weight
- ❖ Tongue, Skin, Hair, Nails
- ❖ Circulation
- ❖ Climate Tolerance



- ❖ Speech / Motor Activity
- ❖ Emotional Tendencies
- ❖ Memory & Cognition
- ❖ Eating / Elimination Patterns
- ❖ Sleeping Patterns

Ayurvedic Constitutional Types

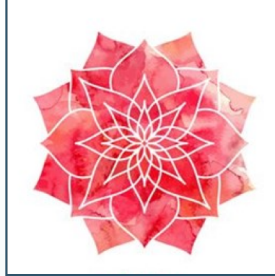


VATA

Lean, bony build
Rapid walk and talk
Erratic appetite & stamina
Sensitive to wind & cold

Quick, flexible mind
Learn fast, forget fast
Creative, enthusiastic
With stress: anxious, unsettled

Respond well to:
Regular, long sleep
Frequent meals: warm & rich
Warm, moist climate



PITTA

Muscular, moderate build
Forceful walk & talk
Strong appetite & stamina
Sensitive to heat

Sharp, penetrating mind
Focused learning & memory
Great willpower, leadership
With stress: irritable, jealous

Respond well to:
Moderate sleep
Regular meals: cool & sweet
Cool climate



KAPHA

Large, hefty build
Slow walk and talk
Steady appetite & stamina
Sensitive to fog & cold

Deliberate, calm mind
Learn slowly, good memory
Loyal, caring, forgiving
With stress: depressed, clingy

Respond well to:
Less sleep
Fewer meals: light & spicy
Warm, dry climate

AYURVEDA: REMEDIES FOR DOSHA IMBALANCE

Remedies to re-balance dosha may be applied at any dimension, not just dimension where symptoms manifest

Attention to Nature

- ❖ Circadian/Seasonal Rhythms
- ❖ Climate
- ❖ Environment

Sensory Experiences

Social Experiences

Food & Spices

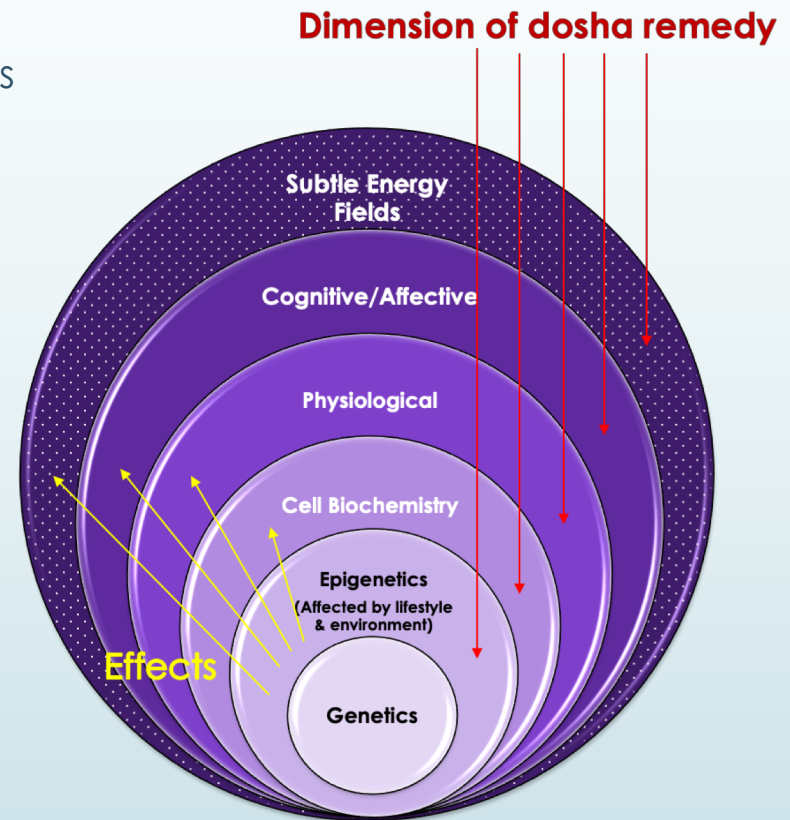
Detoxification Procedures

Herbal Medicine

Yoga Asanas & Exercise

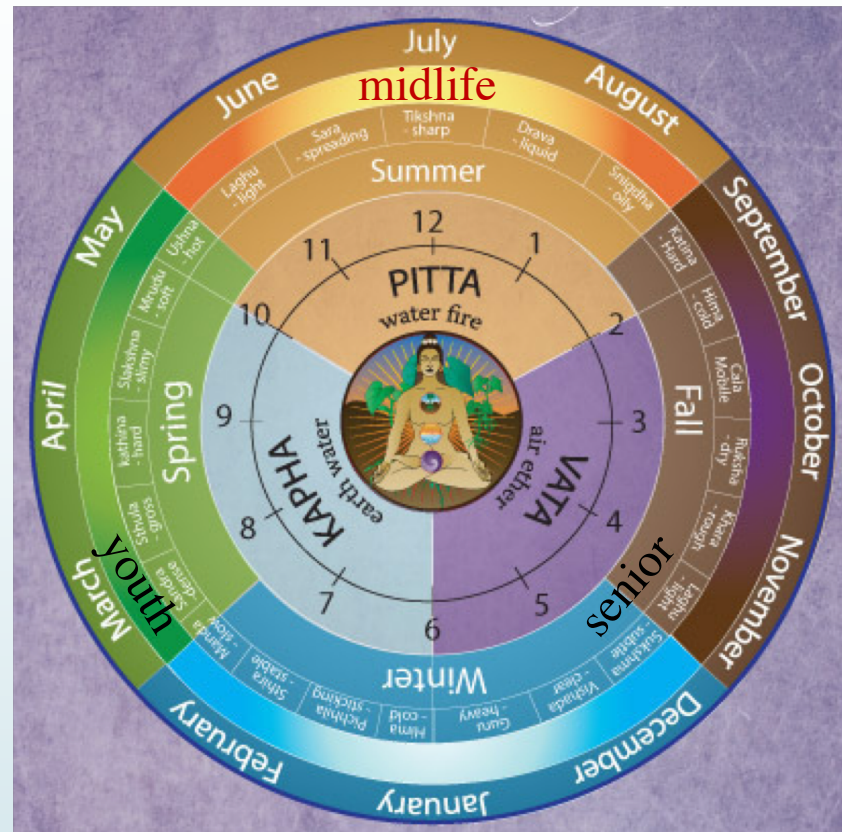
Pranayama

Meditation



Ayurveda: Rhythms & Routines

- ❖ Doshas rise and fall in succession over day, year and lifecycle
- ❖ In Ayurveda, routine helps to attune ourselves to internal rhythms & rhythms of time and season.
- ❖ Benefits of Routine:
 - Physiologic function is optimized
 - Helps keep doshas in balance
 - Increases capacity to cope with stress



PANCHAKARMA: Ayurvedic Detoxification



Stomach	(via emesis)
Upper GI	(via purgatives)
Lower GI	(via enema)
Nose/Sinuses	(via nasal irrigation)
Blood	(via herbs)

- ❖ Assists in balancing all three doshas
- ❖ Concentrates & eliminates toxins via 5 main channels
- ❖ Helps restore metabolic fire
- ❖ Boosts immunity levels
- ❖ Slows the ageing process

AYURVEDIC NUTRITION

- ❖ Food is medicine
- ❖ Food should fit constitution
- ❖ Six tastes of food:
 - sweet
 - sour
 - salty
 - bitter
 - pungent
 - astringent

Best for Vata: sweet, salty, sour

Best for Pitta: sweet, bitter, astringent

Best for Kapha: pungent, bitter, astringent



AYURVEDIC YOGA

- ❖ Yoga and Ayurveda are sister sciences
- ❖ Yoga Includes asanas, pranayama and meditation
- ❖ Ayurveda tailors yoga practice to individual's constitution

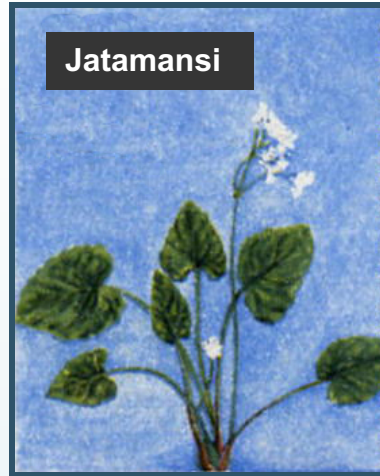


SOME PSYCHOTROPIC AYURVEDIC HERBS

Rauwolfia serpentina



Valeriana jatamansi



Centella asiatica



Antipsychotic Effect (* RCTs)

- Rauwolfia *
- Centella (in polyherbal)

Anxiolytic Effect

- Valeriana
- Centella*
- Withania
- Convolvulus
- Bacopa *

Antidepressant Effect

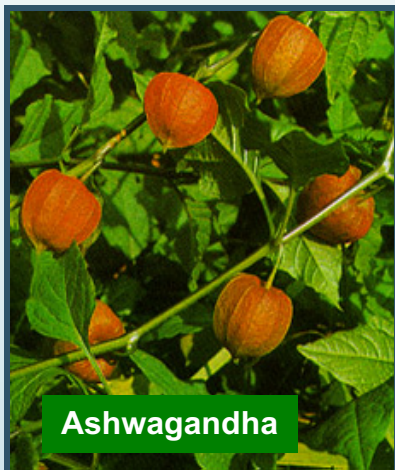
- Withania
- Convolvulus

Soporific Effect

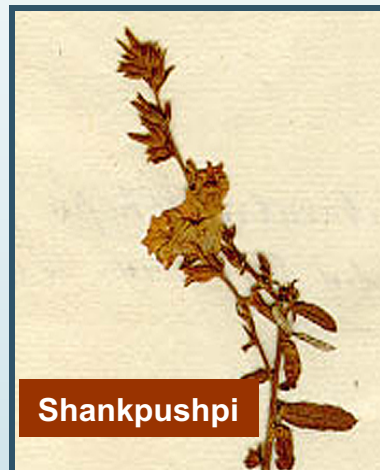
- Valeriana *
- Centella (in polyherbal)

Cognitive Enhancement

- Centella*
- Withania *
- Convolvulus
- Bacopa *



Withania somnifera



Convolvulus pluricaulis



Bacopa Monniera

Grief: A Story of Three Sisters



“Love knows not its own depth until
the hour of separation.”

~Kahlil Gibran

AYURVEDA: DEPRESSION AS DOSHA IMBALANCE



VATA TYPE

- Anxious
- Insomnia
- Anorexia
- Weight loss
- Restless flitting
- Compulsive speech

PITTA TYPE

- Irritable, Angry
- Insomnia
- Anorexia
- Weight stable
- Tense pacing
- Abrupt speech

KAPHA TYPE

- Numb, apathetic
- Oversleeping
- Over-eating
- Weight Gain
- Frozen pose
- Little speech

AYURVEDA: REMEDIES FOR DOSHA IMBALANCE

Remedies to re-balance dosha may be applied to every dimension, not just dimension where symptoms manifest

Attention to Nature

- ❖ Circadian/Seasonal Rhythms
- ❖ Climate
- ❖ Environment

Purification Procedures

Food & Spices

Herbal Medicine

Yoga Asanas & Exercise

Pranayama

Meditation

Sensory Experiences

Social Experiences

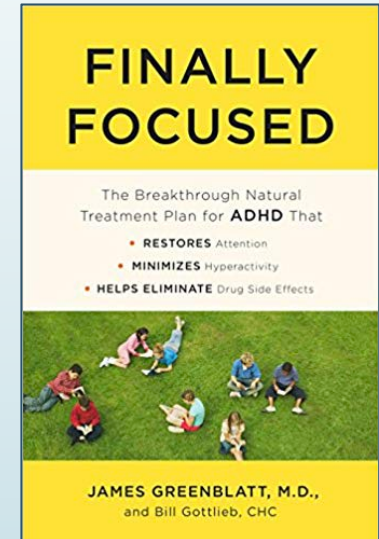
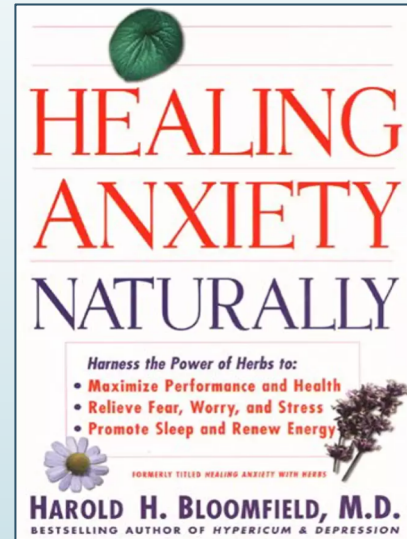
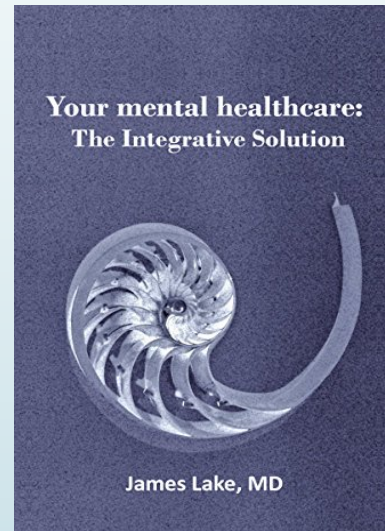
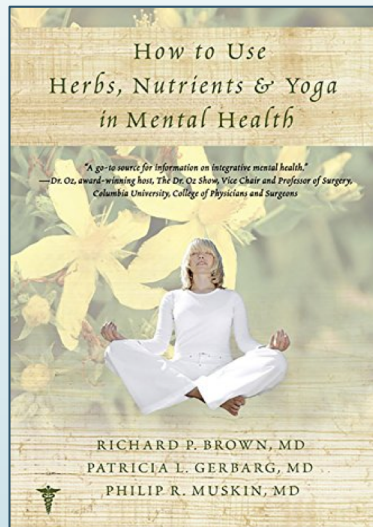
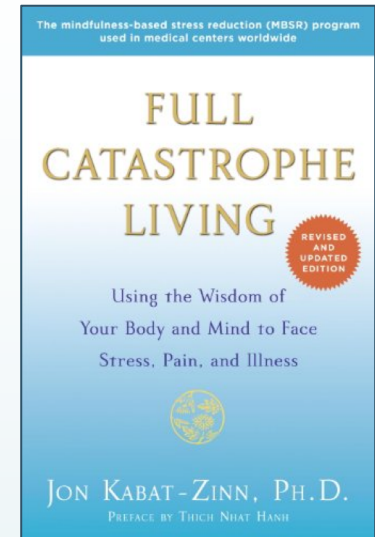
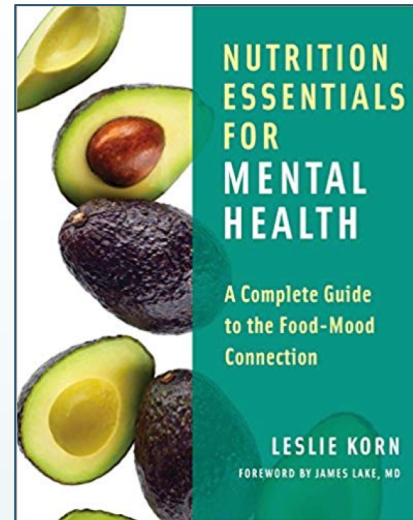
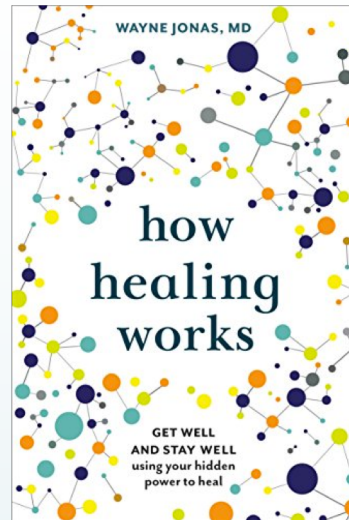
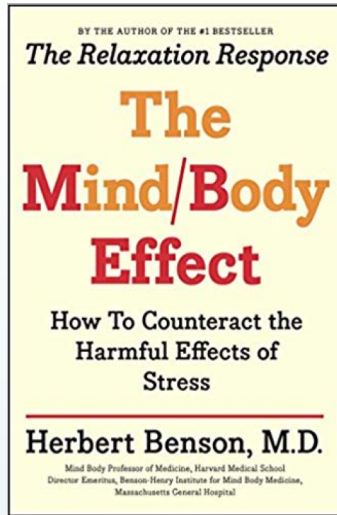


“Body, mind and soul are like a tripod.
The universe stands by their combination; in them
everything abides. This is the subject matter of Ayurveda.”

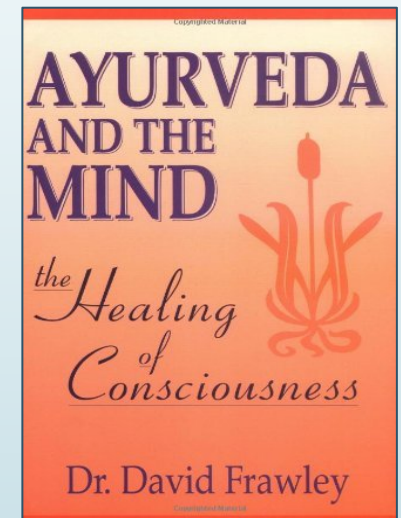
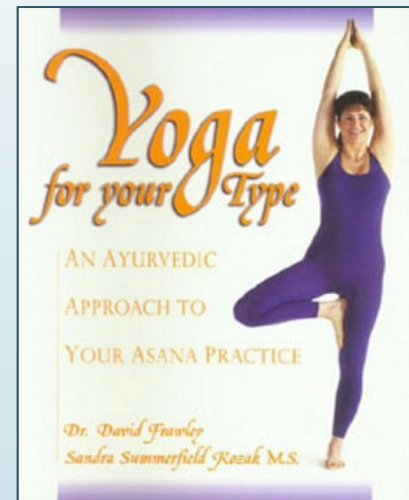
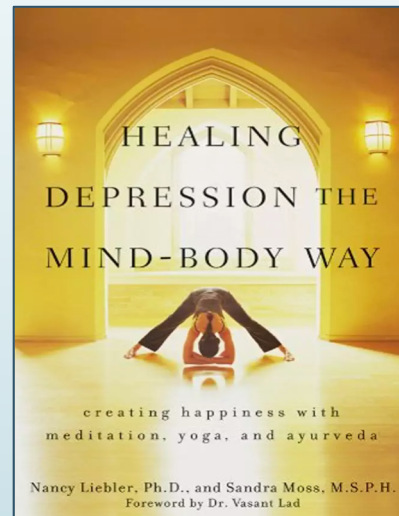
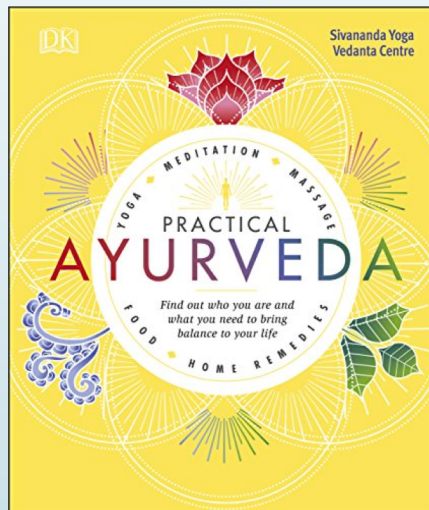
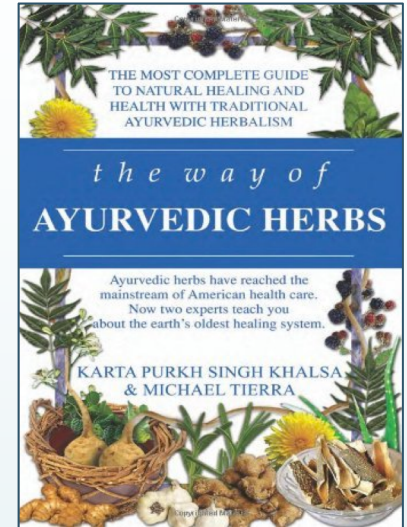
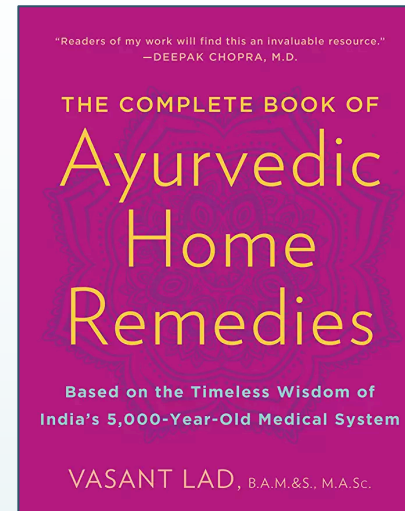
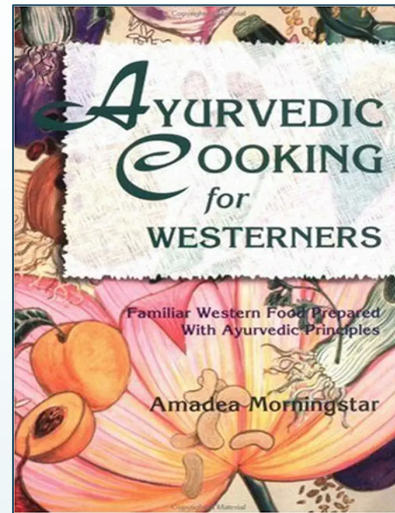
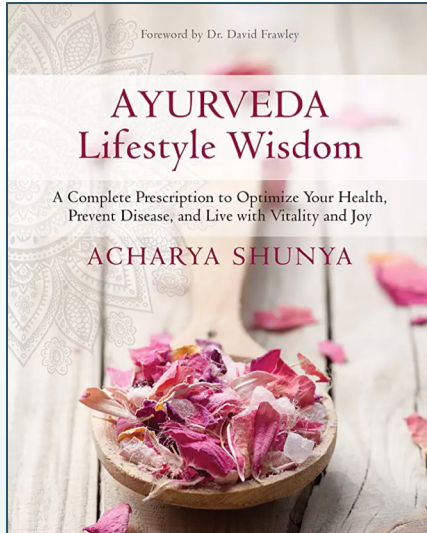
~ Charaka Samhita



RESOURCES: INTEGRATIVE MENTAL HEALTH



RESOURCES: AYURVEDA



References: Evaluating Efficacy & Safety of Complementary Therapies

Complementary therapy resources		
Resource	Website	Comments
Natural Medicines	https://naturalmedicines.therapeuticresearch.com/	Dietary supplement database with interaction checker
NIH National Center for Complementary and Integrative Health (NCCIH)	https://nccih.nih.gov/	Evidence-based information on many complementary therapies
NIH Office of Dietary Supplements (ODS)	https://ods.od.nih.gov/	Fact sheets and information on many dietary supplements

Systematic review resources		
Resource	Website	Comments
Agency for Healthcare Research and Quality	http://www.ahrq.gov/research/findings/evidence-based-reports/index.html	Evidence-based reports
Cochrane Library	http://www.cochrane.org/	Searchable library of systematic evidence reviews

Tables from: Complementary Therapies for Mental Health Disorders. Asher, N, Gerkin, J , Gaynes, B. Med Clin N Am 101 (2017) 847–864

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