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

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

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- Greater diversity of interactions
- More work specialization
- Accelerating innovation
- Social media effects
Mandala: Cosmic Circle

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

~ Carl Jung
Promoting Healing & Wellness

Conventional Psychiatry & Mental Healthcare

Integrative Psychiatry

Lifestyle Medicine

Complementary & Alternative Medicine

Self-Care

Integrative Mental Healthcare
Essentials of Self Care
Complementary & Alternative Medicine

Types of CAM

- **Manipulative Therapies:** Chiropractic, Massage
- **Energy Therapies:** Reiki, Magnets, Chakras
- **Mind-Body Practices:** Meditation, Yoga, Tai Chi
- **Ayurveda**
- **Chinese Medicine**
- **Naturopathy**
- **Homeopathy**
- **Vitamins**
- **Probiotics**
- **Herbs**

Mind & Body Therapies

Alternative Medical Systems & Other Approaches

Biological Therapies
Personalized Medicine: An Emerging Paradigm in Conventional Care

- Clinical Genome Sequencing
  - Identify disease-causing mutations in patients and family members
  - Direct disease treatment (e.g., subtype-informed drug selection)
  - Clarify disease diagnoses
- Targeted Therapeutics
  - Tackle molecular underpinnings of specific disease subtypes
  - Sequencing can aid placement of patients into appropriate clinical trials
- Genetic Risk Scores
  - Risk of complex disease calculated from influence of many variants
  - Association of genetic risk with disease outcomes
- Induced Pluripotent Stem Cells
  - Model disease and test new therapies in vitro
  - Potential source of autologous cells for transplantation
- CRISPR Genome Editing
  - Potential to stop disease before it starts (e.g., editing in embryos)
  - Target disease at the DNA level
Impact of Personalized Medicine on Mental Health Diagnosis & Treatment

Without Personalized Medicine: Some Benefit, Some Do Not

Patients

Without

With Personalized Medicine: Each Patient Receives the Right Therapy For Them

Patients

Biomarker Diagnostics

Each Patient Benefits From Individualized Treatment

Molecular Profile
Epigenetics: An Important Pathway of Healing
Pathways of Healing

Routes of CAM therapy

- Genetics
- Epigenetics (Affected by lifestyle & environment)
- Cell Biochemistry
- Physiological
- Cognitive/Affective

Effects
Bi-directional Pathways of Healing

Mind-Body Therapies

Top Down
- **Action**: Focused Attention, Intention, Cognitive/Affective Practices
- **Brain Regions**: Orbitofrontal Cortex, ACC, Amygdala, Hippocampus, Somatosensory Cortex

Bottom Up
- **Action**: Controlled Breathing, Physical Practices (e.g., yoga, qi gong)
- **Physiology**: Musculoskeletal Exertion, Cardiovascular Output

Key Signaling Pathways
- Autonomic Nervous System (ANS)
  - Parasympathetic Tone
  - Sympathetic Tone
- Hypothalamic Pituitary Adrenal (HPA) Axis
  - Allostatic Load
Healing & Wellness

Integrative Healthcare
Ayurveda: 5000 years of personalized, holistic healthcare

Conventional Care

“One size fits all”

Individualized Ayurvedic Care

Wellness Marker
AYURVEDA: SCIENCE OF LIVING

5 GREAT ELEMENTS
- SPACE
- AIR
- FIRE
- WATER
- EARTH

3 GREAT DOSHAS
- VATA moves
- PITTA transforms
- KAPHA binds
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

<table>
<thead>
<tr>
<th>VATA</th>
<th>Pitta</th>
<th>Kapha</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lean, bony build</td>
<td>Muscular, moderate build</td>
<td>Large, hefty build</td>
</tr>
<tr>
<td>Rapid walk and talk</td>
<td>Forceful walk &amp; talk</td>
<td>Slow walk and talk</td>
</tr>
<tr>
<td>Erratic appetite &amp; stamina</td>
<td>Strong appetite &amp; stamina</td>
<td>Steady appetite &amp; stamina</td>
</tr>
<tr>
<td>Sensitive to wind &amp; cold</td>
<td>Sensitive to heat</td>
<td>Sensitive to fog &amp; cold</td>
</tr>
<tr>
<td>Quick, flexible mind</td>
<td>Sharp, penetrating mind</td>
<td>Deliberate, calm mind</td>
</tr>
<tr>
<td>Learn fast, forget fast</td>
<td>Focused learning &amp; memory</td>
<td>Learn slowly, good memory</td>
</tr>
<tr>
<td>Creative, enthusiastic</td>
<td>Great willpower, leadership</td>
<td>Loyal, caring, forgiving</td>
</tr>
<tr>
<td>With stress: anxious, unsettled</td>
<td>With stress: irritable, jealous</td>
<td>With stress: depressed, clingy</td>
</tr>
<tr>
<td>Respond well to: Regular, long sleep</td>
<td>Respond well to: Moderate sleep</td>
<td>Respond well to: Less sleep</td>
</tr>
<tr>
<td>Frequent meals: warm &amp; rich</td>
<td>Regular meals: cool &amp; sweet</td>
<td>Fewer meals: light &amp; spicy</td>
</tr>
<tr>
<td>Warm, moist climate</td>
<td>Cool climate</td>
<td>Warm, dry climate</td>
</tr>
</tbody>
</table>
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
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

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

<table>
<thead>
<tr>
<th>Channel</th>
<th>Method</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stomach</td>
<td>(via emesis)</td>
</tr>
<tr>
<td>Upper GI</td>
<td>(via purgatives)</td>
</tr>
<tr>
<td>Lower GI</td>
<td>(via enema)</td>
</tr>
<tr>
<td>Nose/Sinuses</td>
<td>(via nasal irrigation)</td>
</tr>
<tr>
<td>Blood</td>
<td>(via herbs)</td>
</tr>
</tbody>
</table>
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 *
Grief: A Story of Three Sisters

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

~Kahlil Gibran
### Ayurveda: Depression as Dosha Imbalance

<table>
<thead>
<tr>
<th><strong>Vata Type</strong></th>
<th><strong>Pitta Type</strong></th>
<th><strong>Kapha Type</strong></th>
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<tbody>
<tr>
<td>Anxious</td>
<td>Irritable, Angry</td>
<td>Numb, apathetic</td>
</tr>
<tr>
<td>Insomnia</td>
<td>Insomnia</td>
<td>Oversleeping</td>
</tr>
<tr>
<td>Anorexia</td>
<td>Anorexia</td>
<td>Over-eating</td>
</tr>
<tr>
<td>Weight loss</td>
<td>Weight stable</td>
<td>Weight Gain</td>
</tr>
<tr>
<td>Restless flitting</td>
<td>Tense pacing</td>
<td>Frozen pose</td>
</tr>
<tr>
<td>Compulsive speech</td>
<td>Abrupt speech</td>
<td>Little speech</td>
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AYURVEDA: REMEDIES FOR DOSHA IMBALANCE

Remedies to re-balance dosha may be applied to every dimension, not just the 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

- The Relaxation Response: The Mind/Body Effect - How To Counteract the Harmful Effects of Stress by Herbert Benson, M.D.
- how healing works by Wayne Jonas, M.D.
- Nutrition Essentials for Mental Health: A Complete Guide to the Food-Mood Connection by Leslie Korn with Foreword by James Lake, M.D.
- Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness by Jon Kabat-Zinn, Ph.D.
- How to Use Herbs, Nutrients & Yoga in Mental Health
- Your mental healthcare: The Integrative Solution by James Lake, MD
- Healing Anxiety Naturally by Harold H. Bloomfield, M.D.
- Finally Focused: The Breakthrough Natural Treatment Plan for ADHD That Restores Attention, Minimizes Hyperactivity, and Helps Eliminate Drug Side Effects by James Greenblatt, M.D., and Bill Gottlieb, CHC.
RESOURCES: AYURVEDA
## References: Evaluating Efficacy & Safety of Complementary Therapies

### Complementary therapy resources

<table>
<thead>
<tr>
<th>Resource</th>
<th>Website</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Natural Medicines</td>
<td><a href="https://naturalmedicines.therapeuticresearch.com/">https://naturalmedicines.therapeuticresearch.com/</a></td>
<td>Dietary supplement database with interaction checker</td>
</tr>
<tr>
<td>NIH National Center for Complementary and Integrative Health (NCCIH)</td>
<td><a href="https://nccih.nih.gov/">https://nccih.nih.gov/</a></td>
<td>Evidence-based information on many complementary therapies</td>
</tr>
<tr>
<td>NIH Office of Dietary Supplements (ODS)</td>
<td><a href="https://ods.od.nih.gov/">https://ods.od.nih.gov/</a></td>
<td>Fact sheets and information on many dietary supplements</td>
</tr>
</tbody>
</table>

### Systematic review resources

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<tr>
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<tbody>
<tr>
<td>Cochrane Library</td>
<td><a href="http://www.cochrane.org/">http://www.cochrane.org/</a></td>
<td>Searchable library of systematic evidence reviews</td>
</tr>
</tbody>
</table>

References: Integrative Mental Healthcare


