

Positive Psychology and Cognitive Behavioral Therapy

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Programme for management of cognitive disorders with ayurveda and yoga

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Introduction: Indian Traditional Medicinal System Ayurveda is a benchmark in understanding Human health and disease therapeutics since more than 2000 years. Current scenario of cognitive diseases and their management with Ayurveda and therapeutic yoga is a topic of new exploration when it comes to evidence based research.

Objectives:

- Understanding of cognitive diseases using Ayurveda literature
- In the womb management: Ayurveda Preventive and wellness practices during foetal period to avoid cognitive disorders. Antenatal care will be planned to avoid future cognitive diseases in next progeny.
- Diagnosis of cognitive disorders with the help of Ayurveda basic principles of Pathophysiology
- Therapeutics and Yogic interventions to minimize the intensity of the disorder by improving quality of life with reduced dosage and dependency on medicines having side effects

Materials & Methods: Ayurveda compendia literature study will be presented in detail along with meta-analysis of research articles and studies.

Discussion and Conclusion: This article will discuss many aspects of Ayurveda strategies for cognitive disorders management. Why Ayurveda different from others to treat cognitive diseases-

- personalised medication with complex mixtures
- evidence based traditional medicine
- major source of novel medicines as well as novel concepts
- very long tradition and apparently safe use

With detail analysis of prevention right from the womb by focusing on mother's lifestyle and diet/drug related practices. Second issue is how an Ayurveda decoding of disease is different than modern medicine and how this study of pathophysiology helps in understanding deep rooted causes of the manifestations of the disease. This understanding helps in giving right therapy and medicines by personalized solution with minimum side effects. This therapy not only focuses on the healing or rejuvenation of the body but also helps body to get balance on the level of body soul and mind. Not only medicines but route of administration will also be discussed like Nasyam (nasal medications), Shirodhara (oil or buttermilk is dropped on head in supine position) or Basti (enema) in CNS disorders. Holistic therapies get extended into non pharmacopeia treatments like yogic practices like meditation and Omkar chanting proving to be effective in behavioural and cognitive skill development.

Biography

Sushilkumar Deshmukh MS (Ayurved- Obs Gynaec), PhD Scholar, is practicing Ayurveda and Yoga since last 7 years in Pune, India. He is interested to serve as a faculty member in Ayurveda and Yoga. His interest includes: Nadi pariksa i.e. Ayurvedic Pulse reading; rehabilitation programme in cardiac and joint disorders and; Obesity.

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