

Book Review

Rationale of Ayurvedic Psychiatry

Author : Dr. A. R. V. Murthy
Publishers : Chowkhambha Orientalia , Varanasi
Pages : 531 Price : Rs. 450/-



Prof. M. S. Baghel, I/c Vice Chancellor, Guj. Ayu. Uni. (2nd from left) releasing the book, others seen are Dr. C.L. Patel, Chairman, CVM, Mr. S.M. Patel, Jt. Secretary, CVM, & Dr. Murthy (from left to right)

ABOUT THE BOOK

The book **Rationale of Psychiatry deals** with the Foundational concepts, Traditional Psychotherapeutic practices and the Recent advances in the field of Ayurvedic Psychiatry. *The First part* elaborates the fundamental concepts as available in Ayurveda compendia and also dwells with Psychotherapy concepts in allied ancient literature like Vedas, Upanishads and Darshanas to clarify the Ayurvedic concepts wherever necessary. A comprehensive concept of Sattvavajaya as an Ayurvedic version of psychotherapy has been evolved, which is a pioneering effort. A systematic classification of Psychotherapeutics is presented in this part, which again is some thing that is worth noting. *The Second part* gives a detailed account of Psychotherapeutic practices and the drugs that are in vogue to treat various psychological disorders. The concept of Medhya Rasayana has been put forth lucidly with a briefing on its scientific footings. A systematic account of each drug in terms of Botanical name, Family, Vernacular names, Habitat, Distribution, Pharmacognosy, Pharmacodynamic properties, Photochemistry, Experimental and Clinical Studies have been discussed in detail. *The Third part* discusses the mode of action of Psychotropic drugs mentioned in Ayurveda in terms of modern scientific parameters, enlists various research works conducted in multitudes of institutions across the country and abroad

and titles of dissertations submitted on Manasaroga in various teaching institutions all over India. The recent advances in the field of Psychiatry in general & Ayurvedic Psychiatry in particular, are precisely dealt. Some of the research articles written by the Author on Mind and related topics are reproduced here for ready reference of the readers.

The book 'Rationale of Ayurvedic Psychiatry' is author's third book on Ancient Indian Psychology series. The second book '*Mind in Ayurveda and other Indian Traditions*' was published in the Year 2004 and his first book - "*Ayurvede Manovijnanasya sameekshatmakamadhayanm*" (Sanskrit) was published in 2002.

ABOUT THE AUTHOR

Dr. A. R. V. Murthy presently working as Principal and Superintendent of G.J.Patel Ayurveda College and S.G.J.Patel Ayurveda Hospital, New Vallabha Vidyanagar, Anand, Gujarat, since June 2006. Born in 1961, in Karnataka, Dr. Murthy was graduated from Ayurveda College, Udupi, in 1983 and won Gold medal and a state Award for his meritorious performance. He got his Postgraduate degree, M.D. (Ay.) in Kayachikitsa, from the prestigious Banaras Hindu University, Varanasi in 1987 and awarded Ph.D. from Rashtriya Sanskrit Vidyapeetha, Tirupati in 1999. Dr. Murthy has published over 60 Scientific Papers in various research Journals and has delivered over 200 guest lectures in different parts of India and Japan. He has participated in more than 100 Seminars-both National and International in various capacities as Chairman, Co-chairman and Guest speaker. He is the recipient of Nambiar Memorial award and M.V. Shastry memorial award as well.

The book acquires greater significance in the context of Ayurvedic psychiatry and will be a useful tool in Ayurvedic institutional libraries.

Reviewed by : Dr. H. M. Chandola,
Professor of Kayachikitsa & Dean
Institute for Post Graduate Teaching &
Research in Ayurveda
Gujarat Ayurved University
Jamnagar

