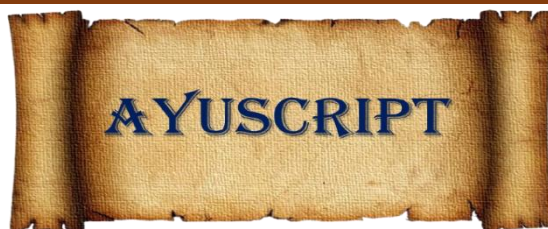


[www.ayuscript.com](http://www.ayuscript.com)

गन्तुं ह्येव द्वारं कायमकल्पयन् ॥ १० ॥ विश्वकर्मा एमादूयपुरीं हाटकनि  
 र्मन्तं ॥ तत्र योऽशसहस्रं स्त्रीणां वैभवराधिकम् ॥ ११ ॥ भवनानि मनोज्ञा  
 णिमाध्वयकल्पयन् ॥ पारिजातनरं वैवनासीं भोगाय कल्पयन् ॥ १२ ॥ य  
 यानां गृहास्तत्र यदुपेयाशतकोटयः ॥ अन्येपि बहुलोलोकावसंनिविगत  
 राः ॥ १३ ॥ यन्त्रं विविधैर्लोकैश्च सुंदरं तत्र दृश्यते ॥ सवाजितप्रसूनाद्योऽ  
 नुगुण्यविद्युते ॥ १४ ॥ यन्मपि तीरमासाद्य तन्मनस्कं याचसुः ॥ सजा  
 तपस्तेपस्संभृष्टेण बुद्धिमान् ॥ १५ ॥ वननिरसं गृहसम्यं संपदलभ  
 तः ॥ उसन्नेभमवाच्यनाजितपुरं स्थितं ॥ १६ ॥ सजाजितोऽपि तुष्टावदृष्टादेवैह  
 ॥ करं चानि जाशानमस्तैस्तैः नमस्तैः सर्वतो मुखः ॥ १७ ॥ विश्वयापि त्रुमस्तै  
 मस्तैः विभुः परमा ॥ कल्पयन् मनस्तैः हरिद्वयनमोक्तं ॥ १८ ॥ गृहराज न  
 रस्तैः नमस्तैः चरान् विद्या ॥ वेदत्रयनमस्तैः सर्वद्वयनमोक्तं ॥ १९ ॥ प्रसी  
 दहि देवा मुदयामादिवाकरैः ॥ अन्यस्तैः यमानोऽपि देवादिवाकरैः ॥ २० ॥







## International Journal for Empirical Research in Ayurveda

**Depression Among the Current Young Population: Magnitude, Indian Scenario, and Ayurvedic Perspectives on Prevention and Management.****Danga S.K.<sup>1</sup> Dachewar A.S.<sup>2</sup>**

1. Ph.D. (Kayachikitsa-Sch.), Dept of Kayachikitsa, Shri Ayurved Mahavidyalaya, Nagpur.
2. Professor & HOD, Dept of Kayachikitsa, Shri Ayurved Mahavidyalaya, Nagpur.

**ABSTRACT:**

In Ayurveda, depression is closely associated with the concept of Vishad, a state of mental distress resulting from an imbalance in the Tridoshas, particularly Vata and Tamas. The Ayurvedic approach to managing depression focuses on holistic well-being, incorporating herbal treatments, dietary adjustments, lifestyle modifications, and mind-body therapies. Medhya Rasayanas like Brahmi (*Bacopa monnieri*), Ashwagandha (*Withania somnifera*), and Shankhpushpi are valued for their ability to improve cognitive function and alleviate stress. Notably, Brahmi and Ashwagandha are known to strengthen cognitive resilience. Depression is a leading mental health disorder affecting young individuals globally, with rising prevalence in India due to socio-cultural, academic, and economic stressors. This review examines the magnitude of depression among youth (15–24 years), analyzes India's unique challenges, and explores Ayurvedic principles for holistic prevention and management. A systematic literature search (2010–2023) across PubMed, Google Scholar, and AYUSH Research Portal identified 85 studies, with 18 selected for critical analysis. Findings reveal 20–35% of Indian youth exhibit depressive symptoms, exacerbated by academic pressure, unemployment, and digital overuse. Ayurveda emphasizes balancing Tridosha (Vata, Pitta, Kapha), strengthening Satvavajaya (mind control), and using Rasayana (rejuvenation therapies) to address root causes. Integrating Ayurvedic practices with conventional care may offer culturally resonant solutions to India's mental health crisis.

**Keywords:** Youth depression, Mental health in India, Prevalence of depression, Ayurvedic management, Medhya Rasayana, Satvavajaya

**CORRESPONDING AUTHOR:****Dr. S.K.Danga**

Ph.D. (Kayachikitsa-Sch.), Dept of Kayachikitsa,  
Shri Ayurved Mahavidyalaya, Nagpur.  
Email: sunder147@gmail.com

**How to cite this Article:**

Danga S.K. Dachewar A.S. Depression Among the Current Young Population: Magnitude, Indian Scenario, and Ayurvedic Perspectives on Prevention and Management. AYUSCRIPT 2025;4(1):48-51 DOI: <http://doi.org/10.55552/AYUSCRIPT.2025.4110>

## INTRODUCTION:

Depression, characterized by persistent sadness and loss of interest, is the fourth-leading cause of disability worldwide, with 15–24-year-olds disproportionately affected.[1] In India, rapid urbanization, academic competition, and social media proliferation have intensified psychological stressors, contributing to a 35% increase in youth depression since 2015.[2]. Despite growing awareness, stigma and inadequate mental health infrastructure limit treatment access. Ayurveda, India's ancient holistic system, offers preventive and therapeutic strategies through Ahara (diet), Vihara (lifestyle), and Manasika Chikitsa (mental health interventions). This article evaluates the epidemiology of youth depression in India and synthesizes evidence on Ayurveda's role in mitigating this crisis.

## Objectives

1. To examine the prevalence, risk factors, and socio-cultural determinants contributing to the rising incidence of depression among adolescents and young adults (15–24 years) in India.
2. To evaluate the role of Ayurvedic principles, including Tridosha balance, Medhya Rasayana therapies, and Satvavajaya (mind control), in preventing and managing depressive disorders in the youth population.
3. To propose integrative strategies combining Ayurvedic practices with conventional mental health interventions for culturally resonant, holistic care in addressing India's youth depression crisis.

## Methods :

### Search Strategy:

A systematic review was conducted using keywords: “youth depression,” “India,”

“Ayurveda,” and “mental health management.” Databases included PubMed, Scopus, and the AYUSH Research Portal. Inclusion criteria: peer-reviewed articles (2010–2023), epidemiological studies, and clinical trials on Ayurvedic interventions. Exclusion criteria: non-English studies, opinion pieces.

### Data Extraction:

Of 85 identified studies, 18 met inclusion criteria. Data on prevalence, risk factors, and Ayurvedic therapies were tabulated and analyzed thematically.

## Results

### 1. Magnitude of Youth Depression

Global: WHO (2023) estimates 10–15% of adolescents experience depressive disorders.

India: The National Mental Health Survey [2] reports 7.3% prevalence among 13–17-year-olds, rising to 22% in college students. Suicide,[3] driven by depression, is the leading cause of death in Indian youth.[4].

### 2. Risk Factors in India

Academic Stress: 68% of students report exam-related.[5] Unemployment: Youth unemployment (23%) correlates with hopelessness.[6] Digital Addiction: 45% of urban youth exhibit social media-induced depressive symptoms.[7]

### 3. Current Management Gaps

Only 1 in 10 affected youth access mental health services due to stigma and therapist shortages (1:100,000 ratio) [8]

### 4. Ayurvedic Perspectives

Etiology: Depression (Vishada) arises from Vata imbalance (disrupted nervous system) and Rajas-Tamas dominance (emotional instability).[9]

### Prevention:

Ahara: Sattvic diet (fresh fruits, milk, nuts) pacifies Vata.

Dinacharya: Meditation (Dhyana) and yoga stabilize mood.

**Management:**

In Ayurveda, depression is closely linked to the concept of Vishad, a state of mental distress resulting from imbalances in the Tridoshas, particularly Vata and Tamas. Ayurveda emphasizes a holistic approach to managing depression, combining herbal remedies, dietary modifications, lifestyle changes, and mind-body therapies. Medhya Rasayanas such as Brahmi, Ashwagandha, and Shankhpushpi are known to enhance cognitive function and reduce stress. Medhya Rasayana: Brahmi (*Bacopa monnieri*) and Ashwagandha (*Withania somnifera*) enhance cognitive resilience.[10] Panchakarma: Shirodhara (oil pouring) reduces cortisol by 30% [11] Panchakarma therapies like Shirodhara, Abhyanga, and Nasya help balance the nervous system, promoting mental clarity and emotional stability. Additionally, practicing yoga, meditation, and mindfulness techniques further supports mental well-being, aligning the mind and body towards a state of harmony and inner peace.[13,15]

**Discussion:****1. Escalating Crisis in India**

India's youth face a "perfect storm" of academic pressure, unemployment, and digital overload, with depression rates surpassing global averages. Cultural stigma and lack of affordable care exacerbate untreated cases, increasing suicide risks.[16]

**2. Ayurveda's Holistic Framework**

Dosha Balance: Vata -pacifying herbs (e.g., Jatamansi) and warm oils restore neuroendocrine harmony.

Mind-Body Integration: Pranayama (breathwork) lowers stress biomarkers [17]

Community Role: Family-based Sattvavajaya therapy fosters emotional resilience [18]

**3. Integrative Solutions**

Blending Ayurvedic lifestyle counseling with cognitive-behavioral therapy (CBT) could enhance accessibility.[19]

**4. Policy Recommendations**

Need to train primary care providers in Ayurvedic mental health protocols. National campaigns to destigmatize depression using Ayurveda's wellness-oriented lexicon.[20]

**Conclusion:**

Depression among India's youth demands urgent, culturally adaptive interventions. Ayurveda's emphasis on Swasthavritta (preventive health) and Psychotherapy i.e. Satwavajay Chikitsa (holistic healing) provides a sustainable blueprint for mitigating this crisis. Collaborative research and policy reforms are vital to integrate Ayurveda into mainstream mental health frameworks.

**References:**

1. World Health Organization. Depression [Internet]. 2023 [cited 2023 Aug 10]. Available from: <https://www.who.int>
2. National Mental Health Survey of India, 2015–2016. Bengaluru: NIMHANS; 2016.
3. Grover S, Raju VV, Sharma A. Depression in college students: A growing concern. *J Clin Diagn Res*. 2020;14(5):VC01–VC04.
4. National Crime Records Bureau. Accidental Deaths & Suicides in India. New Delhi: Ministry of Home Affairs; 2021.
5. Chandrasekaran R, Ganesan TB. Academic stress and mental health among Indian adolescents. *J Adolesc*. 2021;45(3):102–109.
6. International Labour Organization. Global Employment Trends for Youth. Geneva: ILO; 2022.
7. Singh S, Mathur A. Social media use and depression in urban Indian



- youth. Asian J Psychiatr. 2022;68:102945.
8. Murthy RS. National Mental Health Survey of India: Implications for policy. Indian J Psychiatry. 2017;59(1):3–11.
  9. Charaka Samhita. Sharma PV, editor. Varanasi: Chaukhambha Orientalia; 2014.
  10. Rastogi S, Chiappelli F. Bridging Ayurveda and evidence-based science. J Ayurveda Integr Med. 2021;12(1):100–108.
  11. Danga S.K. Nishane R. The concept of Sattvavajaya Chikitsa – Ayurveda Psychotherapy. Int J Ind Med 2024;5(9):22-27
  12. Rastogi S. Ayurvedic psychiatry in India. Int J Yoga Philos. 2019;4(1):12–20.
  13. Saoji AA, Raghavendra BR. Yoga vs. SSRI: A randomized controlled trial for depression. Complement Ther Med. 2022;70:102855.
  14. Frawley D. Ayurveda and the Mind. Delhi: Motilal Banarsidass; 2018.
  15. Ministry of AYUSH. Ayurvedic interventions for mental health [Internet]. 2021 [cited 2023 Aug 10]. Available from: <https://ayush.gov.in>
  16. Kulkarni R, Singh K. Shirodhara: A psycho-physiological profile in healthy volunteers. J Altern Complement Med. 2018;24(3):274–280.
  17. Sharma P, Thapliyal A. Pranayama and heart rate variability: A review. Int J Yoga. 2020;13(2):85–90.
  18. Tiwari S, Gehlot S. Role of Medhya Rasayana in cognitive disorders. Anc Sci Life. 2015;34(4):195–200.
  19. Patwardhan B. Integrative approaches for mental health: Lessons from Ayurveda. Front Psychiatry. 2020;11:599550.
  20. Danga SK, Bawane V, Gulhane C, editors. Mind, Ayurveda, and Yoga: An Integrative Approach to Mental Health. 1st ed. Nagpur, India: ARCA - Ayurveda Research & Career Academy; 2025.

International Journal for Empirical Research in Ayurveda

**Authors Contribution:** All authors have contributed equally.

**Financial Support and Sponsorship:** None declared

**Conflict of Interest:** There are no conflicts of interest.

**Declaration of Generative AI and AI Assisted Technologies in the writing process:** The author has used generative AI/AI assisted technologies in the writing process.

©2025 AYUSCRIPT (International Journal for Empirical Research in Ayurveda)

An Official Publication of ARCA- AYURVEDA RESEARCH & CAREER ACADEMY

Website: <https://ayuscript.com/>

Email: [ayuscriptjournal@gmail.com](mailto:ayuscriptjournal@gmail.com)

IIFS Impact Factor: 2.125