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സ്വസ്ഥ്യ
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THE ROLE OF HOMOEOPATHIC INTERVENTION IN ADOLESCENT CHILDREN



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Introduction

Adolescence, often considered one of the most challenging phases of human development, spans from ages 10 to 19. In India, this age group comprises a staggering 253 million people, accounting for a substantial 21% of the population. This tumultuous period is marked by significant internal and external changes, both physical and psychological. Understanding these transformations is vital, not just to alleviate the challenges faced by adolescents but also to help them navigate this transformative phase effectively.

Understanding Adolescence

Adolescence is a time of profound change, both mentally and physically, driven primarily by the onset of puberty. It's a period of intense growth spurt and sexual development. During this phase, adolescents become more aware of their gender identity. Some may experience gender dysphoria, a condition where an individual's emotional and psychological identity as male, female, or non-binary differs

from their physical sex. For these individuals, seeking acceptance, recognition, and understanding can be a daunting task, particularly in societies where such differences are not readily embraced.

One hallmark of adolescence is an increased focus on one's physical appearance, gender identity, and how others perceive and appreciate them. It's also a time when transgender individuals may grapple with their gender identity, which may not align with their physical appearance. They too yearn for acceptance, recognition, and approval, which can be elusive in many societies. The attention to physical appearance and the desire for recognition are integral aspects of adolescent life.

Emotional lability, with its mood swings and disturbances, is widespread during adolescence. The obedient child of yesteryears may suddenly become rebellious or argumentative when they feel their opinions are being ignored or marginalized. A quest for independence and a struggle against

authority often define this phase of life. Adolescents are inherently prone to risk-taking behaviors, which can manifest in various ways. The surge in hormones may drive them to experiment with sexuality, substances like drugs or alcohol, or even engage in adventurous activities. It's a period marked by new ideas and experiments, and sometimes, philanthropic initiatives.

Social and emotional development during adolescence includes the exploration of attraction, whether it's towards the opposite sex or, in some cases, the same sex. This process is crucial for developing one's identity and self-evaluation. Adolescents often form deep attachments, whether to individuals, ideas, or ideals. However, these relationships can be fragile and superficial, and sometimes, adolescents may become attached to the wrong people or ideals. It's also a time when adolescents may identify more with their peers than with their parents. Peer groups can significantly influence their values and interests, underscoring the importance of fostering healthy friendships. Parents may perceive their children as distancing themselves and demanding more privacy. Yet, being part of a group, working, playing, facing crises, sharing, and caring for one another is a critical aspect of adolescent development and should be viewed as a healthy sign.

In essence, adolescents may exhibit childlike problems, but they desire to be treated as adults, needing both care and love. Understanding their erratic and unpredictable behavior is a crucial element in effectively addressing the challenges they face during this transformative period.

Common Adolescent Problems

Adolescents today face a myriad of challenges that significantly impact their mental and emotional well-being.

Some of the most prevalent issues include:

1. Depression

Depression can strike at any age, but its symptoms may differ between teenagers and adults. Signs of teen depression often include changes in attitude and behavior that can lead to significant distress and problems at school, home, in social activities, or other areas of life. Stressors such as peer pressure, academic expectations, body image concerns, and broken relationships can trigger anxiety and depression in teens. These symptoms can range from a mild feeling of sadness to severe depression with suicidal thoughts or attempts. It's crucial to identify these symptoms early and provide appropriate counselling or medication, while also addressing the root cause.

2. Substance Abuse

A concerning issue among adolescents is substance abuse. A survey conducted by the Kerala police found that 40 percent of drug users below the age of 21 were children under 18. Adolescents, with their risk-taking behavior and curiosity, often start with experimentation, which can lead to addiction. Additionally, in girls, sexual abuse is not uncommon in the context of substance abuse. Identifying these issues at their earliest stages is crucial for intervention and prevention.

3. Internet and Phone Addiction

Internet addiction, characterized by excessive and obsessive use of online

and offline computer resources, has become a major problem, paralleling substance abuse. The lockdowns during the COVID-19 pandemic accelerated this trend. Internet addiction often results in mood swings, an inability to control the time spent online, withdrawal symptoms when not engaged, diminished social life, and adverse academic or work consequences. Similarly, phone addiction shares many of these issues. Addressing these problems typically involves counselling and behavioral therapy, supported by motivational techniques.

4. Academic Pressure

Adolescents frequently experience academic pressure. This pressure emanates from the aspirations of parents, societal expectations, and peer pressure, all converging during this pivotal period. Frustration over academic underperformance, delinquent behaviors, and learning difficulties, such as a lack of attention and motivation, often arise, hindering academic progress. These academic challenges can, in turn, contribute to mild to severe depression and even suicide in some cases. Adolescents require specialized counseling to effectively cope with academic stress.

5. Behavioral Problems

Adolescence is characterized by a quest for independence, and occasional arguments and rebellion are part of normal development. However, in children with developmental disorders like Attention Deficit Hyperactivity Disorder (ADHD), Oppositional Defiant Disorder (ODD), or Conduct Disorder, these behaviors can escalate to troubling levels. Poor family upbringing, broken homes, substance abuse, and psychiatric conditions like bipolar disorder can exacerbate the situation.

Early identification and proper management are essential to help these adolescents.

Solutions and Homoeopathic Intervention

While these challenges are substantial, there are numerous solutions available to address them effectively. In this article, we will explore the unique role that homoeopathy can play in alleviating the problems faced by adolescents.

The Sadgamaya Project-Department of Homoeopathy

The Sadgamaya project, launched in 2012, is a significant initiative aimed at managing the health issues of children below 19 years, with a particular focus on behavioral and learning problems. Adolescents and parents who recognize problems in either of these domains can seek assistance at government dispensaries or Sadgamaya centres attached to district hospitals.

The Sadgamaya centres operate as multidisciplinary units, bringing together homoeopathic physicians, psychologists, and special education teachers who collaborate to provide holistic care for adolescents. Here's how the Sadgamaya project typically works:

Initial Assessment

The process begins with a thorough assessment by a homoeopathic physician. This assessment aims to define the problem and categorize its severity, with a focus on individualization. The homoeopathic physician takes into account a wide range of factors, including the adolescent's medical history, family history, developmental history from pregnancy through early childhood, mental traumas, history of medication, personal history, lifestyle, reactions to physical and mental situations, and various stresses.

Assessing the severity of the case

During this stage, a comprehensive evaluation is carried out. The identified problems are noted, and the adolescent may be assessed by a special teacher or psychologist, depending on the case and the severity of the problem.

Correctional Measures

Based on the assessments, appropriate correctional measures are instituted. These can include counseling, behavioral therapy, or special teaching methods. The aim is to address the issues that adolescents face comprehensively.

Medication

After a review by the homoeopathic doctor, if medication is deemed necessary, homoeopathic remedies are prescribed. Homoeopathy, as a holistic system of medicine, places significant emphasis on individualistic peculiarities in both the physical and mental planes. Therefore, treatment is tailored to the unique needs and conditions of the adolescent.

Common Conditions Addressed by Sadgamaya

Sadgamaya units, spread across Kerala, address a wide range of conditions commonly encountered in adolescents, including:

1. Autism Spectrum Disorders
2. Developmental Delay
3. ADHD and Other Neurodevelopmental Problems
4. Learning Problems and Learning Disorders
5. Depression
6. Sexual and Substance Abuse

Homoeopathy, through initiatives like the Sadgamaya project, offers a unique approach to addressing the

problems faced by adolescents. It recognizes that each adolescent is a unique individual with distinct physical and mental characteristics.

In conclusion, adolescence is a crucial period in a person's life, filled with both challenges and opportunities. With the right support, understanding, and holistic interventions, adolescents can not only overcome their problems but also emerge from this phase stronger, more resilient, and better prepared for the complexities of adulthood. Homoeopathy, with its patient-centered and individualized approach, plays a valuable role in this journey, offering hope and healing to adolescents facing diverse challenges. It is a testament to the power of holistic medicine in addressing the unique needs of each individual, including those in the transformative phase of adolescence.

NURTURING A HEALTHY TEEN



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Adolescence is the second decade of life, when humans are 'no longer children, not yet adults'. It is like the rainy season after summer, when the plants collect all the nutrients and water, grow enormously and prepare for the spring. It's a time of rapid physical and psychological (cognitive and emotional) growth and development. It is also a time in which new capacities are developed and social relationships, expectations, roles and responsibilities change.

One in five individuals in the world is an adolescent, aged 10-19 years. Most adolescents live in developing countries and they represent up to a fourth of the population in these countries. UNICEF reports that globally, a quarter of the adolescent girls are underweight, a third of adolescent girls are anaemic and about 2.2 million adolescents are living with HIV. Between 40-70% ever-married girls aged 15-19 reported that they experienced emotional, physical or sexual violence by their current or most recent husband or partner. The major problems in adolescence are listed here.

A. Sexual & reproductive health

1. Too early pregnancy
 - i. risks to mother
 - ii. risks to baby
2. Dysmenorrhea, PCOD, Penile problems, breast disorders.
3. Sexually Transmitted Infections including HIV
4. Harmful traditional practices e.g. female genital mutilation
5. Sexual coercion

B. Psychological issues

1. Depression
2. Identity crisis
3. Juvenile delinquency
4. Relationship problems with parents

C. Others

1. Injuries from accidents, drowning & intentional violence
2. Substance abuse
3. Endemic diseases: malaria, tuberculosis
4. Schistosomiasis
5. Under/over-nutrition
6. Academic stress



Care of the adolescents

Adolescent care is of utmost importance for a healthy pubertal period and also for the development of a physically and mentally healthy future adults. The care should be in nutrition, lifestyle, psychological support and social mind-set.

a. Proper nutrition

The growth velocity of adolescents is extremely high during this period. Body building and protective foods are of great importance for growth spurt, maturation and bone development. Boys require an average of 2,800 calories per day and girls require an average of 2,200 calories per day.

Milk, curds, Ragi, green leafy vegetables and nuts are rich sources of bio-available nutrients including calcium. Quantity and quality of food should be increased to meet the growing needs of adolescents. Adolescent girls should use more of gingely oil, urud dal and pungent food as per Ayurveda for uterine health. Boys should use more milk, ghee etc.

Conditions like anorexia nervosa (decreased food intake for fear of weight gain), bulimia nervosa (binge eating and then taking steps to avoid weight gain) etc should be addressed with the help of experts.

b. Lifestyle

Regular exercise is very much essential during adolescence for healthy weight gain, hormonal balance and increasing calcium absorption.

Exposure to sunlight maintains vitamin D status which helps in calcium absorption and proper bone growth.

Adequate sleep is very essential for proper health and improved academic performance which is very essential during this period.

Proper screen time should be maintained, as mobile addiction is alarmingly increasing among adolescents, negatively affecting their health.

Yoga and meditation help to reduce the emotional outbursts and the effects



of hormonal variations of this age group.

c. Psychological support

Understanding parents are the most important support for adolescents. The quote “Putram mitravat upacharet” states that during adolescence, the parents should treat them as friends. They must be respected and their opinions should be considered in all household decisions.

Good friendships should be encouraged and ideal environments for nurturing such peer group needs to be provided.

Support from teachers, adolescent counsellors and school authorities are also essential for identifying and solving the problems of adolescents.

d. Social support

Above all the support from people of all walks of life are required to prevent substance abuse, bullying, promiscuity, child marriage and other illegal activities in which the adolescents fall prey easily.

A team work of multidisciplinary professionals is essential for a country to have healthy adolescents.

The Government of India has implemented various programs towards this problem. Rashtriya Kishor Swasthya Karyakram(RKSK) aims to implement programmes in order to ensure holistic health and development of 253 million adolescents of our country, by addressing needs related to sexual and reproductive health, nutrition, injuries and violence (including gender based violence), prevention of non-communicable diseases, mental health and substance misuse among adolescents.

Peer Education (PE) Programme, Weekly Iron Folic Acid Supplementation Programme (WIFS), Adolescent Reproductive Sexual Health (ARSH), Adolescent Friendly Health Clinics (AHFC), Kishori Shakti Yojana (KSY), Balika Samriddhi Yojana (BSY), Youth Affairs and Sports (Adolescent Empowerment Scheme), National Service Scheme, Nehru Yuva Kendra Sangathan (NYKS) etc are a few other programs. Integrating all these sections of people and these programs will help us to up bring our future citizens with good physical, mental and spiritual health and a good civic sense.

INTEGRATIVE APPROACHES TO ADOLESCENT SUBSTANCE ABUSE

EXPLORING HOMEOPATHIC SUPPORT



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Adolescent substance abuse is a serious concern that can have significant impacts on a young person's physical, mental, and social well-being. It is important to approach this issue with evidence-based methods and consult with healthcare professionals who are trained in addiction medicine and adolescent psychology.

Homeopathy is a form of alternative medicine that operates on the principle of "like cures like" and uses highly diluted substances to stimulate the body's natural healing processes. It's important to note that every individual is unique, and what works for one person may not work for another. Therefore, a comprehensive and individualized approach, often involving a combination of different strategies, is typically the most effective way to address adolescent substance abuse.

Being a teenager and raising a teenager are enormous challenges. For many teens, illicit substance use and abuse become part of the landscape of their teenage years.

Although most adolescents who use drugs do not progress to become drug abusers, or drug addicts in adulthood, drug use in adolescence is a very risky proposition. Even small degrees of substance abuse (for example, alcohol, marijuana, and inhalants) can have negative consequences. Typically, school and relationships, notably family relationships, are among the life areas that are most influenced by drug use and abuse.

What is drug addiction?

Drug addiction is a condition in which a person develops a compulsive habit of taking drugs. An addict is unable to control the use of drugs. He continues to have the drugs, despite being aware of the harm they cause. In the beginning, people might take voluntarily, out of curiosity, to have fun, or to alleviate issues like stress and despair. Some individuals use medications to enhance their sports performance.

Drug addiction is evident as a user begins to experience issues on a physical, mental, and social level as a result

of drug use. Alcohol, cocaine, morphine, heroin, marijuana, hallucinogens, and crystal meth are the most often used addictive substances.

Homeopathy is an effective way to deal with drug addiction. Three strategies are used in homeopathic drug addiction treatment to deal with the issue. First of all, homeopathic remedies help in treating drug-related symptoms that a person is going through. Secondly, it helps in treating withdrawal symptoms. Finally, homeopathic remedies support someone in their struggle against the obsessive habit of drug use. Homeopathic medications are completely non-toxic, extremely safe, and efficient. A person can reclaim control of his or her life with the use of homeopathic treatment and appropriate counseling.

Some of the factors that may place teens at risk for developing substance abuse problems include:

- Insufficient parental supervision and monitoring
- Inconsistent and excessively severe discipline
- Family conflict
- Lack of communication and interaction between parents and kids
- Poorly designed and poorly stated rules and expectations against substance use
- Favorable parental attitudes toward adolescent alcohol and drug use as well as parental alcoholism or drug use

Individual risk factors should also be taken into consideration. These include:

- High sensation seeking
- Psychological distress
- Perceived low harmfulness to use
- Difficulty maintaining emotional stability
- Perceptions of extensive use by peers
- Impulsivity

What are the symptoms of drug addiction?

The common signs and symptoms of drug addiction are dullness, confusion, headache, vomiting, hallucinations, and insomnia. A drug addict experiences exhilaration and increased mood. There is also a diminished perception of pain and apathy towards it. Drug addicts frequently have red eyes, a dry mouth, and severe throbbing. Drug addiction is a serious issue, and patients who attempt to stop using drugs have withdrawal symptoms.

Guidelines for homeopathic treatment for drug addiction

Some good medicines in the Homeopathic treatment for drug addiction are Avena sativa, Nux vomica, and morphinum which is to be taken strictly under medical supervision. When someone is addicted to morphine or heroin, Avena sativa is effective. Nux vomica is a recommended homeopathic medicine for drug addiction in cases of alcohol. The medicine morphinum is particularly effective in

treating drug addiction that is accompanied by hallucinations or cardiac problems. To manage withdrawal symptoms, drug addiction therapy using homeopathy is also advantageous.

What can one do to prevent our teens from using drugs?

Parents and guardians need to be aware of the power they have to influence the development of their kids throughout their teenage years. Adolescence brings a new and dramatic stage to family life. Parents also need to alter their connection with their teenagers as part of the necessary adjustments. It is preferable if parents take the initiative to discuss the difficulties that may arise at this point of the life cycle, especially those that concern the potential for alcohol and drug experimentation and use. Even if they too have struggled with drugs or alcohol, parents must not be reluctant to talk openly to their children about drug use.

Parents have to communicate the dangers of drinking, drugs, and smoking. Children and teenagers must comprehend that the guidelines and standards imposed by parents are motivated by love and concern for their welfare. Parents should also be actively involved and demonstrate interest in their teen's friends and social activities. Setting excellent examples and spending quality time with teenagers is crucial.

Families and parents may still have a beneficial impact on their teen's behavior even if issues like substance misuse are already present in the teen's life.

When dealing with adolescent substance abuse, it is generally recommended to consider the following approaches:

- **Professional intervention:** seek help from healthcare professionals, such as addiction specialists, pediatricians, therapists, and counselors who are experienced in dealing with substance abuse in adolescents.
- **Counseling and treatment:** Behavioural therapies have been demonstrated to be successful in treating teenage drug misuse, including cognitive-behavioral therapy (CBT), motivational enhancement therapy (MET), and family therapy.
- **Support groups:** Programmes like Alcoholics Anonymous (AA) or Narcotics Anonymous (NA), which offer a supportive network of individuals who have had comparable challenges, might be helpful for teenagers in recovery.
- **Pharmacological treatment:** Medication may be recommended in some circumstances to assist in managing cravings or withdrawal symptoms. This needs to be carried out under the direction of a qualified healthcare professional.
- **Prevention and education:** Providing adolescents with information about the risks associated with substance abuse and teaching them coping skills and refusal techniques can be important in preventing future issues.



Supportive environment:

Helping a teen overcome substance misuse may depend on building a compassionate and supportive family setting where open communication is encouraged.

Healthy lifestyle:

Encourage the adolescent to engage in activities that promote physical and mental well-being, such as exercise, hobbies, and healthy social interactions.

Conclusion

The abuse of alcohol and drugs has resulted in significant morbidity and mortality among adolescents worldwide.

Many of these youth will lose their lives to drugs and alcohol and significant numbers are likely to grow up to become problem drug users. Although the substance abuse problem is complex and large in magnitude, there is a substantial amount of

evidence-based research available to physicians, community leaders, and schools to implement interventions that can decrease adolescent substance abuse rates. This problem does not just affect a certain group of people or culture, we acknowledge that specific intervention might not always be successful.

As a result, we emphasize the NIDA (National Institute on Drug Abuse) strategy, which focuses on modifiable risk factors and strengthens protective factors through family, school, and community prevention programs, as a general framework for healthcare and community activists to use when determining the programs and strategies that are best suited for their own community.

Management of Adolescent Mental Health Problems

An Ayurvedic View



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The adolescent period is the most wonderful, enjoyable period of life. It is the transitional period from 10 to 19 years between childhood and adulthood. Rapid physical, psychosocial, and cognitive changes, and growth occurs through this period, which determines how they feel, think, make decisions, and interact with the world around them. This may impose so many developmental challenges like increasing need for independence, evolving sexuality, transitioning through education and employment, consolidating advanced cognitive abilities, and negotiating to change relationships with family, peers and broader social connections to adolescents, at a varying pace.

Mental health is a valuable embodiment of life. The widely accepted definition of the World Health Organization (WHO) affirms that good mental health is more than the absence of disease. To be mentally healthy is to have the capacity for thought, emotion, and behavior that enables individuals to realize their potential, cope

with normal stresses, to study or work productively, and to contribute to society. The WHO had considered adolescent mental health as the prime matter of concern and included it in sustainable development goals by 2030. In association with UNICEF, put forward guidelines regarding Helping Adolescent Thrive (HAT) to strengthen the policies and programmes for the mental health of adolescents.

Mental health problems in adolescents

It is estimated that one in seven 10–19-year-olds experience a mental health problem. Common emotional disorders among adolescents are anxiety and depression. Puberty is characterized by rapid increases in estrogen in girls and testosterone in boys, and this is when sex differences in mental health problems start to emerge. For Example, before puberty depression occurs at around the same fairly low rate girls and boys, whereas after puberty there is a sharp increase in the incidence of depression, with adolescent girls around twice as likely to

experience it as boys. Behavioral disorders like attention deficit hyperactivity disorder (ADHD), characterized by difficulty paying attention, excessive activity and acting without regard to consequences occurs among 3.1% of 10-14-year-olds and 24% of 15-19-year-olds. Conduct disorder involves symptoms of destructive or challenging behavior. Anorexia nervosa and bulimia nervosa are common eating disorders. Anorexia nervosa can lead to premature death. Suicide is the fourth leading cause of death among adolescents. Many Risk-taking behaviors for health such as substance abuse or sexual risk taking, starts during adolescence.

Adolescence in Ayurveda

The exact word for the adolescent period is not established in Ayurvedic Classics. Most of the Ayurvedic classics consider 'balyavastha' up to 16 years. According to Susruta 'bala' up to 1 year is called 'ksheerapa', from 1-2 years is called 'ksheerannam', and from 2-16 years is called 'annada' but, in Arogya Kalpadruma,

Balyavastha is considered to be up to 12 years of age. In Kasyapa Samhitha, 1-16 year is considered as 'koumara'. Acharya Charaka illustrated the balyavastha into two parts which first as aparipakwadhatu awastha up to 16 years 126. Whereas others consider 10-16 years as 'kaishora' stage. Hence, the period of adolescence can be taken as the last stage of 'balyavastha'— an immature stage i. e. Maturation might have so far started but not fully developed. Hence it can be considered as the meeting point of balya and youvana. Charaka describes this stage as 'vivardhamana'— developing stage and this is a kapha predominant stage. The late phase of Kauramaawastha can be considered as the starting of pitta predominance.

Mental health in Ayurveda

Ayurveda has duly identified the individualism of manas (psyche) and sarira (body) and their inextricable and interdependent relationship in a living body. Manas, atma, and sarira are the balusters of the tripod of life. Manas is mentioned first in sequential order because it occupies a very important place in this trio. Manas has a pivotal role in jnanotpathi (cognition) and cheshta (behaviour). The same mind and body constitute the receptacles for both diseases and health. When persisted for a long time the psychic and somatic disorders amalgamate with each other.

Manas is said to be constituted of 3 more operational qualities viz.,

1. Satwam
2. Rajas
3. Tamas.

These can be understood considering how they contribute to the development of three distinct mental response patterns. For example, satva or kalyana bhaga is understood by the self-control, knowledge discriminative ability, power of exposition, etc and represents a balancing state. Rajas or roshabhaga is understood by violence, despotic envy, authoritativeness, self-adoration, etc and represents arrogance. Tamas or moha bhaga is understood by dullness, non-action, sleep etc and represents indolence. The gunas, 'rajas and tamas' are also regarded as mano doshas which are responsible for the manifestation of psychiatric illnesses.

Mental health problems in Ayurveda

Mano gunas can become vitiated by the truly awful conduct of ahara and vihara, which can cause psychological disturbances. Unmada is an umbrella term used to narrate a variety of psychiatric/ psychosomatic conditions.



Unmada The Excited state of the mind due to the vitiated sarira and mano doshas, whichinturn diffuse through manovaha srothas or channels of mind. The vitiated sarira and manasika doshas get located in manas, Hridaya and budhi leading to perversions of mana (mind), buddhi (intellect), samjna jnana vibrama (perversion of consciousness), smriti vibrama (perversion of memory), bhakthi vibrama (perversion of desire), seelavibhrama (perversion of manners), chesta vibhrama (perversion of behaviour) andachara vibhrama (perversion of conduct) resulting in the cluster of mental, behavioral, and cognitive symptoms.

Management of mental health problems in ayurveda

The holistic approach of Ayurveda is intended for the well-being of the body and mind, without hampering the harmony of body systems. The comprehensive approach of Ayurveda always helps in maintaining harmony through daivavyapasraya, yukthi vyapasraya and satwavajaya chikitsa. This integration is the need of

the hour to combat the major mental health hazards affecting the adolescent population.

Daivavyapasraya chikitsa

This refers to measures like mantra, (incantation), ousadhi (wearing-herbs), mani (wearing precious gems), mangala (propitiatory rites), bali (oblations), homa (sacrifice), upahara (offerings), niyama (vows), prayascitta (ceremonial penitence), upavasa (fasts), swastyayana (prostrations), pranipata (surrender), gamana (pilgrimage), etc. These measures are encouraged in mental disorders as a result of agantu (extraneous) factors and administered judiciously after thinking about the nature, faith, religiosity, culture, and educational level of the patient.

Yukti vyapasraya chikitsa

This refers to the use of ahara (diet) and oushadha (drugs). Ahara SudhaSatwa Suddhi, it means that the quality of food consumed determines a balanced mood and a sense of mental wellbeing. Food is categorized into three types based on the

predominance of satwa, rajas and tamo guna. The Satwika diet promotes mental wellbeing by enhancing memory and mental equilibrium and aids in the treatment of mental illnesses. It consists of foods high in Prana (life force), fresh fruits, milk, and products that are cooked properly in accordance with the strict dietary guidelines suggested by Ayurveda.

Rajasika types of foods include those foods which are excessively spicy, salty, and sour like chilly, wine, meat etc. Such a diet disturbs the senses and causes emotional disturbance, which promotes aggressive and possibly violent behavior. Most of the foods in the tamasika diet are bitter and astringent in taste, difficult to digest, and stale, incompatible foods. - Such a diet causes heavy, resistant emotions when consumed under taamasika conditions like dull or depressed states, where senses are considered inactive. Since psychological disorders can arise from faulty dietary habits, mental health can be restored by retaining the healthy state of dhi, dhriti and smriti through good dietary norms.

Under drug therapy, it is said that, in all types of mental diseases where vata, pitta, and kapha are deranged, dosha shodhana or srota suddhi (elimination of dosha or srota suddhi or cleansing the cells and channels) must be done by considering various shodhana (purificatory measures). When the cleaning is properly done, samanau-sadha (palliatives) and rasayana (tonics) are given in order to bring back the deranged manas to normalcy. Treatment should aim at prasanna athma indriya mana by regulation of rajas and vata dosha. Ghritas like

thikthaka ghrita, brahmi ghrita, kalyanaka ghrita, saraswathaghrita, aswagandha ghrita are used because they are vata pitta hara, medhya and possess samskaarasyanuvartan property, and ghritas is the sreshta rasayana. Medhyadravyas like brahmi, vacha, shankhapushpi are also used. Shiroabhanga, shirodhara, shiropichu, and shirobasti with vatahara dravya are beneficial in irritability, sleep disturbances, and cognitive symptoms. Medhya rasayanas like brahmi, ashwagandha, guduchi, yastimadhu and vacha can be used after Shodhana and samana therapies.

Satwawajaya chikitsa

This therapy is to restrain the mind from the desire for unwholesome objects. This permits considering cognitive behavioral therapies as well, since the ultimate aim of them also would be to restrain the mind from unwholesome objects. It is indicated that, soothing words of consolation from a compassionate relative or friend or a therapist, would help a great deal in solving the problems of the patient.

The Best approach to achieve the goal of satwajayachikitsa is through jnanam (knowledge), vijnanam (analytical thinking), dhairya (courage), smriti (scriptural learning), and samadhi (concentration).

Understanding the importance of Adolescent health and well-being



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Introduction

Adolescence is a crucial phase of human development, characterized by rapid physical, emotional, and cognitive changes. It marks the transition from childhood to adulthood, shaping the foundation for a person's future. Prioritizing adolescent health and well-being is of significance, as it directly impacts their present quality of life and lays the groundwork for a healthy, productive adulthood.

As they undergo significant physical changes, proper nutrition, exercise, and access to healthcare are crucial in ensuring they reach their full potential. Adolescence often comes with heightened emotional challenges. Stress, anxiety, depression, and other mental health issues can emerge, potentially impacting academic performance, relationships, and long-term well-being. Early intervention and support are key to addressing these concerns effectively.

Equipping adolescents with comprehensive sexual health education is

crucial in preventing unwanted pregnancies, sexually transmitted infections, and promoting responsible sexual behavior. This knowledge empowers them to make informed decisions about their bodies and relationships. They may engage in risky behaviors like reckless driving, unsafe sexual practices, or substance use. Educating them about the potential consequences and providing guidance on making responsible choices is paramount for their safety and well-being.

Description

Scientific discoveries have put a much different perspective on our understanding of adolescent behavior. Research suggests that the human brain is still maturing during the adolescent years and this neurodevelopment may promote risk-taking and novelty seeking. Adolescents take risks in large part because their brain is wired to do so, and risk behaviors by teenagers may be evolutionally adaptive. To simply educate them about the dangers of risk-taking is a no-win

struggle against biological processes. Teenagers need to be taught more refined decision-making skills to assist their “brake systems” to take control in the face of emotional and arousing situations, and when peers are exerting a strong influence.

The knowledge on the effects of drugs on the brain raises the strong possibility that using drugs during adolescence can interfere with healthy brain development and may cause significant alterations of normal processes. It is important to focus heavily on teaching teenagers the skills that directly help them in decision making, particularly when they are faced with a situation that challenges the prefrontal cortex such as a social setting where peers are present and there are opportunities to take risk.

Adolescence is a developmental period associated with the highest risk for developing a substance use disorder. Young people report higher rates of alcohol and marijuana abuse, or dependence disorders compared to older age groups. Developmental pathways of addiction most certainly involve several factors and processes, including the neurobiology of addiction, environmental factors, genes, and comorbidities such as Conduct Disorder or attention deficit hyperactivity disorder. However, insights about brain development provide additional clues as to why adolescence might be a particularly vulnerable period for developing a substance use disorder. A related finding from epidemiological research is that the earlier the onset of drug use, the greater the likelihood that a person will develop a drug problem. Indeed, other risk factors for drug abuse, such as delinquent peer

influences, poor parental monitoring, and alcohol or drug availability may interact with early drug use to contribute to the progression toward a drug problem.

Social influences such as hanging out with friends at a party where there are drugs, learning that a peer likes you or not, being excluded from a game at school, or having a conflict with a parent can all affect an adolescent. Additionally, it has been proposed that adolescents assign elevated reward value to peers, which sensitizes incentive-processing brain regions to respond to the potential rewards of risk taking as well as social brain processing regions to react strongly to social events such as peer evaluation or exclusion. The influence of peers on risky driving was stronger in adolescents than adults, suggesting that the influence of peers on affective behavior is uniquely heightened during adolescence. A subsequent neuroimaging study showed that increased risky driving in the peer observation condition, relative to when they are alone, was associated with increased activity in the ventral striatum and orbitofrontal cortex among adolescents but not adults.

Peers have a very strong influence on adolescents, including decisions to initiate and continue drug use, or try different types of drugs. Adolescents are likely to seek out risky behaviors, especially in the presence of their peers, despite knowing that their parents would disapprove of such behaviors. Parents can get to know their adolescent’s peer group and the parents of their natural peer group to try and set common rules such as curfews, disapproval of underage drinking, and



unsupervised parties. Adolescents derive a sense of belonging and identity from their peers' judgments and acceptance or rejection of them.

Educating adolescents about their bodies is essential and empowering for them to embrace them. Helpful information can give them the confidence to live their lives. Sex education should be a necessary aspect of one's upbringing, which also keeps them aware about the dos and don'ts of sex.

Healthy eating during adolescence is important as body changes during this time affect an individual's nutritional and dietary needs. Adolescents are becoming more independent and making many food decisions on their own. Most of them have a growth spurt and an increase in appetite and need healthy foods to meet their needs. They tend to eat more meals away from home than younger children and are also heavily influenced by their peers. Meal convenience is important to many teens, and they may be eating too much of the wrong types of food, like soft drinks, fast-food, or processed foods. Also, a common concern of many teens is dieting.

Both boys and girls may diet to "make weight" for a particular sporting or social event. Neglecting physical health during this period can lead to a range of issues, including delayed growth, nutritional deficiencies, and a higher susceptibility to illnesses.

Good mental health of an adolescent is as important as their good physical health if they have to develop into independent and confident adults. It is an essential part of healthy adolescent development which helps young people build positive social, emotional, thinking and communication skills and behaviors. It also lays the foundation for better mental health and well-being later in life. There is a strong link between child and adolescent mental health issues and mental health problems in adulthood. Common mental health disorders in adolescence include those related to anxiety, depression, attention deficit-hyperactivity, and eating disorders. They might need help in learning decision-making skills, including impulse control, attention regulation, minimizing arousal, anger management, and taking healthy risks.



Management

Most adolescents facing various issues during this important stage of life, respond well to Counselling therapies such as Acceptance and Commitment Therapy, Cognitive Behavioral Therapy, Family therapy etc

The role of homoeopathic treatment in adolescent health

Homeopathy is a holistic system of medicine that treats the individual, considering their physical, emotional, and mental aspects. Homeopathy aims to stimulate the body's own healing mechanisms to restore balance and alleviate symptoms. In cases of adolescent health issues also, Homeopathic remedies are prescribed based on each individual patient by considering, their sufferings along both physical as well as the mental level. Following the treatment, patients see a lot of improvement in their symptoms at an overall level, thereby improving their quality of life. It is important to note that Homeopathic treatment should be individualized, and hence a qualified Homeopathic practitioner should be consulted for proper assessment and remedy selection.

Conclusion

Adolescence is a formative stage that shapes an individual's health trajectory throughout their life.

Healthy behaviors established during this time, such as a balanced diet, regular exercise, and proper stress management, tend to persist into adulthood. Conversely, unhealthy habits can lead to a lifetime of health issues. Adolescents are navigating complex social landscapes, including peer relationships, family dynamics, and societal pressures. Fostering healthy communication and emotional intelligence equips them with essential skills to build positive relationships and handle challenges. Addressing learning difficulties early can prevent long-term academic challenges. Adolescents are at a vulnerable stage where experimentation with substances is a risk. Educating them about the dangers of drugs and alcohol, along with providing a supportive environment, can significantly reduce the likelihood of substance abuse. Prioritizing adolescent health and well-being is an investment in the future of individuals and society as a whole. By providing comprehensive support, including access to quality healthcare, education, and emotional guidance, we equip adolescents with the tools they need to lead healthy, fulfilling lives. Recognizing the unique needs of adolescents and addressing them proactively ensures a brighter, more promising future for all.

PERSONAL HEALTH OF ADOLESCENTS

CARE AND CONCERN THROUGH AYURVEDIC REGIMEN



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Adolescence is the phase of life between childhood and adulthood. It is a unique stage of human development and an important time for laying the foundations of maintaining good health. Unfortunately, majority of the adolescents are failing to meet current nutritional recommendations. Evidences from recent researches shows that young people growing up in disadvantaged social circumstances are exposed to higher health risks.

Ayurveda the science of life emphasises the motto of preserving the health (swasthya) of healthy (swastha) and curing the illness (vikara) in diseased (athura). Various regimen (Charya) elaborated in ayurvedic texts focuses on the routine activities to be performed in a day, according to the season, according to the age and strength of an individual. All these regimens are a fundamental way of living and one who adheres to it, is practicing a healthy lifestyle on a daily basis. Such a person can only long for the complete physical, mental and spiritual well being.

We will go through the transition in diet and regimen occurred with recent decades especially in the adolescent group.

1.Waking up

Considering the time apt for perceiving knowledge, Brahma muhurtha (approximately one and half hours before sunrise), is told to be the best for waking up in case of healthy individuals. Whereas now a days waking up and rushing to routine and school is the common scenario.

2.Oral hygiene

Agni (digestive fire) and digestion is given due importance in Ayurveda while describing the physiological and pathological variations occurring in the body. Oral cavity the area where the prime phase of digestion is initiating, proper maintenance of oral hygiene is also elaborated in regimen. Herbal toothbrushes are told to use for brushing to remove the sludge deposition, better perception of taste and to eliminate bad odour. In spite of all these, recent study reveals, only two



thirds of adolescents brush their teeth twice a day, with prevalence higher among girls than boys and Older boys were less likely to brush their teeth. Ayurveda even insist to do holding of medicated liquid medicine orally (gandusha) which all point towards the care for oral cavity.

3.Oil application

Abhyanga or oil application is recommended on body, head , ear and sole, that too on a daily basis which have multiple benefits like overcoming fatigue, delay ageing, provides good sleep and is beneficial for eyes, reduces stress etc. It can be routinely performed before bath or in some cases after bath or condition specific. Type of oil used for abhyanga also is dependent on body constitution and nature of disease if any. Likewise, a head and body bath on a daily basis is also said to be beneficial for health and it is specified to use warm water for body bath and cold water for head. Nowadays routine oil bath is diminishing especially among the adolescent group.

4.Physical exercise

Regular practice of vyayama (exercise) renders helps in burning excess fat, improves digestive capacity, makes body light thereby making the person efficient in activities. It is told to strong individuals who are habituated

to a fat rich diet, to routinely practice exercise considering the seasons and gentle massage to be done to the body after the exercise. Ayurveda clearly states about the group contraindicated in doing exercise which include children, those who suffer from certain diseases etc. Also the after effect of indulging in excessive exercise without considering one's own strength is being elaborated. Considering the present scenario, lack of exercise and excess exercise – both are alarmingly increasing where ayurvedic regimen marks the importance.

5.Eating Habits

Ayurveda recommends to fill the stomach to its three fourth only so that a quarter portion should remain empty which aids in digestion, enhances peristalsis and helps in proper evacuation of bowel. This should be strictly taken into consideration in this era where excess eating is a serious concern. Elaborate explanations are given regarding the quantity and quality of food to be taken and what not to be taken. Food shall be consumed only once the previously ingested meal is digested and the food should be wholesome (adequate nutrients)with adequate amount of water (carbonated drinks to be avoided) intake and incompatible (category of junk foods can be taken here) food should be avoided. Overweight and underweight



is an area of concern in adolescence ,where untimely eating habits, lack of family meals, increased consumption of junk foods and carbonated drinks are found to be more in adolescents.

6.Social interaction and communication

Excessive usage of social media results in reduced family time and other activities together. Surveys state that the majority of adolescents prefers online communication rather than face to face conversation which is more common in girls than boys. Also the reduced family interaction between parents and children is also alarming. These may result in chances of developing socialisation issues, and more chances of getting into a deranged mental state , depression etc. Ayurveda emphasises the importance of manas (mind) and importance of meditation (dhyana) in achieving a healthy life which is very essential to make children aware right from the school age.

7.Code of conduct and behaviour

Ayurveda elaborates many sins which shouldn't be committed by anyone which includes violence, theft, infidelity, calumny, abusal, lying/ speaking lies, using rubbish words, tendency to

harm, longing for others belongings etc. Behavioral aspects and moral correction should be prioritized by parents and teachers from a very young age itself to raise responsible and truthful future generations. Substance abuse , drug usage, sexual abuse etc which are dangerously coming up irrespective of gender among the adolescent group also can be tackled to a limit by framing up a clean and modest character from the very young age itself.

8.Seasonal regimen

Rithucharya or the seasonal regimen is very important as ayurveda mentions 6 rithus in a year with varying qualities of environment and body . so adhering to specific diet and regimen prescribed for each rithu should be judiciously followed. Otherwise there are chances of getting various diseases due to alteration in immune functions due to weakened body strength.

So it is the duty of family members to follow a healthy lifestyle at home including the ayurvedic regimen in daily life so that the growing children won't deviate from those and will come to know the importance of practising a routine disciplined life for a healthy body and mind.



UNDERSTANDING ADOLESCENTS AND THEIR MENTAL CHALLENGES

AN OVERVIEW



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Puberty is a transitory period, where the child transforms into an adolescent. In puberty, growth is regulated by the growth hormones and the sex hormones. The growth results in a dramatic spurt during puberty. Girls tend to have more rapid maturity than boys, with some individual variation. Puberty overlaps the end of childhood and the beginning of adolescence. Boys and girls reach puberty at different times. The growth and development that occur at puberty depends on various factors such as hereditary, environmental, endocrine glands, and nutrition. Worldwide, 10% of children and adolescents experience mental disorders, but the majority of them do not seek help or receive care. Adolescence is a crucial period for developing social and emotional habits which is pivotal for mental well-being, problem-solving ability, development of interpersonal skills, and management of emotions. Some adolescents have mental health problems due to factors such as behavioral disorders, emotional disorders, sleep disorders, psychosis, etc. Some of the commonly observed characteristics of the adolescent period are mentioned below.

Sleep

The adolescents generally require 9 hours of sleep per night, but many adolescents have highly irregular sleep/wake patterns during weekdays and the weekends. Some adolescents have short sleep at night due to factors such as nightmares, sleep deprivation, and late night sleep.

Emotion and cognition

Adolescents express an extreme state of emotions towards their parents. However, the emotions become more stable during the late adolescence. Adolescents are always trying to bring everyone's attention to themselves. They think that they are "on stage" and believes that they are the main actors and all others are their audience. Boys are more concerned about the slow growth of facial hair, cracking of voice, and slow development of their muscles. The common concerns of girls include menarche, menstruation, and secondary sexual characteristics.

Adolescent and parents

The adolescent begins to detach himself or herself from the family and then develops independence in behavior,

emotions, and beliefs. The intensity of conflict between parents and adolescents is mainly based on the type of parenting. During this period, adolescents spend more time with their peers and friends than their parents.

The concept of the Adolescence period in Ayurveda

According to Ayurveda, age is broadly divided into three viz. baalyam (young age), youvanam (middle age) and vaardhakyam (old age). During the adolescent age mental faculties are not properly developed. It is the Mind or manas that influence the intellect and behaviour of individuals. Manas encompasses three qualities Satwa, Raja and Thamas. These three qualities act as the functional indicators of manas. The adolescent period is predominant with the qualities rajas and Tamas. Person with predominance of rajas is egoistic, ambitious, aggressive, proud, and competitive. They like power, prestige, and position. Emotionally they are angry, short-tempered people, and their activities are self-centered.

Common mental health disorders in adolescence

1. Anxiety disorder

Fear and anxiety is seen associated with the youth at some point of development. Genetics, environmental factors, certain neurotransmitters, and stress hormones can cause anxiety disorders. Separation anxiety is present in childhood and adolescence period. A small percentage of adolescents develop social anxiety disorder which is characterized by the fear of facing social situations, and avoidance of social situations.

According to Ayurveda, the concepts of fear, anxiety, nervousness etc. are

due to the effect of vitiated rajas and tamas along with vitiated vatha and pitta dosha. Manasamithravataka, dasamoola ksheera kashaya, yashtichoorna with milk are the internal medications commonly prescribed for these individuals with anxiety issues. Pranayama, and yoga are very helpful to control the disturbed mind. Satvavajaya chikitsa (Ayurvedic psychotherapy) helps to control the mind and create a positive attitude by restraining it from stressors. Minimizing consumption of alcohol, caffeine, processed food, and meat along with adopting wholesome diet with fresh plant-based food also help reduce anxiety.

2. Depression

Clinical manifestations of depression vary in different developmental stages. An adolescent who presents with complaints of hyperactivity, separation anxiety disorder, depressed or irritable mood, loss of interest, failure to gain weight, reduced sleep, diminished ability to think or concentrate, and recurrent thoughts of death, etc. show symptoms of depression. Behavioral therapy is found to be effective for moderately severe depression. Relaxation techniques are helpful for mild or moderate depression. Family education and participation are necessary for better results.

Aggravated vatha-kapha dosha adversely affects the mind and fills the mind with worry, passion, and anger altering intellect and memory. Sluggishness in speech, reduced activity, anorexia, excessive sleep, emaciated appearance, etc. are the symptoms that are similar to clinical manifestations of depression. Treatment will be focused to correct the deranged dosha predominance. Administration of purification therapy, Panchakarma

procedures, internal administration of medicines, etc. stimulate the mind, intellect, memory, and consciousness.

3.Sleep disorders

Good sleep is essential for physical and psychological well-being. Proper sleep patterns make the mind alert which is important for good academic performance and learning skills. Ideally, a child should sleep in a cool, quiet, comfortable, well-ventilated room with minimal light. Some adolescents experience a short sleep period in the early afternoon, especially seen in those with chronic partial nightmare, sleep deprivation, homework and sports resulting in bedtime delay and present with increased sleep debt.

Insomnia is a sleep disorder that affects the quantity or quality of sleep, difficulty in initiating sleep, difficulty in maintaining sleep with frequent awakenings, and early morning awakening with the inability to return to sleep. Hypersomnolence is a disorder with excessive daytime sleepiness, that usually begins in childhood. This can be due to insufficient sleep at night, neurological dysfunction in the brain, disturbed sleep at night, etc. Adequate sleep is the main treatment.

Ayurveda describes sleep (Nidra) as naturally occurring by the predominance of kapha dosha and tamoguna. Excessive mental and physical exertion is responsible for the aggravation of vata which causes the loss of sleep. If a patient is suffering from insomnia the following treatment with suitable medicines are followed under medical supervision. Abhyanga (massage), siropichu (oil application on head), udvartana, snana, thilapoorana in ear and eye, seethala lepa with chandana and useera,

padabhynga (oil massage on inner feet) etc. Inclusion of milk, cereals, sweet and unctuous food during night helps to induce a good sleep. Hypersomnia (Ati nidra) is due to vitiated kapha dosha and tamoguna. Elimination of doshas from the body through purgation and emesis is the main treatment that is adopted for excessive sleep.

4.Attention Deficit Hyperactivity Disorder

Attention Deficit Hyperactivity is one of the most common neurodevelopmental disorders of childhood that is persistent to the adolescent period. It is characterized by hyperactivity-impulsivity and inattention that significantly affect educational achievement and social functioning. Common comorbid disorders associated with ADHD in prepubertal and adolescent phases include oppositional defiant disorder, conduct disorder, learning disabilities, etc. Conventional approach for adults includes pharmacological treatment, psychoeducation for patients and families, etc. Ayurvedic treatment modalities are mainly aimed towards mind and body. This includes both internal medications as well as external treatment procedures. Tikthaka ghritha, kalyanakaghritha, brahmihiritha, are a few ghee preparations that has action on the activities of brain. External treatment modalities include various panchakarma procedures like abhyanga, sirodhara (pouring oil on the head), sirolepa (application of medicated paste on the head), vamana (medicated emetics) and virechana (purgation). The satvavajaya chikitsa helps to refrain the mind from improper perceptions. Daiva vyapasraya chikitsa (holistic approach) helps to create self-confidence and removes fear and negative tendencies of mind.



Autism spectrum disorders

Autism is a neurodevelopmental disorder characterized by impairment in communication, stereotyped behavior, difficulty in maintaining eye contact. Childhood autism may extend from puberty to adolescence or even into adulthood. Symptoms of adolescent autism include sensory and emotional issues, repetitive behavior, and abnormal intellectual disability. In Ayurveda, the specific features of unmaada can simulate many features of autism spectrum disorders. Different pharmacological preparations, appropriate panchakarma therapies, and satwavajaya chikitsa are the three types of management explained in Ayurveda. Internal medications include use of single drugs such as brahmi, shankhpushpi, yashtimadhu and medicated ghee preparations which is absorbed and readily acts on brain.

Conclusion

We can conclude that the adolescent age is a crucial phase in which various mental and physical changes take place. It is very important that the parents as well as pediatrician to counsel the child in this phase and describe properly about the changes going on in this phase are normal. Physical and mental stressors in childhood days can trigger various health problems in adolescence period. We can make teenage life more beautiful by adopting and practicing the principles advocated by Ayurveda, like dincharya (daily regimen), Rithucharya (seasonal regimen) and sadvruta (personal and social code of conduct).

MIGRAINE & ADOLESCENCE



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Introduction

Migraine or shaqeeqa is derived from the word 'shaq' meaning 'a part' or 'a side', hence the name shaqeeqa. It is a type of headache in which pain occurs only in one side of the head. The characteristic of pain can be described as sharp shooting, throbbing or stabbing. Headaches are usually accompanied by nausea, visual disturbances, sensitivity to light and sound, dizziness etc.

Causes

According to Unani medicine the main causative factor for migraine is the morbid vapours (bukhrat e radiya) arising due to alteration in safrawi mizaj. Excessive or unwanted release of safra (bile) which has hot & dry temperament irritates the vagus nerve inducing vomiting sensation. - Thus explaining the reason why vomiting (expelling safra or bile) relieving migraine. As Liver produce and secretes bile, balancing the temperament of liver is of much significance when it comes to migrain.

Migraine is mostly seen in persons

having safrawi mizaj (bilious temperament) and rarely seen in balgami mizaj (phlegmatic).

Migraine in adolescence

As safrawi is the temperament of age of adolescence which helps in energy and vitality the incidence of migraine also increase over the course of adolescence. The most common causes of triggering migraine in adolescence can be

1. Skipping breakfast

As early birds became night owls, mornings are now a roller coaster ride. In between getting ready and reaching school on time, skipping breakfast became a daily ritual. This habit is the number one reason for excessive accumulation of safra (bile) in stomach and thus triggering an attack of migraine. A simple way to tackle this is to grab a banana on the go.

2. Unnecessary Dieting

The unhealthy trend of not bringing home made food and bragging about dieting has had an impact on teenagers

overall physical and mental health. Not only migraine but unwanted release of safra (bile) to stomach and duodenum may develop other conditions like ulcers in future.

3. Sleep patterns

From late dinners and party to late night studies, good night sleep is always compromised in adolescence. Sleep optimises our body temperature, without proper sleep at night the body can't calm down and this may increase abnormal safra in the body and welcoming another episode of migraine.

4. Screen time

Smartphones are neo drugs. Exposure to brightness, blue light, eye strain and screen flickering can trigger migraine. Having a healthy relationship with smartphones is necessary as our lives are becoming more and more dependent on it.

5. Stress

Teenage blues welcomes the age of adolescence. Peer pressure and body shaming are the worst nightmares in adolescence. Thus thinking of school itself gives them a headache. Developing healthy boundaries and improving self confidence are the key to managing stress in adolescence.

Foods & drugs for migraine in unani

Drugs and foods which have BARID RATAB MIZAJ (cold and moist temperament) are predominantly used for correcting migraines.

Drugs

In unani system of medicine migraine can be managed by balancing humours with MUSAKKINAT WA MUAD-DILAT SAFRA (Sedative and normalising safra) such as

- safoof kishneezi
- ssikanjabeen lemooni
- itrifal kishnizi
- mashroob amla

One should be careful of

- 1) Having a balanced diet on time and never to skip breakfast
- 2) Creating a sleep-wake schedule and sticking to it
- 3) Managing stress and improving self confidence
- 4) Reducing screen time
- 5) Keeping lime water while traveling and to school
- 6) Avoid extreme cold and heat exposure. Having physical barriers from direct sunlight.
- 7) Understanding our body's triggers.

Conclusion

Every unexplained chronic headache is not migraine. Migraine is a condition that's not just in your head. Symptoms may show in your head but it's totally abdominal. As Hippocrates said 'All diseases start in the gut' he can't be more true in case of migraine. Brain and heart are so much overrated, now it's the time for gut.

BENEFITS OF NUTRITIONAL INTERVENTIONS IN ADOLESCENCE



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Introduction

Adolescence is the age between 10 to 19 years and is one of the phases of rapid growth and development between neonatal period and adulthood. As per the ayurvedic classical texts the term for adolescent period cannot be correlated exactly. Most of the acharyas consider 'balyavastha' up to 16 years. Some consider the age group of 1-16 years as 'kaumara' stage and some others consider 10-16 years as 'kaishora' stage. Considering all these, the period of adolescence which comes under this age group can be considered as the last stage of 'balya avastha'. Balya is the age where the cells and tissues are in the phase of growth and development. The mind and body are immature and not fully developed. The physical and mental faculties are not in a capacity of bearing hardships. The skeletal structure, muscle mass, growth parameters and sexuality are in the evolving process. Giving due importance to nutrition is essential as it affects physical and emotional health, scholastic performance and also fertility in the days ahead.

Adolescence is also the period between childhood and adulthood where the child starts seeking independence

as a separate individual. The frontal cortex of the brain which is highly helpful in decision-making is not well developed by this age and so they are willing to take more risks and challenges without considering the consequences. The young people try to break free from the opinions and concerns of family and start giving more importance to their peers and outside world. This is a period of anxieties, uncertainties and confusions about self, physical appearance and personality.

Even though diet has to be given prime importance during adolescence, this aspect is usually ignored by the young people. Concerns about weight gain, body structure, self-image, peer pressure, growing independence, lack of time, indulgence in social media, advertisements and food fads lead the teenagers, especially girls to experiment with diet and become affected with nutritional problems.

Consequences

The major nutritional problems in adolescence are

- Underweight
- Overweight/Obesity
- Slow linear growth
- Micronutrient deficiencies especially

calcium, zinc, iron, folic acid vitamin D3, vitamin B12 etc.

- Delayed sexual maturation

In the adolescent period itself, 50 percent of adult weight and 15 percent of adult height are attained. Girls attain menarche during this phase of life. Height gain and muscle mass accretion continues till about 24 years of age in boys. Even though girls attain their adult height by 15–19 years, the pelvic growth continues. Thus, if girls are undernourished during adolescence, there is a risk of obstructed labour later in life. Iron Requirements are high for boys because of muscle mass girls and girls after the onset of menarche. Thus, any deficiency increases their risk of anaemia and poor scholastic performance. Iodine deficiency should also be taken care of as both iron and iodine deficiencies lead to compromise of IQ by 8–15 percentage. Moreover nutrition-related chronic diseases like diabetes are on the rise in adolescents due to overweight/obesity.

Preventive dietetics as per ayurveda

Ayurveda advocates that Ahara (Diet) helps in maintaining the balance of Doshas (humors) and Dhatus (tissues) by promoting health and preventing disease. It also states that food also has a direct effect on the brain. Pathyapathya (wholesome and unwholesome foods) is an important component of Ayurvedic therapeutics, having equal role to medicines. Wholesome foods make the person calm and healthy, while unwholesome foods make the person irritable and diseased. Food is divided into three groups in Ayurveda: Sathwika, Rajasika, and Tamasika. Sathwika food like fresh fruits and vegetables, whole grains, nuts, and seeds is considered healthy, Rajasika food such as coffee

and spicy foods is stimulating and Tamasika food such as tubers, stale food etc is heavy to digest and promotes dullness. Also, the prakriti or body type has been given importance for diet consideration. Prakriti can be vatika, paithika or kaphaja or a combination and has its own distinct traits. Particular diet and regimen need to be followed by the persons of each prakriti to maintain homeostasis. Vataja individuals who usually are lean and anxiety prone should include nourishing foods in their diet. Paithika prakriti individuals usually have emotional fluctuations and increased body heat and thus have to take calming, cooling meals, avoiding those of spicy nature. Kaphaja prakriti personalities are usually lethargic and overweight and so they need light and easily digestible foods. Ayurveda talks about shadrasa, i.e., the six tastes: sweet, sour, salty, pungent, bitter, and astringent, and the combination of all these rasas in diet makes a balanced diet. Ayurveda also advises avoidance of virudhahara or incompatible foods. For example, intake of milk and fish together, curd at night, heating honey, excessive sour, spicy and salty foods like pickles, dry meat, dried vegetables etc should be avoided.

Food which is light to digest, warm and inclusive of all the six tastes with predominantly sweetness has to be taken slowly with full dedication savouring each morsel in the company of close friends and family. Moreover, Ayurveda advises certain foods for daily intake like gooseberry, honey, green gram, shastika rice, wheat, barley, meat, ghee, pomegranate, grapes, jaggery, etc. If we carefully go through the contents of daily diet, we can find that carbohydrates, proteins, fats, vitamins and minerals have been

given equal importance. Not only the quantity but the quality, digestibility, ability to maintain body humours in equilibrium, compatibility between different food items, and mental satisfaction during food intake have also been stressed upon by ayurveda.

Importance of exercise and sleep

Along with proper diet, exercising is also advised by ayurveda. Nutrition and physical activity should go hand-in-hand, and are major determinants of person's energy level, body mass, built and composition. Thus, exercise should also be a part of diet plan. Any outdoor exercise which is desirable to the adolescent like swimming games, walking, dancing or yoga asanas can be practised daily to maintain healthy mind, body and spirit. Exercising till sweat appears on forehead is the ideal duration. Sunlight exposure especially during early morning and evening hours also helps in production of vitamin D in the body. Sleeping for 7-8 hours a day provides energy throughout the day.

Conclusion

Salient points

- Parents should advise the adolescents to eat a balanced diet which includes all food groups i.e., cereals, pulses, dairy/meat, fruits and vegetables.
- Carbohydrates should be the major portion of energy intake i.e., 50-65%; protein 10-30%; and fat 25-35%.
- They should eat three meals per day (breakfast, lunch, dinner). Avoid skipping meals especially breakfast.

- Fibre rich foods should definitely be included.
- Avoid junk foods, carbonated and sweetened beverages.
- Home cooked foods should be preferred instead of outside foods.
- Adequate amount of water is advised along with food intake. Apart from water, low fat milk, butter milk, kanji, juices without excessive sugar and fresh lime are other options.
- Daily intake of sesame seeds, fenu-greek, ragi, millets, buttermilk, meat soups, milk products, green leafy vegetables, yellow-coloured fruits and vegetables will prevent micro-nutrient deficiencies.
- Exercise and adequate hours of sleep are essential for a healthy body and happy mind.

NAM KERALA IEC CELL DIGITAL CONTENT CREATIVES

01

Janani

Homeopathy project for treating infertility.



Link

https://drive.google.com/file/d/1tFqIO7VaEbD16bW7DKXCnZg4m_JfFAS5/view?usp=sharing

02

Sports Ayurveda

Project under ISM for delivering initial aid for sports related injuries.



Link

https://drive.google.com/file/d/1bqf72qFamdHDj2TlphNO_AG0r2eyy81g/view?usp=sharing

03

Arunima

Anaemia eradication program through Ayurveda



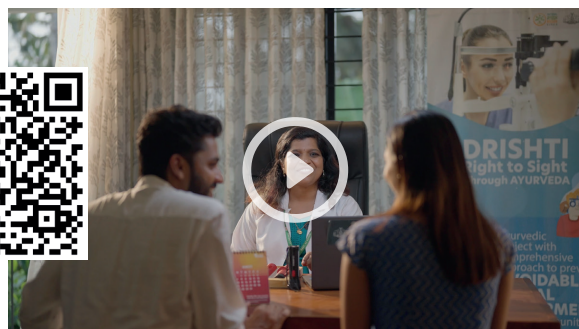
Link

https://drive.google.com/file/d/1s_hd1c4Fbr0JKc-lvV5a37gvXTTtWrRV/view

04

Drishti

An ISM Project for complete eye care through Ayurveda



Link

<https://drive.google.com/file/d/1KnZD05R9YpBMaskbVFq5gzCUOpFIWsYh/view>



NATIONAL AYUSH MISSION KERALA

Drishti



Project Drishti strives to address visual issues and preventative eye care through Ayurveda.

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