

Manasa tattava and its chikitsa siddhanta, explained in Ayurveda.
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Abstract

Manas roga in modern age are known as psychiatric diseases & treatment with Ayurvedic principals is known as Ayurvedic psychotherapy. The study of mental health constitutes one of the eight division of Ayurveda. Underlying pathology of manasa roga is psychological or emotional imbalance. Physical diseases are outcome of psychological factors. It is seen that patients are careless about mental & physical health as they are preoccupied by psychological imbalance.

According to manovigyana, site of mind is heart.

Manasa rog are associated with emotional trauma, negative attitude, stress.

According to Ayurveda manasa roga are born out of disturbance in satwa guna.

In Ayurveda Chikitsa is classified into 3 types Daivavyapashraya Chikitsa (divine therapy), Yuktivyapashraya Chikitsa (rational therapy) and Satvavajaya

Chikitsa (psychotherapy). Daivavyapashraya Chikitsa involves measures to combat Daivakrit diseases. Yuktivyapashraya is treatment based on fundamental principles of Ayurveda. Sattvavajaya Chikitsa is to control the mind by withdrawing it from undesired objects. Ayurveda gives more stress to Sattvavajaya Chikitsa and Daivavyapashraya Chikitsa in managing manovikaras. This article will help readers to understand role of Ayurveda in maintaining Manasika Swasthyam.

INTRODUCTION

The mind is the set of faculties such as consciousness, imagination, perception, thinking, intelligence, judgement, language and memory, as well as emotion and instinct. For a healthy life, not only physical well being but also mental health is also very important. Health is a state of complete physical, mental and social well-being

and not merely the absence of diseases. Vata, pitta, & kapha are sharir doshas where as Raja & Tama are manas doshas. As vata dosha play a major roll in body in the same way Raja play important role in manas doshas.¹ Satwa guna resides in mana, which does not produce any vikar. Manas roga in modern age are known as psychiatric diseases & treatment with Ayurvedic principals is known as Ayurvedic psychotherapy. The study of mental health constitutes one of the eight division of Ayurveda. Underlying pathology of manasa roga is psychological or emotional imbalance. Physical diseases are outcome of psychological factors. It is seen that patients are careless about mental & physical health as they are preoccupied by psychological imbalance, or emotional imbalance.

According to manovigyana, site of mind is **heart**. Heart represents network of channels within the human body which are responsible for flow of fluids . disturbance in physical or mental form, results in physical & mental illness. Manasa rog are associated with emotional trauma, negative attitude, stress, physical abuse, financial losses or due to some addiction. According to Ayurveda manasa roga are born out of disturbance in satwa guna. Satwa guna is inherent quality of the mind. If satwa guna dominated by Raja & Tama guna then the person may suffer from depression, anxiety, stress, etc.. Preoccupied mind have depressing effect on smooth functioning of the brain. Acharya Sushruta explained reason of manas vyadhi is anger, grief, fear,

pleasure, dejection, jealousy, envy, meanness, malice, lust, greed, different types of likes & dislikes.²

Treatment of manas rog described in Ayurveda.

In charak Samhita, Daivayapashraya chikitsa is one of the three treatment, mentioned in sharirik dosha and manasik dosha. Commenting on this acharya chakrapani explains Daivavyapashraya chikitsa is mentioned first because its mode of action can't be ascertained through a general logic, but gives immediate results.

Daivavyapashraya chikitsa acts on the basis of Prabhav.

Daivavyapashraya chikitsa (divine therapy)

The word Daiva refers to sinful acts committed in past life.

Daivavyapashraya chikitsa is a treatment based on pleasing the god.

i.e.

<i>Mantra</i>	Hymns
<i>Aushadha</i>	Amulets, Talisman
<i>Mani</i>	Wearing of Gems
<i>Mangala</i>	Auspicious ceremony
<i>Bali</i>	Offering to god.
<i>Upahara</i>	Gift
<i>Homa</i>	Oblations
<i>Niyama</i>	Observance of auspicious scriptural rules.
<i>Prayaschitta</i>	Atonement
<i>Upavasa</i>	Fasting
<i>Svastyayana</i>	Chanting of auspicious , hymns
<i>Pranipata</i>	Observance to the god.
<i>Gamana</i>	Going to pilgrimage

Daivavyapashraya chikitsa revives normal functioning of Sattaguna and removes obstacles of Raja and tama.

Acharya Sushruta also explained usage of bali,(offerings) homa, havan,(offering ghee to holy fire) etc as a shanti karma for the grahas as one of the Ashtanga of Ayurveda, called as bhoot vidya.³

Satwavajaya chikitsa (Trans therapy)

Satva means mind, and avajaya means to win or conquering.

Thus, satwavajaya treatment is to gain control over the mind of the patient and helping them to keep their mind and senses detached from the unwholesome subjects.

Is aimed at regaining the normal mental activity by conducting practice of yama, niyam, asana, & pranayam. Satwavajaya chikitsa uplift the satwa of the patient.

This enhances pran vayu circulation throughout the body resulting in removal of blockage of channels of circulation linked to mind.

Recent research has showed satwavajaya chikitsa superior to shunthi tablet in the treatment of manasa dosha ajeerna.

Satwavajaya chikitsa prevents the impairment of intellect, patience and memory and bring them back to normal condition.

Yuktivyapashraya chikitsa

Yuktivyapashraya chikitsa rational treatment.

Yuktivyapashraya chikitsa is a treatment in which the medicine, lifestyle, and diet are skilfully planed and administered.

This aimed at rational use of drugs & nutrition. It is divided in two types - shodhan & shaman. It is based on herbal drugs and panchakarma. These are used after finding out the root cause of diseases.

CONCLUSION

Chikitsa sutra of manas rog is Aatma dnyan, Shastra dnyan, Dhairya, Smarana shakti, to increase focus on mind by excluding other subjects, & controlling mind making it strong.

Manas chikitsa is mainly concerned with aachar rasayan and sadvrutta palan.

Good behaviour, proper diet & avoiding suppression of natural urges, following dinacharya , rutu charya, will maintain the equilibrium of doshas.

By ayurvedic line of treatment with psychotherapy and spiritual therapy one can able to treat mental diseases effectively.

Drugs like bramhi , ashwagandha, guduchi, yashti , vacha for preventing onset of manasa roga.

Jatamansi & tagar are drugs of choice in the treatment of anxiety neurosis.

Ashwagandha & shilajit have good antidepressant potential as confirm by clinical studies.

Also ashwagandharishta, unmad gaja kesari rasa, shiva gutika, vachadi churna, & panchyagavya gruta are famous formulation in treatment of manas roga.

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