



## TRADITIONAL VIEW ON MANAS ROGA AND THEIR AYURVED CHIKITSA: A REVIEW

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### ABSTRACT

An Ayurveda system is considered as oldest system of medicine practicing from ancient time and deals with psychological, physical and spiritual well being of society. Ayurveda covers various health related aspects of human life. Ayurveda described various physical as well as mental health problems along with their treatment options. Ayurveda put great emphasis on Manas roga or mental diseases which mainly arises due to the emotional trauma, stress, abuse, anxiety, drug induced and biochemical imbalances in body. As per Ayurveda Manas roga are associated with disturbance in Satva which is responsible for inherent quality of the mind. If Rajas or Tamas overshadowed Satva then manifestations of Manas roga arises such as; depression, neurosis, schizophrenia and insomnia, etc. Present article described traditional view on Manas Roga and their Ayurveda Chikitsa.

**KEYWORDS:** Ayurveda, Manas Roga, Chikitsa, Mental, Disease.

### INTRODUCTION

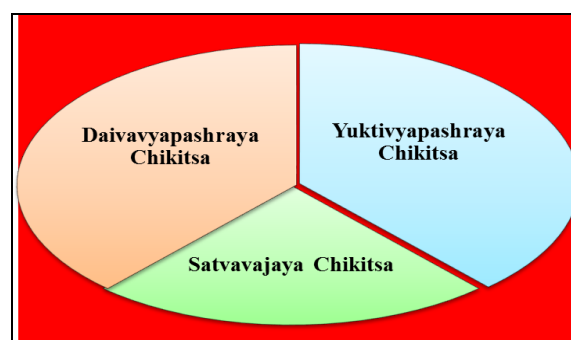
The mental illness has become disease of current scenario due to the stressful life style pattern of modern era. The present world facing large number of cases of mental diseases and incidences increases continuously due to the stressful conditions at work and family place. The predominate and imbalanced influence of *Rajas* causes manifestation of psychological disturbances like anxiety, mental retardation, stress, depression and schizophrenia, etc.<sup>[1-4]</sup>

*Manas roga* in modern science described as psychiatric diseases or mental disorder which mainly associated with emotional imbalance. According to *Manovigyana* the site of mind is heart and disturbance in *Satwa guna* leads consequences of *Manas roga*. The *Manoroga Nidana* arises due to the pathological consequences of emotional disturbances, *Krodha*, *Kama*, consumption of unwholesome food, mental trauma, awful daily routine and drug abuse, etc.

Ayurveda described such types of disease as *Manasa Roga* and mentioned specific therapeutic approaches for treating mental disorder under the heading of *Manasa Chikitsa*. Ayurveda medications along with *Shodhna Chikitsa* helps greatly in *Manasa Roga*, moreover balanced dietary habits, avoidance of suppression of natural urges, conduction of seasonal and daily regimens, etc. prevents progressive pathogenesis of mental

disorders. Ayurveda tonics such as; *Brahmi*, *Guduchi*, *Yastimadhu*, *Vacha* and *Ashwagandha*, etc. mainly indicated for *Manas roga*.<sup>[3-7]</sup>

Ayurveda philosopher especially suggested three types of *Chikitsa* as depicted in **Figure 1** for treating mental disorders. *Daivavyapashraya Chikitsa* means divine therapy which involves measures that helps to combat *Daivakrit* diseases. *Yuktivyapashraya* means rational therapy based on fundamental principles of Ayurveda and involves logical approaches to cure diseases. *Sattvavajaya Chikitsa* means psychotherapy which utilizes approaches to boost mental health and control mind by withdrawing undesired objects. In Ayurveda *Sattvavajaya Chikitsa* and *Daivavyapashraya Chikitsa* majorly employed for managing *Manovikaras*.



**Figure 1: Ayurveda therapies of mental illness.**

The mental illness affects health of individual and also deteriorates quality of life of family members. Person not only get affected mentally but also isolated socially thus is very essential to treat person at initial stage of disease.

*Manasika Vyadhi* can be classified according to involvement of *Dosha* and site of presentation of disease as follows:

#### 1. *Mano adhisthita manasika vikara*

*Manodoshas* mainly involved in disease; *Kama* and *Krodha*, etc.

#### 2. *Nanatmaja manasa vikara*

Endogenous mental disorders occur due to the involvement of specific type of *Shaririika Dosha* i.e.; *Tandra* and *Bhrama*, etc.

#### 3. *Sharira mano adhisthita manasika roga*

Mental disorders which involves both *Shaririika* as well as *Manodoshas*, i.e.; *Unmada* and *Apasmara*, etc.

#### 4. *Mano sariradhisthita manasa roga*

Mental disorders which occurs due to the affliction of *Manodoshas* subsequently involvement of *Shaririika doshas*, i.e.; *Shokaja Jwara* and *Bhayaja Atisara*, etc.

#### Role of *Sattva*, *Rajas* and *Tamas*

Ayurveda described three dimensions of mind; *Sattva*, *Rajas* and *Tamas*:

- ✓ *Raja* represents dynamism and activity.
- ✓ *Tamas* denotes darkness and inertia.
- ✓ *Sattva* means state of pure mind in balancing state.

When *Rajas* and *Tamas* cease or merge with each other or become predominant then mental illness arises as consequences of imbalance of *Rajas* and *Tamas*. *Satva* not causes illness thus *Rajas* and *Tamas* considered as *Manas doshas*. *Manasik roga* associated with disturbance of *Satva* when *Rajas* or *Tamas guna* becomes predominant. *Hina*, *Ati* and *Mithya Ahara-Vihara* can disturb balance of *Sattva*, *Rajas* and *Tamas* leading to the psychological disturbances. Therefore it is stated that avoidance of *Ati*, *Hina* and *Mithya yoga* would be helpful to prevent psychiatric disorders.

#### *Manasaroga samprapti*

As per *Charaka* impairment of intellect (*Dhi vibramsa*), impairment of memory (*Smriti vibramsa*) and impairment of will (*Dhriti vibramsa*), etc. are major causative factors of mental disorders. Etiological factors first causes *Alpasatwa* and vitiation of *Tridosha*, furthermore obstruction in *Manovahasrota* leads diminish state of *Rajas* and *Tamas* associated with disturbance in *Satva Guna*, these all consequences together triggers pathological progression of *Manasaroga*.<sup>[5-10]</sup>

#### Ayurveda *chikitsa*

✚ *Sadvritta palan* means ideal conduct of life including sexual conduct. The code of conduct helps to achieve balanced condition of body and mind. One should follow path of *Dharma* and must remain spiritual to start beginning of day with worship.

- ✚ *Satvavajay* means mental control therapy, always speak truth and try to control mind.
- ✚ Implementation of *Achar rasayana*; Rules of conduct which gives benefits of vitalization therapy, the good conduct of life helps to maintaining mental as well as spiritual well being.
- ✚ One should avoid anger, consumption of alcohol and awful conduct of sexual act.
- ✚ *Rasayan* therapy: *Rasayan* promotes general health, provides longevity, improves strength and boost up intelligence.
- ✚ *Shodhana chikitsa* including *Snehapana*, *Virechana*, *Nasya karma*, *Shiro vasti* and *Shirodhara*.

#### Ayurveda herbs

- ❖ *Asvagandha*
- ❖ *Jatamansi*
- ❖ *Brahmi*
- ❖ *Guduchi*
- ❖ *Kapikachhu*

#### Ayurveda formulations

- ❖ *Kalyana ghrta*
- ❖ *Sarasvatarishta*
- ❖ *Ashvagandharishta*
- ❖ *Brahma rasayana*
- ❖ *Brahmi taila*
- ❖ *Brahmi vati*

#### Yoga practices

- ✓ *Padmasana*, *Suryanamaskara*, *Savasana*, *Paschimottanasana* and *Bhujangasana*, etc.
- ✓ *Pranayama*
- ✓ *Meditation*

#### CONCLUSION

Ayurveda therapies and *Yoga* helps to prevent and treat many disorders including mental problems. *Achar rasayana* and *Sadvritta palan* are mainly indicated for curing mental illness. Conduction of rules of *Sadvritta* helps to relax mind, control senses organs and person can control his/her unwanted desire which can cause mental stress. *Rasayan chikitsa* enhances *Satvik Guna* by improving internal strength and intelligent. *Sadvritta* and *Achara Rasayana* not only relive mental illness but also helps to attain healthy and long life.

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