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 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.\(^{[1-4]}\)

Manas roga in modern science described as psychiatric diseases or mental disorder which mainly associated with emotional imbalance. According to Manovigyan 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; Brahami, Guduchi, Yastimadhu, Vacha and Ashwagandha, etc. mainly indicated for Manas roga.\(^{[3-7]}\)

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.; Ummada 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.; Shokajaja 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. Sattva not causes illness thus Rajas and Tamas considered as Manas doshas. Manasik roga associated with disturbance of Sattva 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 sampaprti

As per Charaka impairment of intellect (Dhi vibramsas), impairment of memory (Smritis vibramsas) and impairment of will (Dhriti vibramsas), etc. are major causative factors of mental disorders. Etiological factors first causes Alpasaatwa and vitiation of Tridosha, furthermore obstruction in Manovahasrota leads diminish state of Rajas and Tamas associated with disturbance in Satva Guṇa, these all consequences together triggers pathological progression of Manasarogas.

Ayurveda chikitsa

Sadviratta 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 Snehapan, Virechana, Nasya karma, Shiro vasti and Shirodhara.

Ayurveda herbs
- ✓ Asvagandha
- ✓ Jatamansi
- ✓ Brahmi
- ✓ Guduchi
- ✓ Kapikachhhu

Ayurveda formulations
- ✓ Kalyana ghrita
- ✓ Sarasvatarighita
- ✓ Ashvagandharishita
- ✓ 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 Sadviratta palan are mainly indicated for mental illness. Conduction of rules of Sadviratta helps to relax mind, control senses organs and person can control his/her unwanted desire which can cause mental stress. Rasayan chikitsa enhances Satvīk Guṇa by improving internal strength and intelligent. Sadviratta and Achara Rasayana not only relive mental illness but also helps to attain healthy and long life.

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