



REVIEW OF MANA AS PER AYURVEDA WITH SPECIAL REFERENCE TO MENTAL HEALTH

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ABSTRACT

Ayurveda is a science of life and it has explained about many psychotic diseases along with somatic diseases. It explains the role of *Mana* and effect of disturbance of mind in somatic diseases. *Acharya Charaka* explains *Mana* in his *Samhita* in detailed manner as *manasik guna*, *mana*, its *karma*, its subjects, *manasik dosha*, *manasik vyadhi* and it's *Chikitsa*. While defining about health Ayurveda indicates mental wellness as an important component for being a healthy individual. Afterward WHO reforms the definition of health and provided mental wellness as important aspect. Ayurveda Samhita provide many regimens and measures viz. *Dincharya*, *Ratricharya*, *Ritucharya*, *Sadvritta*, *Achararasyana* and many more to prevent us from mental disorders and *Daivavyapshrya* and *Satvavajya Chikitsa* to treat mental disorders. The concept of *Mana* is commonly seen as one key issue in *Ayurveda*. Therefore, here, an attempt has been made to highlight the concepts of *Mana* in detail.

KEYWORDS: *Dincharya*, *Mana*.

INTRODUCTION

Ayurveda is science which not only emphasis on physical health but also elaborate about mental health since decades. Ayurveda emphasis on mental wellness as an important component of health and defines healthy individual being having the *Dosha*, *Agni*, *Dhatu*, *Mala*, peaceful mind and all senses in state of equilibrium.^[1] Decades ago health is inclusive of mental health and since 20th century WHO also included mental health in their definition of health. "Health is a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity".^[2]

Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community.^[3]

Description

During intra-uterine life development of *Mana* occurs in 5th month.^[4] Life is combination of body, senses, *Mana* and soul all together.^[5] *Satva (Mana)* is one among the *Tridanda* (tripod of life) together with *Aatma* (soul) and *Sharir* (body). These three form the *Purusha* which is the main element aimed by Ayurveda to treat any disease.^[6] *Mana* is responsible

for the perception of senses when sensory organs (*Indriya*), soul (*Aatma*), subject of particular sense organ (*Artha*) and mind (*Mana*) simultaneously function all together.^[7] Thus *Mana* is fore most important for the perception of things and decisions.

Subjects and Actions of Mana

Healthy and cheerful mind visualize the subject in proper way with logical and analytical thinking and vice-versa.

Daniel Goleman in his book "Emotional Intelligence, why it can matter more than IQ" explained about emotional intelligence and its importance. He specifies five components of EI viz.^[8]

1. Self Awareness
2. Internal motivation
3. Self regulation
4. Empathy
5. Social Skills

Acharya Charaka explained same under the functional aspect of *Mana* as *Chintyam*, *Vicharyam*, *Uhyam*, *Dhyeyam*, *Sankalpam* and named them as *Artha* of *Mana* in *Sharirsthana*.^[9]

1. *Chintyam* – thinking.
2. *Vicharyam* – observation, discussion, judgement.
3. *Uhyam* – logical interpretation.
4. *Dhyeyam* – aim, goal.

5. *Sankalpam* – Determination, resolution.

Mana has control over all the senses and also has control on itself.^[10]

There are three *Mansik Guna* viz. *Satva*, *Raja*, *Tama*.^[11] Among these three *Raja* and *Tama* are regarded as *Mansik Dosha*. Vitiating of these is responsible for the cause of psychological disorders.

Ayurveda has categorized all disease into three namely, *Sharirik* (somatic), *Mansik* (psychological), *Agantuj* (traumatic) *Vyadhi*.^[12] Sushruta explained *Vyadhi* as *Dukhsamyoga* and classified it into *Adhyatmika*, *Adhibhautika* and *Aadbhidaivik*.^[13] Under category of *Adhyatmika* there is *Doshbalpravrata Vyadhi* which further sub categorized into *Sharirik* and *Mansik*.^[14] Like this there are many psychiatric and mental diseases mentioned in Ayurveda some of them are well elaborated as *Unmada*, *Apsmara*, *Atatvabhinivesh*, *Grahabadha* etc.

Cause of mental disorders

Mental illness is the result of many factors acting together. All the mental disorders are caused by disharmony of *Mansik Dosha* along with *Sharir Dosha*. The major factors to cause any disease are *Asatmyaindriyarth Samyog*, *Pragyapradh* and *Parinam*.^[15] *Asatmyaindriyarth Samyog* is disequilibrium among *Mana* and its *Artha* (subject) i.e. *Chintya* is the cause of mental disorders.^[16] *Pragyapradh* is the act of doing inappropriate things knowingly which causes vitiating of all *Dosha*.^[17] Many *Agantuj roga*, *Irshya* (jealous), *Shoka* (grief), *Bhaya* (fear), *Krodha* (anger), *Ahamkar* (ego) and *Dwesh* (rivalry) etc mental distress are caused by *Pragyapradh*.^[18] These all conditions occur in those with low self esteem, less tolerance, lower levels of threshold and dominance of *Raja* and *Tama*. Dominance of *Raja* and *Tama* leads to emotional imbalance which leads to psychiatric disorders. Some of these emotions are *Karma*, *Krodha*, *Lobh*, *Moh*, *Irshiya*, *Shok*, *Chinta*, *Udvega*, etc.

Management

Main objective of Ayurveda is to prevent the healthy individuals from diseases and to treat the diseased individuals.^[19] Life in the present time is full of stress and anxiety. People are engaged in hustles of their lives and do not take care about their mental peace. Ayurveda can contribute to prevent people from being suffering from mental illness as Brihatrayi has quoted many references like *Dincharya*, *Ratricharya*, *Ritucharya*, daily regimens, *Sadvritta*, *Achara rasayana*, regimens of food intake.

Nidana Parivarjana is the foremost step for the management of any diseased condition according to ayurveda.^[20] Three different treatment modalities are explained in ayurveda viz. *Daivavyapshrya*,

Yuktivyapshrya and *Satvavajya*.^[21] These all play important role in the management of mental illness. *Satvavajya* is considered as more useful for mental disorders as it helps to distract the mind from the subjects which cause disharmony of mind.^[22] Other than these mental disorders are also treated with many *Aushadha*, *Rasayana*, *Upkrama*. *Achara rasayana* also have great impact in the treatment of mental disorders. In contemporary science also there is similar theory of mental hygiene which is defines as “the art of pressurizing the mind against all incidents and influences calculated to deteriorate its qualities, impair its energies, or derange its movements.”^[23]

In related to *Shodhan Chikitsa*, *Nasaya* is the most important to treat the mental illness as nasal passage is said to be the door to brain.^[24]

CONCLUSION

According to many studies it is noticed that around 450 million people were suffering with different mental conditions and mental disorders in current era. In spite of available treatment only about one-third of people suffering with mental illness were getting actual treatment and goes to health professionals for help. As ayurveda explained about both preventive as well as curative aspect of mental illness, it can be useful to mark check point on the increasing stress related disorders and psychogenic problems with the help of ayurveda principles. Ayurveda has plenty of concepts about *Mana*, qualities of *Mana*, *Manasroga*, *Mansik Vyadhis*, *Manasik Dosha*, and lot more. Therefore ayurveda can cure mental disorders from the core level. With new researches it can be new emerging field for ayurveda and preventive for decreasing psychological disorders and maintain the mental harmony of individuals.

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