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Review article

Role of *mano-chikitsa* (psychological counseling) in the management of modern day's *manovikara*

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Abstract

The ayurveda recommended specific *dinacharya* and *ritucharya* along with *ahara* and *vyayam* to control mental illness. *Abhyanga* removes toxins and maintain normal mental status of body. Ayurveda treatment of *manovikara* involves approaches like; *shirodhara, manasamitravataka, nidanaparivarjana, shodhana, shirovasti, tailam, shiroabhyangam, shaman* and healing through senses *shabda, sparsha, roopa, rasa, gandha.* The treatment of mental disorder seeks *Jnana-Vijnana*, *Dhairya* and *Samadhi*. The normal functioning of *mana* can be best achieved by *sadvritta* and *achar-rasayan* which overall develops *Sattvapravriti* and help in brian restoration process. The current population suffers from many psychological disorders due to the disturb life style and mental stress; ayurveda suggests *mano-chikitsa* including psychological counseling (*satwavajay*) for the treatment of such psychological problems of today's time, this article summarizes role of *mano-chikitsa* in modern *manovikara.*

Key words: Ayurveda *manovikara, mano-chikitsa, satwavajay,* psychological counseling.

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1. Introduction

The current scenario of life style suffers various psychological diseases. Ayurveda considered *mana* important pillar of body along with *atma* and *sharir*. The balance condition of these three *Mana, atma* and *sharir* resembles complete health as per ayurveda. Ayurveda mentioned *sattvavajaya* therapy as effective treatment approaches of psychotherapy. *Manas* (mind) is encompasses three sub-pillar *dhi*, *dhriti* and *smriti*. The *tridoshic* balance *vata, pitta* and *kapha* govern mind functioning of *mana*. *Vata* controls movement of nervous system. *Pitta* regulates metabolism. *Kapha* provides stability of tissues. *Vatadosha* results anxiety, restlessness and insomnia. *Pitta* imbalance causes irritability.

Ayurveda believe that there is an imbalance in *tridoshas* when there is a

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mental problem. The *gunas* of mind *rajas* and *tamas* are also affected simultaneously. There are various causative factors of mental illness like; excess of *shoka*, *krodha*, *chinta*, *kama*, *krodha*, *lobh*, *moha*, *irshya* and *mada*. Ayurveda prescribed various treatment approaches of *mano-vikara* which mainly occurs due to the modern life style and stress, this article summarizes role of such treatment approach like; psychological counseling (*satwavajay*) in the management of modern day's*mano-vikara* [1, 2].

Role of psychological counseling in *shukragat vata*

Premature Ejaculation is one the common sexual disorder of male. There are various causative factors of this problem like; anxiety, stress and fear etc. As per ayurveda this condition can be correlated with *shukragatvata*. Study proved efficacy of psychological counseling in the management of *shukragatvata*. *Shukragatavata* is characterized by clinical presentations related with the impairment of ejaculation or with the impairment of seminal properties. The clinical presentations of *Shukragatavata* involve; early ejaculation and seminal abnormalities. The various clinical features of similar pathological process occur according to the affliction of the vitiated *vata* on the various structural and functional attributes of *shukra*. Improper ejaculation associated with the condition of vitiated *vata* which loses its *drutatva.* Study proved efficacy of psychological counseling in the management of *shukragatvata* and significant results were seen with regards to *Harsha*, *Preeti*, *Veeryam* and *Shraddha, Raja*, *Harsha*, *Bhayam*, *Medha* and *Dhriti*.

Psychological counseling was found to be effective to a certain extent in the management of *Shukragatavata* since it boost confidence, self esteem and improve positive thinking. Counseling serves *dhee, dhairyaatmsadivijanam* and improves *manodosha*. Study also suggests that psychological counseling suppressed triggering factor of premature ejaculation like; anxiety and stress. Study also suggest that *vrushya* drug having *balya*, *medhya*, *shukrastambhak* properties if used along with psychological counseling then this combination may provide encouraging result in the patient of *shukragatavata* [3].

Psychological management of obesity related diseases

The obesity is a very common problem and leads many other diseases like; hypertension, cardiovascular disorders and diabetes mellitus. The depression, stress and emotional disturbances are the causative factors of obesity associated with mental disturbances hence obesity and related disorders can be manage through psychological treatment like; *sattvavajaya*. Depression is one of the important psychological factors which contribute greatly towards obesity it is associated with excessive eating habit unconsciously and weight gain. The *sattvavajayachikitsa* helps in obesity to modify life style that may change dietary habits. Stress management also play important role in management of obesity and related disorders. The *sattvavajayachikitsa* along with yoga also possess relief in such problems; since it offers various physical and mental relaxing techniques like; *asanas*, *pranayama*, *nadishodhana*, *ujjayi pranayama*, *yoga nidra* and *dhyana*. Ayurveda literature suggested that the obesity and related disorders can be

control by psychological treatment like; *sattvavajaya* along with yoga, these behavior modification techniques control stimulus, manage stress and offers cognitive restoration [4].

Satwavajay chikitsa in nail bitting habit in children

The nail biting habit is a psychological problem and increasing day by day thus there is a need for effective treatment of this problem. Mental stress leads many psychological disturbances, such psychological disturbances may also occur in children including emotional and behavirioual problems. Nail biting is a habitual problem associated with *manovikara*. As per traditional text nail biting may be considered under *rajodoshavaigunyata.* There are various causative factors of nail biting problem like; aggression, stress and anxiety. The nail biting is connected with *mana* and needs controlling of *indriyas*. The s*atwavajayaChikitsa* by *Vijnana*, *Jnana*, *Sheela*, *Harsha*, *Samadhana*, *Vismapana*, *Vismarana*, *Ashwasana*, *Dhairya*, *Dhyana* can be used to improve the psychological status of children which relief in nail biting problem. *Satwavajaya* encompasses methods of *manonigraha* & yoga. *SatwavajayaChikitsa* can be correlates with the cognitive behavioral therapy which utilized for the treatment of habit disorder. The abnormal condition of *mana* is termed *dhee***,** *dhriti* and *smritivibhramsha* which leads *prajgyaparadha* which is main reason of habit disorder like nail biting, *SatwavajayaChikits a*re sist p*ragynaparadha* by preserving *dheedhrithi* and *smrithi* thus provides great relief in nail biting habit. Research investigation proved efficacy of *satawavajayachikitsa* along with herbs in nail biting disorder [5].

Chittavasada and its ayurvedic management

Chittavasada is a common psychiatric disorder now a day's and majority of young population suffered from disease due to the stresses modern life style. *Chittavasada* termed as depression as per the modern science which involves depressed mood and loss of joy and excitements. Ayurveda described various treatments for such disease conditions like; *daivavyapashryachikitsa, sattvavajaychikitsa, nidanparivarjana* and *naisthikichikista.*

Daivavyapashrayachikitsa involves *mani, mangal, mantras, bali, upadhan, homa, niyama*, *prayascita* and *pranipata,* it boost confidence levels and suppress episode of depression (*Chittavasada*). *Sattvavajayachikitsa* control mind and help to empower the self control which overall restore establish inherent perspective of patient. *Nidanparivarjana* helps to avoid causative factors of disease. *Naisthikichikista* offers eradication of miseries obtained by elimination of desires which are root cause of all miseries. Elimination of desires leads to eradication of all miseries. The traditional text suggested that depression can be manage with the help of various treatment approaches of ayurveda like; *daivavyapasrya* and *satvavjayachikitsa* effectively along with herbal drugs [6].

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