

**VEDHAN CHIKITSA IN PSYCHOSOMATIC DISORDER W.S.R TO UNMAAD DIS-
ORDER.****Shivali Deshmukh¹, Namarata Tiwari², Sushil Dwivedi³**

¹ Second Year Post-Graduate Scholar, Dept. of Rachana Sharir, Shree Narayan Prasad Awasthi Shaskiya Ayurved Mahavidyalaya, Raipur, Chhattisgarh, India.

² Reader, Dept. of Rachana Sharir, Shree Narayan Prasad Awasthi Shaskiya Ayurved Mahavidyalaya, Raipur, Chhattisgarh, India.

³ Reader and H.O.D, Dept. of Rachana Sharir, Shree Narayan Prasad Awasthi Shaskiya Ayurved Mahavidyalaya, Raipur, Chhattisgarh, India.

Corresponding Author: shivalideshmukh97@gmail.com

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**ABSTRACT**

According to Ayurveda, total health is the state in which the mind and spirit are in perfect harmony. As India's oldest and most traditional medical system, Ayurveda has a distinct identity. The three main components of Ayurveda's therapeutic methods are Satvavajaya Chikitsa, Yuktivyapashraya, and Daivavyapashraya. The Charak Samhita mentions Yuktivyapashraya Chikitsa, which is a novel idea in Ayurvedic Vedhan Chikitsa. In today's world, psychosomatic disorders are frequently seen in a variety of forms. This results from numerous environmental and stress-related elements that are significant in daily living. One technique that Acharya Shushrut and Acharya Vaghata mentioned in Ayurveda is Vedhan Chikitsa. This Vedhan Chikitsa has been used for many years by private practitioners in India to treat psychiatric illnesses similar to Unmad and Apasmar. In addition to treating patients with Shodhana, Shamana Chikitsa, as described in Ayurveda, An attempt has been made here to reintroduce and inculcate the importance and application of this different therapy told by Ayurveda.

INTRODUCTION

WHO defines health as “A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.” According to Ayurveda, life is a combination of Indriya (senses), Satva (mind), Sharir(body) and Atma (soul). Ayurveda is not only limited to body or physical symptoms but also gives comprehensive knowledge about spiritual, mental and social health. Psychosomatic disorders are routine observations in many forms in present-day life. This results from many stress-induced and environmental factors that are essential to daily life. There is a vast array of therapeutic regimens advocated by Ayurveda, and a few practitioners practice them, while ordinary people also practice some of them. In addition to these therapies, specific special procedures are recommended by the sages; vedhan chikitsa is one such procedure advocated by the compendia of Ayurveda, Maharishi Sushruta and Maharishi vagbhata. After practicing this procedure for many years for unmade patients, an attempt has been made here to present the whole picture from a brief perspective. An attempt has been made here to reintroduce and inculcate the importance and application of this different therapy, as Ayurveda told us, based on practical experience gained by the author. Ayurveda, being a holistic way of treatment, cannot ignore the importance of the psychiatric condition of the patient to diagnose and treat the disease effectively.

MATERIALS AND METHODS

Classical texts from Ayurveda are used as resources, such as Charak Samhita, Sushrut Samhita and Vagbhat Samhita.

METHODOLOGY

- 1) Recognize the pathology of Manas Vyadhi as described in the formal text.
- 2) Gain an understanding of Vedhan Chikitsa.
- 3) The way that Vedhan Chikitsa treats Manas Vyadhi.

RESULT

Unmaad results from obstruction of Manovaha Srotas because of Vitiated Vata, Pitta, and Kapha Dosha. This disease is called "Psychosomatic" as Dosha (Sharir and Manas) are the integral parts of the living

body. Although it is necessary to eliminate the aetiological factors causing vitiation of Dosha for permanently relieving this condition, there is still a need to get rid of the manifestations troublesome to the patient as well as society. Because there is an imbalance between the Rajas and Tamas properties of Manas (Mind).

DISCUSSION

Vata, Pitta, Kapha or their Sannipata are responsible for this condition, and they can be treated. Once the balance of Dosha is established or vitiated Dosha is eliminated, then the treatment is successful. Counseling is beneficial where there are aetiological factors like the death of near and dear ones and the major loss of assets. Unmaad caused due to Vishaj and Upavishaj is definitely hard to treat, in such cases, the therapeutic regimen of the concerned poisons is necessary. It is judged by the manifestations of the disease and the location, which Dosha have been vitiated. Accordingly, the knowledge of the vitiation of the following Dosha can be gained. When we call as dosha dushti (vitiation of dosha), it becomes essential, that they should be identified. This disease takes abode of Ura and Mastishka regions. Hence, the dosha mainly active over there should be treated properly. While identifying the following dosha, it becomes imminent to consider their direction, location, and actions in this respect.

Vata Dosha: Udana, Vyana and Prana Vayu.

Tarpaka Kapha.

Sadhaka Pitta.

Once Dosha - Dosha gati and their locations are confirmed, their treatment becomes easy. There is urgent relief due to elimination of vitiated Dosha out of body

In this context, Raktamokshan/Vedhan Chikitsa is definitely superior, which is implemented in my routine practice.

[1] In the Raktamokshan or Vedhan Chikitsa, the vitiated matter is eliminated first.

[2] It is a dictum in our science that the nearest route should remove dosha.

Considering both these principles. Ayurved has advocated the locations of Siravyadha or Vedhan in Sushrut Samhita sharir sthan Adhyay Eight Siravyadhavidhi Sharir Adhyaya and in treating the related disease conditions, respectively. Ura (Thoracic region), Lalata (Forehead), Apanga (Outer canthus), Shankha (Temporal area) and Sthapani (Forehead between the eyebrows) these are the locations quoted for performing Vedhan Chikitsa. In Ura Pradesh, the Vedhan Chikitsa works mainly on Udana, Vyana, Prana vayu, and Sadhaka pitta. It helps to eliminate the obstruction of Manovaha Srotas Raktamokshan. At the locations in Urdhva-jatrugata Pradesh, Vedhan also acts on all the areas near the special senses i. e. the senses and also Tarpaka Kapha. Hence, the vitiated Dosha escaped from Uro-Vyadha and were eliminated at this level. This therapy should be done repeatedly, i.e., in the morning, afternoon and evening, till the patient is relieved from the disease. Vedhan is done where the vessels (Veins) are not visible and proper depth cannot be obtained; there, it can be done up to 11 mm. (It has been explained further)

CONCLUSION

Patients of Manas Vyadhi who receive counseling, Shaman, Shodhan chikitsa, and Vedhan Karma also have greater Upashay. According to the discussion above, Vedhan treatment is unquestionably preferable in this situation and needs to be used on a regular basis.

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