



THE IMPORTANCE OF ACHAR RASAYANA IN CHITTODVEGA (MENTAL DISORDERS)

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ABSTRACT

"Health is defined as "A condition of complete physical, mental, and social well-being, rather than the absence of disease or disability. The Sanskrit *Ayur* terms (life) and *Veda* (science or knowledge) were combined to form Ayurveda, which literally means "the science of life¹."The underlying premise of Ayurveda is to maintain balance and harmony in your body, mind, and surroundings in order to prevent and treat illness rather than react to symptoms. Ayurvedic theory of mental health is based on the combination of the three *Gunas*, *Tridosha*, and *Panchabhuta*, the combination of these *Doshas* and three *Gunas* inherited at birth indicates an individual's called *Prakriti*. The dynamic balance of these above elements creates good mental health. *RasayanaTantra* is one of the eighth major divisions of *AstangAyurveda*². In *Ayurveda*, one of the major methods of presentation of positive health has been described i.e., *Rasayana*. There are many activities that promote health and happiness by engendering positive emotions and experiences, which in turn promote the production of *Ojas*. These activities are included in *AcharaRasayana*, *AcharRasayan* has traditional values, they play an important role in the prevention and management of psychosomatic disorders.

Keywords: Achar Rasayana, Mental Illness, Chittodvega

INTRODUCTION

Ayurveda is a holistic health method that focuses on the mind, body, and spirit. This four-dimensional perspective of life is physical, cerebral, emotional, and sensory. In terms of Ayurveda's goals, it has been stated that the main goal of Ayurveda is to maintain homeostasis in the functioning of the body tissues. Sushruta agreed, saying that the primary goal of Ayurveda is to maintain healthy people's health while also restoring the health of ailing people³. The phrase "Rasayana" is made up of two words: *Rasa* and *Ayana*. The word '*Rasa*' implies fluid or juice, and the word '*Ayana*' indicates Pathway. As a result, the name '*Rasayana*' means 'juice route.' *Rasayana* also refers to the method by which one obtains the superiority of *Rasa*. according to Ayurveda" Drug, diet, and regimens that eradicate old age and sickness are called *Rasayana*,". The word *Achara* signifies "discipline." Following the guidelines for eating, sleeping, and celibacy allows a person to rejuvenate. Following a *Sattvika* diet and lifestyle, speaking the truth, practising nonviolence, living in harmony with nature, and adhering to societal ethics and conduct are all covered in this *Rasayana* category. When the above principles are followed correctly, they result in a qualitative promotion of the *Dhatu*s and an increase in the amount and quality of *Ojas*, a vital factor in health and immunity. As a result, a person can obtain the same benefits as those obtained by the internal *Rasayana* administration. WHO also estimates that about 7.5 per cent of Indians suffer from some mental disorder and predicts that by end of this year roughly 20 per cent of India will suffer from mental illnesses? According to the numbers, 56 million Indians suffer from depression and another 38 million Indians suffer from anxiety disorders⁴. A group of psychiatric dis-

orders described in Ayurveda under the heading of *Unmada*, with psychosis. "*Chittodvega*" as is not mentioned in the classics, but it is described as a symptom of *Unmada*. *Chitta* refers to psychic and *Udvega* are refers to anxiety, totally it is an anxiety neurosis. The etiological factors for *Chittodvega* described in Ayurveda are *Alpa satwa* (inadequate personality), *Hridaya Pradushya* (As Heart is the seat of *Buddhi*, alteration of *Buddhi*), and *Pradharshanam Deva Guru Dwijanam* (disobeying of God, teacher, and Brahmins). Due to the above factors, alteration of '*Dhi*' (derangement of understanding) will be there, and that leads to the provocation of *Mano Dosh*a (*Rajas* and *Tamas*). There misuse of mental faculty begins, and one goes into severe emotional changes, which are considered to be a pathological state of mind, causing the *Chittodvega*. Charaka directly included the involvement of *Mano Dosh*a (*Rajas* and *Tamas*), in the *Samprapthi* of *Chittodvega*⁵. These three causes lead to *Unmada* mental health disorders, which refer to a wide range of mental health conditions — disorders that affect your mood, thinking, and behavior. Examples of mental illness include depression, anxiety disorders, schizophrenia, eating disorders, and addictive behaviors. *Rasayana* is a way to achieve homeostasis and thus retarding the process of an aging phenomenon and preventing diseases. In healthy conditions, *Rasayana* can be understood as nutritional dynamics for rejuvenation of the body and psyche. Aging in Ayurveda is considered a disease occurring due to the natural process of degeneration and thus, preventing premature aging and making aging a healthy way is also considered under the aspect of *Rasayana*⁶.

TABLE 1: SHOWS THE TYPE OF RASAYANA

BASED ON BENEFIT	BASED ON METHOD OF USE	BASED ON THE MATERIAL USED
<i>Kamyā Rasayana</i> (Enhances normal health)	<i>Vatatapika Rasayana</i> (Outdoor regimen)	• <i>Aushadha Rasayana</i> (Drugs based)
<i>Naimittika Rasayana</i> (Based on disease condition)	<i>Kutipraveshika Rasayana</i> (indoor hospital based)	• <i>Ajashrika Rasayana</i> (Diet based)
	<i>Achararasyana</i> (Good conduct)	

SIGNS AND SYMPTOMS OF MENTAL HEALTH DISORDERS:

Feeling sad or down, Confused thinking or reduced ability to concentrate, Excessive fears or worries, or extreme feelings of guilt, Extreme mood changes of highs and lows. Withdrawal from friends and activities, Significant tiredness, low energy or problems sleeping, Detachment from reality (delusions), paranoia or hallucinations, Inability to cope with daily problems or stress, Trouble in understanding and relating to situations and people, Problems with alcohol or drug use, major changes in eating habits, Sex drive changes, excessive anger, hostility or violence, Suicidal thinking. Mental illness is a leading cause of disability. Untreated mental illness can cause severe emotional, behavioural, and physical health problems. Complications sometimes linked to symptoms of depression mental illness include Unhappiness and decreased enjoyment of life, Family conflicts, Relationship difficulties, social isolation, Problems with tobacco, alcohol, and other drugs. Missed work or school, or other problems related to work or school, Legal and financial problems, Poverty and homelessness, Self-harm and harm to others, including suicide or homicide, Weakened immune system, so your body has a hard time resisting infections. Heart disease, and other medical conditions, Alcohol misuse and dependence, and many of its accompanying psychological problems, are associated with heightened levels of impulsivity that both accelerate the development of clinically significant illness and complicate clinical outcome. Alcohol abuse can also cause signs and symptoms of depression, anxiety, psychosis, and antisocial behavior, both during intoxication and during withdrawal.

USES OF ANTIDEPRESSANT- Side effects of antidepressant medications are common and can impact the prognosis of successful treatment outcomes in people with major depressive disorder (MDD). However, few studies have investigated the severity of side effects over the course of treatment and their association with treatment outcomes. Here we assessed the severity of side effects and the impact of treatment type and anxiety symptoms over the course of treatment, as well as whether side effects were associated with treatment outcome⁷ A sedative or tranquilliser is a substance that induces sedation by reducing irritability or excitement. They are CNS depressants and interact with brain activity causing its deceleration. Various kinds of sedatives can be distinguished, but the majority of them affect the neurotransmitter gamma-aminobutyric acid. Sedatives are a type of prescription medication that slows down your brain activity. They are typically used to make you feel more relaxed.

Long-term sedative use can lead to the following side effects: Frequently forgetting or losing your memory, such as fatigue, feelings of hopelessness, or suicidal thoughts, mental health conditions, such as anxiety, liver dysfunction or liver failure from tissue damage or overdose, developing a dependency on sedatives that can lead to irreversible effects of withdrawal symptoms, especially if you stop using them abruptly, so applying the science of life i.e *Achara Rasayana* is much better than antidepressants, sedatives like agents. *AcharaRasayana*, as described by *Charaka*, says that everyone who wants to have a long-life span should be careful to observe the following rules: –

TABLE 2: SHOWS RULES OF ACHARA RASAYANA

<i>Satyavadinam</i>	Truthfulness
<i>Akrodham</i>	Do not be angry
<i>Madyanivratī</i>	Do not indulge in alcoholic drinks
<i>Maithunanivratī</i>	Observe celibacy and the sexual act according to the code
<i>Ahimsa</i>	Non-violence
<i>Anayasaka</i>	Avoid over exertion
<i>Prashantam</i>	Be calm and peaceful in mind
<i>Priyavadinam</i>	Do not hurt others with your speech. Speak pleasantly
<i>Japa para</i>	Always remember god
<i>Soucha para</i>	Purity
<i>Dheera</i>	Patience
<i>Dana</i>	Charity
<i>Tapaswin</i>	Austerity
<i>Samadara</i>	Be respectful
<i>Anrashamsya</i>	Do not be cruel to anyone
<i>Nityakarunavedinah</i>	Be merciful to all who are in need of help
<i>Samajagrana – swapna</i>	Maintain balance in waking and sleeping. Do not stay up long into the night and do not sleep in the daytime
<i>Nityaksheerghritashinah</i>	Take milk and ghee in moderation in your diet
<i>Desha-kala-pramanagya</i>	Be a knower of place, time, and measures of activities
<i>Yuktigya</i>	Plan ahead to achieve your goals
<i>Anahamkari</i>	Avoid super egotism
<i>Shastachara</i>	Maintain good behaviour established by <i>Apta</i> – the great sages and saints of society
<i>Asamkiran</i>	Be generous and sharing
<i>Addhyatmaparayanam</i>	Be conscious
<i>Upasitarahvridhanam</i>	Respect and serve your elders
<i>Upasitarahastikanam.</i>	Respect and serve priests, sages, and saints who serve your religion and God
<i>Upasitarahjitatmanam</i>	Respect and serve the people who have conquered their senses (masters of desires)
<i>Dharma para</i>	Keep yourself busy in religious activities
<i>Shastra para</i>	Continually study new sciences, advances, research, and philosophies and utilize them for the benefit of all human beings

DISCUSSION

In today's world, a person is exposed to a great deal of stress from a young age. As a result, various psychological disorders are very common, and we can find many people suffering from them who are either unaware of it or unwilling to discuss it, but it has a significant impact on their day-to-day lives. The practical application of *Achara Rasayana* improves not only the life span but also the quality of life. It is a cost-effective technique for reducing the global illness burden. Clinically, *Achara rasayana* (Ayurvedic lifestyle change) has proved quite effective. It is a cognitive behavioural therapy that focuses on modi-

fyng automatic negative beliefs that can intensify and contribute to emotional problems, sadness, and anxiety.

CONCLUSION

Rasayana is a science of whole-body rejuvenation with the goal of extending life without disease, *Achara Rasayana* is a code of good socio-behavioural conduct that includes things like worshipping gods (which improves one's personality), respecting elders and ables, speaking the truth, avoiding anger, avoiding excessive consumption of alcohol, sex, and labour, maintaining self-peace, speaking sweet words,

and practising mantra, *Japa*, kindness to living beings, balanced sleep, regular consumption of milk, ghee, and other nutritious elements of diet, being humble, By taking these steps, a person can be free of emotional problems, live a less stressful life, and preserve the sufficiency of these defence mechanisms, preventing the *Chittodvega*. This also aids in avoiding stimuli or conditions that disrupt biological or emotional equilibrium.

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