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CRITICAL REVIEW ON KRODHA - A DHARNEEYAVEGA W.S.R. TO MANOVIKARA

Dr Roshni Verma
Assistant Professor, Department of Samhita and Sidhanta, Bharti Ayurved Medical College, Durg (Chattisgarh)

ABSTRACT

Ayurveda is an ancient science which deals with the science of life. There are two parts of life, the Somatic and the Psychic i.e. the Shareer & Manas. Both of them complement each other. According to Ayurveda, the three pillars of life are Manas (mind), Atma (soul) and Shareer (body). Psychiatry in Ayurveda integrates mind, body and soul. The mind-body connection is very important in Ayurveda. Physical imbalances can disturb mental state while mental illness leads to disruption of body functions. Manas Bhava (psychological factor) like anger, lust, greediness etc. would affect the physiology of our body, and also affect the digestive system, circulatory system, and cardiovascular system. Which above factors are disturbing the homeostasis of our body. Charak Samhita and Ashtang Hridyam deals the concept of dharniyavega like Kama (desire), Krodha (anger), Lobha (greed), Shoka (grief), Bhaya (fear), Chinta (worry), Irshya (envy)etc, which causes Manas vikaar. One of these Dharniyavega "krodha (anger)" and its management through Ayurveda is mainly described in this article.

KEYWORDS: Manasbhav, krodha, Manasvikaar, Ayurvedic management

INTRODUCTION

Ayurveda is a science of life, which promotes physical as well as mental well-being. Ayurveda gives importance to the ancient and classical texts i.e. Bhrihatrayis (Charaka Samhita, Susruta Samhita & Ashtanga Hridya). Among these, AcharyaVagbhatta written the text Ashtanga hridayam where in sutra sthanam explanation of dharniyavegas is dealt.[1] Dharniya vegas are some of the psychological urges which should be controlled, and it can be understood as Lobha (greediness), Irshya (jealousy), Dvesha (hatred), Matsarya (malicious or envious nature) and Raga (attachment). One should also control over his sensory stimulations. If it is not controlled it will lead to mental illness.

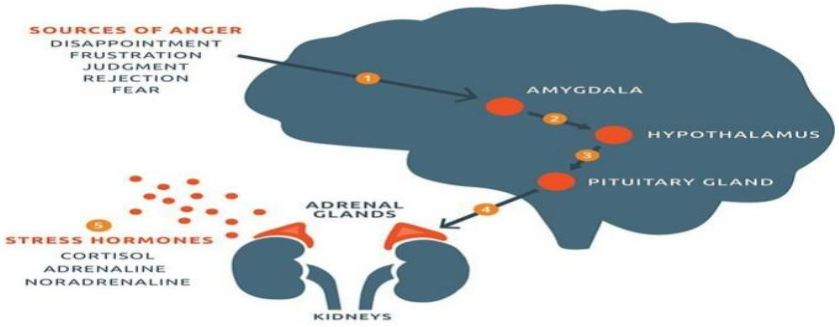
Acharya Charaka also mentioned Nidanas (causative factor) like Excess of shoka (sorrow), krodha (anger), chinta (unnecessary thinking), kama (lust), Lobha (greed), moha (delusion), irshya (jealousy), abhimana (pride), mada (euphoria), and bhaya (fear)[2], it will increase the rajas and tamas guna of manas (mind) which lead to imbalance of tridoshas in the manas and affect the manovaha srotas leads to mansika vikaaras (mental illness)[3].

Anger is a negative feeling state that is typically associated with hostile thoughts, physiological arousal and mal adoptive behaviors. Thoughts in mind like greed, irritability, anger, competition and attachment etc. which affect our brain and body[4]. Anger is the main cause of all the disease, the first spark of anger activates the amygdala before we're even aware of it. The amygdala activates the hypothalamus. The hypothalamus signals the pituitary gland by releasing corticotropic releasing hormone (CRH)[5]. The pituitary activates the adrenal glands by releasing Adrenocorticotropic hormone (ACTH)[6]. The Adrenal glands secrete stress hormone like cortisole, adrenaline & noradrenalin. Elevated cortisole causes neurons to accept too much calcium through their membrane. A calcium overload can make cells fire too frequently & die. The Hippocampus and prefrontal cortex (PFC) are particularly vulnerable to cortisole and these negative effects. Too much cortisol will decrease serotonin that's the hormone that makes you happy. A decrease in serotonin can make you feel angry and pain more easily as well as increase in aggressive behavior. & lead to depression.[7,8,9,10,11]

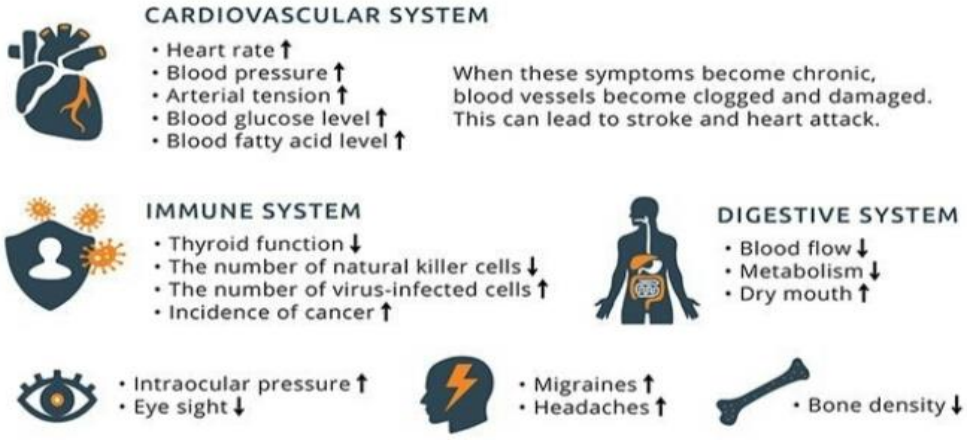
Table.1 Diseases which occurs due to anger as per Acharya Charak[12,13,14,15,16,17]

S.N.	Chapter	Description	Referance
1	Jwar chikitsa adhyaya	कामात् क्रोधज्वरोनाशं	Cha.chi.3
2	Gulm chikitsa adhyaya	क्रोधातिमद्याक्रहुताशसेवा	Cha.chi.5
3	Apasmaar chikitsa adhyaya	चिंताकामभयक्रोधशोकोद्वेगाभि...	Cha.chi.10
4	Panduroga chikitsa adhyaya	कामचिंताभयक्रोधशोकोपहतचेतसः	Cha.chi.16
5	Hikkaswas chikitsa adhyaya	अतिरोषभाष्याध्वहारातिवर्तनैः	Cha.chi.17
6	Kaas chikitsa adhyaya	पित्तजकासकरंक्रोधः	Cha.chi.18
7	Atisaar chikitsa adhyaya	क्रोधेर्ष्याबहुलस्य पित्तप्रकोपम...	Cha.chi.19
8	Visarp chikitsa adhyaya	क्रोधव्यायामसूर्यग्निप्रवातांश्च	Cha.chi.21
9	Trishna roga chikitsa adhyaya	शोकात्क्रोधादिलङ्घनान्मद्यात्	Cha.chi.22
10	Dwivraniya chikitsa adhyaya	शोकात्क्रोध.....व्रणं न प्रशमं	Cha.chi.25
11	Trimarmiya chikitsa adhyaya	...चिंताभयत्रासगदातिचारः....	Cha.chi.26
12	Trimarmiya chikitsa adhyaya	..अतिभाष्यक्रोधवैषम्य.....	Cha.chi.26
13	Trimarmiya chikitsa adhyaya	शोकभयातिलोभक्रोधैर्मनोध्नाशन..	Cha.chi.26
14	Vatavyadhi chikitsa adhyaya	...क्रोधदिवास्वप्नाद्भयादपि...	Cha.chi.28
15	Vatshonita chikitsa adhyaya	....क्रोधदिवास्वप्नप्रजागरैः.....	Cha.chi.29
16	Yonivyapad chikitsa adhyaya	...भयात्क्रोधादभीचाराद्वयादिभिः....	Cha.chi.30
17	Trividhkukshivimanadhyaya	कामक्रोधलोभमोहेर्ष्या.....	Cha.vi.2
18	Raktpitta pratishedhadhyaya	क्रोधशोकभयायासविरूद्धान्नात्.....	Shu. ut.45
19	Garbhavkranti shariradhyaya	शोकक्रोधभयोद्वेगश्रद्धाविधारणम्	A.H.Sha.1
20	Madatyayadi Nidanadhyaya	मद्येमोहोभयंशोकःक्रोधोमृत्युश्च....	A.H.ni.6
21	Palitya roga	क्रोधशोकश्रमकृतःशरीरोष्माशिरोगतः	Bhav.chi.61
22	Mansik klaivya	तैस्तैभावै.....मनसि क्षते।	Bhav.chi.72
23	Stanya kshya	शोकात् क्रोधादत्यपतर्पणात्।	Sha.pu.6

Effect of stress hormone in our mind[18]



Effect of stress hormone in our body[19]- based on contemporary science



RESEARCH UPDATES

•The average heart rate of a person is 80 beats per minute. However, anger can make our heart rate rise to 180 beats per minute. Anger has the same effect on our blood pressure. Experiencing anger can cause an average blood pressure of 120 over 80 to jump to 220 over 130 or higher causing a possible heart attack or stroke. People who are constantly angry have a higher risk of suffering a heart attack or stroke. When we become angry or stressed, our body releases chemicals that clot the blood. These blood clots can create serious health problems. The clots can travel up the blood vessels to the brain or heart causing a stroke or heart attack, both of which can be fatal.[20]

•Anger causes our stress hormones, adrenaline and noradrenaline, to surge through our body. This causes an increased hear rate and blood pressure. Secondly, the muscles that are needed to fight or flee become tense and uptight. This can lead to tension headaches, migraines or insomnia Thirdly, our breathing becomes more rapid because it is trying to get more oxygen to our brain, this can cause chest pains and even cause an artery to burst resulting in a stroke. [21]

•Evidence was found that supports the connection between anger and hostility being significantly associated with heart disease. The studies also show that adults with no history of heart disease, but who suffer from chronic anger are 19% more likely to develop heart problems as compared to those who rarely experience these personality traits. The same review

showed that anger does more harm to men's heart than women's.[22]

•Anger is the main cause on the development and progression of coronary heart disease.[23]

•The parasympathetic nervous system(PNS) which is the part of the body's nervous system which purpose is to calm people, the sympathetic nervous system (SNS) causes arousal and invokes heavy anger responses by overflowing the body with stress hormones, adrenaline and noradrenaline.[24]

Manasvikaras explained in Ayurvedic classics[25,26]

1) Unmada (psychosis)
2) Apasmara (convulsive disorder)
3) Apatantrakam (hysteria)
4) Atatvabhinivesham (obsession)
5) Prajnaparadha (lack of coordination between dhi, dhriti, and smruti)
6) Bhramssa (illusion)
7) Tandra (drowsiness)
8) Klama(neurasthenia)
9) Mada(loss of perception)

Treatment principles explained in Ayuveda.[27]

Daivavyapashraya chikitsa (Divine therapy)- It includes chanting of mantras and performances of homas are integral part of Daivavyapashraya chikitsa largely revives normal functioning of Satva and removes obstacles of Rajas.

Yuktivyapashraya chikitsa (Rational Treatment) - is aimed at rational use of drugs and nutrition. It is broadly classified into two groups namely shodhan and shaman. Bipolar disorder is common in psychiatry practice, manic depression and other Psychiatric problems with vata imbalance.[28] Vata largely represents the energy associated with the activities of the nervous system. If functioning of vata is disturbed, consequences are anxiety, racing thoughts, appetite disturbances, depression, insomnia and excessive work- symptoms consistent with bipolar disorder. As regard, Manas chikitsa is concerned, Ayurveda recommends preventive medicine, Correcting of behavior, balance-diet, and non-suppression of natural urges.

Satwavajaya chikitsa (Trance therapy or psychotherapy) - is aimed at regaining the normal mental activity by conducting practice of yama, niyam, asana and pranayama. These remedies ensure free circulation of pranavayu (oxygen) throughout the body resulting in removal of blockage of channels of circulation linked to mind.

Ayurvedic herbs used for improving the mental health.[28]

Brahmi (*Bacopa monneri*): Brahmi supports learning, memory and concentration. This herb improves brain function and help to overcome restlessness and anxiety. Clinical studies performed in India confirm that the bacosides in Brahmi can revitalize intellectual function in children. Bacopa also prepares the brain to respond to stress in the most efficient way, it helps in efficient transmission of nerve Impulses.

Sankhpushpi (*Convolvulus pluricaulis*): Sankhpushpi has tranquilising effects and helps to calm the person, it gives good sleep and good memory.

Jatamansi (*Nordostachys jatamansi*): Jatamansi's root is used to cure insomnia and stress. The essential oils of roots cure depression and hysteria. Jatamansi oil helps to smoothen the nerves.

Vacha (*Acorus calamus*): This is neuroprotective and is useful to treat hyperactivity. This is given to children to enhance memory and concentration. It is a nervine tonic, it is very important in mental health.

Mandukparni (*Centella asiatica*): This enhances blood circulation in brain and it is very effective in anxiety, stress, epilepsy and all mental disorders.

Akarakarabh (*Anacyclus pyrethrum*): Akarakarabha helps to cure stress and weakness.

Aswagandha (*Withania somnifera*): Aswagandha is usedto treat disorders that affects central nervous system, particularly epilepsy, stress and neurodegenerative disease such as Parkinson's and Alzheimer's. It soothes the nerves and promotes mental health.

DISCUSSION

There are various research updates written to show the harmful effect of excess anger which is not good in our body as well as our mind. Due to excess of dharniyavega Anger, Symptoms of depression and anxiety triggered by excessive mental and physical stress or disruption of natural biological rhythms. Due to anger the heart rate,arterial tension & testosterone production increase cortisol(stress homone). Imbalance in the stress hormones adrenaline &cortisol can cause a variety of symptoms that seem to be mental health imbalance including depression, anxiety and insomnia. According to Ayurveda, Psychological problems start when fundamental imbalances develop in the biological intelligence that controls all physiological function of our body.In Ayurveda science three treatment principles found i.e. Daivavyapashraya Chikitsa (divine therapy), Yuktivyapashraya Chikitsa (Rational therapy), & Satwavajaya Chikitsa (Trance therapy) which regulate the proper function of mind. Medhya rasayan like Brahmi, Sankhpushpi, Jatamansi, Vacha work as neuroprotective thats why these herbs are used to promote mental health & Release stress from our mind. Medhya Rasayana help to maintain vata, pitta & kapha doshas normal function by its sthira guna. It also increases the blood circulation to the central nervous system & balance the sugar level.

CONCLUSION

Dharniya vega krodha (anger) is very harmful for our body and mind. So it should be controlled by every human being. Ayurvedic science helps to control our mind and negative emotion. Anger treated by healthy diet, medhya rasayan, meditation which are described in Ayurvedic texts. These medhya Rasayana improoves learning & memory process by modulating dopamine, 5-hydroxytryptamine receptor & noradrenaline system. Body makes 5-hydroxy tryptophan & then converts into serotonin which is a powerful brain chemical which improves mental health. It also reduces stress which is leading factor to mamory impairment by reduction in raised circulating corticosterone. Madhura & sheeta Qualities, vatapittashamaka & Rasayan helps to establish stability of mind and for inhancing memory.

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CORRESPONDING AUTHOR
Dr Roshni Verma
Assistant Professor, Department of Samhita and Sidhanta, Bharti Ayurved Medical College, Durg (Chattisgarh)
E-mail: vrosni10@gmail.com

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