

PSYCHOSOMATIC DISORDERS MANAGED THROUGH AYURVEDA AND YOGA – A REVIEW

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ABSTRACT

Today's era is an era of modernization. It is now well known that people of modern age suffers greatly from disorder of stress which converts in Psychosomatic disorder. Infect, stress is very big cause of morbidity and Mortality in all over the world. People are very busy in their life, because of this; the person is not able to take time even for his own family and society. Thereby, there has been a lot of stress in everyone's life. These stress continue to show their effect on *Sharir and Mana*, when they last longer. Both *Sharir and Mana* are connected to each other. According to *Acharya Charaka*, if any physical disorder is going on for longer period, it converts in mental disorder and mental disorder converts in physical disorder. When this stress showing impact on the body, the psychosomatic disorder occurs. These mental ailments showing their effect on the whole body. These disorders impact on all systems of over body. In *Ayurveda*, in a very beautiful description about treatment of Psychosomatic disorders. By Adapting this, *Sadvritta, Acharrasayan, Satvavajayachikitsa and Medhya Rasayana* etc., the Psychosomatic disorder may treat. These works *Sharir and Mana* both. Through these therapies one can easily conquer Psychosomatic disorders.

KEYWORDS: Psychosomatic disorder, *Sharir, Mana, Sadvritta, Acharrasayan, Satvavajayachikitsa, Medhya Rasayana*.

INTRODUCTION

The Psychosomatic disorder is a most common disorder spread all over the world very quickly. It is mainly due to emotions like stress, anxiety, fear, anger and depression etc. In all these emotions, stress is the most common mental factor. In today's modern era, due to very busy life style and highly competitive occupations, mental tension and stress has started rapidly in peoples. When this mental stress shows

affect throughout the body as well the mind when it takes longer to stay in the body. Psychosomatic disorder is the disease in which presence of stress, anxiety, and depression, physical illness occurs. In different Ayurveda classics, mentioned that *Sharir and Mana* affects each other and produces a psychosomatic disorder.

According to *Acharya Sushrut*¹, physical health is that when all *Dosha, Agni, Dhatu and Mala* are proper in quantity and

functioning properly and mental health is that when Atma, Indriya and Mana are in pleasure.

According to Ayurveda there are two types of doshas in the body. First is Sharirika dosha and second is Mansika dosha. When the Sharirika and Mansika doshas are in the state of equilibrium, the health of the body and mind are good but when they become disturbed, disease may occur. At a later time the Sharirika dosha may influence Mansika dosha and Mansika dosha may influence Sharirika dosha causes abnormality respectively Mansik and Sharirika vyadhies. Stress is said to be the potent cause of Psychosomatic disorder². There are many strategies for handling stressful situations, which vary from person to person. According to Ayurveda. There are three types of Satva- pravar, madhyam and avarsatva. Satvabala which determines that how a person handled a stressful condition. Satvabala helps in understanding the response to disease and adopting suitable management strategies³.

In Ayurveda, there are different types of methods to correct the Mana. In this practice of Yoga, Dhyan, Asana, Pranayama, Satvavajaya chikitsa, Medhya rasayana, Achara rasayana and Sadvritta plays important role.

Psychosomatic Disorder in Ayurveda

The word Psychosomatic comprises of two words Psycho or mental (mana) and soma meaning body, which means a disease which involves both body and mind. However the term Psychosomatic disorder is chiefly used to a physical disease that is considered to be caused or aggravated by mental factors such as stress, anxiety, fear, anger and depression

etc. and diseases are Unmada, Apasmar, Dhukshyajanya Rajyakshma, Asthama, Hypertension, stomach ulcers etc.

References of some psychosomatic disorders occurs mainly due to mental factors–

1. In Dhukshyajanya Rajyakshma⁴
Utkantha, Bhaya, Krodha, shoka provoke Akadasharupa of Rajyakshma.

2. In Unmada⁵
In the nidan of Unmada, clearly stated that mental factors Bhaya and Harsha causes manoabhighata and vishamchesta.

3. In Apasmar⁶
In Charaka samhita, Apasmara chikitsa denoted that mental factors Chinta, Kaam, Bhaya, Shok, Udvega causes Apasmar.

Stress⁷

In Ayurveda Chitna, Bhaya, Shoka are similar to Stress. This Stress is a response to a physical treat or psychological distress, which generates a host of chemical and hormonal reactions in the body. The primary function of stress is to prepare the body for physical activity, such as fight or flight response or Eustress.

Levi and Selyocatagorise stress into two ways –

1. Eustressor healthy essential stress like joy, impulse, sports etc.

2. Distress or destructive stress like physical and mental stress anger, frustration.

During stress the brain responds by initiating 1400 different responses, including the secretion of variety of chemicals into the blood stream. A prolonged stress can lead to disease like hypertension, cardiac disorder, DM, stroke etc.

Four Stages of Stress Disorder⁸

There are 4 phases in the development of stress disorder –

1. Psychic Phase
2. Psychosomatic Phase
3. Somatic Phase
4. Organic Phase

Nidan and Samprapti

In Ayurveda their different causes of Psychosomatic disorders but Pragyapradha is mentioned as main cause. As mentioned in Charaka samhita⁹, Dhi means Buddhi, Dhriti means Dharnashakti and Smriti means Smaranashakti. When these three are in imbalance, psychosomatic disorders seated in our body through mental factors. So Pragyapradha is the main factor producing different emotions in our body.

In Charaka samhita¹⁰, mentioned that due to mental factors Kama, Shoka, Bhaya causes prokopa of Vayu and vayu plays an important role in Psychosomatic disorder. How much damage occurs in our body by these mental factors depends on the Satvabala of any person. Normally, an average person can tolerate a certain amount of psychic trauma without much disturbance. However, if it exceeds the limit of his endurance then various psychological changes take place. According to modern science due to some mental factors big hormonal changes occurs in our body which causes psychosomatic disorder.

MANAGEMENT

In Ayurveda different types of methods to treat the Psychosomatic disorder. According to nidana (Pragyapradha) main line of treatment of Psychosomatic disorders is not to be Pragyapradha. In this different methods, Yoga, meditation, Sadvritta, Satvavajaya chikitsa used as a main tool. In all these treatments one aim is to correct the state of mana. In Ayurveda, it has been

stated that daily practice of yoga would help a person to maintain a perfect homeostasis of the body and mind throughout his life. In fact, the practice of Pranayama and Meditation tends to bring about normalcy in our psychophysiological functions¹¹.

According to Yoga sutra –

It means, it controls all subjects (Vritti) of mana through Yoga. Yoga acts on Panchkoshas Annamaya, Pranamaya, Manomaya, Vigyanamaya and Anandmaya.

Meditation affects Emotional, Intellectual and Spiritual level in our body.

In Pranayana, one can concentrate on breathing, and this affects the Mana. In Ayurveda there are three types of Aushadha, Daivvyapashraya, Yuktivyapashraya and Satvavajaya. Satvavajaya chikitsa mainly works on mana.

In Sadvritta, it has two aims, Arogyajaya and Indriyajaya. When a person follows Sadvritta, do not involve any Pragyaparadha because of this mana also not involves ahitavishaya.

DISCUSSION

Psychosomatic medicine emphasizes the unity of mind & body and interaction between them. Mana and shareera are two main factors which plays an important role to develop a Psychosomatic Disorder. Mana is chiefly responsible for the whole process of cognition.¹²

Physical and mental therapy is one of yoga's most important achievements. What makes it so power full and effective is the act that it works on the holistic principles of harmony and unification. Yoga has succeeded as an alternative form of therapy in disease such as asthma, diabetes, blood pressure, arthritis, digestive disorder and other ailments of a

chronic and constitutional nature where modern science has not¹³.

Asanas remove the physical discomfort accumulated during a day at the office sitting in a chair, hunched over a desk. Relaxation techniques help maximise the effectiveness of ever –diminishing time off. In an age of mobile phones, beepers and twenty-four hour shopping, yogic practices make great personal and even business sense.

The aim of the asana is to release these knots. Asana release mental tensions by dealing with them on the physical level, acting somato-physically, through the body to the mind. A well-chosen set of asana, combined with pranayam, shatkarma, meditation and yoga nidra is most effective in eliminating the problem, tracking them from both the mental and physical levels. Regular practice of asana maintains the physical body in an optimum condition and promotes health even an unhealthy body. Through asana practice, the dormant energy potential is released and experienced as increased confidence in all areas of the life. Pranayama is generally as breath control. Pranayama should not be considered as mere breathing exercises aimed at introducing extra oxygen into the lungs. Pranayama utilises breathing to influence the flow of prana in the nadis or energy channels of the pranamaya kosha or energy body¹⁴ the breath is the most vital process of the body. It influences the activities of each and every cell and, most importantly, is intimately linked with the performance of the brain.

CONCLUSION

Mansika and Sharirik dosha are inter-related and they affect each other in psychosomatic

disorder. There is influence of mind over body and body over mind in physiological and pathological level. Satvabala play an important role to bear any stress. The person who faces A Psychosomatic disorder will have Avar Satva. Stress affects all system of our body through mind and body relation. Yoga, Meditation, Pranayama and Sadvritta, follow Sadvritta, and Medhya rasayana plays an important role to treat any psychosomatic disorder.

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