

CONCEPTUAL STUDY ON ROLE OF MANASIK DHARNIYA VEGA AND MANOVAHA STROTAS DUSHTI IN DEVELOPMENT OF LIFESTYLE DISORDERS

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ABSTRACT

Introduction: Diseases related to the daily habits of an individual are referred as lifestyle diseases. Cardiovascular diseases, Diabetes mellitus obesity, Cancer etc. are common lifestyle disorders. Recent lifestyle modification urbanization and socioeconomic development imparts physical as well as mental stress on body leading to lifestyle diseases. According to *Ayurveda* mind is interlinked with the body. This is also proven in modern science with psyche and soma theory. So along with *Ahaarj* and *Viharj hetu*, *Manasik hetu* should also be considered as underlying cause of lifestyle disorders. *Manasik dharaniya vega* are predominantly seen in current lifestyle and it can be considered as contributing factor in causing lifestyle disorder. *Manasik hetu* like *lobha*, *shoka*, *bhaya* ultimately mental stress causes *manas*

dosh dushti and *tridosh dushti* leading to *sharir- manas vyadhi*. *Manavaha strotas dushti* is seen in many lifestyle diseases as *pradnyapradh* and *ati chintan* are main cause. **Method:** This study is done with the help of references available in Ayurvedic text and Data related to lifestyle diseases, psychosomatic diseases available on internet. **Result:** *Manasik dharaniya vega* and *manovahastrotas dushti* can be considered as *viprakusth hetu* of lifestyle diseases. **Discussion:** *Manasik dharaniya vega* according to current lifestyle and *hetu* of *manovaha strotas dushti* and their contribution in causing lifestyle diseases are discussed in this article

KEYWORDS: *Manasik dharaniya vega*, *manovaha strotas*, Lifestyle diseases.

INTRODUCTION

Lifestyle diseases are ailments that are primarily based on the day-to-day habits of people. Habits that detract people from activity and pushes them towards a sedentary routine can cause several health issues that can lead to chronic non communicable diseases that can have near life-threatening consequences.^[1] Non communicable diseases (NCD's) kills around 40 million people each year, that is around 70% of all the deaths globally.^[2] The main type of NCD's are cardiovascular and chronic respiratory in addition to cancer. NCD's such as cardiovascular diseases (CVD), stroke, diabetes and certain forms of cancer are heavily linked to lifestyle choices and hence are often known as lifestyle diseases.^[3] According to WHO cardiovascular diseases that include heart attacks and stroke account for 17.9 million death every year, making it the most lethal disease globally whereas cancer-9.3 million, Chronic respiratory diseases- 4.1 million and Diabetes 2.0 million.^[4] These 4 groups of diseases are the most common causes of death among all NCD's.^[3]

From ancient time to till date urban as well as rural life has undergone many changes. Change in lifestyle has affect both physical as well as mental health of an individual. Sedentary lifestyle, competitive living, increase in job requirement, continuously in chase of income for fulfilling day to day needs, coping with peer pressure, hustle of achieving expected target, directly leads to mental and physical stress and causing lifestyle disorder. WHO definition of health itself highlights 'mental and social wellbeing'.^[5] *Ayurveda* also emphasis on the importance of maintaining the clarity of mind, the sense organ and normal physiological function of the body while defining health. Ayu (life) is an incorporation of *sharira* (body), *Indriya*(sense), *Sattav*(mind) and *Atma* (soul) which signifies the concept of psychosomatics in *Ayurveda*. A healthy mind in a healthy body constitutes absolute health.^[6]

Stress is a key factor in today's lifestyle disorder. Stress refers to organism's response to challenge. Mental stress can be due to many things like embroiled in unpleasant challenging new circumstances, not unpleasant but demand attention (like promotion), death in family, life experience, job stress, poverty. Mental stress is caused due to *Dharniya vega* explained in *Ayurveda*. Specifically, *Manasik Dharniya vega* is one of the contributing factors or one of the parts of mental stress. There are 2 types of natural urges-*Dharniya* and *Adharniya*.^[7] *Dharniya* are those which are to be avoided or suppressible urges. The root causes of many diseases lies in the excess of *dharniya vega* such as *manasik vega*, *Kayik vega*, *vachaik vega*.^[8]

AIM AND OBJECTIVE

To study the concept of *Dharaniya vega* relevance to today's lifestyle

To study the concept *manovaha strotas Dushti* in lifestyle diseases

To study the role of *dharniya vega* and *manovaha strotas* in development of lifestyle disorder.

MATERIAL AND METHOD

This is a literary and conceptual study. Ayurvedic text were used like *Charak Samhita*, *Sushrut Samhita*, *Ashtang Hridaya* and their available commentaries. Also Dictionaries like *Amarkosh*, *Sanskrit hindi shabdakosha* has been used for references and different scientific journals available on internet for gathering information and knowledge related to topic. WHO website was referred for collecting statistical and research related information on lifestyle disorders.

RESULTS AND DISCUSSION

Manasik Dharaniya vega and correlation to recent lifestyle

Manasik dharaniya vega as described in *charak Samhita* are directly connected to emotional state of mind and act as factor in cascade of pathogenesis of lifestyle disorders. *Manasik dharaniya vega* are *Lobha*, *Shoka*, *Bhaya*, *Krodha*, *Maan*, *Lajja*, *Ershya*, *Atiraga*, *Abhidya*. These nine urges if not controlled can lead to *tridosha prakopa*(vitiation of body humour) and result in varied psychosomatic manifestation. Correlation of textual *mansik dharaniya vega* to recent lifestyle is stated below.^[9]

1. Lobha: '*Vishayi anuchita prathana*'(chakrapani)^[10] indicates greed or excessive desire to acquire more than needed. Due to competitive atmosphere people set higher goal and failure to acquire it leads to depression, Desire to excel in every field due to job unsatisfaction, Luxurious lifestyle exerts pressure on an individual to greed for more and more penny. Over exertion and hardwork leads to *vata dosh dushti* and eating habits are overlooked in greed for success causing various *vata vyadhi*.

2. Shoka: '*Putradhibhi viyoga dainyam*'(chakrapani)^[10] sorrow or sadness experienced due to loss of dear ones. Constant greed for success leads to the detachment from closed ones. Switching of job from place to place in search of income sources for fulfillment of basic needs and nuclear family pattern creates obstacle in maintaining relations. Trending approach towards overseas education system has often leads to early detachment of individual from family. Martial relationship disputes and break ups, fling in relationship and pressure of long-

distance relationship are most common among youngsters. Job Transfer pattern and long-term on-site work are also a contributing factor. All these leads to *shoka* in form loneliness, anxiety and depression affecting mental state. To overcome these individual fall prey for various types of addictions like alcohol, smoking etc. causing lifestyle disorders like COPD, cardiovascular diseases etc.

3. Bhaya: ‘*apakaraka-anusandhanajanamdainyam*’ (*chakrapani*)^[10] Fear of facing Challenges or change in environment. Fear of losing Relations, fear due to constant peer pressure during competitive exams and to achieve given target at workplace, fear of facing failure in life are main cause of depression. *Prakrut pitta* is responsible for *shaurya*(bravery) and *vaikrutha pitta* is responsible for inducing bhaya in an individual.^[11] *Bhaya* is mentioned as *nidan* (etiological factor) in many diseases like *pittaja kasa* (cough)^[12], *hridroga* (cardiac disorder)^[13], *vataja madhatyaya* (intoxication), *vataja shiroroga* (diseases of head), *agantuj atisaar*.^[14]

4. Krodha: “*pradevsho-yena-prajwalitham-iva-atmanam-manyate*” (*chakrapani*)^[10] Anger, Such individual will be flaming from within filled with abhorrence. Lack of job satisfaction, disturbed workplace atmosphere, excess workload with low income creates frustration leading to anger. *Krodha* is mentioned as cause of many diseases in ayurveda. It is most common cause of all *Pitta Pradhan vyadhi*. While coping up with lifestyle changes person get frustrated and becomes aggressive, this mental disturbance directly affects his physical health leading to lifestyle disorders.

5. Maana: “*sat asat gunaadya aropena atmani Utkarsha pratyayah*” (*chakrapani*)^[10] self-esteem or feeling of superiority. Early success, Nepotism in workplace often creates feeling of higher self-esteem. *Maana* (*self-esteem*) most of the time creates ego in individual (*Ahankar*) which further leads to sudden fall in success graph. Resulting in stress, depression contributing to lifestyle diseases.

6. Lajja: “*jigupsitha gopanaeicha*” (*chakrapani*)^[10] feeling low esteem due to failure in achieving desire goal. Competitive lifestyle since school life to career and workplace always force individual to set higher goal, failure to achieve it often create inferiority complex i.e *Lajja* in an individual. Person starts to feel low esteem in every work he do. This creates inferiority complex in an individual.

7. Ershya: “*Samane-dravyae-parasamnbandha-pratishedha eccha-ershya(chakrapani)*^[10]

Desire for the things belonging to others. Nowadays everyone have developed comparative thinking in their social life while doing daily work and for promotion purpose at workplace. Envy nature creates misunderstanding and clashes in relationships. This creates stressful environment affecting mental as well as physical state.

8. Atiraga: “*Uchita-eva-vishaye-punha-punha-pravartana-eccha*” (chakrapani)^[10] repeated longing for *Vishaya*(entity) that is *uchita*(liked and suitable)

9. Abhidya: “*Manasa-para-abhidroha-chinthanam*” (chakrapani)^[10] Planning in mind on causing agony to others. Competitive lifestyle creates feeling of envy in an individual making him unable to withstands with others success and promotes feeling of *abhidya*. Many Cases of relationship failure has been seen turning into criminal mind because of *abhidya*.

So, all these *manasik dharaniya vega* ultimately leads to stress, anxiety, depression which is root cause of many lifestyle disorders. Stress due to *Mansik dharaniya vega* can be correlated as *viprakusth hetu* of lifestyle disorders.

Manovaha strotas dushti contribution in lifestyle disorders

Manovaha strotas as explain in *charak Samhita* is *sarva sharir vyapi*,^[15] it has *moolsthan* as *hridaya* and *dasha dhamanya*, which are also *moolsthan* of *rasavaha strotas*.^[16] There is correlation between *rasavaha strotas* and *manovaha strotas* which can be elicited by *rasavaha strotas dushti hetu* “*chintya naam cha atichintananat*” (excessive over thinking) where *Chintan* is function of *mana*.^[17] *Ati chintan* is one of the most common causes of mental stress. A reasonable amount of good quality study data is available today to prove Chronic Psychological stress is associated with increased risk of heart diseases, hypertension, Obesity, Cancer, alopecia, infertility etc. These are most common lifestyle diseases.

In Greek, *psyche* means spirit or soul and *soma* means body. There are various theories and research work published. It's on *psyche* and *soma* relation (mind-body connection). *Psyche* points to the right hemisphere, our inner world where body, feeling and less conscious aspect of mind intertwine. *Somatization* is the tendency to have physical symptoms in response to stress or emotion, a normal feature of life in which the body expresses mental or emotional distress.^[18] *Psychosomatic* concept has already been established in *Ayurveda* as *mana* and *sharir* relation in the form of *manasik vyadhi* and *Pradhyapradha* as a *hetu* of various *vyadhi*.^[19] An ideal lifestyle according to *Ayurveda* is all about following *Rutucharya*, *Dincharya*, *Sadavrutta*, *Dharaniya* and *Adhanniya vega*. All the examples of *manasik hetu* in

lifestyle changes mention above in dharniya vega can be categoriesd under the Trividh *vyadhi hetu*—*Asatmyaindriyarthasanyoga, Pradnyapradh and Parinaam. pradnyapradh* is root cause of most of the lifestyle disorders.^[19] It causes *manas dosh dushti* and *tridosh prakop* leading to *mana- sharir vikar* (psychosomatic manifestation).

CONCLUSION

Dharaniya vega as per recent lifestyle modification are contributing factor for causing mental stress leading to *manas dosh* and *tridosh dushti*. It can be considered as *manasik viprakusth vyadhi hetu* in lifestyle disorders. Along with the respective *strotas dushti* in lifestyle disorders *manovaha strotas dushti* should also be consider, as *pradnyapradh* being main cause. In conclusion, *ashavasan chikitsa* (psychological counseling), meditation to control natural urges and lifestyle modification is very much important in present time along with medicinal treatment for the management lifestyle disorders.

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