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## IMPORTANCE OF *SADHAKA PITTA* ON MENTAL HEALTH

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### ABSTRACT: -

The world is becoming more and more interested in the possibilities of *Ayurveda* because it is considered the first branch of life science and discusses how to avoid and treat lifestyle illnesses. *Ayurveda* is a fantastic alternative for treating lifestyle diseases because of its holistic approach, which treats the patient as a whole and means interventions are focused on total physical, psychological, and spiritual well-being. *Purusartha Chatushtaya* (*Dharma, Artha, Kama, and Moksha*), according to ancient Indian *Rishi-Munis*, is the ultimate goal of existence. The only way to achieve this *Purusartha Chatushtaya* is to live a healthy, long life. Everyone must adhere to the norms, guidelines, and conducts specified in *Ayurveda* in order to achieve this.

According to research, a positive outlook on life is associated with outward manifestations of health. There are several ways to promote or preserve excellent emotional health, some of which include lower blood pressure, a lower risk of heart disease, and a healthy weight. Transcendental meditation (TM) is one of the techniques for relieving stress and for relaxing.

### KEY WORDS :-

*Ayurveda, Sadhaka Pitta, Purusartha chatushtaya, Transcendental meditation (TM)*

### INTRODUCTION:-

Pitta is referred to as "AGNI" and the roles of *Prakrit* and *Vaikrit Pitta* are also discussed. In order to produce effects in vitiated or unvitiated states, Pitta in the body includes *Agni*. Such symptoms include confusion and clarity, such as , digestion-indigestion, vision-non-vision (appropriate), degree or otherwise of heat, normal-abnormal complexion, prowess-fear, anger-exhilaration confusion and clarity such as duals<sup>1</sup>.

The *Manipura Chakra* is where *Pitta* is claimed to be located, according to the *Brahmavaivarta Purana*. *Pitta* is described as being terrible for creatures in other places<sup>2</sup>. In this document, *Pitta* is referred to as *Agni*, despite the fact that *Acharya Sushruta* was the first to describe the five varieties of *Pitta* with their names.

For the first time, the terms *Pachakagni*, *Ranjakagni*, *Sadhakagni*, *Alochakagni*, and *Bhrajakagni* are used to describe the five forms of *Pitta*. The location and purposes of *Pitta Dosha* were also discussed by *Acharya Sushruta* here<sup>3</sup>.

*Sadhaka pitta* one of the subtypes of *Pitta* is connected to specific mental and emotional abilities. The underlying term "*Saadha*," which means "to accomplish," is where the name "*Sadhaka*" comes from<sup>4</sup>.

It is the one which helps to achieve *Chaturvidha Purushartha* i.e. *Dharma*, *Artha*, *Kama* and *Moksha*<sup>5</sup>.

### ***Sthana and Karma:-***

It is situated in the *Hridaya* and is accountable for the development of one's own desires as well as *Buddhi* (intelligence), *Medha* (memory), *Abhimana* (self-esteem), and *Utsaaha* (enthusiasm)<sup>6</sup>.

*Sadhakagni*, a type of *Pitta* that is found in *Hridaya*, serves to help people realise their own objectives. It rids *Hridaya* of the *Kapha* and *Tamas*, allowing the *Manas* to perceive things correctly<sup>7</sup>.

हृदयस्थं तस्मिन् साधकोन्निरिति संज्ञा । सोऽभिप्रार्थित मनोरथ साधनं कृदुक्तः । सु.सू.२१/१०

### ***In CharkSamhita***

हृदयं चेतना स्थानम् ।

Narrates that the Heart is home of consciousness and *sadhak pitta* is its caretaker. In *AshtangHridaya*

बुद्धिमेधाभिमानाचैरभिप्रेतात् साधकं हृदगतपित्तम् । अ.ह. सू. १२/१३

### ***1. Buddhi***

Unambiguous wisdom or intelligence It is the phenomena that drives someone to work in a specific way. *Brahma* is accountable for having definitive information. It serves as a starting point for work and enables proper examination before reaching a decision.

Knowledge with certainty is wisdom. The three parts of *Dhee*, *Dhriti*, and *Smriti* are *Buddhi*. *Dhee* denotes *Sad-Asad Vivek*, which is the ability to tell what is right from wrong. *Dhaaran Shakti* is *Dhriti*. Having some or all of the knowledge and receiving .

The *dhriti* prevents the mind from being drawn to dangerous objects. *Smriti* is learning the crucial information or past experiences for future results. *Smriti* draws on prior experiences to assist *dhi*, who then makes decisions using *manas's* categorised data

### **Functions of *Sadhak Pitta* :-**

1) The brain's *Sadhak Pitta* encourages individuals to pursue their aspirations, objectives, and dreams (*abhiprarthita*, *manoratha*, and *sadhanakrut*).

2) Without a healthy and well-functioning *Sadhak Pitta*, it would be It is difficult for anyone to attain their goals. *Sadhak Pitta* is hence the secret of human evolution. The mind, the brain, and the senses are under the control of *prana-vata*.

3) *Sadhak Pitta* energises them, causing them to collaborate.

4) The *Rajas* and *Tamas doshas* make up our thinking. *Rajas* is a Sanskrit word that means motion or movement. Darkness can be thought of as *tamas*. The highest mental quality is *satva*. The reason for spirituality and good deeds is *satvik guna*.

5) Mental Processes *Chintya* - Thought.

*Vichara*: Interpreting and Adding

*Uha*: Inquiring, observing, and assuming.

*Dheya*, or the desire for knowledge, is the transfer of knowledge from the senses to the intellect. *Sankalp* means dedication and resolve.

*Vyabhicharana* means uncertainty and doubt.

### **MATERIAL AND MEYHODS:-**

Strong *Sadhak Pitta* has the following advantages:

- 1) Enjoying life, even the simple things.
- 2) Successful completion of the task.
- 3) A sharp, reliable memory.
- 4) Calm and revitalizing mental process. Yoga, Sleep, Asana, and Meditation.
- 5) A constructive and forgiving perspective on the past, notwithstanding trauma.

### **Neurotransmitters :-**

They are the chemical compounds that serve as intermediaries in the synaptic transmission of nerve impulses from one neuron to another. Therefore here are a few instances with their involvement in various functions.

They are the chemical substances which act as mediators for the transmission of nerve impulses from one neuron to another neurons through synapses. so some few examples with their involment in different function.

1. Norepinephrine – plays role in awakening from deep sleep, dreaming, regulating mood.
2. Dopamine - is active during emotional response, addictive behaviors, and pleasurable experies.
3. Serotonin – Involved in sensory perception, temperature regulation, control of mood, appetite, and induction of sleep.
4. Nitric oxide – it plays a role in memory and learning.

### **Balancing our Sadhak pitta :-**

*Sadhakagni*, a particular variety of *agni*, is in charge of assisting us in the emotional processing and letting go of traumatic memories. Just having a robust metabolism and being able to digest meals more quickly are signs of someone having high *agni*. Strong *sadhakaagni* allows for the processing of negativity feelings fast. Some people have powerful *sadhakagnis* from birth, whereas others have weak *sadhakagnis* or are going through a challenging moment. To improve our mental health and that of our loved ones, we can balance our *sadhaka pitta* by strengthening our *sadhakagni*.

## Meditation & neurophysiology

Studies have shown that regular meditation practice results in significant physical changes. For instance, one study by Richard Davidson and Jon Kabat-Zinn revealed that mindfulness-based meditation for eight weeks significantly increased left-sided anterior brain activity, which is linked to happy emotions. Positive feeling seems to be a skill that can be learned via practice, much like learning to ride a bike or play the piano .

Serotonin (5HT), frequently referred to as the "calming chemical," really raises in the body when tranquility is attained. It is most well-known for its capacity to alter mood. The absence of 5HT has been associated with neuropsychiatric diseases like depression. However, 5HT has a wider range of effects; it has been linked to appetite, sleep, memory, and, most recently, decision-making behaviors.

### Conclusion

With its position in *Hridaya*, *Sadhaka* Pitta can be an effective tool for developing intelligence, discrimination, self-worth, and excitement. It is the one whose activities closely resemble those of higher brain centers, which are controlled by several neurotransmitters.

Reduced blood pressure, enhanced insulin resistance (helpful for treating diabetes), a slowing of biological ageing, and even a 48 percent decrease in the incidence of heart attack, stroke, and mortality have all been discovered by recent studies on Transcendental Meditation for driving conduct and other psychological traits. A crucial neurotransmitter in the brain is norepinephrine. In addition, it has cardiac stimulant properties that affect the heart. It is secreted from the adrenal medulla during emergency conditions and aids in the "fight or flight phenomenon"<sup>8</sup>.

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