



# INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

## SATVAVAJAYA CHIKITSA IN CARDIOVASCULAR DISEASES

Dr.Vineetha.P

PG Scholar

Department of Agadatantra, KVG Ayurveda Medical college, sullia, Karnataka.

### INTRODUCTION

In ayurveda hrudroga is a disease of marma(vital organ) which is the seat of many vital activities.Sedentary life style, improper food habits, and increasing stress are the main causes of cardiac diseases.Psychological factors play an important role in cardiac diseases.In ayurveda to rectify these acharaya charaka has mentioned about satvavajaya chikitsa.It is a non-pharmacological treatment modality which aims at control of mind or a method of restraining mind from unwholesome arthas.

### Hrudaya nirukthi

The word hrudaya is derived from sanskrit dhatu hru + da + ya  
 ‘hru’-means to receive blood and nutrients from rest of the body  
 ‘da’-to distribute-to circulate  
 ‘ya’-to move continously-functioning

### HRUDROGA

Impairment of functions of hrudaya is called hrudroga<sup>1</sup>.Charaka explains hrudroga in trimarmiya adyaya.Sushrutha describes it on hrudroga pratisheda adyaya.In astanga hrudaya and sangraha it is included in chardi hrudroga trsna chikitsa

### IMPORTANCE OF HRUDAYA

Hrudaya is seat of para ojas.It is the sthana of prana vayu,avalambaka kapha,sadhaka pitha,vyana vayu. Moola sthana of rasa and raktha vaha srotas. Hrudaya is an important marma and mathruja avayava. It is the mahat&artha,chetana,pranayatana.It is the sthana of atma &its gunas,indriyas & indriyarthas,vijnana.It is the koshtanga.

### NIDANA OF HRUDROGA

#### AHARAJA

Consumption of Ati usna[too hot],atiguru[heavy],atiamla[excessive sour],ati Kashaya[pungent].ati tiktha[bitter]food, adhyasana[frequent eating] and Amadosha.<sup>3</sup>

#### VIHARAJA

Ati srama[excessive physical exertion],Abhigatha[injuries]Ati prasanga [excessive sexual activities],Chardi-excessive vomiting.karsha[emaciation] Athi vyayama[excessive exercise] ,vegadhara[suppression of urges].

**MANASIKA**

Sanchinathana[overthinking]stress,over anxiety,Trasa[panic]Bhaya[fear]Shoka[sadness]Krodha[anger]<sup>3</sup>.

**SAMPRAPTHI**

Due to the consumption of nidanas the doshas get vitiated and contaminate the rasa dhathu and enter hrudaya and doshas enter the heart and cause hrudroga<sup>4</sup>.

**SAMANYA LAKSHANAS**

Vaivarnya,Murcha,Jwara(fever),Kaasa,(cough)Hikka,Shwasa(dyspnoe)Asya vairasya(tastelessness)Trishna(thirst)Pramoha,Chardi(vomiting),Kapha utklesa,Ruja(pain),Aruchi.<sup>5</sup>

**SATVAVAJAYA CHIKITSA**

! It is defined as a method of controlling or restraining the mind from unwholesome arthas,<sup>6</sup>It is one among the trividha chikitsa

Satvavajaya chikitsa word comprises two words.Satva means mind ,avajaya means to win over.

**METHODOLOGY**

This is acquired by restraining mind from ahitha yoga[heena,ati,mityayoga of mano arthas[objects of mind].<sup>6</sup>

Avoidance of ati ,heena,mithya yoga of chintya,vicharyam,oohyam,dheyayam and sankalpam should serve to cure the psychiatric diseases . The aim and principle of

satvavajaya chikitsa is to enhance the satwa guna in order to correct the imbalance state of rajas and tamas.<sup>7</sup>

while describing the principle of treatment charaka prescribes the following methods of treatment.

satvavajaya is attained by following these principles.

jnanam[spiritual knowledge]

vijnanam[educating the patient]

dhairya[moral boosting]

smriti[reviving the knowledge]

samadhi[abstaining from over indulgence from unwholesome objects]

All these measures will give stability to mind which is always unstable.<sup>8</sup>

**RELEVANCE OF SATVAVAJAYA CHIKITSA IN HRUDROGA**

The one who want to preserve the mahath[heart], mahamoola[siras],ojas in good condition ,should avoid such factors that lead to unhappiness of manas.

as hrudaya is the sthana of oja,prana,budhi,and manas,hence anxiety ,stress depression or mental stress should be avoided preferably to prevent heart diseases.so in order to treat manas acharya charaka has mentioned satvavajaya chikitsa <sup>9</sup>.it aims at control of mind so that a person can prevent pranjaparadha and asatmendriya samyoga which is the main cause of all diseases.

## TOOLS TO ATTAIN SATVAVAJYA CHIKITSA

### **jnana**

It is getting to know self. To provide support to the patient to develop an insight about himself/herself so could control over his/her habits.

**techniques:** to bring up and discuss issues regarding attitudes, feelings, beliefs and experiences related to self support to reveal and understand the source of his problem.<sup>11</sup>

### **vijnana**

vijnana is the textual knowledge<sup>12</sup>

**goal:** providing guidance to understand the nature of illness and improve his coping capabilities.

**techniques:** identification of irrational beliefs about the disease

providing a theoretical knowledge of his problem to the level of understanding.

educating about the probable emergencies, complications and risk factors.

### **dhairya**

maintenance of mental balance even one is under stress<sup>13</sup>

**goal:** development of impulse control

**techniques:** counselling, family support, identification and modification of the environment which maintain the symptoms boosts confidence

### **smrithi**

smrithi is recalling the object of past experience<sup>14</sup>

**goal:** to understand the exact nature of object

**techniques:** probing to the past to develop an insight about the present problem to make understand unrealistic nature of his problem

### **samadhi**

withdrawing the mind from worldly objects and meditating on the spiritual dimensions of personality.<sup>15</sup>

**goal:** to achieve higher level of achievement.

**techniques:** achieved by ashtangas of yoga, avoiding temptations, following code of conduct, education about meaning and purpose of life, hearing to music, reading books on spiritual and philosophical aspects of life.

## RELEVANCE OF SATVAVAJYA CHIKITSA IN CARDIAC DISEASES.

chintya-it helps in regulating the thought process

**vicharya-**by replacing the ideas

**uhya-**by channeling the presumptions

**sankalpa-**by proper guidance and guidance and advice for taking right decision

**dhyeya-**by polishing the objectives.

Satvavajayachikitsa plays a vital role in harmonious state of tridoshas which leads to a healthy state of an individual. It not only helps in psychiatric disorders but helpful in somatic disorders. They initiate bhakthi or regard or strengthen his belief in god. A person is said to be healthy not only when doshas, dhathu, mala and agni are in equilibrium but also manas should be in normal condition in the presence of atma for proper and healthy state of sareera and indriya. So satvavajaya chikitsa has a major role in treating diseases.

## CONCLUSION

As psychological factors play an important role in hrudroga, ayurveda's rational therapy satvavajaya needs more attention which can act as a preventive and curative therapy for all types of life style disorders especially cardiac diseases.

Lord krishna was the first counselor who introduced satvavajaya chikitsa to arjuna when he was depressed in mahabharatha battle field and enabled him to fight. It is said that the body is like a chariot, the senses are like horses and mind is like their reins. Only by holding firmly to the reins one can keep control of the horses or else they will drag us off the track and chariot will skid. So satvavajya chikitsa enables us to develop the will power to control the senses.

## REFERENCES

1. Madhava nidana
- 2 Dr, brahmanand Tripathi editor, charakasamhitha chikitsa sthana-23, choukambha surbharathi prakasan reprint 20122.
3. Acharya YT , charakasamhitha of agnivesa revised by charaka and dridabala with Ayurveda dipika commentary of chakrapanidutta, reprint choukambha Orientalia Varanasi 2011.
4. Acharya JT , Sushrutha samhitha of sushrutha with nibandhasangraha commentary of sri dalhanacharya and nyaayachandrikapanchika of sri gayadasacharya, reprint Varanasi
5. Charaka chikitsa sthanam
6. Acharya YT , charakasamhitha of agnivesa revised by charaka and dridabala with Ayurveda dipika commentary of chakrapanidutta, reprint choukambha Orientalia Varanasi 2 .
7. Charakasamhitha soothrasthana.

