SATVAVAJAYA CHIKITSA IN CARDIOVASCULAR DISEASES

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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 hrudroga1. Charaka explains hrudroga in trimarmiya adyaya. Sushruta describes it on hrudroga pratisheda adyaya. In astanga hrudaya and sangraha it is included in chardi hrdroga trsna chikitsa.

IMPORTANCE OF HRUDAYA
Hrudaya is seat of para ojas. It is the sthana of prana yayu, avalambaka kapha, sadhaka pitha, vyana yayu. Moola sthana of rasa and raktha vaha srotas. Hrudaya is an important marma and mathruja avayava. It is the mahat & kartha, 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.

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].
MANASIKAM
Sanchinthana[overthinking]stress, over

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.

SAMANYA LAKSHANAS
Vaivarnya,Murcha,Jwara(fever), Kaasa,(cough)Hikka,Shwasas(dyspnoe)Asya
vairasya(tastelessness)Trishna(thirst)Pramoha,Chardi(vomiting), Kapha
utklesa,Ruja(pain), Aruchi.

SATVAVAJAYA CHIKITSA
It is defined as a method of controlling or restraining the mind from unwholesome
arthas,’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].
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
inorder to correct the imbalance state of rajas and tamas.
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.

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 inorder to treat manas
acharya charaka has mentioned satvavajaya chikitsa.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.

**vijnana**
vijnana is the textual knowledge

**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**
maintanance of mental balance even one is under stress

**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

**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**
withdrawng the mind from worldly objects and meditating on the spiritual dimensions of personality.

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

**techniques:** achieveda 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 SATVAVJAYA 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 lifestyle disorders especially cardiac diseases.
Lord Krishna was the first counselor who introduced satvavajaya chikitsa to Arjuna when he was depressed in Mahabharata 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.

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