IMPORTANT OF SADHAKA PITTA ON MENTAL HEALTH

Dr. Manish Kumar Yadav¹ Dr. Rajesh Kumar Sharma² Dr. Dinesh Chandra Sharma³

1. M.D. Scholar, P.G. Department of Kriya Sharir, DrSRRAU, Jodhpur, Rajasthan, India.
2. Professor & HOD, P.G. Department of Kriya Sharir, DrSRRAU, Jodhpur, Rajasthan, India.
3. Associate Professor, P.G. Department of Kriya Sharir, DrSRRAU, Jodhpur, Rajasthan, India.

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 duals¹. 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 places². 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.

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.

It is the one which helps to achieve Chaturvidha Purusharthta i.e. Dharma, Artha, Kama and Moksha.

**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).

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.

In CharkSamhita

हृदयं चेतना स्थानम्।

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

बुधिमेधाभिमानाचैरभिप्रेतात् साधकं हृदगतिपित्रम्। अ.ह. सू. २२/१३

**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 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 satvikguna.

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.

Vyabhicharanameans 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.

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 sadhakapitta 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".

References:

8. https://www.wisdomlib.org/definition/sadhakapitta