

**AYURVEDA VIEW ON DAIVAVYAPASHRAYA CHIKITSA: A  
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(M.P.) India.**ABSTRACT**

Ayurveda classified diseases as Shareerika and Manasa Roga, while Chikitsa has been classified into three categories; Daivavyapashraya, Yuktivyapashraya and Sattvavajaya. Daivavyapashraya chikitsa is practicing in India as religious and spiritual believe with some moral and worship conduct. Daivavyapashraya chikitsa is spiritual therapy which improves level of confidence, removes fear and pessimistic tendencies. Daivavyapashraya chikitsa helps to maintain spiritual health and boost up moral values. Mantra (chanting of Mantra/Hymns), Mani (wearing of Gems), Mangala (auspicious ceremony), Bali (offering to GOD), Aushadha (amulets), Homa (oblation), Niyama (observance of spiritual rules), Upahara (gifts), Prayashchitta

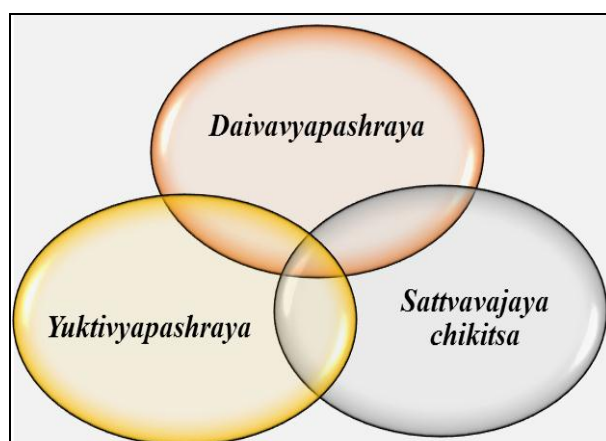
(atonement), Gamana (visit to pilgrimage), Upavasa (fasting), Swastyayana (invoking blessings) and Pranipata (bowing/observance to the god), etc. are major conducts comes under practice of Daivavyapashraya chikitsa. Daivavyapashraya chikitsa also having some logical attribute which needs to be elaborated scientifically. Considering this fact present article explores Ayurveda and modern view on Daivavyapashraya chikitsa.

**KEYWORD:** Ayurveda, Daivavyapashraya Chikitsa, Trisutra, Adrist, Divine.**INTRODUCTION**

Ayurveda is *Upaveda* of *Atharva-veda*, Ayurveda helps to makes mankind healthy in all aspects including physically, mentally, socially and spiritually. According to Ayurveda

*Asatmyendriyarth Sanyoga* (unwholesome conjunction of sense and objects), *Prajnapradha* (intellectual error) and *Parinam* (consequences), etc. mainly works behind the origin of disease. The equilibrium of *Dosha*, *Dhatu* and *Mala* (physical gesture) and *Atma*, *Indriya* and *Mana* (mental gesture) brings good health status, while imbalance amongst these factors (physical and mental gestures) leads illness.<sup>[1-3]</sup>

Ayurveda also described that *Shapajanita Vyadhis* may occurs due to the awful moral behaviour, indulgence in *Aparadha*, disrespect of *Guru & Deva* and improper social conducts, etc. These types of disease can be cured with the help of *Daivavyapashraya chikitsa* which involve spiritual conducts that brings power and positive energy to remain healthy in all aspects. *Chikitsa* is classified on the different basis as *Dwividha*, *Trividha* and *Chaturvidha Chikitsa*, etc.<sup>[2-4]</sup> *Trividha Chikitsa* is considered as prime therapeutic approach which encompasses different modalities as depicted in **Figure 1**.



**Figure 1: Components of Trividha chikitsa.**

As Depicted in Figure 1, *Yuktivyaprashray Chikitsa*, *Sattvavajaya Chikitsa* and *Daivavyapashraya Chikitsa* are major components of *Trividha chikitsa*. *Yuktivyaprashray Chikitsa* means rational treatment with the uses of drugs and nutrition; it includes *Shodhana* and *Shamana* therapies. *Sattvavajaya Chikitsa* means good conduction of regimen and avoidance of disease causative factors to maintain good health. *Daivavyaprashraya chikitsa* is spiritual therapy that boost moral values and helps physically, mentally and spiritually to maintain normal health status.<sup>[3-5]</sup>

#### **DAIVAVYAPASHRAYA CHIKITSA**

*Chakrapani* describes *Daiva* as *Adrushta* (invisible) or destiny or past birth deeds which cures diseases. *Daivavyapashraya Chikitsa* includes utilization of *Mantra*, *Mani*, *Mangala*,

*Bali, Aushadha, Homa, Niyama, Upahara, Prayashchitta, Gamana, Upavasa, Swastyayana and Pranipata. Daivavyaprasry Chikitsa* mentioned in *Atharva-veda* and *Kaushik sutra*. *Acharaya Sushruta* also explained usage of *Bali* and *Homa*, etc. for *Shanti karma* of *Grahas* to acquire overall well being in life.<sup>[4-6]</sup>

### **Mantra**

The Sanskrit word *Mantra* consists of the root 'Man' "to think" and the suffix 'tra' (tools or instruments) therefore *Mantra* can be considered as tool for thinking words which acquires contemplation. *Mantra* makes us free from the sorrows. *Mantra* acts as sources of energy that produced strength and activates the matter

### **Yat pinde Tat Bramhande'**

According to this concept the energy which is in universe is the same energy in the human body. We are healthy it means there is an equilibrium between the cell situated in our body, which also means these vibrate and resonate properly but in case of illness there is irregularity in vibration. When *Mantra* is chanted in rhythmic tone with ups and downs, it creates a melodious effect in the body.

*Mantra* Control the *Mana* but there is the mutual relationship between body and *Mana* so it produced pshyco- somatic effect. So *Mantra* acts on physical- mental and spiritual level. Various studies are going on the effect of *Mantra* which proves it's divine effect.

Hindu's *Gayatri* Mantra produced 110000 sound waves per second, this was the highest and most powerful *hymn* in the world through the combination of sound or sound waves of a particular frequency. The *Mantra* is claimed capable of developing specific spiritual potentialities.

In Ayurveda *Mantra* are also used for *Garbhashthapana* (stabilization of foetus), proper development of foetus, and suppression of *Doshas* and treatment of *Jwara* (pyrexia).

### **Mani**

*Mani* (Gem stone) is the pieces of mineral crystals and non crystalline material of organic origin e.g. pearls and amber, etc. The *Kurma Purana* states that gems were created from the seven different kinds of rays of light emanating from the seven major planets of our solar system. These rays were transmitted in the seven colours of rainbow and these seven rays of light are responsible for all the cosmic existences in the cosmos, including the human body.

Colours are the frequencies of light in different bands and therefore they emit energy in different forms, which directly influences human body and consciousness. There are hot and cold colours and colours that are neutral (neither hot nor cold).

- Hot colours increase heat, which results in arrogance and anger.
- Cold colours bring calmness in life systems.
- The neutral colours produce pleasant feelings and joy.

Ayurveda while explaining the concept of *Greeshma ritu charya* advised uses of pearls as a part of other cooling agents. Ruby helps to enhance will power and leadership skill, it also helps to improve cardiac health. Diamond helps to cure diabetes and skin disease. Gems as store houses of divine energy influence human fate and destiny, the energy created by vibration within these gemstones are considered substitutes of five basic elements of human body and imbalance which can cause *Tridosas*, leading to deterioration of physical and psychological health and hence to maintain the equilibrium wearing gemstone is important. On the basis of purity and hardness, they have been performing great deeds by lessening the malefic effects of planets over the human life and they bring harmony in the good and effects of planets.

### ***Mangala Chikitsa***

Indication of good *Karmas* (Deeds) and contraindications of bad deeds is known as *Mangala* good deeds makes our mind happy where as bad deeds leads the mind to the depression. According to Acharya *Sushrut*, *Mangal Karma* is indicated in care of wounded person to prevent infection.

### ***Bali***

The existence of universe associated with cosmic energy forms like *Varuna*, *Agni* and *Surya*, etc. Their aggression is considered to be the base of disease, *Bali* rituals are done to satisfy and pacify these cosmic forms. It is utilizes for *Graha badha*, *Balagraha peeda* and *Jataharini*.

### ***Homa (oblation)***

*Homa* is a Sanskrit word used synonymously with *Yajna*, healing and purifying atmosphere by worshipping the *Agni* or other deities through fire by medicinal woods as medium. The

*Yajna* uses medicinal herbs, holy sticks (*Dhoop*) made from different trees were attained and fumes were formed. Numerous bacteria secluded from the different sources were exposed to the fumes. The fumes of *Achyranthus aspera* controlled the bacterium *Streptococcus pyogenes* whereas *Azadirachta indica*, *Calotropis gigantea*, other components like *Ficus benghalensis*, *Ficus religiosa*, *Mangifera indica*, and *Pongamia pinnata* were also found to be fruitful in controlling the pathogenic bacteria.

The healing value of *Hawan* is grounded on the ingredients used. *Ghee* when burnt like oil will produce natural fumes that heal the respiratory system and clear any blood clots, clears congestion of nose and lungs. *Homa* is advised for *Rajayakshma*, *Abhishapa* and *Abhichara Jwara*.

### ***Niyama Chikitsa***

*Niyam* means 'Following Religious Precepts', *Niyam* are related with spirituality, it helps to combat against psychological disorders like; anger and grief, etc. *Niyama Chikitsa* helps to reduce *Rajas* and *Tamas Gunas*, while increases *Sattva Guna*.

### ***Upahara***

The word *Upahara* to gives or to guide, so *Upahara* means unconditional offering to god. *Gandhamala*, *Dhoop*, *Phala* and *Tandula* is offered to god, it gives happiness to mind and thus prevents mental diseases.

### ***Gamana***

*Gamana* refers to "Holy pilgrimage", *Acharya Kashyap* described role of relocation in *Amlapitta chikitsa*. It is believed that mental disturbance is decreases during the *Holy pilgrimage* and fear of being diseased also decreases.

### ***Upavasa (Fasting Therapy)***

The treatment which lightens the body and mind is called as *Upavasa* (fasting therapy). Physiologically *Vata Dosha* which is obstructed by *Kapha Dosha* and *Meda* is suppressed by process of fasting which gives rest to digestive system and increases digestive power and prevents diseases related to the digestive system.

Fasting increases *Sattva Guna* and decreases mental gestures like; anger, fear and greed, this maintain healthy state of mind and body. Fasting is prescribed with proper consideration of

*Bala, Kala and Desha*. Fasting is not advised to exceptionally elderly and gaunt person, also not advises for pregnant women.

### ***Swastyayana***

The deed which promotes good result is known as '*Swastyayana*' (invoking blessings). It includes chanting of *Mantra* and *Yajna*, etc. It is mainly used to treat psychological disorder. *Swastyayana* is done while performing '*Rakshakarma*' for the prevention of infection from bacteria and fungi, etc.

### ***Pranipata***

*Pranipata* means *Namaskara* in front of God and *Guru*, the word '*Namaskar*' is derived from the root '*Namaha*', which means paying obeisance or salutation. '*Namaha*' is a physical action expressing that you are superior to me in all qualities and in every way. *Namaskara* to a deity or a Saint unknowingly their virtues and capabilities are impressed upon our minds. *Pranipata* increases humility and reduces ego.<sup>[4-6]</sup>

## **CONCLUSION**

Ayurveda is an *Aastika Darsana* which believe in *Karma* and salvation which includes study of metaphysics as well as anatomy. *Daivavyprasrya chikitsa* is the most neglected part of Ayurveda due to lack of faith. Now a day's people believes only those facts which are explained in scientific terminologies but as Ayurveda believes in *Aptopades* (authoritative statement), *Pratyaksha* (direct perception) and *Anumana Pramana* (inference) so there are some factors which can be known through experience. *Daiavavyprasrya chikitsa* should be used as prime treatment; it would be beneficial for society. Now a day's some diseases in present era like *Agantuja unmada* and *Kustha*, etc. are not cured by the medicine, for better management of these diseases *Daivavyapashraya chikitsa* along with medicines can be employed for better result. *Daivavyapashraya chikitsa* improves physical, mental and spiritual health thus boost moral conducts which itself prevent diseases and improves overall well being.

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