

## THE INFLUENCE OF ANGER ON PRAKRITI (MANASIKA & DAIHIKA) AND HEALTH

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Article Received on  
19 March 2025,

Revised on 09 April 2025,  
Accepted on 29 April 2025

DOI: 10.20959/wjpr20259-36583



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### ABSTRACT

In the present Era *Krodha* is becoming a contributory factor for major health issues. According to *Ayurveda* texts, *Krodha* is considered *Rajas Guna*. When *Rajas Guna* is prominent it gives rise to anger. *Acharya Charaka* has mentioned that indulgence in *Kama*, *Lobha*, *Moha*, *Irshya*, *Mada*, *Shoka*, *Chinta*, etc causes vitiation of (*Rajas*) *Manasika Dosha* which leads to vitiation of *Sharira Dosha* and causes diseases like *Jwara*, *Atisara*, *Pandu*, *Prameha*, etc. *Prakriti* is the natural fundamental of *Ayurveda* which shows our natural tendencies and the effect of *Krodha* varies according to *Prakriti*. *Krodha*, or anger, is a powerful emotion that can profoundly influence both the physical and mental well-being of individuals. This article explores the multifaceted impacts of anger, examining how chronic anger and frequent outbursts can lead to significant health issues. Physically, anger triggers a cascade of stress responses, including increased heart

rate, elevated blood pressure, and heightened levels of stress hormones, which can contribute to long-term cardiovascular problems, a weakened immune system, and other serious health conditions. Mentally, anger disrupts emotional equilibrium, leading to anxiety, depression, and impaired cognitive function. It also affects social relationships, often resulting in conflict and isolation. By addressing *Krodha*, individuals can improve their overall health, achieve better emotional stability, and foster more positive interpersonal relationships. This comprehensive analysis underscores the critical need for emotional regulation in maintaining

holistic health, and well-being and the association of *Krodha* on *Manasika* and *Daihika Prakriti*.

**KEYWORDS:** *Krodha*, *Manasika Prakriti*, *Daihika Prakriti*, Anger.

## INTRODUCTION

*Ayurveda* is one of the most Ancient systems of medicine. *Ayurveda* has always tried to understand the inner dynamics of Human beings and Personality. Also, *Ayurveda* texts have laid much emphasis on constitutional, temperamental, psychological, and emotional aspects of personality.

In *Ayurveda*, *Prakriti* is broadly classified as *Sharira Prakriti* (Physical constituent of the body), and *Manas Prakriti* (Psychic constitution of the body). *Sharira Prakriti* is broadly classified as *Vataja*, *Pittaja*, *Kaphaja*, *Vatapittaja*, *Pittakaphaja*, *Vatakaphaja*, and *Sannipataja*. *Manasa Prakriti* is mainly classified as *Sattvika*, *Rajasika*, and *Tamasika*, and a further 16 varieties of *Manasika Prakriti* are described in *Samhita*. *Manas Prakriti* assessment is very useful for Diagnosis and treatment of Diseases. *Manasa Prakriti* is very important for health maintenance. The common features of *Sattvika*, *Rajasika*, and *Tamasika Prakriti* are described in *Ayurveda* texts.

*Sattvika Prakriti* is best due to the predominant *Sattva Guna* which is eternally pure. *Rajas* and *Tamas* are the *Manas Doshas* in *Ayurveda*. The above *Prakriti* people are more prone to various diseases, moreover, *Prakriti* is directly related to *manas* (mind) and the treatment protocols directly depend upon the personality of an Individual. For example, *Rajas* and *Tamas Prakriti* persons do not maintain obedience and punctuality and also have less capacity to bear pain. This helps to plan diet and regime for the treatment. *Krodha* originated from *Rajas Guna*, thus *Rajas Prakriti* persons are more prone to *Krodha* which brings foolishness and is responsible for the illusion of memory and mind. Any such illusion destroys intelligence and memory. According to *Ayurveda*, *Krodha* is closely related to *Pitta Prakriti* persons and among the types of *Pitta*, *Sadhaka Pitta* is connected with *Krodha* or Anger, because the causing factors of *Krodha* like intelligence, Pride, etc are affiliated to *Sadhaka Pitta*.

In *Ayurveda Samhitas*, we get three shades of *Krodha*,

➤ ***Samtapa manas*:** Moderate angry but for a long time.

- **Kshubdha manas:** Irritated mind distracted from all work.
- **Samkshubhdha manas:** Severely irritated and angry. Acts harshly.

*Chakrapani* mentions *Krodha* or Anger as *Abhikrodha* which means to hurt someone. *Acharya Sushruta* had explained Anger as a psychological disorder.

*Acharya Charaka* has included *Krodha* under *Mithyayoga* of mind and *Mithyayoga* is one of the reasons behind the causes of the diseases.

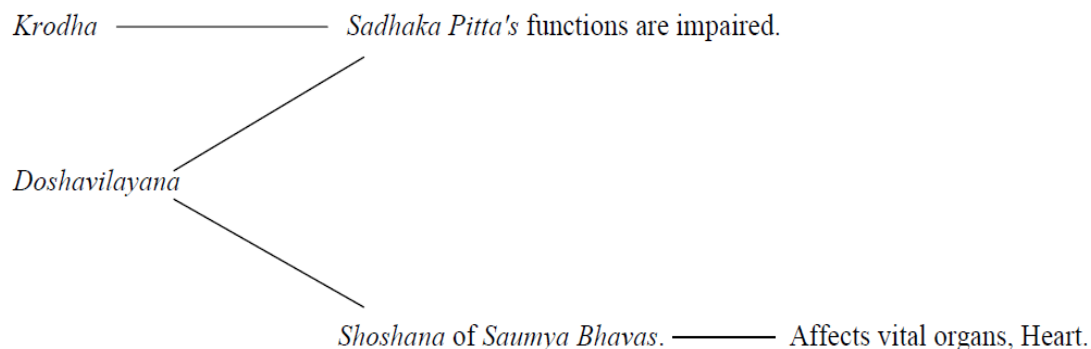
The body is maintained by *Tridoshas*; *Vata*, *Pitta*, and *Kapha*, and imbalanced *Tridoshas* are the cause of diseases. *Doshas* divert from their normally quantified and qualified state due to many causes and emotional stress is one of them. Emotional stress leads to *Krodha* which is the biggest factor leading to vitiation of *Pitta*, which leads to various *Paittika* diseases.

**The Table below shows the list of diseases due to *Krodha***

S. No.	Diseases	References
1.	<i>Aruchi</i>	Cha. Chi.- 26/124
2.	<i>Pandu</i>	Cha. Chi.- 16/09
3.	<i>Jwara</i>	Cha. Chi.- 03/114
4.	<i>Rajyakshma</i>	Cha. Chi.- 08/24
5.	<i>Vatarakta</i>	Cha. Chi.- 29/07
6.	<i>Unmada</i>	Cha. Chi.- 07/08
7.	<i>Apasmara</i>	Cha. Chi.- 10/05
8.	<i>Karshya</i>	Cha. Su.- 21/12
9.	<i>Ojokshaya</i>	Su. Su.- 15/23
10.	<i>Nilika Kshudra Roga</i>	Su. U.T.- 36/37

The above pathological conditions due to *Krodha* need some validation and scientific mechanism. The pathology of how *Krodha* leads to the above pathological conditions can be explained below:

*Krodha* or anger is *Agneya* in Nature. Its effect is mainly due to its *Ushna Guna*. Mind which is located at *Hridaya*, is the site of the inception of emotions. Classical texts explain the fact that *Krodha* produces heat in the body which is expressed via *Sadhaka Pitta* again located at *Hridaya*. This causes disparity in the functions of *Sadhaka Pitta* like discrimination, intelligence, etc.

**It can be understood as****The nature of anger in modern science**

Anger is an emotional state that varies in intensity from irritation to intense fury and rage. Whenever anyone gets angry, heart rate and blood pressure go up. Anger can be caused by both external and internal events. The instinctive natural way to express anger is to respond aggressively. Anger causes Delusion and Delusion confuses Person's memory, further confusion leads to memory loss and destruction.

Unexpressed anger can create other problems. It can lead to Pathological expressions of anger such as passive-aggressive Behaviour. In other words, if someone's Moral values and principles are compromised then it gives rise to anger. Also In both, Modern science and *Ayurveda* texts, there is a contraindication of *Krodha* while doing exercises. Studies have found that not performing exercise in the anger phase increases the chances of a heart attack. Stressful practices like workouts release several hormones, which, when they cross their toxic levels, could lead to damage to blood vessels.

**MATERIALS AND METHODS****Aim**

To study the influence of *Krodha* on *Prakriti* (*Manasika* and *Daihika*) & health.

**Objectives**

1. To study *Krodha* from an *Ayurvedic* perspective.
2. To study *Prakriti* about anger.
3. To study *Krodha* from a modern perspective.
4. Effect of *Krodha* on *Mano-Dahika Prakriti*.

## Materials

Ayurveda literature, journals, and a few websites are the materials used to collect the data.

## DISCUSSION

- *Sadhaka Pitta* performs the task of execution to obtain the desired *Arthas* with the help of *Buddhi* and *Ahamkara* in *Hridaya*. During anger, *Sadhaka Pitta* gets vitiated and thus *Buddhi* and *Ahamkara* also are affected and decision-making is affected.
- Further *Dosha Vilayana* is because the *Mritsna* and *Sthira Guna* of *Kapha* are converted into *Drava* which leads to *Vikaras* like *Prameha*, hence *Krodha* leads to *Prameha*.
- *Krodha* leads to *Saumya Dhatu Shoshana* due to its *Ushna Guna* and then *Ojo Khshaya* occurs which leads to many disorders.
- *Krodha* leads to the destruction of vital organs, the heart as it is the seat of *Ojas Rasadi Dhatus* they get vitiated due to anger and ultimately destroy the heart, also due to anger Heart muscles get flaccid.
- Since *Krodha* vitiates *Pitta Dosha* it leads to an increase in heat of the body and hence BMR increases. On the other hand, *Krodha* being a psychological parameter with negative emotions results in loss of appetite.
- Likewise, according to modern science, excessive anger leads to the release of adrenaline which suppresses appetite and also leads to loss in weight. The same concept is mentioned by *Acharya Charaka* in causes of *Atikarshya* (extreme slim) which includes *Krodha*.
- In *Ayurveda* sleeping during the daytime is contraindicated as it vitiates *Pitta Kapha*. During *Krodha*, the person gets tired and this leads to an increase in *Vata Dosha*, hence sleeping during the daytime can be beneficial for such persons.
- Although *Krodha* has more negative aspects, *Acharya Charaka* has written it in the treatment of *Atinidra* or excessive sleep.
- *Krodha* is also a *Lakshana* of *Pittaja Mada*.
- *Krodha* is the mental phase that leads to *Ama* formation as mentioned in *Ayurveda* texts. Likewise, anger releases Adrenaline which has an inhibitory effect on the digestive system and inhibits gastric mobility. as there is a strong connection between the brain and gut. Thus *Krodha* leads to physical and mental disturbances.
- *Krodha* is diagnosed in *Ayurveda* through the tool *Anumana Pramana*. It is identified by jealousy (*Irshya*) in an individual.

- In *Ayurveda Samhitas*, *Krodha* in the 4<sup>th</sup> month of gestation leads to *Raktasrava* during pregnancy. Similarly, Modern science believes that the fetus of an angry woman attains slow growth. It is due to high cortisol secretion and high adrenaline secretion.
- *Ayurveda* believes that *Jwara* arises from the *Krodha* of *Shiva*. Also, *Krodha* is the cause of *Manasika Jwara*. Modern science also describes a Psychogenic fever in women due to anxiety and stress.

## CONCLUSION

The above comprehensive study explains that *Krodha* affects both the physical and well-being of an Individual. There are many causative factors of anger. Physically, sustained anger can lead to increased stress levels, which in turn may cause hypertension, cardiovascular problems, weakened immune response, and other health issues. The physiological changes triggered by anger, such as elevated heart rate and increased production of stress hormones, can take a toll on the body over time. Mentally, anger disrupts emotional balance, leading to issues such as anxiety, depression, and impaired cognitive function. It affects interpersonal relationships, causing strain and conflict, which further exacerbates emotional distress.

Addressing *Krodha* through mindfulness practices, meditation, and other therapeutic approaches is crucial for maintaining holistic health. By managing anger effectively, individuals can improve their overall quality of life, fostering both physical health and mental tranquility. Embracing strategies to cope with and reduce anger not only enhances personal well-being but also contributes to healthier and more harmonious social interactions. Ultimately, recognizing the profound impact of *Krodha* on the mind and body underscores the importance of emotional regulation and the pursuit of inner peace.

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