

MANASVIKARA IN STRIROGA – A REVIEW STUDY**Veena A. Patil^{1*}, Bhagyashri M. Khot² and Bhrunali P. Gharpure³**

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ABSTRACTS

Manasvikara (Psychological Disorders) are found both in male and female. But females are more susceptible to *manasvikara*. Various social factors are responsible to put women at greater risk of poor mental health than men. The role and status of a woman in a society affects her mental health. Women find it difficult to talk about their feelings; they can not express themselves properly, which can lead to psychological problems such as anxiety, depression etc. However proper counselling and treatment can improve her mental health. It is important that women look after their physical and mental health in their day to day busy life. In this article we are going to study about different psychological changes in women occurring at different stages of life and its management.

KEYWORDS: *Manasvikara*, puberty, *Vandhyatva*, *yonivyapada*, *Rajonivrutti*.

INTRODUCTION

Ayurveda is a Classical Indian Science of life which focuses to maintain physical, mental and spiritual health of an individual. *Acharya Sushruta* defined *Prasanna Atmenindriya Manah* (pleasant state of soul, sensory and motor organs and mind) as a feature of a healthy person.^[1] People with serious mental health are at high risk of physical health; and people with chronic physical conditions are at high risk of developing poor mental health. So to live a healthy life both physical and mental health are important.

Biologically a typical woman's life stages are divided into puberty, sexual maturation, reproductive period, climacteric period and post climacteric period. Women's life stages are associated with reproductive cycle which started with menstruation and ended with menopause. In every stage of her life many physical, psychological and biochemical changes occurs in her body. Some women find it difficult to adjust with these changes. Also Women plays multiple roles in their whole life, they may be mothers, partners and carers as well as doing paid work and running a household. In these busy schedule they can not pay attention to their health. All these factors affects mental health of women. *Manasvikara* is the result of *Rajas* and *Tamas Doshas*. *Manas Rogas* in females are caused due to stress, trauma, abuse, personal loss, negative attitude, drug induced, etc. Anxiety and depression are likely found more in females than males. Proper medicinal treatment and psychiatric help protect mental health of women.

AIMS AND OBJECTIVES

- To study different psychological changes at different stage of life.
- To study *Manas Rogas* in women.
- To discuss impact of various physiological or pathological changes on mental health of a female.

MATERIALS AND METHOD

All available *Ayurvedic* classics and modern textbooks, magazines, journals, research papers and internet were referred for the complete review of literature.

• Adolescence - Puberty and *Manasvikara*

In puberty, there are morphological, biological and psychological changes occurs profoundly which leads to full sexual maturity and eventually fertility. During puberty secondary sexual characters begins to develop maturity and psychological outlook of a girl changes as she develops adulthood aspect in her life.

Girls who develop early puberty had more difficulties in emotional and social adjustments. It increases stress and challenges in adapting their changing social role. It increases their risk of mental health difficulties. In women, early puberty (whether through hormonal and social influence) was associated with later onset of schizophrenia.^[2]

- **Early Menarche and *Manasvikara***

It brings negative consequences such as less prepared for these changes in body, develops more negative feelings, low self esteem, more eating related problems, experience more emotional conflict, risk of sexual behaviour and early pregnancy.

- **Pre Menstrual Syndrome and *Manasvikara***

PMS is a psycho neuroendocrine disorder of unknown aetiology, often noticed just prior to menstruation. There is cyclic appearance of large number of symptoms during the last 7-10 days of menstrual cycle.^[3]

When these symptoms disrupt daily functioning they are grouped under the name pre menstrual dysphoric disorder (PMDD).^[4] It causes more severe symptoms than PMS.

Causes of PMDD

- a) Alteration in oestrogen and progesterone level ratio
- b) Decrease in serotonin synthesis
- c) Withdrawal of endorphins from CNS

Symptoms of PMS/PMDD

- a) Neuropsychiatric Symptoms:- Irritability, Depression, Mood Swings, Forgetfulness, Restlessness, Tearfulness, Anxiety, Tension, Confusion, Anger
- b) Behavioural Symptoms:- Fatigue, Tiredness, Dyspareunia, Insomnia

- ***Vandhyatva* and *Manasvikara***

According to *Acharya Charaka*, normalcy of psychology has highest importance in achieving conception.^[5] Also *Acharya Charaka*, has stated that abnormalities in *Yoni* (Uterus, cervix and vagina), psychology of both partners *Shukra* (sperm), *Asruka* (menses), diet, mode of life, coitus at improper time and loss of *Bala* have been included in cause of delay in conception by a fertile woman.^[6]

Infertility is the failure to get pregnant within one or more years of regular unprotected coitus. Infertility places a great emotional burden on couple. Due to increased stress prolactin level get elevated. High prolactin level suppressed ovulation and may cause infertility.

Psychological effects of infertility

- I. Surprise, anger, denial, guilt, grief, isolation, etc.
- II. Female partner is more likely to report depression, anxiety, stress.
- III. All these increases sexual dysfunction and create marital discord.

Management

Along with medicinal treatment counselling, assurance to couple.

A physician mainly focused on females. But males also need psychotherapeutic help.

- ***Shandhi Yonivyapada and Manasvikara***

Acharya Charaka had described *Shandhi Yonivyapada* which is caused due to abnormalities of *Bija* (ovum) responsible for development and abnormalities of uterus and breast^[7] Women shows less or no interest in male and dislike coitus. It is due to low level of oestrogen.

It produces psychological symptoms like anxiety, depression, low self esteem, social withdrawal and are less likely to marry.

- ***Paripluta Yonivyapada and Manasvikara***

Acharya Sushruta had described *Paripluta Yonivyapada* in which symptoms like dyspareunia, vaginismus occurs. Vaginismus is defined as the psychogenically mediated involuntary spasm of the vaginal muscles including the levator ani muscles and/or thigh adductor muscles.^[8] This results in inability of penetrative sexual intercourse. The cause of vaginismus is mostly psychosexual in origin.

Psychological cause

- a. Anxiety, fear depression can inhibit sexual arousal and contribute to vaginal dryness or vaginismus.
- b. Stress can trigger a tightening of the pelvic floor muscles and results in pain during coitus.
- c. Past history of sexual abuse or sexual violence may contribute to dyspareunia.

Psychological effects of dyspareunia in females

In dyspareunia, women suffer from anxiety, restlessness. Because of low oestrogen level, she is unable to cope up with stress, pain and sexual problems arising due to her condition.

Fear, avoidance and psychological distress around attempting intercourse can become large parts of a woman's experience of dyspareunia.^[9]

- ***Vamini yonivyapada and Manasvikara***

According to *Acharya Charaka*, in *Vamini Yonivyapada Shukra* (sperm) is expelled with or without pain within six or seven days of its entry into the uterus.^[10] Here no any *Acharya* mentioned excretion of *Garbha* (foetus). This condition of early abortion is due to failure of implantation. This condition is compared to the psychological abnormality or to the ovulation cascade of endometrial and cervical discharge. When women are mentally disturbed during or after coitus or if they are not willing to conceive, the semen may be expelled out of uterus before conception has taken place.

- ***Atyananda Yonivyapada and Manasvikara***

Acharya Sushruta says that women suffering from *Atyananda Yonivyapada* does not get satisfied with coitus and other psychological symptoms due to *Kapha Doshas*.^[11]

It can be correlated with nymphomania. It is a mental disorder marked by repeated compulsive sexual behaviour, shows difficulty in concentrating, feeling of shame or inadequacy, guilt.

- ***Rajonivrutti and Manasvikara***

Rajonivrutti (Menopause) means permanent cessation of menstruation at the end of reproductive life due to loss of ovarian follicular activity. Menopause is one of the most significant event in a woman's life and brings lots of psychological changes that affects the life of a woman permanently. It is mainly due to fluctuating and declining oestrogen level.

It shows psychological changes such as increase frequency of anxiety, irritability, headache, insomnia, dysphasia and depression. They also suffer from dementia, mood swings and inability to concentrate. Dementia and Alzheimer disease are more common in postmenopausal women.

In Ayurveda, *Rajonivrutti* is not described specifically. It is an aging process. So it shows *Dhatukshaya* symptoms such as *Shabda Asahishnuta* (intolerance to loud sound), *Bhrama* (giddiness), *Tama* (darkens in front of eyes) etc. Due to *Dhatukshaya* vitiation of *Vata Doshas* occurs. It also affect mental health and cause psychological disturbance in women.

- ***Vyoshapasmara and Manasvikara***

In modern Science, it can be correlated with hysteria. It is a psychological disorder found only in women. Women suffering from hysteria shows symptoms like nervousness, faintness, insomnia, muscle spasm, fluid retention, shortness of breath, loss of appetite for food and sex and a tendency to cause trouble.

DISCUSSION

A woman plays most important role in her family. If she is physically and mentally healthy then only she can take care and support her family. Mental health plays a major role in maintaining good physical health. Nurturing mental health of a woman can prevent her from serious physical and psychological disease. To improve their mental illness they must need proper psychiatric help. Modern medicines are good for short term treatment but it has many side effects and limitations. *Ayurveda* has both preventive and curative effects. So we have to practiced it in daily life. Along with medicinal treatment of respective disease we should also focus on treatment of *Manasvikara* caused by that disease.

In management of mental illness we can do:-

1. Counselling, reassurance, psychological support by family members
2. *Panchakarma* Treatment - *Snehana, Swedana*
3. *Basti, Shirodhara, Nasya*
4. *Satvavajaya Chikitsa* – *Yoga, Asana, Pranayama, Meditation*
5. Cognitive therapy, Behaviour therapy Lifestyle Management
6. Medicinal Treatment – *Medhya Dravya* as *Bramhi, Shankhpushpi, Bala, Jyotishmati,*
7. *Shatavari, Ashwagandha, Guduchi, etc.*
8. *Kalpa* (Formulations) – *Bramhi Vati, Medhya Rasayana, Saraswatarishta,*
9. *Chaturbhuja rasa, Unmadgajankush Rasa, Shatavari*

CONCLUSION

Psychological health include mental, emotional, social and spiritual health. Each transition in a woman's life involves changes and challenges. Most of the women are unable to cope up with these changes which results in psychological distress. This has to be checked regularly and must provide a proper treatment. Only a mentally strong, stable, healthy woman can support her family. So with the help of *Ayurveda* we can bring positive revolution to the quality of health.

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