

**MANASVIKAR WITH SPECIAL REFERENCE TO CHITTODVEGA
INSIGHT FROM AYURVEDA TEXT AND BHAGWAD GITA****Ashish Kumar Sharma^{1*}, Anita Sharma² and Sasmita Tripathy³**

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ABSTRACT

Manasvikar is a disorder that affects mental functioning. Anxiety disorders are one of the most prevalent mental health issues among people today. Numerous studies so demonstrate the connection between our mental and physical wellbeing. Therefore, maintaining mental health is equally as vital as maintaining physical health. The anxiety that an ayurvedic scriptures refers to as chittodvega. The Shrimad Bhagwad Gita instructs everyone on how to deal with various situation in life.

KEYWORDS: Ayurveda, Chittodvega, manasvikar, Bhagavad Gita, Arjuna visad symptoms,

INTRODUCTION

Chittodvega is one of the manas vikar mentioned in Ayurveda, The symptoms of this disease can be assumed merely similar with

generalized anxiety disorder (GAD). Chittodvega can be defined as anxious status of mind, when abnormality in manas dosha continues for some time, it may develop psychic symptoms.

Classification of manas vikar

There was no detailed classification of Manasroga in Ayurveda, However, it is categorized in to following categories –

1. Nanatmaja Manasvikar – Nanatmaja Manasvikar are caused by Tridosha, Ex.- Chittodvega, Visada, Anvasthanichitta etc.
2. Ubhayatmaka Manasviakar – Ubhayatmaka Manas Vikar Such as Unmad, Apasmara and Madaty also known as manas Shariradhisthita vikar.
3. Manoadhisthita Manasvikar- Manoadhisthita (Pure psychicorigin) Manasviakar refers to clinical conditions where manas play a significant role. Such as Kama, Shoka, Irshya etc.

In the Charak Samhita vimana sthana Acharya Charak mentioned about two manas dosa Raja and Tama with its disorder- Kama, Krodha, Lobha, Moha, Irsya, Maan, Mad, Shoka, Chittodvega, Bhaya, Harsha.

- 1) Kama (Lust)
- 2) Krodha (Anger)
- 3) Lobha (Greed)
- 4) Moha (Delusion)
- 5) Irsya (Jealousy)
- 6) Mana (Pride)
- 7) Mada (Madness)
- 8) Shoka (Grief)
- 9) Chittodvega (Anxiety)
- 10) Bhaya (Fear)
- 11) Harsha (Euphoria)

Etymology and Definition of chittodvega

The Chittodvega consists of two words: Chitta and Udvaga where Chitta meaning mind.

Udvegya originates from the word Ud which has numerous meaning in Sanskrit including upwards on over, dominance in place etc.

Although Acharya Sushruta does not define the term Chittodvega. Acharya Dalhana the commentator of Sushruta Samhita, has stated that Chittodvega is related to term Shoka (grief). He has defined terms that are similar to anxiety such as Chittaviparyaya and Chittavibhrama.

Bhagwad gita

Bhagwad gita is the largest philosophical poem in the world. The first chapter is called Arjuna vishada yoga (The yoga of Arjuna's grief) illustrates the grief and delusion in to which Arjuna find himself before the war.

Arjuna knows that most fighters in the kaurava army are not good people, despite the fact that they are his relatives. Arjuna's worry occur a potential threat and temptation to battle against his own relatives, this causes worry, anxiety and nervousness, described as follows in Bhagwad gita-

सीदन्ति मम गात्राणि मुखं च परिशुष्यति ।
वेपथुश्च शरीरे मे रोमहर्षश्च जायते ॥ 29 ॥
गाण्डीवं स्त्रंसते हस्तात्त्वक्चैव परिदह्यते ।
न च शक्नोम्यवस्थातुं भ्रमतीव च मे मनः ॥ 30 ॥

(B.G.Ch.1/29/30)

My limbs are quivering, and my mouth is drying up, whole body trembling allover, the Gandiv (Bow of Arjuna) is slipping from my hand and skin is burning allover, my mind is spinning so fast from bewilderment that i can no longer keep myself still. (B.G.Ch.1/29/30)

“एवमुक्त्वार्जुनः संख्ये रथोपस्थ उपाविशत् ।
विसृज्य सशरं चापं शोकसंविग्नमानसः ॥

(B.G.Ch.1/46)

After saying this, Arjuna threw down his bow and arrows and collapsed in to his chariots seat, his mind in consolable and overcome with sorrow. (B.G.Ch.1/46)

In Bhagwad gita, Lord Krishna guided Arjuna and gave solution to his doubts. So we can conclude that Chittodvega, role of psychological counselling is very helpful.

CONCLUSION

Chittodvega is correlated with the generalized anxiety disorder rather than depression patients experience anxiety first, followed by depression. Physical touch and counselling help the patient feel more comfortable and relieved half of their mental stress. Ayurveda described a variety of psychological problems.

According to Bhagawad gita Symptoms of chittodvega can define Arjuna Visad symptoms as follows- Gatrāsada, Mukhasosha, Vepathu, Romharsha, TwakParidaah., Hastat stransan,

Anavasthitchittatva (Ananvasthitchittatvam), Manobhraman, Chitta Avasd, Shok sanvigna manas.

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