

A STUDY OF CHARAKOKTA SATVAVJAY CHIKITSA AND ITS USEFULNESS IN EXAM GOING STUDENTS

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ABSTRACT

The modern living lifestyle is known to produce various physical and psychological changes resulting in stress. The stress is affecting on youngsters and is leading to high suicidal rate. Especially during exams youngsters remains under tremendous pressure.” *Ayurveda*” has solutions to every problem. It is well said that “Prevention is always better than Cure”. *Aacharya Charak* focused on “*Satvavajay Chikitsa*” for mind problems. Present study was conducted to evaluate the effect of ‘*Satvavajay Chikitsa*’ in Exam going stressed student. **Material and Methods-** Exam going students will be selected for case study as per inclusion criterion. A subjective criterion is Questionnaire prepared on the basis of ‘*Laxanas*’ mentioned in ‘*Charak Samhita*’. An objective criterion is Students stress scale. ‘*Ashwasanchikitsa*’ with ‘*Pranayama*’ will be given over a period of month. Pilot study regarding this topic was done. And conclusion was drawn on the basis of score got from the study. The *Pranayama* and *Aashwasan chikitsa* produce relaxed state of mind which ultimately reduces stress of the students.

Keywords: *Satvavajay, Chikitsa, Laxanas, Ashwasanchikitsa, Pranayama*

INTRODUCTION

In today’s era stress is increasing day by day and becoming a major issue worldwide. Increasing rate of suicide in teenagers during exams is becoming major problem. A survey in different fields of psychology has shown that students especially those who are going to face exams are extremely stressful due to their studies. Stress is becoming the main reason for

six leading causes of death, (As per WHO Survey). Research in the field of Psychology has well established the spills over and cross over effects of stress affecting students and the community at large.⁵

In 2012, nearly 6000 students committed suicide and three years later, the numbers has grown further. Exams and exam related stress,

peer pressure, entrance test, ragging, parental problems and family issues are the reasons for this rampant increase in the number of student's suicide. In the past few years, a student's life has changed significantly.

Our Prime Minister Mr. Narendra Modi in International Ayurveda Expo, Delhi, said that, "Ayurveda is basic science of life and concern with health of individual rather than disease of the individual". He followed with thought that the Ayurveda practitioners should explore this Indian ancient greatest science to the world with the help of modern technology. In his program "Man Ki Baat" he spoke regarding the student's fear for the exam and also emphasized on Youth as power of the nation.

These young lives are wealth of nation so are very much important. But we see this young generation under a stress and Depression, especially during exams. Survey study shows that the proportionate number of psychologists is less than the population size. We can't change the whole educational system right now, still we the Vaidyas, having tremendous treasure of our "Samhitas", can help the society by implementing this knowledge to improve this situation. Being eternal science "AAYURVEDA" the science of life deals with physical as well as psychological problems. This science is not only for diseased one but also for healthy too.

In educational stress subjects are continuously exposed to *Nidanas* i.e., causative factors, those cannot be avoided completely. Hence how to adjust with adverse situation and become free from stress we have to adopt special

lifestyle which is described by *Acharya Charak*, a very great physician indeed.

Hetu behind every *ManasrogRoga* is *Pradnyaparadh*.

धौर्धातेस्मृतेवेभ्रष्टः कमे यत् कुरुतेऽशुभम् ।

प्रज्ञापराधं तं विद्यात् सवेदोष प्रकोपणम् ॥ Ref-
(च.शा.१)²

Because of *Pradnyaparadh*, body *doshas* become imbalanced. Raj and Tam are *doshas* of man i.e. mind.

रजस्तमश्चमानसोदोषो।तयोविकाराः

कामक्रोधलोभमोहेष्योमानमदशोकाचेन्तोव्देगभय
हृषोदयः॥ (च.वे.६/५)

Acharya Charak, further says these *vikaras* are *purvarup* of "Unmad".

उन्मादहेतुभयहृषेपूर्वोमनोऽभिघातोविषमाश्चचेष्टा
: ॥ (च.चि. ९/४)

Acharya Charak mentions that because of *Pradnyaparadh*, *Graha* enters into body of individual. These *grahas* are not related to Planets. They are related to psychological problems.

प्रज्ञापराधात्सभूतेव्याधौकमेजआत्मनः ।

नाभिशसेदबुधोदेवान्नापेतृन्नापेराक्षसा॥ (च.नि.
७/२१)³

Different *Acharyas* such as *Sushrutand Vagbhat* also described these *Grahadoshas*, before modern psychology subject was invented, for example, *Skand* (Depression with anger), *Skandapsmar* (Epilepsy), *Vishakha* (loss of conscious), *Mesh* (Agitation in psychosis), *Shwagraha* (Anxiety neurosis), *Pitru-*

graha (Irritated child), *Shakunigraha* (fragile), *Putanagraha* (sleepiness), *Sheetputana* (extreme Anxiety), *Andhputana* (Insomnia), *Revati* (Psychosis), *Shushkarevati* (neurosis).

If *purvaroop* is ignored then, *Grahadoshas* easily enter into one's body. Hence *Aacharya-charak* emphasizes on *Satvavjay*. *Satva* is *Guna* of Man and when we win our mind then our psychology will remain stable.

Aachary Charak described three types of *chikitsa* [i.e. treatment] in the *sutrasthan* of *Charaksamhita*. There are three types of treatment viz *Daivvyapashray*, *Uktivyapashray* and *Satvavjay*. *Satvavjaychikitsa* is specially designed for *manasroga*.

सत्वावजयपुर्नाहितेभ्योऽथेभ्योमनोनेग्रहः।(च.सु.१
१/५४)¹

Pilot study regarding this subject shows that the impact of *ManasBhavas: krodh, lobha, moha, dwesha, irshya* etc, are huge in all aspects in modern life. To reduce this pressure over mind *Satvavjaychikitsa* is useful. As name itself indicates *Satvavjay* is the treatment to keep mind away from unwholesome activities. "*Manonigrahan*" can be done with method of *Ashwasanchikitsa* i.e. counseling and *pranayama* as said by *Aacharya Charak*. Hence study has been planned to evaluate exact action of *Satvavjaychikitsa* in providing an impact on educational stress. If it can provide a good work life balance, an individual can achieve better health, wellness and greater curriculum satisfaction.

ASHWASANCHIKITSA

मनसोजानावेजानधेयस्मृतेसमाधाभिः॥(च.सु.
१/५८)

Assurance (*Dhairya*), by replacing the thought process (*Chintya*), by regulating the ideas (*Vicharya*), by channeling the presumptions (*Oohya*), by polishing the objectives (*Dhyeya*) by proper guidance and advice for taking the decision (*Sankalpa*), reframing the ideas, proper control of patience.

योगस्तुचेत्तवृत्तानेरोधः।

Yoga controls the *Manas* from the objects and stimulates it to combine with *Atma*. By this the person attains *Mukti or Moksha*, which is eternal, the utmost goal and ultimate solution for absolute happiness. *Pranayama* (*Yog.Dar. 2/49*) *Shvasa* means to inhale the *vayu* from out; *Prashvasa* means to exhale the *vayu* from *sharira*. When there is *abhava* of both of these, it is called *Pranayama*. *Dhyana* (*Yog.Dar. 3/2*) Focused/ Retained concentration on particular point by *chitta* is *Dhyana*. When the person follows all these in a proper manner, then *indriyas* are under person's control. Hence with the help of *yoga darshan* and *ashwasanchikitsa*, will try to get better result over stress.

HYPOTHESIS –

H₀ – *Charkoktsatvavjaychikitsa* is significantly useful in exam going students.

H₁ – *Charkoktsatvavjaychikitsa* is not very much useful in exam going students.

OBJECTIVES –

1. To review the literature in all classical text of *CharakSamhitas* and its commentaries.

2. To study effectiveness of *Satvavjaychikis-ta* in exam going students.

Previous Work Done^{6,7,8}

MATERIAL AND METHOD-

MATERIAL –

- *Charaksamhita* with its commentaries
- Reference psychiatry books
- 70 students fulfilling the criteria
- Specially prepared survey questionnaire with informed written consent
- Student's stress scale

Inclusion criteria –

- Subjects between 16 to 20 years irrespective of gender and socioeconomic status.
- Subjects must be exam going one.
- Subjects who are ready to sign the informed consent form.

Exclusion criteria –

- Subjects having uncontrolled psychotic problem and psychiatric illness.
- Subjects suffering from organic brain disease.
- Subjects suffering from complication of substance abuse.

CRITERIA OF ASSESSMENT –

Subjective criteria –

रजस्तमश्चमानसोदोषो।तयोविकाराः

कामक्रोधलोभमोहेष्योमानमदशोर्काचेन्तोव्देगभय

हृषोदयः॥(च.वि.६/५)⁹

Questionnaire was asked during pilot study on the basis of above 12 laxanas came in charak samhita. Mild, Moderate, Severe criteria will be applied.

Objective criteria– Students Stress Scale (www.prasadpsycho.com)

This test has passed through several stages of testing and final version measures only those dimensions of stress which have been empirically found to be predictors of wellbeing. The scale is not simply a checklist but quick measure to obtain the level of life stress. It was tested on 16-20 years age group.

Method –

Sample size calculation –70 Students fulfilling the diagnostic criteria of stress was selected from Educational Campus of college with population size 300 @10%confidence interval. Sample size is calculated from (www.Survey system .com) is 70. Hence 70 students are selected for survey.

PROCEDURE -Case history was taken with consent form. Students stress scale was applied and scores were counted. *Satvavjaychikista* was planned for a period of 2 month prior to exams. System of *Pranayama* (anuloma-viloma and omkar) was explained and demonstration of it was given. **Pranayama** was followed daily from all students in morning session with empty stomach for 10 minutes. Only liquids such as water, tea etc. was allowed. For 10 minutes. [*Anulomaviloma*: 5 minutes *Omkar*: 5 times]

Ashwasan Chikitsa was given in following manner. **In Group**:- Sessions was conducted once in a week for all students. Sessions was held for 1 to 2hr including question answer round. **Personal**: - For one student one personal session was given. Hence to cover 70 student, per day there was two to three sessions. The session was held for 1hr for each student. A technique to overcome stressful situations was based on the need of subjects.

Understanding of self by understanding own strength and weakness one can improve the quality of life on the basis of following criteria.

- Long term goal 1 – He /She will learn how to recognize and express his /her feeling assertively. (चित्त्य)
- Long term goal 2 - He /She will learn to express concern in relationship without blaming others. (विचाये)

- Long term goal 3 - He /She will learn how to negotiate solution that respect self and others.(उह्य)
- Long term goal 4 - He /She will learn how to recognize exact problem of her. (ध्येय)

Long term goal 5- He /She will learn how to break down goals into small steps that can be accomplished. (सकल्प)(Ref. case conceptualization by American psychology and *Charak-samhita* च.श.१/२०)⁴

DATA ANALYSIS CHART –

Table 1: Laxan and stress score

NO.	AGE	BEFORE CHIKITSA		AFTER CHIKITSA	
		LAKSHAN	STRESS	LAKSHAN	STRESS
1	18	7	160	3	70
2	18	8	159	2	67
3	18	2	150	2	60
4	18	3	212	1	72
5	18	5	157	2	60
6	18	5	124	2	64
7	18	6	248	3	77
8	18	9	155	2	64
9	18	7	204	3	75
10	18	7	181	2	77
11	18	6	159	1	75
12	18	3	187	3	71
13	18	2	199	2	67
14	18	2	193	2	70
15	18	3	184	3	67
16	18	2	152	2	71
17	18	7	169	3	73
(18	18	5	157	2	71
19	18	2	158	2	67
20	18	3	244	3	63

(Source- primary data)

DISCUSSION

After selecting exam going students, stress scale applied. Results were counted and as per procedure, treatment was followed. Pilot study was carried out. As per result of pilot study, effectiveness of *Satvavjaychikitsa* checked on the basis of statistical criteria.

Hypothesis testing was done with the help of MS EXCEL 2007. It was seen that assuming the data is normally distributed, researcher applied paired t test for counting stress in exam going students before and after.

Calculated value of t test was 1.8241, so as p value was 2.0930 at 19 d.f. with 5% level of significance. According to results, calculated value is less than table value which means t test is significant. There is remarkable difference between the values of both the criterion before the *Chikitsa* and after the *Chikitsa* which shows that *Satvavajay* is helpful in regulating *Raj and Tama doshas*. Hence we can state that pilot study hypothesis can be accepted.

Table 2: Observation chart

Hypothesis	Test used	Calculated value	P value	I.o.s.	d.f.	Decision
<i>Charkoktsatvavjaychikitsa</i> is significantly useful in exam going students.	Paired t test	1.8241	2.0930	5%	19	Hypothesis has been accepted

CONCLUSION

According to pilot study and statistical analysis we can draw a conclusion that *Satvavajay Chikitsa* is very helpful in reducing stress of exam going students. If it carried on large scale it definitely going to be helpful and beneficial for student's life. This subject is a current issue which we are facing in developing India. With the help of this ancient rich knowledge we can help our society as well as nation indeed.

SUMMARY

By studying the *sidhantas of Aayurveda* and better understanding of *yoga sidhantas* to facilitate the present era is need of hour. The present research is intended to study the influence of stress over exam going students and

their problems. To overcome these problem and *Satvavajay* will be helpful.

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