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

Kshitija Bhaté1, Rajshree Bharati2

1 M.D. Samhita Sidhant, Final Year, 2 Guide, M.D. Samhita Sidhant; Hon. Annasaheb Dange Aayurvedic Medical College, Ashta Dist.- Sangli, Maharashtra, India

Email: kshitijabhate@gmail.com

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 Aashwasanchikitsa 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 “Saamhitas”, 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 Aacharya Charak, a very great physician indeed.

Hetu behind every Manasroga is Pradnyaparadh.

वह तं प्रदन्त्यपराधः सत्ववाजयः कर्मे जन्तु कुछोशशुभम्।

प्रज्ञापराधम तं विद्यात सन्तोष प्रकोपणम।।Ref-(च.शा.१)²

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

राजस्तं प्रदन्त्यपराधाय राजस्तं प्रदन्त्यपराधाय

तमस्तं प्रदन्त्यपराधाय तथा सत्वस्तं प्रदन्त्यपराधाय।।(च.चि.६/५)

Aacharya Charak, further says these vikaras are purvarup of “Unmad”.

उन्मादेऽहेष्ठस्पूष्टस्तं विग्निताद्वियामस्तवाच्चेद्यः।

धृतिराच्छादीत्वा मर्त्यान्त्यविद्यावस्था शुभाऽपि च।।(च.चि.६/४)

Aacharya Charak mentions that because of Pradnyaparadh, Graha enters into body of individual. These grahas are not related to Plnets. They are related to psycholological problems.

प्रज्ञापराधात्स्तं ग्रहोंस्त्रेत्वायामैः जात्मात्माः।

नामस्चेत्वद्वृद्धोदेवान्नपि नामोपनाराधायः।।(च.चि.७/२१)³

Different Aacharyas 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), Putanagragraha (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 Gu- na 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 sutrasathan of Charaksamhita. There are three types of treatment viz Daivvypashray, Uktivyapashray and Satvavjay. Satvajaychikitsa is specially designed for manasroga.

सत्वावज्यपुनाःहितोभोयोक्षेपमनोवरीयाम्।(च.सु. १ १/५४)

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 Satvajaychikitsa is useful. As name itself indicates Satvay 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 Satvajaychikitsa 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**

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

योगस्तूंचेतत्वृत्तिंतांनित्योऽनित्यानित्य:।

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 thevayu 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 – Charkotsavtavaychikitsa is significantly useful in exam going students.

H₁ – Charkotsavtavaychikitsa 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 *Satvavjaychikista* in exam going students.

**Previous Work Done**

**MATERIAL AND METHOD**

**MATERIAL**
- *Charakasamhita* 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**

रजस्तमश्चमानसोदोषोऽतयोऽवेकारा: कामक्रोधलोभमोहस्योमात्मकान्तित्वोत्सवांभविष्योऽदेश: | (चंद्रेश्वराः) ॥

Qustionnair 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. (विचार्य)

DATA ANALYSIS CHART –
Table 1: Laxan and stress score

<table>
<thead>
<tr>
<th>NO.</th>
<th>AGE</th>
<th>BEFORE CHIKITSA</th>
<th>AFTER CHIKITSA</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>LAKSHAN</td>
<td>STRESS</td>
</tr>
<tr>
<td>1</td>
<td>18</td>
<td>7</td>
<td>160</td>
</tr>
<tr>
<td>2</td>
<td>18</td>
<td>8</td>
<td>159</td>
</tr>
<tr>
<td>3</td>
<td>18</td>
<td>2</td>
<td>150</td>
</tr>
<tr>
<td>4</td>
<td>18</td>
<td>3</td>
<td>212</td>
</tr>
<tr>
<td>5</td>
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<td>5</td>
<td>157</td>
</tr>
<tr>
<td>6</td>
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<td>2</td>
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</tr>
<tr>
<td>20</td>
<td>18</td>
<td>3</td>
<td>244</td>
</tr>
</tbody>
</table>

(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 *Satvavajaychikitsa* 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 dhoshas*. Hence we can state that pilot study hypothesis can be accepted.

**Table 2: Observation chart**

<table>
<thead>
<tr>
<th>Hypothesis</th>
<th>Test used</th>
<th>Calculated value</th>
<th>P value</th>
<th>I.o.s</th>
<th>d.f</th>
<th>Decision</th>
</tr>
</thead>
<tbody>
<tr>
<td>Charoktsatvavajchikitsa is significantly useful in exam going students.</td>
<td>Paired t test</td>
<td>1.8241</td>
<td>2.0930</td>
<td>5%</td>
<td>19</td>
<td>Hypothesis has been accepted</td>
</tr>
</tbody>
</table>

**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.

**REFERENCES**


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**Conflict Of Interest:** None Declared

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