

The role of Satwavajaya Chikitsa (Psychotherapy) in the management of mild and moderate Depression- Conceptual study

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ABSTRACT

Depression is a state of low mood and aversion to activity that can affect a person's thoughts, behaviour, feelings and sense of wellbeing. People with depressed mood can feel sad, anxious, empty, hopeless, helpless, worthless, guilty, irritable, ashamed or restless. They may lose Interest in activities that were once pleasurable, experience loss of appetite or overeating, have problems concentrating. WHO also estimates that about 7.5 per cent Indians suffer from mental health disorder and predicts that by end of this year roughly 20 per cent of India will suffer from mental illness. According to the numbers, 56 million Indians suffer from depression and another 38 million Indians suffer from anxiety disorders. Approach of Ayurveda towards mental health disease always keeps uniqueness, as it does with all other disease. Satwavajaya Chikitsa is completely dedicated for mind, treats the mental health disorder and its prevention. Satwavajaya Chikitsa in Ayurveda closing parallel to psychotherapy in the allopathy medicine, it is the treatment aimed to cure the emotional, behavioural and thought disturbances of an individual. Hence keeping this in view there is a much need to understand the concept and action of Satwavajaya Chikitsa as well as Psychotherapy methodology.

Key Words- *Depression, Satwavajaya Chikitsa, Psychotherapy*

Introduction

When it comes to person's physical health, people are so conscious and aware these days – they have also access to a lot more things to maintain their health, they know everything about superfoods, the latest diet trends or workouts, but when it comes to mental health, the awareness just isn't there. So many people aren't even aware that they may be suffering from form of mental health issues and these statistics show the grim reality. Mental pain is less dramatic than physical pain, but it is more common and also harder to bear. Depression is a serious mental disorder that roughly affects 10% of the population. Research suggests that at least one in five women and one in 10 men suffers from depressive disorder at some time in their lifetime. Satwavajaya Chikitsa¹ is a unique non-pharmacological approach for treating mental disorders. Health is defined as, a state of complete physical, mental and social wellbeing and not merely an absence of disease or infirmity. So Manas or Satwa² plays an important role in keeping person healthy.

AIMS AND OBJECTIVES

1. To review the literature related to the concept of Satwavajaya Chikitsa
2. To understand concept of Psychotherapy and its importance in treating mild and moderate Depression.

MATERIALS AND METHODS

The classical texts of Ayurveda with their commentaries, other Ayurvedic texts and journals, Relevant websites, articles and presentation were referred.

SATWAVAJAYA CHIKITSA

The impression of Satwa and Satwavajaya Chikitsa is scattered through the deep ocean of Ayurvedic Samhitas. It was Acharya Chakrapani, who introduced Satwavajaya Chikitsa for mental disorders which is a non-pharmacological approach equivalent to modern psychotherapy. The word Satwavajaya Chikitsa comprises of Satwa and Avajaya, Satwa refers to being existence, entity, reality, excellence and Avajaya refers to overcoming, victory. In total Satwavajaya Chikitsa refers to self-command, strength of mind, victory over mind. In Vedas mind has been described as a functional element of Atma, which are the most comprehensive sources of learning. In Yajurveda which is kriya oriented, concept of Satwa had been explained elaborately. (Tanme Manaha Shivasankalpamastu)³ Mind is possessed with noble thoughts “Satwavajayah Punah Ahitebhyo Arthebhyo Mano Nigraha” the word Ahita⁴ has been used by Acharya Charaka while defining Ayurveda. Hita is the one which is advantageous to both body and mind but Ahita is opposite. For example, Sadvritta Palana⁵ is Hita and Apalana is Ahita, which is part of Prajnyaparadha⁶ causing mental disorders. Artha can be either Indriyarth⁷ or Mano Artha, Chintya⁸ has been described as the Artha of mind according to Charaka Acharya. Thought process includes the concept of Sukha and Dukkha, when mind gets vitiated by deficient and abnormal thinking which makes the person unable to decide between right and wrong nothing but decision-making power. This vitiates mental perceptions gives rise to mental disorders. Mano nigraha can be subjective and objective. It can be achieved by restraining the mind from its Artha's both Indriyarth and Mano Artha. In Astanga Hridaya Vagbhata Acharya explains Dhee, Dhairya, AtmaVijnayana⁹ and Samadhi are the Lakshanas of Satwavajaya Chikitsa. As per version of Sushruta Acharya explained the three Manasa Prakriti those are Sattva, Rajas and Tamas. Equilibrium of these maintains the healthy state of body. Acharya Sushruta also describe that the person belongs to Satwavan qualities, disease is considered as Sukha Sadhya.¹⁰

PSYCHOTHERAPY

It is defined as treatment by psychological means, of the problems of an emotional nature, in which therapist deliberately establishes a professional relationship with patient to a) remove, modify or retard existing symptoms, b) mediate disturb pattern of behavior, c) promote positive personality growth and development¹¹. Theories textbooks often make the metaphoric claim that Sigmund Freud is the father of modern psychotherapy. Several kinds of psychotherapies had been explained in modern medicine such as behavioral therapy, cognitive behavioral therapy, supportive psychotherapy, family and marital therapy, group therapy, relaxation therapy. In case of mild and moderate depression the cognitive behavioral therapy plays an important role as this includes various short-term modalities such as social skill training, problem solving techniques, assertiveness training and decision-making techniques. It can be useful in mild and moderate cases of depression as an adjunct to antidepressants.¹² Originally, behavioural activation was referred to as activity scheduling and used as a component of various cognitive and behavioural treatments for depression (A. T. Beck, Rush, Shaw,

& Emery, 1979; Lewinsohn, Steinmetz, Antonuccio, & Teri, 1984). During this time activity scheduling was viewed as one piece or part of an overall cognitive behaviour treatment (CBT) for depression¹³.

DISCUSSION

Satwavajaya Chikitsa and psychotherapy both plays equal role in treating as well as preventing an individual from mental health disorders. Cognitive functions like psychomotor speed, attention, memory and executive functions seem to be impaired in depression. Assertiveness training became popular as an individual, group, or self-help treatment for social difficulties. Instruction: Clients are instructed in assertive eye contact, body posture, voice tone, and verbal delivery. Feedback: The therapist or group members give clients feedback regarding how their efforts at assertive behaviour come across to others. Behaviour rehearsal or role playing: Clients are given opportunities to practice specific assertive behaviours, such as asking for help or expressing disagreement without becoming angry or aggressive. Coaching: Therapists often whisper feedback and instructions in the client's ear as a role-play or practice scenario progresses. Modelling: The therapist or group members demonstrate appropriate assertive behaviour for specific situations. Social reinforcement: The therapist or group members offer positive feedback and support for appropriate assertive behaviour. Problem-solving therapy refers to how individuals approach social problems. In this clients are taught a rational problem-solving style that includes four steps- 1. Problem definition: Clarifying a problem, identifying goals, and identifying obstacles. 2. Generating of alternatives: Brainstorming a range of potential solutions designed to overcome obstacles and solve the problem. 3. Decision making: Predicting likely outcomes, conducting a cost-benefit analysis, and developing a solution plan. 4. Solution implementation and verification: Trying out the solution plan, monitoring outcomes, and determining success

About the action of Satwavajaya Chikitsa different acharya explained indifferent ManasaVyadhi. Management principles like Jyana, Vijyana, Dhairya, Smrithi, Samadhi¹⁴. Jyana- the word Jyana stands for AtmaJyana i.e true, self and spiritual knowledge. Vijyana – it stands for Shastra Jyana or scriptural knowledge. Dhairya-refers to stability of mind, which restrains the mind from its unwholesome objects and can control the mind. Smriti-the ability to recall what is seen, heard and experienced in the past. Samadhi- This is applicable for treatment of mental disorders, concentrating and fixing the mind into the Atma.one should strive for discarding Ahitakara and adopting Hitakara Artha's after careful considerations. These all principles helps an individual identify the causative factor which is triggering, and memorise the incidents or situations which makes person loose confidence and improves the stability of mind.

CONCLUSION

To conclude the study Satwavajaya Chikitsa and psychotherapy parallel treatment protocols in mental health disorders because aim of them to winning the mind and improving the quality of life. Satwavajaya Chikitsa plays a significant role in the maintenance of a harmonious state and healthy state of mind of an individual. The manas Swasthya essentially means a healthy mind with emotional well-being logical behaviour, cordial relationship with environment and appropriate thinking.

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