

Clinical Study on Efficacy of Sattvavajay Chikitsa in Psychiatric Disorder W.S.R. to Chittavasada

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Abstract

Psychiatry, as a branch of medicine, has been cold-shouldered by physicians for a long time. There are various reasons for such attitude, but the most important exposition is unfamiliarity with the psychiatric disorders and their treatment. In Ayurveda, many psychiatric disorders have been described in the context of Adhyatmic Vyadhi, Unmand and Apasmar. Chittavasada is the most common disorder. Three types of treatment i.e. Dev-vapashraya, Yuktivapashraya and Sattva-vajaya are mentioned in Ayurveda. Among them, Sattva vajaya chikitsa mainly involve improvement in mental status of patient and relations with their family members. Although this therapy is described shortly (Sutrarupa) in Charak Samhita (Chi. II), the drug treatment along with Sattva-Vajaya Chikitsa is said to be the best treatment, because it help to cure both Sharir and Manas doshas. Hence, an attempt was made to study Sattva-Vajay chikitsa.

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