

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

**Dr. Mrs. Kshitija P. Bhate<sup>1</sup>, Dr. Rajashri Bharati<sup>2</sup>**

<sup>1</sup> PG Student, Department of Samhita Siddhanta, Hon. Shri. Annasaheb Dange Ayurved Medical College, Ashta, Tal. Walwa, Dist. Sangli, Maharashtra.

<sup>2</sup> Professor, Department of Samhita Siddhanta, Hon. Shri. Annasaheb Dange Ayurved Medical College, Ashta, Tal. Walwa, Dist. Sangli, Maharashtra

**ABSTRACT**

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

**KEY WORDS :** Stressed Exam going students, Satvavajay Chikitsa (Aashvasan Chikitsa and Pranayam), Students stress scale

**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 shown that students especially those who are going to face exams or tests 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.

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. NarendraModi 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 *Ayurved*practitioners should explore this Indian Ancient Greatest Science to the world with the help of modern technology. In month of FEB he spoke regarding exam going students and their fear for it, in "Man Ki Baat". He also somewhere emphasized on Youth 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 *AacharyaCharak*, a very great physician indeed.

Hetu behind every ManasrogRoga is Pradnyaparadh.

धीधृतिस्मृतिविभ्रष्टः कर्म यत् कुरुतेऽशुभम् ।

प्रज्ञापराधं तं विद्यात् सर्वदोष प्रकोपणम् ॥ च. शा. १

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

रजस्तमश्चमानसोदोषो।

तयोविकाराः कामक्रोधलोभमोहेर्ष्यामानमदशोकचिन्तोव्देगभयहर्षादयः ॥ (च. वि. ६/५)

AacharyaCharak, further says these vikaras are purvarup of "Unmad".

उन्माद हेतुर्भयहर्ष पूर्वो मनोऽभिघातो विषमाश्च चेष्टाः ॥ च. चि. ९/४

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

प्रज्ञापराधात् संभूते व्याधौ कर्मज आत्मनः ।

नाभिंशंसेद बुधो देवान्न पितृन्नापिराक्षसां ॥ च. नि. ७/२१

Different Acharyas such as Sushrut and 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), Pitruagraha (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 Acharyacharak emphasizes on Satvavjay. Satva is Guna of Man and when we win our mind then our psychology will remain stable.

Acharyacharak 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.

सत्वावजयपुनर्हितेभ्योऽर्थेभ्योमनोनिग्रहः।च.सु.११/५४

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 *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 *Acharyacharak*. 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***

मनसोजानविज्ञानधैर्यस्मृतिसमाधिभिः II च.सु. १/५८ II

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. Hence can really be useful.

योगस्तुचित्तवृत्तिनिरोधः।

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 *indriya* are under person's control.

Hence with the help of *yoga darshan* and *ashwasanchikitsa* , will try to get better result over stress.

### **HYPOTHESIS OF THE STUDY:-**

H<sub>0</sub> – Charkoktsatvavjaychikitsa is not significantly usefull in exam going students.

H<sub>1</sub> – Charkoktsatvavajaychikitsa is very much usefull in exam going students.

### **AIMS AND OBJECTIVES –**

#### **Aims-**

To carry out study of *Satvavjaychikitsa* and its usefulness in exam going students.

#### **Objectives of the study –**

1. To review the literature in all classical text of *CharakSamhitas* and its commentaries.
2. To study effectiveness of *Satvavjaychikista* in exam going students.

### **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 कामक्रोधलोभमोहेर्ष्यामानमदशोकचिन्तोव्देगभयहर्षादयः ॥(च.वि.६/५)

Questionair will be asked on the basis of above 12 laxanas came in charak samhita. Mild, Moderate ,Severe criteria will be applied.

### Objective criteria– Students Stress Scale

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 will be selected from Educational Campus of our 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 will be taken with consent form. Students stress scale will be applied and scores will be counted. *Satvavjaychikista* is planned for a period of 2 month prior to exams. **Pranayama** will be given daily to all students. System of Pranayama (anuloma-viloma and omkar) will be explained and demonstration of it will be given. It should be worked out preferably in morning session with empty stomach. Only liquids such as water, tea etc. is allowed. *Pranayama*, daily in morning session at least for 10 minutes. [*Anuloma viloma*: 5minutes *Omkar*: 5 times]

**Ashwasan Chikitsa** was given in following manner. **In Group**: Sessions will be conducted once in a week for all students. Sessions will take 1 to 2hr including question answer round. **Personal**: For one student one personal session will be given. Hence to cover 70 student, per day there will be two to three sessions will be conducted. The session will be for 1hr for each student. Thus every student will get maximum benefit. In each session researcher will listen the problems of the subjects, and counseling will be done accordingly. Techniques to overcome stressful situations will be based on the need of subjects accordingly. 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 .(चिंत्य)
- Long term goal 2 - He /She will learn to express concern in relationship without blaming others. (विचार्य)
- 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. (संकल्प)(Ref. case conceptualization by American psychology and Charaksamhita च.श.१/२०)

**Table No 1: Stress Analysis of students**

| Sr.NO. | NAME                                | AGE | LAKSHAN         | STRESS | LAKSHAN        | STRESS |
|--------|-------------------------------------|-----|-----------------|--------|----------------|--------|
|        |                                     |     | BEFORE CHIKITSA |        | AFTER CHIKITSA |        |
| 1      | AJIM JAMADAR                        | 18  | 7               | 160    | 3              | 70     |
| 2      | KIRAN ASHOK<br>BHAGATE              | 18  | 8               | 159    | 2              | 67     |
| 3      | VARAD B. KAPRE                      | 18  | 2               | 150    | 2              | 60     |
| 4      | KUNAL SHIVAJI<br>CHAVHAN            | 18  | 3               | 212    | 1              | 72     |
| 5      | ASIF DASTGIR<br>HUMNABAD            | 18  | 5               | 157    | 2              | 60     |
| 6      | MAHANTESH<br>BALKRISHN DARI         | 18  | 5               | 124    | 2              | 64     |
| 7      | SOHAM<br>CHANDRASHEKHAR<br>CHINGALE | 18  | 6               | 248    | 3              | 77     |
| 8      | VISHVNATH<br>DHONDIBA KHARAT        | 18  | 9               | 155    | 2              | 64     |
| 9      | PRUTHVIRAJ<br>RAVIRAJ MANE          | 18  | 7               | 204    | 3              | 75     |
| 10     | AAWESH AJAY<br>GHATAGE              | 18  | 7               | 181    | 2              | 77     |
| 11     | AADITYAVARDHAN<br>H.SAJANE          | 18  | 6               | 159    | 1              | 75     |
| 12     | ANIKET YUVRAJ<br>BOAL               | 18  | 3               | 187    | 3              | 71     |
| 13     | CHETAN<br>CHANDRAKANT<br>GHATAGE    | 18  | 2               | 199    | 2              | 67     |
| 14     | PRASHANT LAXMAN<br>BIRAJDAR         | 18  | 2               | 193    | 2              | 70     |
| 15     | SAURABH<br>SAKHARAM<br>AALWEKAR     | 18  | 3               | 184    | 3              | 67     |
| 16     | SAMAR RAVINDRA<br>KADAM             | 18  | 2               | 152    | 2              | 71     |
| 17     | SAURABH<br>SHASHIKANT<br>DESHPANDE  | 18  | 7               | 169    | 3              | 73     |
| 18     | NIKHIL ANANT<br>KADAM               | 18  | 5               | 157    | 2              | 71     |
| 19     | HARSHWARDHAN<br>SURESH BHATIA       | 18  | 2               | 158    | 2              | 67     |
| 20     | SHUBHAM NAMDEV<br>CHAGAN            | 18  | 3               | 244    | 3              | 63     |

(Source: Primary Data)

## DISCUSSION:-

Students under stress selected with the help of stress scale and then Pilot study carried out. As per result of pilot study, effectiveness of *Satvavjay chikitsa* checked on the basis of statistical criteria. Pilot study shows that *Satvavjay chikitsa* is very helpful.

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 *Satvavjay chikitsa* 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 calculated value less than table value we accept the hypothesis given. Pilot study shows hypothesis can be accepted.

| Hypothesis  | Test used     | Calculated value | P value | l.o.s. | d.f. | Decision                     |
|---|---------------|------------------|---------|--------|------|------------------------------|
| Charakokta satvavjay chikitsa 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, we can draw a conclusion that *Satvavjay 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. As it is a current issue which we are facing in developing India.

## 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 better adjustment to the situation *Satvavjay* will be helpful.

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**Corresponding Author**

**Dr. Mrs. Kshitija P. Bhate**