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Critical analysis of *Manasika Bhava* in *Anurjatajanya* (allergic) diseases - A Survey Study

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ABSTRACT

People are just as happy as they make up their minds to be. The state of mind defines ones healthy or unhealthy status. Human body and mind are always interlinked for the existence of life. Any alteration in functioning of body or mind gives formal invitation for various disorders. Ayurveda treatise has inculcated the importance of *Manasika Bhava* like *Krodha* (anger), *Shoka* (grief), *Bhaya* (fear) etc. at every influential place. In the present survey study, the inevitability of *Manasika Bhava* in *Anurjatajanya* (allergic) diseases is verified with the generated evidences. The World Health Organization (WHO) estimates 300 million individuals have asthma worldwide, a figure that could increase to 400 million by 2025 if trends continue. This is paralleled with a rising prevalence of skin allergies along with life threatening allergies like food allergies, drug allergies and anaphylaxis and more complex forms. This survey study end up with the result that, over 96% of the total registered allergic patients were with one or more abnormal *Manasika Bhava*.

Key words: *Anurjatajanya Diseases, Allergic Diseases, Ama, Manasika Bhava.*

INTRODUCTION

One of the famous quote states that, "Mind is not a dustbin to keep anger, hatred and jealousy. But it is the treasure box to keep, love happiness and sweet memories." The word 'Mana' (mind) literally means to think, believe, imagine, suppose. As per Ayurveda, mind transcends the sense organ.^[1] The mind executes its function in various stages i.e. *Chintya* (thinking), *Vicharya* (analysis), *Uhya* (speculation), *Dhyeya* (aim/goal) and *Sankalpa* (decision).^[2] Action of mind is dependent on its objectives and

accomplishment of self. It is also responsible for the actions of sense organs.

In accordance with Ayurveda, both body and mind are the locations of diseases as well as pleasures.^[3] *Rajas* and *Tamas* are the two *Doshas* of *Satva* (mind). They are responsible for the manifestation of disorders like *Kama* (passion), *Krodha* (anger), *Lobha* (greed), *Moha* (confusion), *Irsha* (envy), *Maana* (conceit), *Mada* (narcosis), *Shoka* (grief), *Udvega* (anxiety), *Bhaya* (fear), *Harsha* (exhilaration) etc.^[4] *Acharya Charaka* has compiled aforesaid *Manasika Bhava* under the heading 'disorders of mind' reflects its due importance.

The present study was conducted to find out the role *Manasika Bhava* in the manifestation of *Anurjatajanya* (allergic) diseases. Although there is not direct reference of *Anurjatajanya* (allergic) disorders in the Ayurvediya treatise but more or less of these must be correlated with the concept of *Ama*. In Ayurveda it is clearly mentioned that majority of diseases are formed because of deranged *Ama*.^[5] Deranged *Agni* causing impaired digestion leads to the production of undigested or incompletely processed

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food which finally gets turned into the *Ama*.^[6] The *Manasika Bhava* expounded in earlier paragraph plays major role in the formation of *Ama* and ultimately in the manifestation of *Anurjatajanya* (allergic) disorders.

Allergic diseases have become a major health concern worldwide, with India being no exception. Currently, more than 25% of the total population of India is sensitized with different forms of allergens.^[7] Considering the severity of allergic diseases, the present survey study on 1000 patients of allergic diseases was conducted to find out the relation between allergic diseases and *Ama*. The present survey study was confined to the allergies of *Pranavaha* and *Rasa-Raktavah Srotas* i.e. allergic rhinitis, allergic asthma, allergic skin disorders etc. During the study, it was observed that almost 96% of the total allergic patients were with the abnormalities of one or more *Manasika Bhava*.

The present study was carried out with the following aims and objectives.

AIMS AND OBJECTIVES

- 1) To establish the principle with regard to incidence of *Ama Lakshanas* (clinical features) in different kinds of allergic disorders.
- 2) To identify the *Amaja Nidana* (etiology) especially *Manashika Bhava* which aggravates the allergic diseases.

MATERIALS AND METHODS

Selection of the patient

The patients for the survey study were selected from the specified zone of Rajasthan. A self made survey proforma was designed. The proforma was covered almost every relevant information beneficial for the assessment of *Ama* in *Anurjata Janya* disorders.

A cause and effect relationship of *Ama* and *Anurjata* i.e. allergic diseases was established by a survey study on randomly selected sample population of one thousand patients previously diagnosed or diagnosed during survey study for allergic conditions. Written

consent was obtained before participation from all the patients. After receiving their consent they were subjected to face to face interview structured on the basis of specially designed proforma.

Following inclusion and exclusion criteria were selected for the survey study.

Inclusion criteria

- 1) All acute and chronic patients suffering from different allergic disorders like allergic asthma, allergic rhinitis, allergic skin disorders, etc.
- 2) The sample population between ages 10 to 70 yrs.

Exclusion criteria

- 1) Patients with below age of 10 and above 70 years of age.
- 2) Patients with any major psychiatric illness i.e. schizophrenia, depressive psychosis, epilepsy etc.
- 3) Same diseases occurring because of non allergic causes.

OBSERVATIONS AND RESULTS

During the study, observations and results were obtained as follows.

Table 1: Showing number of patients with clinical features of *Pranavaha Srotas* allergies.

SN	Clinical features	Frequency	Percentage
1.	<i>Nasakandu</i>	262	26.2
2.	<i>Kshvathu</i>	337	33.7
3.	<i>Nasasrava-Drava</i>	247	24.7
4.	<i>Nasasrava-Ghana</i>	79	7.9
5.	<i>Nasa Avarodha</i>	155	15.5
6.	<i>Gandha Nasha</i>	128	12.8
7.	<i>Shvasa</i>	245	24.5
8.	<i>Shushka-Kasa</i>	208	20.8
9.	<i>Ghur Ghuraka</i>	199	19.9

Four symptoms i.e. *Kshavathu*, *Nasakandu*, *Drava-Nasasrava* and *Shvasa* were predominantly found in comparison of others. Other symptoms were found in a low frequency as compared to previously mentioned four.

Table 2: Showing number of patients with clinical features of Rasa-Raktavaha Srotas allergies.

SN	Clinical features	Frequency	Percentage
1.	<i>Tvaka-Kandu</i>	504	50.4
2.	<i>Tvaka-Ruksata</i>	337	33.7
3.	<i>Kotha</i>	311	31.1
4.	<i>Pidaka</i>	471	47.1
5.	<i>Tvaka-Araktata</i>	399	39.9
6.	<i>Akshi Raga</i>	131	13.1
7.	<i>Akshi-Kandu</i>	65	6.5

50.4% of the total allergic patients were having *Tvaka Kandu*. The features like *Pidika*, *Kotha* and *Tvaka Araktata* were also found predominantly synergistic with *Tvaka Kandu*.

Table 3: Showing all the clinical features of Ama in a nutshell.

SN	Clinical Features of Ama	Frequency
1.	<i>Srotorodha</i>	751
2.	<i>Balabhramsha</i>	627
3.	<i>Gaurava</i>	355
4.	<i>Alasya</i>	503
5.	<i>Klama</i>	193
6.	<i>Tandra</i>	239
7.	<i>Apakti</i>	564
8.	<i>Aruchi</i>	263
9.	<i>Agnisadana</i>	256
10.	<i>Nishthiva</i>	216
11.	<i>Amlika</i>	202

12.	<i>Kanthadaha</i>	70
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It was observed that more than 50% of the total registered allergic patients are having four clinical features predominantly than other. These are *Srotorodha*, *Balabhramsha*, *Apakti* and *Alasya*.

Table 4: Showing presence of etiological factor Manasika Bhava in allergic diseases.

SN	Manasika Bhava	Frequency
1.	<i>Kama</i>	313
2.	<i>Krodha</i>	529
3.	<i>Lobha</i>	189
4.	<i>Moha</i>	152
5.	<i>Irsha</i>	127
6.	<i>Hri</i>	122
7.	<i>Shoka</i>	440
8.	<i>Maana</i>	119
9.	<i>Udvega</i>	753
10.	<i>Bhaya</i>	538

Table no. 4 reveals the frequency of *Manasika Bhava* in allergic patients. It was found that, majority i.e. 753 patients were having *Udvega*, 538 patients were having *Bhaya*, 529 patients were having *Krodha*, 440 patients were having *Shoka*, 313 patients were having *Kama*, 189 patients were having *Lobha*, 152 patients were having *Moha*, 127 patients were having *Irsha*, 122 patients were having *Hri*, and 119 patients were having *Maana*.

DISCUSSION

Data related to frequency of patients with regards to the clinical features of Pranavaha Srotas allergies.

First four symptoms *Kshavathu*, *Nasakandu*, *Drava-Nasasrava* and *Shvasa* were predominantly found in comparison of others. These symptoms were found provoked in patients while getting exposure to some augmenting factors like dust, cold air, cold climate, sudden exposure to hot after cold and vice versa etc. This is because prevalence of *Ama* in body makes them susceptible to allergic manifestation. Other

symptoms along with *Kshavathu*, *Nasakandu* etc. are suggestive of morbidity of *Pranavaha Srotas*. With the review of data, it can be said that most of the patients are of allergic rhinitis and second most are of allergic asthma.

Data related to frequency of patients with regards to clinical features of *Rasa-Raktavaha Srotas* allergies.

Tvaka Kandu is the cardinal feature of hypersensitivity response of the skin to unwholesome substance present internally in the form of *Ama* or externally in the form of allergens. Data of *Tvaka Kandu* i.e. about 50.4% strengthen the above statement. The features like *Pidika*, *Kotha* and *Tvaka Araktata* were also found predominantly synergistic with *Tvaka Kandu*. *Tvaka Rukshata* along with previously mentioned symptoms is suggestive of *Rasa-Raktavaha Srotas* allergies. The *Akshikandu* and *Akshiraga* clearly indicate *Rasa-Raktavaha Srotodusti*. In brief, all these symptoms indicates the prevalence of *Sookshma Ama*/unwholesome substance in body makes them susceptible to allergic manifestation by providing favorable condition and by decreasing immunity.

Data related to frequency of clinical features of *Ama* in allergic patients.

Detail discussion of each clinical feature is as follows.

a) Clinical Feature - *Srotorodha*

During survey study, it was observed that, 75.1% of the total registered patients were having complaint of *Srotorodha*. Of these, majority i.e. 53.8% patients were having *Vibandha*. These data reveals the presence of *Sthoola Ama* in more than 50% of total allergic patients. Besides *Vibandha*, *Daurgandhya* and *Picchilatva* of *Mala* (stool) are confirming presence of *Sthoola Ama*. In case of *Svedavaha Srotorodha*, *Alpasveda* (27.6%) was observed more as compared to *Asveda* (4.9%). This is because symptom *Asveda* is indicative of severe morbidity of *Rasa*, *Rakta* and *Meda Dhatu* which is observed less frequently in case of allergies.

b) Clinical Feature - *Balabhramsha*

During survey study, it was observed that, 62.2% of the total registered patients were having complaint of *balabhramsha*. Of these, Majority i.e 427 patients

were having susceptibility to various kinds of infection, 350 patients were having complaint of difficulty in physical activity and 49 patients were having complaint of unable to do physical activity. *Balabhramsha* means break down of physical and immunological strength. Formation of *Ama* in large extent at various *Dhatu* level declines ones overall physical strength by hampering *Agni* which is the main factor for metabolism and energy production. Consequence of that, less production of essence of *Dhatu* i.e. *Oja* takes place eventually decreases immunity. Compromised immunity plays key role in the pathogenesis of allergy.

c) Clinical feature - *Gaurava*

Overall 35.5% of the total allergic patients were having any type of *Gaurava*. Symptom *Gaurava* indicates the predominance of *Jala* and *Prithvi Mahabhoota* in excessive and improper proportion. *Snigdha*, *Drava*, *Sthira*, *Guru* etc. are the qualities of *Jala* and *Prithvi Mahabhoota*. Disturbance in normal proportion of *Jala* and *Prithvi Mahabhoota* is reflected by features like *Atisnigdha*, *Atiguruta*, *Picchilata*, etc. which are nothing but the qualities of *Ama*. Such inherent qualities of *Ama* generate heaviness in the body. Whole body heaviness is due to all pervading *Ama* while particular part heaviness is a resultant of localized *Ama*.

d) Clinical feature - *Alasya*

Present survey study reveals 50.3% of the registered allergic patients were having *Alasya*. *Alasya* is a resultant of predominant *Ama* present in body. Due to the presence of *Ama* in *Apakva Ahara*, this *Ahara* is failing to provide various essential nutrients as well as oxygen to the brain to execute its work. In *Ayurvediya* point of view, it can be said that *Indriyapreenana* is not taking place properly by the *Apakva Ahara Rasa*. As a consequence of this body becomes lethargic and not able to perform all the physical activities in a proper way.

e) Clinical feature - *Klama*

Present survey study reveals that 19.3% of the registered patients were having clinical feature *Klama*.

Pathological process for development of *Klama* is same like *Alasya*. In *Klama*, apart from physical weakness the action of sense organs and mind get disturbed.

f) Clinical feature - *Tandra*

23.9% of the total allergic patients were having clinical feature *Tandra*. *Tandra* is the drowsiness developed due to increased viscosity, less O₂ supply and fewer nutrients in the body. According to *Ayurveda*, *Tandra* is developed due to the predominance of *Vata-Kapha Dosha* and *Tama Guna* in body.^[8] This clinical feature confirms the presence of *Ama* which avoids the nurturing of body elements there by cease the enthusiasm.

g) Clinical feature - *Apakti*

56.4% of the total allergic patients were having complaint of *Apakti*. This data is not only giving information about *Apakti* but also reflects the unawareness of the people towards prescribed dietetic codes. This data strengthen the Ayurvediya statement that *Pragyaparadha* is responsible for the manifestation of diseases like *Anurjata*.

h) Clinical feature - *Aruchi*

25.6% of the registered allergic patients were having complaint of *Agnisadana* (hypo functioning of *Agni*). There are two objectives behind the observation of *Agnisadana*. First objective was to rule out its prevalence and incidence separately and second was to evaluate the status of *Agnisadana* i.e. acute or chronic. Present data of *Agnisadana* reveals one-fourth of the total allergic patients were having chronic type of hypo functioning of *Agni*.

i) Clinical feature - *Nishthiva*

During survey study, it was observed that 21.6% of the total allergic patients were suffering with the clinical feature *Nishthiva*. This clinical feature is indicating predominance of vitiated *Kapha* especially *Bodhaka Kapha* and *Sthoola Ama*.

j) Clinical feature - *Amlika*

20.2% of the total patients were having complaint of *Amlika*. According to *Ayurveda*, *Amla* and *Sadrava*

Pitta along with *Ama* has got ability to produce *Amlodgara*, *Amla Chardi* and *Amla Asyata*.

k) Clinical feature - *Kanthadaha*

Only 70 patients out of total registered were having complaint of *Kanthadaha*. *Kanthadaha* is indicating increase of *Sama Pitta* with their qualities especially *Ushna* and *Tikshna*.

With the review of all the clinical features of *Ama*, it is observed that more than 50% of the total registered allergic patients are having four clinical features predominantly. These are *Srotorodha*, *Balabhramsha*, *Apakti* and *Alasya*. As per Ayurvediya point of view, these four factors are supposed to be cardinal features of *Ama* and other remaining features directly or indirectly come under these four features. In nutshell, this data indicates predominance of *Ama* in allergic patients of *Pranavaha* and *Rasa-Raktavaha Srotodushti*.

Data related to frequency of *Manasika Bhava* (etiological factor) in allergic patients.

During survey study, it was observed that excluding only 37 other 963 allergic patients were having presence of one of the abnormal *Manasika Bhava*. Individual frequencies of *Manasika Bhava* which were found during survey are as follows:

- Majority i.e. 753 patients were having *Udvega*,
- 538 patients were having *Bhaya*,
- 529 patients were having *Krodha*,
- 440 patients were having *Shoka*,
- 313 patients were having *Kama*,
- 189 patients were having *Lobha*,
- 152 patients were having *Moha*,
- 127 patients were having *Irsha*,
- 122 patients were having *Hri*, and
- 119 patients were having *Maana*.

Udvega, *Bhaya* and *Krodha* were found in more than 50% of the total allergic patients. However, the frequencies of *Shoka* and *Kama* are also reflecting

their importance in the manifestation of *Anurjatajanya* diseases. It is important to note that other factors like *Lobha*, *Moha* etc. are also having importance in *Anurjatajanya* diseases. Because frequency of patients with only single *Manasika Bhava* was found in a less proportion. Beside this, combination of more than one *Manasika Bhava* was found in a large proportion.

In day to day life, every individual of the society is suffering from various kinds of stresses like official work load stress, family stress, educational stress etc. These kinds of stresses are evolving abnormal *Manasika Bhava*. According to Ayurveda, these abnormal *Manasika Bhava* due to their specific action (*Prabhava*) are going to vitiate *Ama* and thereby they are helpful in disease manifestation. *Manasika Bhava* are also provoking the *Doshas*. For example *Kama*, *Shoka* and *Bhaya* are directly vitiating *Vata* while *Krodha* is directly vitiating *Pitta*.^[9] Likewise other *Manasika Bhava* are also influencing *Doshas* either directly or indirectly. These vitiated *Doshas* hampers the functioning of *Agni*. Same thing i.e. role of *Manasika Bhava* in the hypofunctioning of *Agni* can be verified and justified with the help of modern science.

Modern view over *Manasika Bhava*

According to modern science, an inhibiting influence of the nervous system on gastric secretions encountered in emotional states is obvious. Due to the emotional factors, stimulation of the sympathetic nervous system and a reflux increase in the secretions of adrenaline are taking place i.e. both the sympathetic nerves and adrenaline have an inhibiting effects on gastric secretions. The influence of the CNS over gastric secretion was famously first described by William Beaumont in 1833 [reprinted with editorial comments by Combe (40)] who noted that the acid secretion was affected by "fear, anger, and whatever depresses or disturbs the nervous system." The role of the vagus nerve in gastric secretion was later confirmed by Pavlov in 1902 who noted that the cephalic phase of acid secretion is mediated entirely by the vagus nerve.^[10]

In nutshell, Present survey data of *Manasika Bhava* (96.3%) is justifying the inevitable role of *Manasika Bhava* in life style disorders like *Anurjata*. This data also reveals that *Anurjatajanya* diseases are psychosomatic in nature.

CONCLUSION

As *Acharya Charaka* said, Mind and body are interrelated to each other and any change in mind leads to particular change in body and vice versa. This statement suggestive of over indulgence of *Manasika Bhava* gives the way to emanate the disorders of body especially *Anurjatajanya* (allergic) diseases. Not only proportionate diet keeps you healthy but also the integrity of mind responsible for the same. Mental stress is the prime among the aggravators of diseases. So the presence or absence of *Manasika Bhava* decides the normalcy of *Agni*, digestion of food, formation of proportionate body elements and ultimately disorders or health at the end.

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