

Management of *Mānasika roga* at *Shanthikam*

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Abstract

Manasika rogas disorders are quite common worldwide. About one percent (1%) of the population in most countries is affected with the report of sufficient criteria, for at least one at some point in their life. The meaning of the word “Ayurveda” is (*Ayu* = Life, *Veda* = Science). Life has been described as the complex combination of Body (*Sarira*), Senses (*Indriyas*), Mind (*Sattva*) and Soul (*Atma*). In Ayurveda, various psychological conditions like kama (desire), krodha (anger), lobha (greed), moha (attachment), mada (pride), and maatsarya (jealousy, envy), have been considered to play a role in the precipitation of diseases. Further to that the causes of *Manasika Rogas* are improper union of time, objects and actions. Many different facets of human behaviours and personality are that can cause Rogas. Risk factors for Manasika Rogas include genetic inheritance, life experiences and addicted to alcohol and narcotics. *Shanthikam* is a one and the only counseling centre in Jaffna district serving the needs. The aim of the study was to identify the methods of management and guidance care provided to the client at *Shanthikam*. This was a descriptive study. Data were collected with the help of Interviewer administered structured questionnaire from November 2011–October 2012. All relevant information for this study was gathered from records of sixty clients. The data were processed and analyzed by simple statistical method. Based on the research, 48.33% (29) had depression, 25% (15) displayed symptoms of Post Traumatic Stress Disorder, 18.33% (11) with somatization, and the remaining 8.33% (5) had psychosis. Their methods of management proved very effective. Method of management was *Daiva vyapasraya Cikitsa* (treatment of faith), *Yukti vyapasraya Cikitsa* (rational therapy), and *sattvajaya Cikitsa* (control of mind). These cikitsas include breathing exercises (Pranayama), strenuous yoga, reciting peaceful hymns (Chanting Manthra), meditation (Diyana), and Marthanam (Physical Manipulation therapy). 30% (18) of the clients were highly satisfied, 66.66% moderately satisfied, and 3.33% (2) poorly satisfied. The majority of the clients 96.66% (58), have been benefitted by this management service.

Keywords: *Manasika rogas*, Ayurveda, *Pranayama*, *Diyanam*, Psychosis

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