

A Study of Manovaha Srotas in Vishada W.S.R. To Depression

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Abstract

In the present era, a significant portion of our society has transitioned from traditional livelihoods—such as agriculture and small-scale businesses—to salaried positions in well-equipped offices across different sectors. Consequently, the experience of ‘workplace stress’ has become an integral aspect of contemporary life. Furthermore, lifestyle modifications have contributed to adverse effects, including metabolic disorders like hypertension, obesity, and diabetes mellitus. According to Ayurveda, depression is considered a ‘manasroga.’ However, the causes of this condition can vary, ultimately leading to ‘manovaha srotodushti’ and potentially causing various ‘manas vyadhi’ based on symptoms. Depression is also referred to as a psychological or lifestyle disorder, often arising from inappropriate interactions with one’s environment and disruptions in daily routines. Given the importance of understanding ‘Manovaha srotas’ in the context of depression, this study has been organized under the title ‘A study of manovaha srotas in Vishada w.s.r. to Depression.

Keywords - Mana, Vishada, Depression, Srotas

Introduction:

Srotas are the channels for the purpose of secretion, conduction and transportation of body constituents.¹ In srotovimaniya Adhyaya, Acharya Charaka has mentioned 13 srotas and their respective moolasthanas.² In Dhamanivyakaran Sharir adhyaya, Acharya Sushruta has mentioned 11 pairs of srotas.³ Both have not mentioned manovaha srotas in above list. But it has been mentioned in Sharirsthana, Indriyasthan and Chikitsasthan in Charak samhita. In today’s era of modernisation and civilisation, there have been tremendous changes in lifestyle of people from all age groups and socioeconomic status. It has

developed materialistic outlook, which has led to extraordinary means of domestic life, modes of travel, fashion, entertainment, and the fast-food culture. This has led more and more pressure in minds and hearts of people, further increasing physical and mental ailments much earlier in life. Due to this, development of mental disorders is on rise. Depression has prevalence of 14 % in India.⁴

Depression is a serious mental health condition which affects around 300 million people worldwide. Most of the cases of depression (more than 80 %) remain untreated. According to WHO, Depression is expected to account for more lost years of healthy life than other diseases by 2030 except HIV – AIDS. It is a common mental disorder presented with depressed mood, loss of interest or pleasure, feeling guilty, disturbed sleep and low power of concentration. In Ayurveda,

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Vishada and Avasada are two conditions, which are closely similar to depression. Charaka has quoted vishada is leading factor to exacerbate the disease condition. This is the first principle regarding Psycho –neuro – immunology in Ayurveda. Although Acharya Charaka, Sushruta and vagbhata have described vishada at various places, Commentators Chakrapanidatta and Dalhana have elaborated it and had given specific definitions to it.

Aim:

To study condition of manovaha srotas in Vishada with special reference to Depression.

Objective:

1. To study manovaha srotas.
2. To study vishada.
3. To study depression
4. To study condition of manovaha srotas in Vishada with special reference to Depression

Review of Literature:

Manovaha Srotas :

मनोवहानां स्रोतसां

विशेषेण हृद्य आश्रितत्वात् मनसः तत्
आश्रिता दश धमन्यो मनो वहा अभिधियन्ते ।
मनोवहानां पूर्णत्वात् दोषैः अति बलै त्रिभि
स्रोतसां दारुणान् स्वप्नान् काले पश्यते दारुणे ॥

(च.इं. ५/४१)

मनोवहानि स्रोतांसि यद्यपि पृथक् न् उक्तानि
दश धमन्यो मनो वहा अभिधियन्ते ।
उन्मार्गम् आगता विमार्गम् आगता
मनो वहाः धमनी अनुप्राप्ता ॥

(माधव निदान)

मनो वह स्रोतांसि आवृत्य जनयन्ति उन्मादम् ।

(च.नि. ७/४)⁵

विषाद

असिद्धिभयत द्विविधेषु कर्मशु अप्रवृत्ति विषाद ।

(डल्हण टीका सु.सू.१/२४)

विषादो अनुष्ठेयोआत्मना अशक्तजननम् ।

(चक्रपाणी टीका सु.सू.१/२४)

Samprapti:

Hetusevana (Mithya ahar vihara,
manograha, Pragyaparadh)



Vitiated doshas (Vatapradhan
tridoshas and tamasa guna)



Annavaaha srotodushti



Rasadhatu dushti and Oja dushti



Lodgement of doshas in Hridya



Bhaya, Shoka, Chinta



Vishada (Depression)

Samprapti Ghataka :

Dosha : vatapradhan Tridoshaj and Tamasa guna

Dushya : Rasadhatu and oja

Srotas : Rasavaha and manovaha srotas

Srotodushti : Sanga

Rogamarga : Madhyama Rogamarga

Sthana : Hridya

Vyadhiprakar : Chirakari

Sadhyasadhyatva : Sadhya in Naveen

Yapya in Puratan

Depression:⁶

Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest. Also called major depressive disorder or clinical depression, it affects how you feel, think and behave and can lead to a variety of emotional and

physical problems. Although depression may occur only once during your life, people typically have multiple episodes. During these episodes, symptoms occur most of the day, nearly every day and may include:

- Feelings of sadness, tearfulness, emptiness or hopelessness
- Angry outbursts, irritability or frustration, even over small matters
- Loss of interest or pleasure in most or all normal activities, such as sex, hobbies or sports
- Sleep disturbances, including insomnia or sleeping too much
- Tiredness and lack of energy, so even small tasks take extra effort
- Reduced appetite and weight loss or increased cravings for food and weight gain
- Anxiety, agitation or restlessness
- Slowed thinking, speaking or body movements
- Feelings of worthlessness or guilt, fixating on past failures or self-blame
- Trouble thinking, concentrating, making decisions and remembering things
- Frequent or recurrent thoughts of death, suicidal thoughts, suicide attempts or suicide. Unexplained physical problems, such as back pain or headaches.

Material and Methods:

- **Source of data-** OPD & IPD patients of our college hospital.

Interpretation of Questionnaire :

- Add up all checked boxes on PHQ – 9.
- For every – Not at all = 0

For several days = 1

For more than half the days = 2

For nearly everyday = 3

- **Study Design:** Open Randomized Observational study

Method Of Selection Of Study Subject :

Inclusion Criteria –

- Adult population in age group 25-60 years residing in the field irrespective of gender.
- All persons who are willing to participate in the study.

Exclusion Criteria –

Persons who are not willing to participate and not ready to give consent.

Method of Data Collection –

- Person living in our area will be taken under study.
- Specific questionnaire is prepared according to study.
- Total 100 adults will be selected in this study.
- Prepared questionnaire will be filled.
- All information collected from questionnaire will be categorized.
- Final presentation will be done in statistical data format as a percentage.

Specification Of Instruments & Related Measurements –

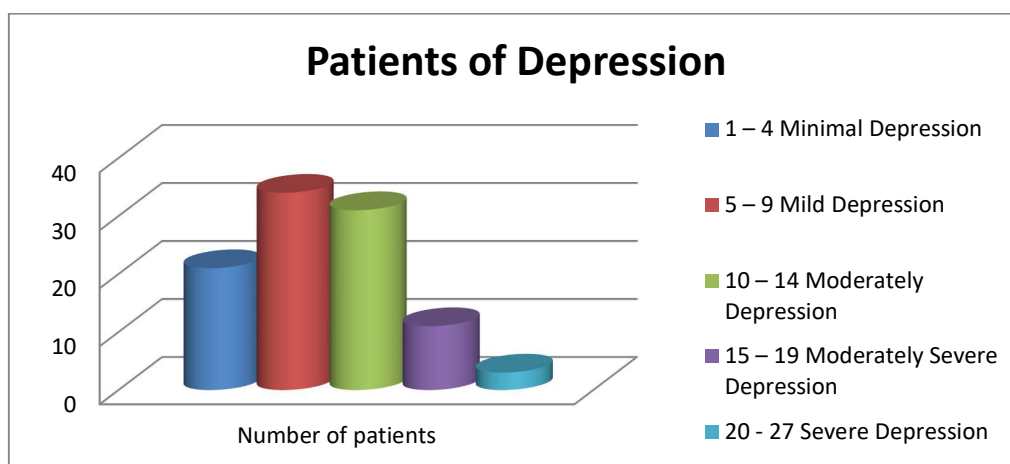
Specific questionnaire related to research is taken from Patient Health Questionnaire – 9.⁷ It will be seen for the observation in last two weeks. Then at the end of questionnaire, total score will be assessed and depression severity will be drawn.

Sr. No.	Total score	Depression severity
1	1 – 4	Minimal Depression
2	5 – 9	Mild Depression
3	10 – 14	Moderately Depression
4	15 – 19	Moderately Severe Depression
5	20 - 27	Severe Depression

Observation & Results:

By taking interview from Patient Health Questionnaire of depression, following observations are noted-

Sr. No.	Total score	Depression severity	Number of patients	%
1	1 – 4	Minimal Depression	21	21 %
2	5 – 9	Mild Depression	34	34 %
3	10 – 14	Moderately Depression	31	31 %
4	15 – 19	Moderately Severe Depression	11	11 %
5	20 - 27	Severe Depression	3	3 %
Total			100	100 %



Discussion and Conclusion:

1. In today's modern life, workplace stress significantly impacts an individual's mental well-being. Stressors beyond an employee's control can have negative effects on mental

health. It leads to depression. It is correlated with Vishada in Ayurveda. Most of the people are facing this depression in everyday life. In this, manovaha srotas is mainly affected. As heart is main location of manovaha srotas and

mana is affected mostly in depression, it also has some effect on heart like tachycardia, chest pains etc. It indicates involvement of manovaha srotas in vishada.

2. The equilibrium of the three gunas—satva, raja, and tama—plays a crucial role in maintaining mental balance. Additionally, diet contributes to managing workplace stress. Ayurveda provides detailed guidelines for preventing and managing workplace stress, incorporating concepts like Achar rasayana, Daiva vyapashraya, and satva vajaya Chikitsa. By applying these principles, individuals can alleviate stress, anxiety, grief, and anger. Consistent yoga practice fosters harmony between body, mind, and soul, restoring tranquillity and peace to the mana.

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