

## STUDY OF DHARANIYA VEGA KRODH W.S.R TO PSYCHOSOMATIC DISORDERS

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### ABSTRACT

Ayurveda is an ancient science that deals in maintaining a healthy body and mind. In Ayurvedic literature it has been mentioned specifically that how our mind and body are interrelated with each other. The impact of our emotions, thoughts anger have impact not only in our mental or physical state but also effect socially. In ancient Ayurvedic literature the concept of Vega Dharan has been described specifically in Navegandharniya Adhyaya of Charaka Samhita. Acharya Vagbhata written the text Astang Hridayam where in Sutrasthanam explanation of Dharniyavegas is dealt. In Charak Samhita, Sutrasthan Acharya Charaka has mentioned that how the effect of effect of Dharniyavegas Krodh, have impact on our body and mind.

**KEYWORDS:** Dharniya Vega, Krodha, Anger, Psychosomatic disorders.

### INTRODUCTION

Ayurveda is a holistic science which lays strong emphasis on physical as well as mental state of an individual. A healthy mind has a strong impact on our bodily functions.

Acharya Vagbhata in the Sutrasthana and Acharya Charak in Navegandharniya Adhayaya has given the description of Dharniya vega.<sup>[1]</sup> Acharya Charaka has also explained that how these Dharniyavegas are related to psychosomatic disorders.<sup>[2]</sup> These vegas are the psychological urges which should be controlled and these vegas can lead to various psychosomatic disorders.

Acharya Charaka had also mentioned that excess of Shoka, Krodha, Chinta, Kama, Lobha, Moha, Irshiya can lead to mansika vikaras and these urges should be suppressed by individual.<sup>[3]</sup>

Anger, also known as wrath or rage is an intense emotional state involving an uncomfortable response towards a situation.<sup>[4]</sup> Just like other emotions Anger is also a normal response of a person towards any non cooperative response. A person experiencing anger will also have physical effects such as increased heart rate, elevated blood pressure and increased levels of adrenaline and noradrenaline.<sup>[5]</sup> Anger can have many physical mental and social consequences.

## REVIEW OF LITERATURE

In our ancient ayurvedic literature there had been the description of various psychosomatic disorders which occurs due to Krodh.<sup>[6,7,8,9,10]</sup>

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## TYPES OF ANGER

**1-Assertive Anger**-Rather than avoiding a conversation or being prone to outbursts of screaming or yelling assertive anger is used as a healthy and productive expression of frustration to make positive change.

**2- Behavioral Anger**-Behavioral anger is a physical reaction and is common in men with anger issues. This can be dangerous as it may be expressed through violence, potentially slipping into destructive or displaced anger. Behavioral anger is impulsive and unpredictable, sometimes ending with unhealthy consequences.

**3-Chronic Anger**-Chronic anger is typically directed towards other people, situations and even yourself which can impact self esteem. Chronic anger often looks like a continuous, low level feeling of anger, resentment, irritability and frustration.

**4-Destructive Anger**- Destructive anger is a significantly unhealthy experience of anger that can have multiple negative impacts. It can look like verbal or physical actions used to hurt others.

**5-Judgemental Anger**-Judgemental anger is often a reaction to some perceived slight, someone else flaws or an injustice against you. It is identified in people core beliefs and basic perspective or understanding of the world. This core belief is generally one of the feeling like you are better or worse than others, leading you to judge them and become angry about their expressions.

**6-Overwhelmed Anger**-Overwhelmed anger is unpredictable and can impact your mental health over time. This type of anger builds especially when you don't find ways to express or communicate how you feel.

**7-Passive Aggressive Anger**-Passive aggressive anger is an avoidant form of expression. This kind of anger occurs when you suppress how you feel and attempt to avoid all type conflicts. Passive aggressive anger which can be verbal or physical, includes emotional repression and avoid of conflict.

**8-Retaliatory Anger**- Retaliatory anger is a common reaction and an instinctive response to being attacked. It can be influenced by a need for revenge after experiencing perceived hurt. This kind of anger is usually deliberately aimed at someone who hurt you and can be influenced by a need to gain control over an event.

**9-Self Abusive Anger**-Self abusive anger tends to be connected with shame. This type of anger is seen in people experiencing low self-esteem or feelings of worthlessness and hopelessness. It is commonly used to help cope with these feelings.

**10-Silent Anger**-It is a non-verbal internal way of experiencing anger. Although you may not verbally express it, it is possible for others to read that you are angry. People who experience silent anger tend to keep these feelings inside and allow them to build up which can lead to increased stress, tension and behaviour related to overwhelmed anger. Silent anger can be an internal or external experience.

**11-Verbal Anger**-Verbal anger is an aggressive type of anger that can become abusive. Those who experience this type of anger are noted to feel remorseful after lashing out at the target of their anger and may even apologize after an episode.

**12-Volatile Anger**-Volatile anger is an explosive type of anger that is sometimes called “sudden anger”. It can happen when someone experiences an annoyance, big or small and explodes verbally or physically potentially becoming destructive.

### ➤ **Psychosomatic disorders**

Psychosomatic disorder is a psychological condition involving the occurrence of physical symptoms, usually lacking a medical explanation.<sup>[11]</sup> People experiencing this condition may have excessive thoughts, feelings or concerns about the symptoms. People with these disorder usually don't understand the symptoms of psychiatric distress, instead they believe there problems are caused by medical conditions. There are range of various psychosomatic disorders which occur as a result of anger.

Psychosomatic also called psychophysiologic disorder is a condition in which psychological stresses adversely affect physiological functioning of body.<sup>[12]</sup> It is a condition of dysfunction or structural damage in bodily organs through inappropriate activation of involuntary nervous system. In a state of rage, for example the angry person blood pressure is likely to be elevated and his pulse and respiratory rate to be increased.<sup>[13]</sup> Common examples of psychosomatic disorder are:

Fatigue

Insomnia

Aches and pains such as muscle pain and back pain

Hypertension

Indigestion

Headaches and migrains

Erectile dysfunction

Skin rash(dermatitis)

Stomach Ulcers(peptic ulcer disease)

### **Measures to control Krodha<sup>[14]</sup>**

**1-Daiva Vyapashraya Chikitsa**-It is the treatment method based on the deeds done in the previous births and correcting those deeds. It also includes believing in divine powers and measures taken to please God. It is also called the divine therapy. It includes mantra therapy, Gem therapy, Divine therapies for fever.

**2-Yukti Vyapashraya Chikitsa**-It is a treatment in which the medicines, lifestyle and diet are skilfully planned and administered. This is done after a thorough diagnosis and after having analyzed the constitution of the person.

**3-Satvavajaya Chikitsa**-It is a treatment to gain control over the mind of the patient and helping them to keep their mind and senses detached from any kind of stress anxiety etc.

**4-Ayurvedic Herbs**-There are some ayurvedic herbs which are used for relieving mental stress like *Brahmi*(*Bacopa monnieri*)- This herb is used to improve brain function which helps to release stress and anxiety. It contains powerful antioxidants which help protect against cell damage caused by potentially harmful molecules called free radicals.

*Sankhpushpi*(*Convolvulus pluricaulis*)- It is a potent memory booster and brain tonic that actively works to improve intelligence and functioning of brain. It also helps in enhancing the concentration power. It is also helpful to reduce mental fatigue.

*Jatamansi*(*Nardostachys jatamansi*)-It acts as a brain tonic and helps to improve memory and brain functions by preventing cell damage due to its antioxidant property. It also calms down the brain and manages anxiety as well as insomnia.

**5-Pranayama**-Pranayama intends to build a connection between the breath mind and body. When we feel we are in a state of anger, we should practice Pranayama. Apart from providing physical benefits it harmonizes our mind and significantly reduces anxiety levels and helps to overcome stress.

**6-Exercise**-Physical activity helps greatly to release stress and reduces anger. Being physically active one can improve brain health, boost our energy level and enhances our mood. Exercises and Yoga not only are helpful in curing physical ailments but also energize our mental health.

**7-Communication**-Communication is the best way to express our feelings and effectively reducing anger. Stress can be reduced with proper communication with others.

**8-Relaxation techniques:** Practicing relaxation techniques such as meditation can help you manage stress and reduce anger. Meditation helps to build skills to manage stress and reduces negative emotions. It provides energy and improves focus and attention to achieve our goals.

## DISCUSSION

In our ancient ayurvedic literature, Acharyas have given vivid description about Dharniya Vega Krodha and its impact on body and mind. Due to anger various psychosomatic disorders occurs such as increased heart rate, respiratory disorders, arterial tension and testosterone production increase cortisol(stress hormone). Disturbance in the stress hormone Adrenaline and Cortisol can cause a variety of symptoms including fear, anxiety and Insomnia.

According to our Ayurvedic science body and mind are interrelated. Any imbalance in the physiological functioning of the body have strong impact on mental health also. People developing psychosomatic disorder are unaware of psychiatric distress, they have a strong belief that there problems are caused by medical conditions.

## CONCLUSION

Dharniya Vega Krodha have a strong impact on our body and mind. In Ayurvedic science various measures have been discussed to control Krodha like Daiva vyapashraya chikitsa(divine therapy), Yukti vyapashraya Chikitsa and Satwavajaya Chikitsa which helps in the regulation of mind. Some Ayurvedic herbs like Brahmi, Jatamansi, Sankhpushpi have potent effect to manage stress and anxiety. Pranayama tends to build a connection between mind and body. Regular practising of meditation technique.

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