

ROLE OF TRIVIDHA HETU IN DEVELOPMENT OF PSYCHOSOMATIC DISORDER

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ABSTRACT

Trividh Hetu, or the three causes of disease, plays a significant role in psychosomatic disorder development. According to Ayurveda, the imbalance caused by असात्म्येन्द्रियार्थ संयोग (incompatible sensory interactions), प्रज्ञापराध (intellectual errors or poor judgment), and काल परिणाम (seasonal or temporal influences) can lead to psychosomatic issues. These factors disturb the mind-body equilibrium, triggering stress, anxiety, and other psychological factors that contribute to psychosomatic disorders. By addressing these underlying causes, Ayurveda offers a holistic approach to managing psychosomatic health issues.

KEYWORDS: Trividh Hetu, Psychosomatic disorder, असात्म्येन्द्रियार्थ संयोग, प्रज्ञापराध and काल परिणाम.

INTRODUCTION

इति त्रिविधविकल्पं त्रिविधमेव कर्म प्रज्ञापराध इति व्यवस्येत्॥
(Cha. Su. 1/41)

Three types of vikalpa (atiyoga, ayoga and mithyayoga) and three actions (speech, mind and body) comes under category of deeds done of prajnaparadha (intellectual defects).

Three Types of Diseases

त्रयो रोगा इति- निजागन्तुमानसाः। तत्र निजः
शारीरदोषसमुत्थः;

आगन्तुर्भूतविषवाय्वग्निसम्प्रहारादिसमुत्थः; मानसः
पुनरिष्टस्यलाभाल्लाभाच्चानिष्टस्योपजायते॥ (Cha.
Su.11/45)

There are three types of diseases – Nija (endogenous), agantuja (exogenous) and manasa (psychological). Nija vyadhi (endogenous diseases) are caused by vitiation of

body doshas (vata, pitta and kapha). Agantuja (exogenous diseases) are caused bhuta (invisible organisms), poisonous substances, wind, fire and trauma. Manasa (psychological diseases) are caused by conflict between not getting the desired things and getting non desired things.

Three Causes of Diseases

Asatmyendriarthasamyoga

तत्रैकं स्पर्शनमिन्द्रियाणामिन्द्रियव्यापकं, चेतः- समवायि,
स्पर्शनव्याप्टेर्यापकमपि च चेतः; तस्मात्
सर्वेन्द्रियाणां व्यापकस्पर्शकृतो यो भावविशेषः,
सोऽयमनुपशयात् पञ्चविधस्त्रिविधविकल्पो
भवत्यसात्म्येन्द्रियार्थसंयोगः; सात्म्यार्थोऽह्युपशयार्थः॥
(Cha.Su.11/37)

The sense of touch is present/pervades in all the senses, it is associated with mind. The mind is pervaded in sense of touch, the latter in turn in all senses (indriya). The anupashaya (unwholesome objects) of sensual faculties are divided into five types further sub divided into three each (non-utilization, over utilization, wrong utilization). This is known as asatmyendriyatha samyoga. The favorable reaction of the senses is satmya (adaptation/wholesome conjunction of senses with their object).

Prajnaparadha (intellectual defects)

कर्म वाङ्मनःशरीरप्रवृत्तिः| तत्र

वाङ्मनःशरीरातिप्रवृत्तिरतियोगः; सर्वशोऽप्रवृत्तिरयोगः;

वेगधारणोदीरणविषमस्खलनपतनाङ्गप्रणिधानाङ्गप्रदूषणप्र
हारमर्दनप्राणोपरोधसङ्कलेशनादिः शारीरो

मिथ्यायोगः, सूचकानृताकालकलहाप्रियाबद्धानुपचारपरुषवचना
दिर्वाङ्मिथ्यायोगः,

भयशोकक्रोधलोभमोहमानेर्ष्यामिथ्यादर्शनादिर्मानसोमिथ्यायो
गः|| (Cha.Su.11/39)

Action includes verbal, mental and body (physical) activities. The atiyoga (excess action) includes speech, mind and body activities in excessive manner and their complete inactivity is ayoga (non-utilisation). Suppression of natural urges, their forceful manifestation, slipping from uneven places, excessive walking, falling, keeping body parts in improper posture, keeping body parts unhygienic, body assault, excessive massage, excess holding of breath and giving all kind of torture to body are the examples of wrong utilization of body activities. Backbiting, lying, unnecessary quarrels, unpleasant talks, irrelevant and unpleasant and harsh talks are the examples of wrong utilization of speech. Fear, grief, anger, greed, confusion, proud, envy and misconceptions are wrong utilization of mind.

Kala or Parinama (time)

शीतोष्णवर्षलक्षणः पुनर्हमन्तग्रीष्मवर्षाः संवत्सरः, स कालः|
तत्रातिमात्रस्वलक्षणः कालः कालातियोगः, हीनस्वलक्षणः
(कालः) कालायोगः, यथास्वलक्षणविपरीतलक्षणस्तु
(कालः)कालमिथ्यायोगः| कालः पुनः परिणाम उच्यते||
(Cha.Su.11/42).

Time span of a year is divided into sheeta (winter season), ushna (summer season) and rainy season. Which is further divided into six seasons namely hemanta-shishira (winter), vasanta- grishma (summer), varsha-sharada (rains). The manifestation of particular season in excess be regarded as kala atiyoga (excessive utilization), if season manifests in lesser measure, termed as ayoga (non-utilization). On the other hand, if manifestation of the season is contrary with normal, this is mithyayoga (wrong utilization) of the kala (season).

Definition

A psychosomatic disorder happens when mental stress and distress cause or make a physical condition — and its symptoms — worse.

“Psycho” means “relating to the mind.” “Somatic” means “relating to the body.”

Types of psychosomatic disorders

1. Gastrointestinal disorders: Irritable Bowel Syndrome (IBS), peptic ulcers, and gastroesophageal reflux disease (GERD) can be triggered or worsened by stress and emotional factors.
2. Cardiovascular disorders: Hypertension, palpitations, and chest pain can be linked to anxiety, stress, and emotional states.
3. Respiratory disorders: Asthma, chronic cough, and hyperventilation syndrome can be triggered or exacerbated by psychological factors.
4. Musculoskeletal disorders: Tension headaches, back pain, and fibromyalgia can be linked to stress, anxiety, and muscle tension.
5. Skin disorders: Eczema, psoriasis, and acne can be triggered or worsened by emotional stress.

Prevention strategies

- Stress management: Practice yoga, meditation, or deep breathing exercises to manage stress.
- Healthy lifestyle: Maintain a balanced diet, regular exercise, and adequate sleep.
- Emotional awareness: Recognize and address underlying emotional issues.
- Mindfulness: Stay present and focused to reduce anxiety.
- Seek support: Consult healthcare professionals or therapists for guidance.

By adopting these strategies, you can reduce the risk of developing psychosomatic disorders and promote overall well-being.

OBJECTIVES

1. To understand how Trividh Hetu contributes to psychosomatic disorder development: Explore how असात्म्येन्द्रियार्थ संयोग, प्रजापराध, and काल परिणाम lead to mind-body imbalances and psychosomatic issues.
2. To apply Ayurvedic strategies to manage psychosomatic disorders rooted in Trividh Hetu: Identify and implement lifestyle, dietary, and stress-management techniques to address the underlying causes of psychosomatic disorders and promote holistic well-being.

METHOD

Material and method to be used to carry out the literature research work on Role of Trividh Hetu in development of Psychosomatic Disorder.

1. Charak Samhita – Vidhyotiini Tika by – Pt. Kashinath Pandey and Dr. Gorakhnath Chaturvedi published by Chaukhamba Bharti Akadmi, Varanasi – edition 2020.
2. Sushrut Samhita – Ayurvedasandeeepika – Kaviraj Dr. Ambikadutt Shashtri Published by Chaukhamba Sankrit

Sansthana – edition 2017.

RESULT

1. Trividh Hetu can trigger psychosomatic symptoms: The three causes of disease (असात्म्येन्द्रियार्थ संयोग, प्रज्ञापराध, and काल परिणाम) can lead to stress, anxiety, and other psychological factors, manifesting as psychosomatic symptoms like headaches, fatigue, or digestive issues.
2. Addressing Trividh Hetu can help manage psychosomatic disorders: By identifying and addressing the underlying causes (e.g., sensory overload, poor judgment, seasonal changes), Ayurvedic interventions like yoga, meditation, and dietary changes can help alleviate psychosomatic symptoms and promote overall well-being.

DISCUSSION

1. The interplay between Trividh Hetu and psychosomatic symptoms: How do असात्म्येन्द्रियार्थ संयोग (incompatible sensory interactions), प्रज्ञापराध (intellectual errors), and काल परिणाम (seasonal influences) contribute to the development of psychosomatic symptoms like anxiety, insomnia, or digestive issues? Can addressing these factors help alleviate symptoms?
2. Holistic approach to managing psychosomatic disorders: How can Ayurvedic principles like Trividh Hetu guide lifestyle, dietary, and stress-management strategies to address psychosomatic disorders? What role do yoga, meditation, and self-awareness play in mitigating the impact of Trividh Hetu on psychosomatic health.

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