

IMPORTANCE OF SATTVA AND SATTVAJAYA CHIKITSA IN COVID-19

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ABSTRACT

Sattva is one of the three attributes of (Aayu) human existence. Sharir, Indriya, Attma these are other. Swastha (health) is depend upon the proper functioning of these attributes. Sattva is entity, which establishes contact between Indriyas and their Aarthas (object). Sattva Bala is provides adequate status of person which is part of the essential treatment. Sattva is described as immunity in Ayurveda. Psychic as well as physical health is important in treatment of disease, Psychic health is depending upon Sattva, for improvement of Sattva in patient Sattvajaya Chikitsa is described. Hence there is a need to assemble Available reference of Sattva and Sattvajaya Chikitsa to analyse the clinical use of Sattva, Sattva Parikshan and Sattvajaya Chikitsa. This is the purpose of this paper.

KEYWORDS: Sattva, Sattva Parikshan and Sattvajaya Chikitsa.**INTRODUCTION**

The word "Sattva" is derived from term "Sat" and "Tva", meaning of the word is Sattvo Bhava.^[1] Sat't refers to existence, reality, truth; Sattva is being true existence, spiritual essence and stable condition of mind and character.^[2] The stable condition of mind and character means person who having dominance of Sattva Guna are mentally stable and does not get frusted, with happiness, anger, fear etc.^[3]

Sattva is also described as Gunas. The Gunas are of 2 types Sharir Guna and Mans Gunas: Sattva, Raja, and Tama are Manas Gunas.

The Sattva Guna means Manas Guna.^[4] Chitta, Chetas, Hrida are the synonyms of Manas Gunas.^[5] Manas originates from mentioned Sattivik, Rajsik, Tamsik Ahankaras.^[6] According to the Sankhya Siddhanta, Shrushti Udpatti done with Sattvika, Rajsik, Tamsik Prakruti that's why they are more important or they are responsible for the Panchtanmatra Uadpatti.^[7]

Manas are the apparatus through which Indriyas percive knowledge.^[8] Indriyas are capable of perceiving knowledge of their respective objects through the Manas only when they are motivated by the Manas.^[9] Hridiya is place of Manas.^[9] Manas has three attributes i.e. Sattva, Raja, Tama.^[10]

Vyadhi are of two types; Sharir Vyadhi, Manas Vyadhi. Sharir Vyadhi occurs at Sharir level and Manas Vyadhi

at Manas.^[11] Manas Vyadhi (Mental disorders) occurs when the Sattva Bhava is depleted.^[12] While at the same time Rajas and Tamas Bhava are increased, So Sattva which is stable condition of mind, steadiness of the sense got lessen by the person and develop the Vyadhi (disease). Whenever there are Sharir Vyadhi, Manas Bhawas get vitiated and whenever there are Manas Vyadhi, Sharir Bhawas get vitiated.

Sattva is positive thinking, goodness, happiness of mind, which is necessary for prognosis of Vyadhi. According to Ayurveda Dashvidha Pariksha^[13] for examination of patient Bala are needed, and Sattva Pariksha is one of them, Hence It is very necessary to examine patients Sattva to access his prognosis. Status of Sattva is associated with person's surroundings i.e. Sattva defers person to person, hence Vyadhi Sadhyaasadyatva depends upon the Sattva of individual. Repeated contact of Rajasik things built Rajasik mind, similarly the Tamasik things built Tamasik mind and Sattivik things increase Sattivik mind which is very useful in the treatment of Vyadhi.

Sattivik food, Sattivik environment, types of activities like yoga, meditation built up Sattva Guna in individuals and that help in Sadhyata of Vyadhi or to cure disease.

Davavyapasraya, Yuktivyapasraya and Sattvajaya Chikitsa are the three ways described in the Ayurveda for the treatment of diseases. Sattvajaya means to overcome or control the mind, or method of restraining

mind from their objects (Artha)^[14] which helps in the improvement of mental status or Sattva of patient.

Covid-19 pandemic has already unleashed panic situation for all peoples, hypervigilance can arise because of fear and anxiety in severe case of covid-19, result in post-traumatic stress disorder or depression. Fear of unknow, in this case, the spread of disease impact on people's mental health, individuals, families, and communities experience feelings of hopelessness, despair, grief, bereavement and profound loss of purpose because of the covid-19.^[15]

So, aim of this article is to put light upon Sattvavajaya Chikitsa in covid-19 protocol in all stages so as to enhance mental, emotional health in covid-19 patient with physical health.

Review of Literature

Acharya charak has described those qualities of good students with dominance of Sattva. This help into improve concentration of mind and body which leads to good physical and mental health. A student with good physical and mental health, spiritual qualities of Sattva is blessed with fearlessness for aberration and strength, which is valuable, asserts of human life. Sattva dominant students can stick to follow the rules of Brahmacarya and acquire higher moral and social virtue. Most of our successful focuses are Sattvika.^[16]

Acharya Sushruta described the Sattvawana is quality of patient, whose disease is easily cured (Sukhsadhya). Sattvawana patients have self-control on their sense which is useful to control pathogenic factor. These patients are aware of disease, they follow rules of Chikitsa and hence Sattvawana Purushas Vhyadhi get cured easily.^[17]

Acharya Vagbhatta described that are Chanda, Bheeru, Krodhi are not treatable because these are the qualities of Avra Sattva. Treatments like Aagnikarma, Ksharkarma, are contraindicated in Bala, Krodhi, Bherru, Stri, and Vrudhha^[18] as they are of unstable mind, incapable to bear pain. If such individuals are treated with these therapies adequate effect of this therapies will not observed.

In Yogdarshan Sattva is described by synonym Chitta. Yogdarshan defined methods to control mind by Ashtang yog, Pratyahara is fifth step of Ashtang yog which is link between body and mind. It works on mind, detache it forms sense organs. Yoga help to control mind by improving self-awareness, control by reducing stress, anxiety, depression and improves self-esteem.^[19]

Sattva of an individual can be determining by observing their behavior, nature, attitude and their involvement in activities. All Acharyas described that importance of Sattva Parikshan as well as effect of Sattva in treatment of diseases.

There are three attributes of nature are described in Shreemad Bhagwad Geeta i.e. Sattva, Rajas, Tamas and they are responsible for bondge of birth and death. These attributes are varying from person to person. Sattva guna gives happiness, stability to mind responsible for knowledge^[20] and health means immunity power of an individual.

Types of Sattva

- 1) Pravara Sattva
- 2) Madhyam Sattva
- 3) Avara Sattva

1) Pravara Sattva

The person of Pravar Sattva comprises quality of Sattva Saar which is having following qualities, Smriti Manto (good memory), Bhakti Manto, Krutadnya Pradhan, Shauchy, Mahotsaha (entusiastic), Daksha(courage), Dhira(patience), Samarvikrantyo (brave), Tyaktavishada, Suvysvsthit Gathit, Gambhira, Buddhiman(clever), Kalyanaabhinivesha.

2) Madhyam Sattva

A person with Maddhyam Sattva is taken appreciation by other to complete their work. They are motivated by other but they can tolerate pain, can fight any situation.

3) Avara Sattva

A person with Avara Sattva is fear, greef ego, they are panic by small things, and whenever they listen fearful situation, they get panic, depressed, sadness, pallor or death. In Avara Sattva patient shows Tikshna Lakshanas of any Vyadhi even disease condition not that sever, hence in covid -19 patients Sattva Parikshan very useful to treat or its need to increases Sattva of patient for treat covid-19.

Covid -19

The newly identified novel coronavirus, covid -19, was first reported in 2019. which is zoonotic infections thought to have origin from bats & snake. this virus has rapidly spread across the globe leading to many infected people and many deaths.^[15]

Covid-19 is contagious disease caused by severe acute respiratory syndrome corona virus 2 (SARSCOV2). Covid 19 can affect the upper respiratory tract as well as lower respiratory tract. Spreads mainly when an infected person is in close contact with healthy person, Spread through small droplets, aerosols. Common symptoms of covid 19 are fever, dry cough, tiredness, aches & pain, headache, sore throat, diarrhea, conjunctivitis.

Covid-19 affects people in different ways. Most infected people will develop mild to moderate illness. This depends on immunity response of patient to disease.^[21]

The management of covid-19 is symptomatic and supportive.

Importance of Sattvavajaya Chikitsa in treatment of covid-19

Sattva Parikshan is important for access Sadhya-asahyavta of Vyadhi, Sattva Parikshan is described in Ayurveda literature by various Acharyas. Sattva Parikshan is described in Dashvidh Pariksha which is Aatur bala Pariksha means patients Ability to outcome from disease. Therefore, Sattva is most important during this scenario of Covid -19 for help in treatment of covid patients.

Depending upon Sattva, a person suffering from any disease can be divided in two groups; one suffering from severe disease but present with mild disease and another suffering from mild disease presents with severe illness this is due to status of Sattva of that individual.^[22] Hence Sattva Parikshan is important modality in the treatment of covid-19. Ignoring Sattva of patient lead a physician to bad therapeutic decision, this leads to inadequate management of disease which further depends upon prognosis of patient from disease (covid-19).

There are Trividha Chikitsa describe in Ayurveda which has broad aspect of treatment, out of that Sattvavajaya Chikitsa is important for treatment of covid -19. Sattvavajaya means to overcome or control the mind, or method of restraining mind from their objects (Artha).^[23] Having control over Manas such as withdraw it from harmful objects is the main object of Sattvavajaya Chikitsa. Acharya Chakrapani illustrates that Sattvavajaya can be include in both Davavyapasraya as well as Yuktivyapasraya Chikitsa. It will diminish the Rajas and Tamas and increases the Sattva guna, Dhairya, Smriti , indirectly immunity of the person, which is very necessary for the treatment of covid-19. Acharya Charak has been described Pravara Sattva Purusha have stable mental as well as Physical health, that mean Pravara Sattva Purusha has good immunity power (Vyadhikshamtwa). Immunity is very important factor in treatment of covid-19. Indirectly immunity means Sattva of patient that's why Sattva Parikshan is very useful in this covid-19 scenario.

DISCUSSION

Sattva determines confidence, behavior, attitude, enthusiasm of an individual, Pravara Sattva individuals are mostly successful, and they are mentally satble. Sattvik person are helpful, considerate, cooperatives. The mind of Sattvik person is qualified according to his repeated action. Body follows mind so if the mental facilities are pure then one gets divine body, hence the good mental health is important in treatment of covid-19.

The superiority of Sattva is responsible for the perfection of body as well as mind because the physique is merely an out-picturing of the status of Sattva.^[24]

CONCLUSION

Sattva (manas) plays important role in treatment of covid-19 by maintaining of the health of an individual and regulates the body functions by Sattvavajaya Chikitsa.

Sattva is immunity of that individual and good immunity is very essential for treatment of any disease as well as covid-19.

Yoga is method that helps as individual to attain mental and physical health or immunity power. it is mean to be by increasing the dominance of Sattva individual can be free from covid-19. Sattvik person have a clear mind in which truth is reflected without distortion.

The superiority of Sattva is essential to be mental and Physical health.

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