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Role of *Satvavajaya Cikitsa(*ayurvedic rational emotive behavioural therapy*)* in mental adjustment disorders in young adults

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Abstract

About 70% of health problems and most mortality among the young arise as a result of mental health disorders.

Ayurveda advocates multiple approaches for healing of mental disorders. Most important and rational being Sattvāvajaya, which literally means 'Subjugation of Mind'. It is the Ayurvedic equivalent of Rational Emotive Behaviour Therapy (REBT)- an action- and results oriented psychotherapy which teaches individuals how to identify their self-defeating ideas, thoughts, beliefs and actions and replace them with more effective, life-enhancing ones.

112 young patients falling in the DSM IV-TR definition of mental adjustment disorder were enrolled for the clinical trial after informed consent and randomly assigned one of the two groups: Sattvāvajayawith either Yashtimadhu (Glycerrhiza glabra) or Tagara (Valeriana wallichi). Dosage-250 mg BD with 4 sessions of group counselling, Individual counselling, and Kuṣmāṇḍa (Benincasa hispida) juice for 30 days. Parameters like Daśavidha Parikṣā, Aṣṭavidha Parikṣā,etc were assessed every 7 days during the study period. Hamilton's Rating scale of Anxiety and Depression were also used.

Satvāvajaya was found to be effective in the management of A.D. Yaṣṭimadhu and Tagara depicted a synergistic efficacy. Yaṣṭimadhu was deemed better in anxious mood and behaviour while Tagara was found to be more effective in Autonomous symptoms, cardiovascular symptoms, depressed mood, insomnia and respiratory symptoms.

Biography

Dr. Pawankumar Godatwar attained MD (Ay) and PhD from Gujarat Ayurveda University, Jamnagar and is presently Associate professor and HOD of Roga Nidana and Vikriti Vijnana (Clinical and laboratory Medicine) in the National Institute of Ayurveda, Jaipur. He is editor of the Journal of Ayurveda and author of 6 books and more than 30 national and international papers. He is a fellow of WHO (Diploma in STD/ AIDS, Thailand) as well as expert Member, Govt. of India Delegation to South Africa. He is the recipient of International Academy of Ayurveda Physicians-MADHAVA RATNA Award 2010.