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## THE ROLE OF *SADHAKA PITTA* ON MENTAL HEALTH

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Received 3<sup>rd</sup> Oct. 2020; Revised 4<sup>th</sup> Nov. 2020; Accepted 6<sup>th</sup> Dec. 2020; Available online 1<sup>st</sup> Sept. 2021

<https://doi.org/10.31032/IJBPAS/2021/10.9.5635>

### ABSTRACT

*Ayurveda* is one of the oldest scientific medical systems in the world, with a long record of clinical experience. *Ayurveda* indicates the science by which life in its totality is understood. It is a way of life that describes the diet, medicine and behaviour that are beneficial or harmful for life. *Ayurvedic* approach to health care is based on their basic concepts like – *Panchamahabhuta* (the five basic elements), *Doshas* (Biological elements), *Dhatus* (Basic tissues), *Malas* (Waste products) and *Agni* (Biological fire).

The objective of study is to find out the role of *Sadhaka Pitta* on Mental health. This intervention study was conducted on 100 healthy volunteers of Banaras Hindu University of both gender, aged 21-50 years were randomly selected. Volunteers were divided in two groups, Group-1 (Intervention Group) – Transcendental Meditation daily for 15-20 minutes twice a daily, for three months and Group-2 (Control Group)-no Transcendental Meditation. The two groups were followed by 3 months. After duration of Transcendental Meditation (3 month), we compared mental health through *Sadhaka Pitta* functions and results were found significant.

**Keywords:** *Sadhaka Pitta, Smriti, Bhaya, Shaurya, Medha*

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**INTRODUCTION**

According to *Acharya Sushruta*, *Sadhakagni* is responsible for the achievement of *Manoratha* [1]. *Acharya Dalhana*, the commentator of *Sushruta* had cited that *Manoratha* is concerned with the *Purusartha Chatustaya* i.e. *Dharma* (Duty), *Artha* (Wealth), *Kama* (Desire) and *Moksha* (Liberation) and helps to achieve once aspiration by driving away the *Kapha* and *Tama* and thus empowers the *Manas* to perceive things clearly [2].

The *Pitta* is noted as special *Dhatu* present in body which maintains the body in *Samyavastha* when it presents in natural state (*Prakrita-Awastha*) and vanishes the body in perverted state (*Vaikrita-Awastha*) [3].

The *Pitta* is described as it circulates through all *Srotas* of body serving the purpose of their passage [4].

Narration of *Pitta* in detail is found present more in *Atharvaveda* as *Ayurveda* is considered as *Upaveda* of this manuscript. Many *Sutras* is manifested in this manuscript for *Pitta*. In thisverse explanation of *Pitta* is given as for strength [5].

People who have good emotional health can still have emotional problems or mental illness. Mental illness often has a physical cause. This could be a chemical

imbalance in the brain. Stress and problems with family, work, or school/ college/ university can trigger mental illness or make it worse. The Counseling, support groups, Transcendental meditation and medicines can help people who have emotional problems or mental illness [6].

The structure and function are interrelated because structure influences the function and function affects the structure. The functions of *Sadhaka Pitta* can be correlated with the functions of different parts of the brain carried by hormones. It is a vast area for study and understanding [7].

The tool TM, a specific form of silent *Mantra* meditation called the Transcendental Meditation (TM).

Yoga and *Dhyana* are scientific tools, which help you to transcend the limitations of your body and mind and experience the true quality of who you are [8].

**MATERIAL AND METHOD**

110 healthy volunteers were randomly divided into two groups of 55 volunteers each through MS Excel. The 5 Volunteers were dropped from each group due to their personal problem regarding travel, health or any other personal problem. So, they were unable to complete the follow up (total period of three months).

Group-1 (Intervention Group) were advised to do the Transcendental Meditation, two times a day 6-00 a.m. to 6.20 a.m. & 6.00 p.m. to 6.20 p.m. daily in the Department of *Rachana Sharir*, Faculty of *Ayurveda*, I.M.S., B.H.U., Varanasi for three months.

Group-2 (Control Group) was not advised for any specific instruction. The observations were analyzed using SPSS software 16.0 and results were obtained.

## RESULT AND DISCUSSION

**Table 1** shows that in Group-1 (Intervention Group), the Grade score of *Smriti* (Memory) in initial healthy volunteers were 02 (04%), 23 (46%), 21 (42%) and 04 (08%) in Grade 0, 1, 2, 3 respectively. After Practicing TM for 3 Months, the Grade was found to be 01 (02%), 17 (34%), 26 (52%) and 06 (12%) in Grade 0, 1, 2, 3 respectively.

In Group-2 (Control Group), The Grade score of *Smriti* (Memory) in initial healthy volunteers were 03 (06%), 20 (40%), 23 (46%) and 04 (08%) in Grade 0, 1, 2, 3 respectively. After without practicing TM, the grade was found as 03 (06%), 19 (38%), 24 (48%) and 04 (08%) in Grade 0, 1, 2, 3 respectively.

In Group-1 (Intervention Group) comparison within the group was found Highly significant ( $p < 0.001$ ). And in Group-

2 (Control Group), it was found Non significant ( $p > 0.05$ ).

Comparison between the Group-1 (Intervention Group) & Group-2 (Control Group) shows highly significant ( $p < 0.001$ ) after three months, which was non significant initially ( $p > 0.05$ ).

**Table 2** shows that in Group-1 (Intervention Group), the Grade score of *Bhaya* (Fear) in Initial Healthy Volunteers were 00 (00%), 26 (52%), 20 (40%) and 04 (08%) in Grade 0, 1, 2, 3 respectively. After Practicing TM for 3 Months, the grade was found to be 01 (02%), 31 (62%), 16 (32%) and 02 (04%) in Grade 0, 1, 2, 3 respectively.

In Group-2 (Control Group), the Grade score of *Bhaya* (Fear) in Initial Healthy Volunteers were 00 (00%), 25 (50%), 21 (42%) and 04 (08%) in Grade 0, 1, 2, 3 respectively. After without Practicing TM, the grade was found as 00 (00%), 26 (52%), 20 (40%) and 04 (08%) in Grade 0, 1, 2, 3 respectively.

In Group-1 (Intervention Group), comparison within the group was found highly significant ( $p < 0.001$ ) and in Group-2 (Control Group), it was found Non significant ( $p > 0.05$ ).

Comparison between the Group-1 (Intervention Group) & Group-2 (Control Group) it was found Highly Significant ( $p$

<0.001) after three month which was non significant initially ( $p > 0.05$ ).

**Table 3** shows that in Group-1 (Intervention Group), the Grade score of *Shaurya* (Courage) in Initial Healthy Volunteers were 02 (04%), 22 (44%), 23 (46%) and 03 (06%) in Grade 0, 1, 2, 3 respectively. After Practicing TM for 3 Months, the grade was found to be 01 (02%), 18 (36%), 26 (52%) and 05 (10%) in Grade 0, 1, 2, 3 respectively.

In Group-2 (Control Group), the Grade score of *Shaurya* (Courage) in Initial Healthy Volunteers were 02 (04%), 21 (42%), 23 (46%) and 04 (08%) in Grade 0,1,2,3 respectively. After without Practicing TM, the grade was found as 02 (04%), 20 (40%), 24 (48%) and 04 (08%) in Grade 0, 1, 2, 3 respectively.

In Group-1 (Intervention Group) comparison within the group was found Highly significant ( $p < 0.001$ ) and in Group-2 (Control Group) it was found Non significant ( $p > 0.05$ ).

Comparison between the Group-1 (Intervention Group) & Group-2 (Control Group), it was found Highly Significant ( $p < 0.001$ ) after three month which was non significant initially ( $p > 0.05$ ).

**Table 4** shows that in Group-1 (Intervention Group), the Grade score of *Krodha* (Anger)

in Initial Healthy Volunteers were 00 (00%), 25 (50%), 21 (42%) and 04 (08%) in Grade 0,1,2,3 respectively. After Practicing TM for 3 Month, the grade was found to be 01 (02%), 30 (60%), 17 (34%) and 02 (04%) in Grade 0, 1, 2, 3 respectively

In Group-2 (Control Group), the Grade score of *Krodha* (Anger) in Initial Healthy Volunteers were 00 (00%), 24 (48%), 22 (44%) and 04 (08%) in Grade 0, 1, 2, 3 respectively. After without Practicing TM, the grade was found as 00 (00%), 25 (50%), 21 (42%) and 04 (08%) in Grade 0, 1, 2, 3 respectively.

In Group-1 (Intervention Group) comparison within the group was found Highly significant ( $p < 0.001$ ) and in Group-2 (Control Group), it was found Non significant ( $p > 0.05$ ).

Comparison between the Group-1 (Intervention Group) & Group-2 (Control Group), it was found Highly Significant ( $p < 0.001$ ) after three month which was non significant initially ( $p > 0.05$ ).

**Table 5** shows that in Group-1 (Intervention Group), according to grade score of *Abhimana* (Self-Esteem/Pride) in Initial Healthy Volunteers were 00 (00%), 23 (46%), 24 (48%) and 03 (06%) in Grade 0, 1, 2, 3 respectively. After Practicing TM for 3 Months, the grade was found to be 00 (00%),

26 (52%), 20 (40%) and 04 (08%) respectively.

In Group-2 (Control Group), grade score of *Abhimana* (Self-Esteem / Pride) in Initial Healthy Volunteers were 00 (00%), 23 (46%), 23 (46%) and 04 (08%) in Grade 0, 1, 2, 3 respectively. After without Practicing TM, the grade was found as 00 (00%), 24 (48%), 22 (44%) and 04 (08%) in Grade 0, 1, 2, 3 respectively.

In Group-1 (Intervention Group), comparison within the group was found Highly significant ( $p < 0.05$ ) and in Group-2 (Control Group), it was found Non significant ( $p > 0.05$ ).

Comparison between the Group-1 (Intervention Group) & Group-2 (Control Group), it was found Highly Significant ( $p < 0.05$ ) after three month which was non significant initially ( $p > 0.05$ ).

**Table 6** shows that in Group-1 (Intervention Group), according to grade score of *Harsha* (Happiness) in Initial Healthy Volunteers were 02 (04%), 24 (48%), 22 (44%) and 02 (04%) in Grade 0, 1, 2, 3 respectively. After Practicing TM for 3 Months, the grade was found to be 01 (02%), 16 (32%), 29 (58%) and 04 (08%) in Grade 0, 1, 2, 3 respectively.

In Group-2 (Control Group), grade score of *Harsha* (Happiness) in Initial Healthy Volunteers were 03 (06%), 23

(46%), 21 (42%) and 03 (06%) in Grade 0, 1, 2, 3 respectively. After without Practicing TM, the grade was found as 03 (06%), 24 (48%), 20 (40%) and 03 (06%) in Grade 0, 1, 2, 3 respectively.

In Group-1 (Intervention Group) comparison within the group was found Highly significant ( $p < 0.001$ ) and in Group-2 (Control Group), it was found Non significant ( $p > 0.05$ ).

Comparison between the Group-1 (Intervention Group) & Group-2 (Control Group), it was found Highly Significant ( $p < 0.001$ ) after three months which was non significant initially ( $p > 0.05$ ).

**Table 7** shows that in Group-1 (Intervention Group), the Grade score of *Medha* (Intellect) in Initial Healthy Volunteers were 02 (04%), 23 (46%), 21 (42%) and 04 (08%) in Grade 0, 1, 2, 3 respectively. After Practicing TM for 3 Months, the grade was found to be 01 (02%), 17 (34%), 26 (52%) and 06 (12%) in Grade 0, 1, 2, 3 respectively.

In Group-2 (Control Group), grade score of *Medha* (Intellect) in Initial Healthy Volunteers were 03 (06%), 20 (40%), 23 (46%) and 04 (08%) in Grade 0, 1, 2, 3 respectively. After without Practicing TM, the grade was found as 03 (06%), 19 (38%), 24 (48%) and 04 (08%) in Grade 0, 1, 2, 3 respectively.

In Group-1 (Intervention Group) comparison within the group was found Highly significant ( $p < 0.001$ ) and in Group-2 (Control Group), it was found Non significant ( $p > 0.05$ )

Comparison between the Group-1 (Intervention Group) & Group-2 (Control Group), it was found Highly Significant ( $p < 0.001$ ) after three months which was non significant initially ( $p > 0.05$ ).

**Table 1: Showing the distribution of the Healthy Volunteers in Group-1 (Intervention Group) and Group-2 (Control Group) according to *Smriti* (Memory) in Initial and After three months**

Groups	Grade	<i>Smriti</i> (Memory)		Within the group comparison (Wilcoxon Signed Rank Test)
		Initial	After three months	
		No. & Percentage	No. & Percentage	
Group-1 (Intervention Group)	0	02 (04%)	01 (02%)	Z=-4.227 p < 0.001
	1	23 (46%)	17 (34%)	
	2	21 (42%)	26 (52%)	
	3	04 (08%)	06 (12%)	
Group-2 (Control Group)	0	03 (06%)	03 (06%)	Z= -0.087 p > 0.05
	1	20 (40%)	19 (38%)	
	2	23 (46%)	24 (48%)	
	3	04 (08%)	04 (08%)	
Between the group comparison Chi square test		Chi square=0.423 p > 0.05	Chi square =8.932 p < 0.001	

**Table 2: Showing the distribution of the Healthy Volunteers in Group-1 (Intervention Group) and Group-2 (Control Group) according to *Bhaya* (Fear) in Initial and After three months**

Groups	Grade	<i>Bhaya</i> (Fear)		Within the group comparison (Wilcoxon Signed Ranks Test)
		Initial	After three months	
		No.& Percentage	No.& Percentage	
Group-1 (Intervention Group)	0	00 (00%)	01 (02%)	Z=-4.398 p < 0.001
	1	26 (52%)	31 (62%)	
	2	20 (40%)	16 (32%)	
	3	04 (08%)	02 (04%)	
Group-2 (Control Group)	0	00 (00%)	00 (00%)	Z= -0.025 p > 0.05
	1	25 (50%)	26 (52%)	
	2	21 (42%)	20 (40%)	
	3	04 (08%)	04 (08%)	
Between the group comparison Chi square test		Chi square =0.329 p > 0.05	Chi square =9.232 p < 0.001	

**Table 3: Showing the distribution of the Healthy Volunteers in Group-1 (Intervention Group) and Group-2 (Control Group) according to *Shaurya* (Courage) in Initial and After three months**

Groups	Grade	<i>Shaurya</i> (Courage)		Within the group comparison (Wilcoxon Signed Ranks Test)
		Initial	After three months	
		No. & Percentage	No. & Percentage	
Group-1 (Intervention Group)	0	02 (04%)	01 (02%)	Z=-4.227 p < 0.001
	1	22 (44%)	18 (36%)	
	2	23 (46%)	26 (52%)	
	3	03 (06%)	05 (10%)	
Group-2 (Control Group)	0	02 (04%)	02 (04%)	Z= -0.087 p > 0.05
	1	21 (42%)	20 (40%)	
	2	23 (46%)	24 (48%)	
	3	04 (08%)	04 (08%)	
Between the group comparison Chi square test		Chi square=0.423 p > 0.05	Chi square=10.952 p < 0.001	

Table 4: Showing the distribution of the Healthy Volunteers in Group-1 (Intervention Group) and Group-2 (Control Group) according to *Krodha* (Anger) in Initial and After three months

Groups	Grade	<i>Krodha</i> (Anger)		Within the group comparison (Wilcoxon Signed Ranks Test)
		Initial	After three months	
		No.& Percentage	No.& Percentage	
Group-1 (Intervention Group)	0	00 (00%)	01 (02%)	Z=-4.994 p <0.001
	1	25 (50%)	30 (60%)	
	2	21 (42%)	17 (34%)	
	3	04 (08%)	02 (04%)	
Group-2 (Control Group)	0	00 (00%)	00 (00%)	Z= -0.024 p >0.05
	1	24 (48%)	25 (50%)	
	2	22 (44%)	21 (42%)	
	3	04 (08%)	04 (08%)	
Between the group comparison Chi square test		Chi square =0.316 p >0.05	Chi square =9.282 p <0.001	

Table 5: Showing the distribution of the Healthy Volunteers in Group-1 (Intervention Group) and Group-2 (Control Group) according to *Abhimana* (Self Esteem/ Pride) in Initial and After three months

Groups	Grade	<i>Abhimana</i> (Self Esteem / Pride)		Within the group comparison (Wilcoxon Signed Ranks Test)
		Initial	After three months	
		No. & Percentage	No. & Percentage	
Group-1 (Intervention Group)	0	00 (00%)	00 (00%)	Z=-5.004 p <0.05
	1	23 (46%)	26 (52%)	
	2	24 (48%)	20 (40%)	
	3	03 (06%)	04 (08%)	
Group-2 (Control Group)	0	00 (00%)	00 (00%)	Z= -0.054 p >0.05
	1	23 (46%)	24 (48%)	
	2	23 (46%)	22 (44%)	
	3	04 (08%)	04 (08%)	
Between the group comparison Chi square test		Chi square =0.416 p >0.05	Chi square =9.862 p <0.05	

Table 6: Showing the distribution of the Healthy Volunteers in Group-1 (Intervention Group) and Group-2 (Control Group) according to *Harsha* (Happiness) in Initial and After three months

Groups	Grade	<i>Harsha</i> (Happiness)		Within the group comparison (Wilcoxon Signed Ranks Test)
		Initial	After three months	
		No.&Percentage	No.& Percentage	
Group-1 (Intervention Group)	0	02 (04%)	01 (02%)	Z=-4.527 p <0.001
	1	24 (48%)	16 (32%)	
	2	22 (44%)	29 (58%)	
	3	02 (04%)	04 (08%)	
Group-2 (Control Group)	0	03 (06%)	03 (06%)	Z= -0.068 p >0.05
	1	23 (46%)	24 (48%)	
	2	21 (42%)	20 (40%)	
	3	03 (06%)	03 (06%)	
Between the group comparison Chi square test		Chi square =0.448 p >0.05	Chi square =8.792 p <0.001	

Table 7: Showing the distribution of the Healthy Volunteers in Group-1 (Intervention Group) and Group-2 (Control Group) according to *Medha* (Intellect) in Initial and After three months

Groups	Grade	<i>Medha</i> (Intellect)		Within the group comparison (Wilcoxon Signed Ranks Test)
		Initial	After three months	
		No.& Percentage	No.& Percentage	
Group-1 (Intervention Group)	0	02 (04%)	01 (02%)	Z=-4.227 p <0.001
	1	23 (46%)	17 (34%)	
	2	21 (42%)	26 (52%)	
	3	04 (08%)	06 (12%)	
Group-2 (Control Group)	0	03 (06%)	03 (06%)	Z= -0.087 p >0.05
	1	20 (40%)	19 (38%)	
	2	23 (46%)	24 (48%)	
	3	04 (08%)	04 (08%)	
Between the group comparison Chi square test		Chi square =0.423 p >0.05	Chi square =75.952 p <0.001	

## CONCLUSION

*Sadhaka Pitta* helps us achieve the things we desire by energizing the mind, intellect, and ego. Therefore, this *Pitta* is considered to be important for enriching the qualities of one's own inner consciousness. It keeps the mind alert and awake and also clears *Tamas*, or darkness around the heart. The brain and heart are closely connected, and when *Sadhaka Pitta* is out of balance, it prevents the blossoming of happiness in one's heart. First and foremost, stress-reduction practices like the Transcendental Meditation technique, *Yoga*, and *Pranayama* (yogic breathing techniques), music, nature walks, and journaling are also very effective stress-management tools.

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