



**“TO STUDY THE CONCEPT OF STRESS FACTOR ASSESSMENT
CONCERNING ‘PERSEVERANCE TEST’ IN LIGHT OF
AYURVEDA” – A REVIEW ARTICLE**

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ABSTRACT

Mana also recognized as mind is one of the very important factors which is concerned with the mental health of the individual and it is also very well described in the ayurveda classics. Acharyas have also described the functions and the moolsthana of the mana in the body. Mind is the set of cognitive faculties like perception, thinking, judgement, memory, conduct and consciousness. Ayurveda has described that mana seats on the manovaha Strotas and its moola sthan is hridaya and dasa Dhamani of which heart and brain is considered as the hridaya.¹ Mana functions are mentioned as the chintya (thinking), Vicharya (Analysis), Uhya (Speculation), Dhyeya (Aim), Sankalpa (Decision).²

Ayurveda have marked out factors for the mental examination properly for the assessment of all mental factors which are described by *Charaka and chakrapani*. Modern Science has also

focussed on the mental factors and given the scales and questionnaires for the assessment of these factors.

Perseverance is described as one of the mental strength factors which means the sticking to the particular thing till it is not finished and this can also be understood with the ayurveda classics parameters.

Keywords: Stress, Perseverance, manovaha, Decision, mental factors

INTRODUCTION

Ayurveda has evaluated the eight folds that are characteristic perversion in the context of the unmada and these well commented by the chakrapani.

Modern science has given various scales for the assessment of the mental factors like Hamilton depression rating scale, Hamilton anxiety scale, Brief psychiatry scale and also given the **VALUE OF ACTION (VIA) SURVEY OF CHARACTER STRENGTH** which is classified as virtue of wisdom, virtue of courage, virtue of humanity, virtue of justice, virtue of temperance and virtue of transcendence carries the 24 mental strength characters and questionnaires are given to assess the value on the basis of **Likert scale**. Values are predecided for the assessment of these strength factors.

Ayurveda has also described the criteria based on the gradation of the statement for the assessment of the character³⁻⁵. Out of the 24 strength factors perseverance is the character

that comes under the virtue of courage and it signifies the

- Enjoy completing task
- Finishing what one starts
- Overcoming obstacles

Ayurveda have also described these features in the classical text and have the gradation for the assessment.

METHOD

Ayurveda explained the manovaha Strotas dushti rogas in the four categories and these are

- **Kevala Manasa Rogas**
- **Nanatmaja Rogas**
- **Shareer Mano Adhistitha Manasa Roga**
- **Mano Shareer Adhistitha Manasa Roga**

In which the first category is the Kevala Manasa Roga

- Anxiety Disorders Chittodvega (anxiety neurosis) Bhaya (phobia)
- Mood Disorders - Vishada (Depression)
 - Harsha (Mania) Vishada – Harsha (bipolar disorder)

- Personality Disorder which is presented with irshya, lobha and the moha and compared with the sadistic personality disorder
- Disorder of Impulse – Krodha (Explosive disorder)⁷

There are some of the disorders also that are considered as the nanatmaja rogas and these are depression (Vishada), Insomnia (Aswapna), Delirium (Atipralapa), Giddiness (Brahma), Blackening out (Tama pravesha), Stupor (Tandra), Somnolence (Nidradhikya), Dainya (Humility).

Shareer Adhistitha Manasa Roga are

- Unmada (psychosis) – Nija unmada (Organic psychosis) Agantuj Unmada (Schizophrenia) Vishaja Unmada (Toxic psychosis)
- Atatvabhinivesha – Delusion Disorder
- Apasmara - Epilepsy
- Yoshapasmara - Hysteria

Mano Shareer Adhistitha Manasa Roga are the disorder that occurs due to the psychosomatic and they have effect on the physical level and these are the fever due to grief, fever due to anger etc that are described as the Shokaja Jwara, Krodhaja Jwara.⁷⁻⁹

These are the Disorders that are mentioned by the ayurveda classics and are correlated with the modern terminologies. Gradation of the symptoms for the assessment of

these disorders has been also mentioned by the world health organisation. The involvement of the combination of the sharirika dosha (Vata, Pitta, Kapha) and the mansika dosha (Raja, Tama) are also mentioned for Manasa Rogas.

Modern have described the 24 broad characters in the **Value of action survey of the character (VIS)** and these are follows:

Creativity, Curiosity, Judgement, Love of learning, Perspective, Bravery, Perseverance, Honesty, Zest, Love, Kindness, Social intelligence, Teamwork, Fairness, Leadership, Forgiveness, Humility, Prudence, Self-Regulation, Appreciation of beauty and excellence, Gratitude, Hope, Humour, Spirituality.

Perseverance means to stick on the particular work till it is not finished and to overcome the hurdles and obstacles that comes in between and the person who have the high perseverance enjoys the completion of task and this is the measure that is done by the questionnaire given in the value of action survey (VIS). They have mentioned the value of alpha for every character and that shows them assessment of measure of character for which value for perseverance is **0.88**⁴

CONCEPT OF PERSEVERANCE IN AYURVEDA

Perseverance test for the stress is evaluated on the basis of the questionnaires' that to be

filled on the **Likert scale** and then the value is noted and Maze test is also given that run on the computer software basis that also assess this character.

Perseverance factor is also measured through practical task apart from the questionnaires in which the tool is designed to make person solve the puzzles first solvable and then unsolvable to assess the character and also it is correlated with hormones.

Maze tool is one of the computer tools that is designed to check the perseverance level in the person which the help of over 150 mazes collection.

Maze tool run over the private tab in the browser and in this the mazes or the puzzles comes in which person need to draw path from green square to red one bypassing the obstacles.

The assessment is based over the two main parameter

- Number of mazes solved
- Time taken to solve single maze

These values denote the **Synthetic indicator of perseverance (SIP)** of which high SIP comes when person is focussed in a task and low SIP denotes that person have less interest and feeling distraction.¹²

The Value of action survey of character has given the questions and these are:

- You finish what you start

- You find ways to overcome obstacles
- You enjoy completing task

These questions are graded on the basis of Likert Scale that gives grading from 1 to 5 in which

- 1 – Very much unlike me
- 2 – Unlike me
- 3 – Not like or unlike me
- 4 – Like me
- 5 – Very much like me

These gradings in the perseverance test shows the state of this factor and lack of perseverance leads to symptoms like failure to do task, lack of interest in acquiring the specialized knowledge and impaired attitude and the interest.⁴

Mansika bhava assessment gradation factors mentioned by the world health organisation gradation in the light of Acharya Chakrapani and Charaka are *Mansa- Arthesu Avyabhichranena, Vignyanam Vyavasayena, Rajah Sangena, Moha – Avijnanena, Krodha – Abhidrohena, Shoka Dainyena, Harsha – Amodena, Priti- Tosena, Bhayam- Vishadena, Dhairyam- Avishadena, Viryam – Utthanena, Avasthan – Avibhramena, Shraddha Abhiprayena, Medha- Grahanena, Sandhya namagrahanena, Smriti Smaranena, Hriya apatrapanema, Shila anushilanema, Dvesha*

Pratishedhena, Upadhi Anubandhanena, Dhriti Alaulyena

The two factors for the perseverance assessment in ayurveda are “**VIRYAM – UTTAHANENA MANASO ADAINYAM & SHRADDHA ABHIPRAYENA,**” they

have the gradation that assess the perseverance of the person as per the ayurveda classics.

GRADATION

Starts and works very quickly	0
Work with less interest	1
Delayed and decreased in working capacity	2
Not able to start any work	3

Always very good in attitude and interest	0
Occasionally good in attitude and interest	1
Impaired attitude and interest	2
Totally loss of attitude and interest	3

These are the gradation parameters for the perseverance as per ayurveda and they are more deeply described to assess the perseverance level in the person. Ayurveda has described all the manas bhava and for the assessment of the symptoms of the Manas Roga separately and for understanding not only the character but also the state or the level of that character through these gradations.¹³

DISCUSSION

Mansika Vyadhi (Mental disorders) are one of the most challenging and important from the aspect of the health because they are directly related to the physical health. Understanding the mansika bhava and doshika involvement in the mental disorders is very important for the management aspect.

Both modern science and ayurveda have mentioned the character symptoms and the

gradations to understand the level of mansika bhava, with the help of both the sciences they can be understood in much better way and there is obvious relation between the parameters.

Understanding of the Sharirika and Mansika Dosha in every mansika Vyadhi whether it is Kevala mansika bhava or nanatmaja vikara to be done more precisely on the basis of the gradation for the diagnosis and management of the mental disorders.

Modern also assess patient with the values and this makes the diagnosis easier and more accurate and ayurveda gave the terms more minutely and are very helpful for the diagnosis.

CONCLUSION

There are various stress factors mentioned in the Ayurveda and in the modern science and they have the correlation that can be

understood in better way for the advancement in the diagnosis and treatment. Each character derived in the modern science and ayurveda science shows the similarity.

Perseverance is directly correlated with the *viryam utthanena* and the *shraddha Abhiprayena* as they both show same features in the gradation and assessment on the basis of both gives the more precise conformity of the character.

The character finishing “what one starts” and the “overcoming obstacle and hurdle” can be understood with the *viryam utthanena* and “enjoy completing task” under the *shraddha Abhiprayena*.

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