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## CLINICAL STUDY OF DAIVAVYAPASRAYA CHIKITSA IN THE MANAGEMENT OF MANAS VYADHI

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### ABSTRACT

Ayurveda is a philosophy of life and living things, not just a science of therapies based on plant, animal, and mineral resources. Charak divided the therapy principles into three categories: Daivavyapasraya Chikitsa, Yuktivyapasraya Chikitsa, and Sattavajaya Chikitsa. Daiva appears in regard to the karma that is performed in Purvajanma in the Daivavyapasraya Chikitsa. The spiritual therapy known as daivavyapasraya, which includes the mantra, ausadhi, mani dharan, mangal, bali, upahar, homa, niyama, pryachitta, upavasa, swastyana, pranipata, and yatragamana, is focused on the benefits and influence of god. Here, mantras are powerful spiritually charged holy phrases. It denotes the spontaneous development of a sound, sound combination, or sound sequence. Their strength comes from the sound vibration they produce when they are said, not from the words themselves. Through the movement of the tongue and lips as well as chemical changes in the brain, mantra—a form of sound therapy—has a therapeutic impact on the body, mind, and soul. It relaxes brain waves, cleanses the mind, and removes cellular toxins. Sound as a carrier wave of consciousness protects us from several ailments and transforms the future. Mantra instils confidence, enhance attention, and sound treatment.

**KEYWORDS** -Daivavyapasraya Chikitsa, Ayurveda, Mantra Chikitsa, etc.

## INTRODUCTION

In the far past, when people fought to make sense of a weird world of ignorance, possibly when there was no genuine science, there was also no true knowledge. In the absence of contemporary scientific equipment that have allowed man to delve deeply into nature's mysteries, prehistoric man believed that disease was caused by the whims of supernatural powers like gods, demons, and so forth. These forces were surrounded by elemental forces of nature. People have used mantra, japa, homa, and other practices indicated in the Veda to get rid of these kinds of puzzles.<sup>1</sup>

Ayurveda is a philosophy of life as well as a science of medicine. It is an art of living. Ayurveda is a philosophy of life as well as a science of medicine. It is an art of living. It had gone through phases of specialization, with information from several specialist domains of medicine and related science being generalized, spelled out, and simplified. A doctor should "be particularly committed to the Atharvaveda since it deals with the treatment of ailments by suggesting Daana, Homa, Mantra, Japa, and Niyama, among other things." is stated.<sup>2</sup>

**According to Ayurveda, treatment principle can be classified as follows.**

1. Daivavyapasraya Chikitsa
2. Yuktivyapasraya Chikitsa
3. Sattwavajaya Chikitsa

Even with current science, there are several difficult conditions that are thought to have an idiopathic origin. They are completely distinct from other disorders in terms of their source, onset mode, symptoms, severity, and management. Such entities are assigned to Daivika Shakti, Poorva-janmakrita Karma, Adhibala Vyadhis, Grahadosa, etc. in Ayurvedic science. Ayurveda mentions Daivavyapasraya chikitsa to appease these creatures. Daiva + Vyapasraya make up the two words that make up the phrase daivavya- pasraya. All unknown conditions, or those that cannot be explained by current human understanding, are related to daiva. Vyapasraya roughly translates as seeking shelter or assistance. Thus, it

has a connection to spiritual treatments, which have been proven to be effective in curing ailments brought on by unidentified causes.<sup>3</sup>

It is mostly accomplished through practices that one can use to appease supernatural forces while yet being emotionally stable and upbeat. Daiva, when the results are predestined, is what was done in a previous life. Mantra, Ausadhi and Mani dharan, Mangala, Bali, Upahara, Homa, Niyama, Praayachitta, Upavaasa, Swastyana, Pranipata, and Yatragamana are all included in the Daivavyapasraya.<sup>4</sup>

## **METHODOLOGY**

The data of Daivavyapasraya Chikitsa has been collected from different textbook, teeka, and different authenticated literatures etc.

## **DAIVAVYAPASRAYA CHIKITSA**

Only Karmaja illnesses qualify for daivavyapasraya chikitsa. Disease is a sort of divine retribution, the most loving form of punishment, according to the law of karma. Here, I'm talking about Mantra Chikitsa among Daivavyapasraya Chikitsa (sound and music therapy). The word mantra is derived from the words man and tra. Man means to chant, while Tra means to defend. This indicates that one may protect the cosmos from disruptions just by chanting. Mantras are powerful words and sounds that have the ability to reach deep depths of our bodies. The ancient discipline known as mantra chikitsa, often known as an alternative medical method, is derived from the Vedas.<sup>4</sup>

Chanting mantras during a mantra therapy helps to activate the body's natural healing process. Positive energy is produced in the body when a mantra is said correctly and consistently. Mantra shakti can still be more effective than Yantra shakti, even in today's materialistic world, because it produces healthy brain waves and neurotransmitters. The unusual ability of mantra, a heavenly tool, can awaken our unconscious consciousness. As a result, it aids in the development of our dormant abilities and unleashes our inherent brilliance. During meditation, a mantra—a phrase or sound repeated—helps the practitioner focus. It is a sacred utterance that consists of a syllable, a word or set of words

in Sanskrit that has a numinous sound and is thought by practitioners to have spiritual and psychological qualities.<sup>5</sup>

Any idea, statement, song, or other series of words or sounds that is believed to have spiritual effectiveness or magical power is referred to as a mantra. "A tool of the mind that has a spiritual influence on a person's will or emotional state of being" is the definition of a mantra. A mantra is any statement or idea that is regarded to have the ability to influence the world or a person's innermost being. Any vibration a mantra's recitation produces has an effect on our inner self. These vibrations cause some brain waves and neurotransmitters to be produced, which have an impact on our entire body. Ayurveda emphasizes mantra recitation in addition to herbal treatments for illnesses in order to speed up recovery. Man has a mantra linked with him from the minute he is born till the last breath he takes. His first link is through Jatakarma, the mantra recitation used to cure Jwara as Charak suggests repeating Vishnu Sahasranaam. Antidotes are created while reciting a certain mantra during snake bite treatment to boost the effectiveness of the medication. There are three different origins: Vedic mantra, Tantric mantra, and Pauranic mantra.<sup>6</sup>

**Guru Mantra:** There are millions of Mantras in Sanskrit books, therefore we must pick the one that applies. The guru may evaluate a student from the inside out. so that the Guru may choose the Mantra that would benefit the student the most. If a person is unable to meet their Guru, they might choose the Universal Mantra. Mantras from the Vedas, which are inscribed in the Vedas.<sup>7</sup>

**Tantric Mantra-**This Mantra derives from Tantras, and it may be used to achieve certain goals like riches, prosperity, or good health. Pouranic Mantras are relatively basic, accessible to all people, simple to learn, and effective at purging the emotions from the human mind. The choice of mantra depends on the person's nature, state of mind, body, and spiritual growth. Gayatri Mantra, for instance, is related to sympathetic N.S., so if someone with an aggressive disposition starts reciting it, it would cause sympathetic activities to be triggered. Maha-mrityunjay Mantra, on the other hand, will cause para sympathetic N.S. to be triggered. Chanting a mantra repeatedly is known as japa. Japa aims to engage or sway the mind toward history, the Puranas, the sacred writings, and the Veda. There are two

types of Japas. The first is created by recitation, and the second is silently created in the mind.<sup>8</sup>

## DISCUSSION

A Mantra has a melodic impact on the body when it is sung in a rhythmic tone with ups and downs. Chanting mantras has many psychological effects on the subconscious, which changes thought patterns. By reciting a mantra, negative feelings like fear, hatred, jealousy, etc. can be eliminated. Mantra practice improves focus, memory, and logical reasoning. It successfully decreases tension and has a calming impact on the neurological system. Not only does mantra chanting benefit the individual who repeats it, but it also benefits the person listening. By immediately reducing blood pressure, the Mantras also regulate heart rate, brain wave patterns, adrenalin levels, and cholesterol levels.<sup>9</sup>

According to studies, it is possible to see the combined effects of sound vibrations on the physical plane, particularly on the brain or on EEG. Omkar and Gayatri mantra chanting have an impact on brain wave emission patterns. Chanting mantras causes an alpha brainwave to occur in the brain. The term "neurolinguistic effect" refers to this phenomenon.<sup>10</sup>

We believe that our minds should be peaceful and quiet before to studying, as stated in Brihatryee. We must engage parasympathetic activity to prevent anxiety. The sympathetic activity is reduced by this mantra. The amount of focus in our minds increases after listening to spiritual music or mantras. Susruta advises Mantra practice before to Sastra karma or surgery because of this.<sup>11</sup>

Charak and Susruta advise reciting "aum" prior to childbirth. The sound "A" is proven to begin as a vibration close to the navel. Our reproductive organ receives energy and vigor from this abdomen vibration. The sound "U" begins as a chest vibration. It keeps breathing. The throat and head roll as the letter "M" is heard. Clarity and devotion are brought by head vibration. So the shipping process is simple.<sup>12</sup>

## **Audio Therapy**

The use of mantra as a kind of therapeutic energy is directly comparable to modern-day music therapy or sound therapy. "The physical reason that gives us the feeling of hearing" is how sound may be defined. A skilled music therapist will employ music and all of its aspects—physical, emotional, cerebral, social aesthetic, and spiritual—to assist clients improve their health in an interpersonal process known as music therapy. There are two categories under which the noises coming from various sources can be grouped.<sup>13</sup>

A sound that has a musical influence on our hearing is typically referred to as "musical sound," whereas a noise-like sound is referred to as "noise." What seems melodic to one person could sound harsh or noisy to another. Physically, the sound is what we refer to as musical since it is a regular, continuous vibration without a sudden break in it. A musical sound must also be regular. A noise lacks regularity and rhythm, which are both features shared by all musical sounds. An erratic, sudden, loud sound is referred to as a noise. It doesn't happen often, and most people find it annoying.<sup>14</sup>

## **CONCLUSION**

Despite not being made of steel, the tongue may cut. But in addition to its incredible ability to cut, the tongue can also sew and connect. Words possess amazing power. Our lives are greatly impacted by the words we use. Human voice resonance is used to promote healing. In Ayurveda, mantra is chanted to sanctify and impregnate objects with energy, negate the bad effects of Graha, collect Rasayana, feed the baby breast milk, expel the retained foetus, consume Tuvarka oil in Madhumeha, perform purificatory measurements, and to protect the patient during and after surgery. It modifies a brain chemical that calms brain waves, de-toxifies the mind, and removes cellular toxins.

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