



Review of Mantra Vidhi in Vrana Paschatkarma and Rakshavidhan

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ABSTRACT:

Sharirik Vyadhis are treated by medicines and another useful techniques, as our body and mind follows each other¹ We also have to think about mind while treating the subject; as said by Sushrutacharya²; which is very unique- very true it is! We can't divide mind from the body or body from mind. Ayurveda always think about factors while treating the patients. To overcome the imbalance between body and mind, we have to strengthen the mana of the vranita as mentioned in Ayurvedic texts, Satva, Atma, Sharir are like Tridanda³.

This review is focused on the use of Mantras as mentioned by Sushrutacharya in Shashti upkramas (rakshavidhan) and Vrana Chikitsa in Vranita⁴

KEY WORDS:

Mantra Vidhi, Shashti upkrama, Vranita

INTRODUCTION:

Early healing of Vrana is the first and basic need of the Subject. Daily dressings, complications, become headache. There is also disturbances in mind to avoid such Critical and helpless conditions we can take help of Mantra Chikitsa ; comes under the heading “Daiva Vyapashraya” again it is included in trisutra or triskandha Ayurveda⁵ mani, mantra, aushadha, bali, upahara Havana, niyam, upavasa, swastyayana, Pranipata, deva-darshana, Pujana, etc. Comes under it. Sharirik doshas are vata, pitta, kapha and manasik doshas are raja and tama vitiated raja and tama causes various physical and mental diseases⁶

So to control the mind, we can use the mantra chikitsa as guided by Sushrutacharya. By using mantra vision is

purified. It helps to overcome suffering and useful to remove vitiated raja, tama. So Satvaguna is strengthened.

REVIEW OF LITERATURE:

Chitta is a comprehensive designation of Collections of five vital vaatas, eleven indriyas including mana, ahankar, buddhi if pramana, viprayay, vikalp, smriti, nidra these vruttis are not controlled it results in unsatisfactory feeling anger, sadness, happiness again it results in fluctuation of chitta which causes physical and mental diseases so for better health with the medicines, we can think also about mana. Efficacy of mantra vidhi according to Sushrutacharya for mental health and physical health of vranatura is essential. Also in Ayurvedic texts three types of chikitsas described. DaivyaVyapashraya, Yuktivyapashraya and Mansikchikitsa. As already mentioned, manrta comes under daivyavyapashrayachikitsa.

In yoga, mantras are typically chanted in Sanskrit. Mantra is a Sanskrit word and derived from the root of man which means “to think” and “tra” from trai means to protect or to free from bandage or to “free from the mind.”

One theory says that manrtas allow us to connect to archetypal ever gives

which have been strengthened over thousands of years by the continual repetitions. By saying mantras you are connecting to the every field it is useful and important to stick yourself with a manrta that is suitable to need and here for healing purpose.

Sushrutacharya narrates the definition of Swastha that Dosha,,agni,dhatuand mala should be in samyavastha this is for physical level; and for mental level, atma,indriya, mana should be prasanna⁷. That means healthiness of body and mind is essential to live better life;as proverb says “A sound mind insound body.”

Also geeta says that, Satvaguni and daivisampatyukta liveshitaayu. To achieve this in vranatura, Sushrutacharya says about Mantra vidhi.

Mantras are designed for psychological and spiritual effects.

EFFECTS OF MANTRAS:

- (1) **Stimulation to the endocrine system:** Hypothalamus, thalamus andpituitary glands are stimulated as the act of tongue pressing against the palate. Reciting the mantra means hitting the palate with the tongue. There are 84 meridian points in the palate 64 in

the hard palate and 20 in the soft palate. Vibrations release chemical hormones which balance the body and have healing effect. Mainly the pituitary is stimulated through the tongue, hitting the various meridian parts.

(2) Mantras help to focus attention:

As mana is chanchal and described in Ayurvedic texts, mana have fascination towards the vishayas or indriyarthas same description here when one sit down to meditate mind jumps from one Vishaya to another or one indriyarthas to another. This chanchalatva of manas disturbs the attention. Chanting mantra distracts the mana and helps to anchor the mind.

(3) An effective way to release emotions:

What emotion causes, as we all know emotions causes sensations in the body that either crave or have an aversion. Either way, one is reacting or reinforcing the patterns. Chanting mantra is better way to let go of the reaction to the sensation through the throat and heart chakras. In essence realizing the emotions through self-expression. Also we all know shad-ripus always spoil

life, so to control all these ripus mantra vidhi is best weapon.

(4) Vibrations in mantra create awareness:

Mantra's vibrations rearrange molecular structure. In another word all sound affects the molecular structure. If you are more sensitive, the deeper you will experience the effects. If you think negatively you generate a subtle vibration. The longer this vibration persists, you are more affected. This vibration of thought later creates an emotional vibration, which creates a vibration in the physical body, where all the sensations come and expressed through the behavior.

In this way chanting mantra affects your being, so do your thoughts, words and actions. If you create vibrations, then consciously and unconsciously you react to them.

DISCUSSION:

As explained earlier, daivavyapashrayachikitsa by Ayurveda, by using mantras, healing power of vrana should be strengthened as many mantras are said to have healing properties on an energetic level by connecting mantra it may become easy to reprogram the diseased area and allow healing to occur.

Also Ayurveda says about mind-body connection. So influence of mantra occurs on healing by generating a bio feedback loop that replaces bad sensation with affection and positivity. So stress and anxiety, negativity is reduced. It gives much more physical benefits. When saying a healing mantra you are accessing energy fields with profuse potential for healing.

Mantras are purifying the connection with this higher level of vibrational frequency helps to purify body and mind. So by focusing on healing power mantras helps the vranita as explained by Sushrutacharya.

CONCLUSION:

In this era materialistic approach is growing up, as kama, krodha, irshya etc. encroaching the mind. Mana is very chanchal which attracts towards the indriya-artha. This attraction causes pragyaparadha which vitiates the physical and manasikdoshas, which is the main and basic cause of vyadhis, according to Ayurveda. To avoid this pragyaparadha we

have to control the mana by using positive vibrations of mantras, because mantras creates biofeedback loop. This biofeedback loop gives more physical benefits which is useful in healing of vrana.

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Conflict of Interest: Non

Source of funding: Nil

Cite this article:

"Review of Mantra Vidhi in Vrana Paschatkarma and Rakshavidhan."

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Ayurlog: National Journal of Research in Ayurved Science- 2020; (8) (2): 01-04