

ROLE OF SATWAVAJAYA CHIKITSA (PSHYCOTHERAPY & COUNSELLING) IN ALCOHOLIC FATTY LIVER**Dr. Sudha Rani Verma*¹ and Dr. Mukesh Kumar Bisen²**

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ABSTRACT

Ayurveda stands for the wholesome physical, mental and spiritual growth of health around the world. Thus Ayurveda, the biological science is based on the principle of Trisutra i.e., Hetu (etiology), Linga (symptomatology), Ausadha (knowledge of therapeutics) as a means to the well being par excellence to the healthy and the diseased. The incidence of patients with fatty liver has recently increased in India, due to increase in over use of alcohol intake. Alcohol is predominantly metabolized to acetaldehyde that is approximately 30 times toxic than alcohol. Dropping of alcohol consumption is not very easy; Satwavajaya Chikitsa is a method of controlling or restraining the mind from unwholesome objects. Satwavajaya Chikitsa it divert their mind

and regulate thought process through Jyana, Vigyana, Dhairya, Smriti. Giving Satwavajaya Chikitsa to alcoholic patient is very helpful to stop drinking by increasing Satva Guna.

KEYWORDS: Fatty liver, satwavajaya chikitsa, satwa, pshycotherapy & counselling.

INTRODUCTION

Ayurveda stands for the wholesome physical, mental and spiritual growth of health around the world. Thus Ayurveda, the biological science is based on the principle of Trisutra i.e., Hetu (etiology), Linga (symptomatology), Ausadha (knowledge of therapeutics) as a means to the well being par excellence to the healthy and the diseased. The incidence of patients with fatty liver has recently increased in India, due to increase in over use of alcohol intake. Fatty liver disease is a condition in which excess fat accumulates in the liver. Excess fat

causes liver inflammation and damages liver cells. fatty liver disease, the damage may be reversed if the patient abstain from alcohol for at least two weeks. especially as an estimated 70% of people with ARLD have an alcohol dependency problem. Alcohol contains mainly ethanol, it is oxidized into acetaldehyde in the presence of alcohol dehydrogenase enzyme in the gastric mucosa. Acetaldehyde converted into acetic acid to acetate. Large amount of fatty acids is synthesised from acetate in the liver cells. This excess produced fat is deposited in the liver, which is called as 'Fatty Liver'. On the other hand, the rate at which fat gets broken down in the liver can also slow down causing fatty cells to build up. Successful treatment for alcohol-related liver disease (ARLD) often depends on whether someone is willing to stop drinking alcohol and make changes to their lifestyle. Stopping drinking isn't easy, The first treatment usually offered is Satwavajaya Chikitsa (psychotherapy). Satwavajaya is a method of restraining mind from unwholesome objects. The effect of satwavajaya Chikitsa is subsiding the effect of Raja and Tamoguna and implementing more of Satwaguna to the mind.

MATERIALS AND METHODS

This is an Extensive literary work conducted using different classical textbooks of Ayurveda along with electronic databases like "PubMed", "Google Scholar" "Scopus" and "DHARA". Literature regarding the concept of Satwavajaya was properly explored and screened in Ayurvedic Texts literature related to the concept of Satwavajaya Cikitsa mentioned in the Ayurvedic Classical texts.

AIMS AND OBJECTIVES

Role of Satwavajaya Chikitsa (Psychotherapy) in Alcoholic Fatty Liver.

Fatty Liver

Liver is the commonest site for accumulation of fat because it plays central role in fat metabolism. Depending upon the cause and amount of accumulation, fatty change may be mild and reversible, or severe producing irreversible cell injury and cell death.

Etiology of Fatty Liver

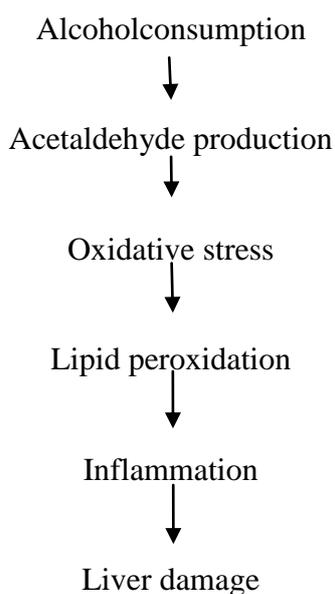
The commonest cause of fatty liver includes the following:

- Excess alcohol consumption (most common)
- Starvation
- Malnutrition

- Obesity
- Diabetes mellitus
- Chronic illness (e.g. tuberculosis)
- Late pregnancy
- Hypoxia (e.g. anaemia, cardiac failure)
- Hepatotoxins (e.g. carbon tetrachloride, chloroform etc.)
- Certain drugs (e.g. administration of oestrogen, steroids, tetracycline etc.)

How to Liver Damage by Alcohol?

Alcoholic liver disease is a liver disease caused by long-term heavy drinking. The initial stage is usually fatty liver, which can develop into alcoholic hepatitis, hepatic fibrosis and cirrhosis. Severe alcohol abuse can induce extensive hepatocyte necrosis and even liver failure. Alcoholic liver disease is one of the common liver disease and it seriously endangers people's health.



Withdrawal Symptoms

If anyone abstaining from alcohol, they may suffer withdrawal symptoms. These will be at their worst for the first 48 hours, but should start to improve as body adjusts to being without alcohol. This usually takes three to seven days from the time of your last drink.

Many people initially experience disturbed sleep when abstaining from alcohol, but in most cases their sleep pattern returns to normal within a month. In some cases, may be advised to reduce alcohol intake in a gradual and planned way to help avoid withdrawal problems. may

also be offered a medication called a benzodiazepine and psychological therapy, such as cognitive behavioural therapy (CBT), to help you through the withdrawal process

UK Alcohol Unit Guidance

To keep health risks from alcohol to a low level, the UK Chief Medical Officers' (CMO) advise it is safest not to drink more than 14 units a week on regular basis. The CMO also give guidance on drinking in pregnancy and single occasion drinking.

Alcohol Unit Guidelines

The Chief Medical Officers (CMO) guideline for both men and women states that:

- To keep health risks from alcohol to a low level it is safest not to drink more than 14 units a week on a regular basis.
- If you regularly drink as much as 14 units per week, it's best to spread your drinking evenly over three or more days. If you have one or two heavy drinking episodes a week, you increase your risk of death from long-term illness and injuries.
- The risk of developing a range of health problems (including cancer of mouth, throat and breast) increase the more you drink on a regular basis.
- If you wish to cut down the amount you drink, a good way to help achieve this is to have several drink-free days a week.

Single Occasion Drinking

The Chief Medical Officers' (CMO) advice for men and women to keep their short term from single occasion drinking to a low level is to reduce them by:

- Limiting the total amount of alcohol you drink on any single occasion.
- Drinking more slowly, drinking with food, and alternating with water
- Planning ahead to avoid problems; an example of planning ahead is making sure you can get home safely or that you have people you trust with you.

The sorts of things that are more likely to happen if you do not understand and judge correctly the risk of drinking too much on a single occasion can include:

- Accidents resulting in injury; causing death in some case
- Misjudging risky situations
- Losing self-control (for example, engaging in unprotected sex)

Some group of people are more likely to be affected by alcohol and should be more careful of their drinking on any one occasion. For example those people at risk of falls, on medication that may interact with alcohol or where it may exacerbate pre-existing physical and mental health problems.

If you are a regular weekly drinker and you wish to keep both your short and long term health risks from drinking low, this single occasion drinking advice is also relevant for you.

How Much is 14 Units of Alcohol?

One unit is 10 ml of pure alcohol. Because alcoholic drinks come in different strengths and sizes units are a good way of telling how strong your drink is. It's not as simple as one drink, one unit.

The new alcohol unit guidelines are equivalent to six pints of average strength beer or six 175ml glasses of average strength wine.

Alcohol and Pregnancy

- The Chief Medical Officers' (CMO) guidance is that-
- If you are pregnant or think you could become pregnant, safest approach is not to drink alcohol at all, to keep risk to your baby to minimum.
- Drinking in pregnancy can lead to long-term harm to the baby, with the more you drink the greater the risk.

There Are Five Different Types of States of Mind for the People

- 1. Mudha:** It is an idiotic or crazy mind; it is deceived or hallucinated.
- 2. Mind of Kshipta:** It is an active mind. As a butterfly flies from a flower to another, these states of mind they have fleeting ideas and they quickly change from an idea to the other.
- 3. Vikshipta.** Partially active and partially inactive. In a moment this mind it is heavy and slow and in another moment very active.
- 4. Ekagra.** It is A focused mind, that it resolves the problems, law the books and search deeply.
- 5. Mukta.** Blessed mind, freed and careful. All we are supported for turning our mind into mukta.

Manovaha Srotas (the srotas of the mind) has different demonstrations. The mind it is subjective experience; the body is objective experience as the material world. Because of the different frequencies of the images, experiences, thoughts and emotions, the mind him apparent in the body and in the spirit in different way.

Satwavajayachikitsa-(Pshycotherapy & Counselling)

The most important and possibly the most rational of all is Sattvavajaya, a method designed to effect mind control. Sattvavajaya as defined by Charaka, who first propagated the concept, is withdrawal of mind from unwholesome objects (Ahitārtha). Acharya Caraka in different context has admitted that psychotherapy constitutes mainly the deeper understanding of fortitude, Intellect, Memory and Mental equanimity among others. Sattvavajaya as suggested involves detachment or restrain of mind from desire for unwholesome influences, when the mind is in contact with the sensorial apparatus. The influence of Rajas and Tamas is gradually reduced & self-denial and control is allowed to rein supreme. Sattvavajaya in short is a psychophysical exercise designed to achieve a regulatory mechanism over the human psyche in dealing with environmental stressor (Indriyārtha) and subduing and balancing emotional stressors. (Manoārtha). Psychotherapeutic procedures mentioned in the entire Ayurveda literatures are-

- 1. Mind control methods – Manonigrahah**
- 2. Reconciliatory measures - Aswasanadayah**
- 3. Replacement of Emotions - Pratiwandvibhava**
- 4. Psychophysical shocks - Manokshobhanam**
- 5. Moral-behavioral code - Sadacarah**
- 6. Mental equanimity - Samadhih**

Methodology of the Satwavajaya Chikitsa

The objective type of Mano Nigraha is the actual Satwavajaya and warrants a physician's interference with controlling patient's mind. This can be achieved by various ways.

- 1. Cintya -** by regulating the thought process
- 2. Vicharya -** by replacing the ideas
- 3. Uhya -** by channeling the presumptions
- 4. Dheya -** by polishing the objective
- 5. Samkalpa -** by proper guidance and advice for taking. right decisions.

DISCUSSION

Mind control has always been a difficult task and warrants a combination of strong desire, determination and dedication. The very basic nature of mind is instability (Cancalatwam). Caraka concedes that mind is fickle and to attain spiritualwisdom control of this mind is essential. Satwavajaya Chikitsa is a method of controlling or restraining the mind from unwholesome objects. By increasing Satwa guna and suppress the Rajas and Tamas. Alcohol abuse is a universal problem. Alcohol is predominantly metabolized to acetaldehyde that is approximately 30 times toxic than alcohol. In alcoholic patient they cannot control their mind and consume alcohol day by day but if we will give them Satwavajaya Chikitsa it divert their mind and regulate thought process through Jyana, Vigyana, Dhairya, Smriti etc. Prevention of Alcoholic Fatty liver by stopping Alcohol consumption by the Satwavajaya Chikitsa.

CONCLUSION

Satwavajaya Chikitsa is a unique non-pharmacological approach for treating the Manas Vikara. Satwa is very important to keep individuals healthy. Whenever satwa guna decreases and elevate the Raja and Tamas guna due to life style, stress related environment, Bad company. The individuals start consume alcohol. If they consume much amount and regularly many Alcohol induced disease occurs. Most common alcoholic disease is Fatty Liver. Dropping of alcohol consumption is not very easy. If Patient has treated by Satwavajaya Chikitsa, alcohaol consumption chances may reduce and Prevention of patient from Fatty Liver disease.

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