

SADHAK PITTA BALANCING FOR HEALTHY MIND AND BODY

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ABSTRACT

Ayurveda ideally explains the concept of Swasthya Rakshan. The person whose condition of Dosha, Dhatu, Mala and Agni are Sama also the Atma, Indriya, Mana of person should be prasanna then only he is said to be Swastha. In present fast paced life people are ignoring or unable to give proper attention towards the health. If one is willing for good health, and longevity then sound attention is to be payed towards maintaining equilibrium of root factors of body. Dosha, Dhatu, Mala prakrut avastha means physiological processes of body are in homeostatic state of wellbeing. Tridosha determine the psycho-physiological constitution of an individual. Pitta dosha is snigdha, ushan, tikshan, visra, laghu, drav and amla in property. In this article we are mainly focusing on pitta particularly on sadhak pitta which is located in the Hridaya, and it is responsible for intelligence and memory. So this article is mainly focusing on sadhaka pitta and importance in day to day life by providing its correlation with higher intellectual brain functions.

KEYWORDS: Ayurveda, Sadhaka Pitta, Buddhi, Dhruiti, Medha, Neurotransmitters.

INTRODUCTION

In Ayurveda, Sharir is said to be the seat of Doshas, Dhatus and Malas. Dosha's is divided into 3 types i.e. Vata, Pitta, Kapha each sub-dosha's have five different subdosha's. These sub-dosha's has their own energetic and physical responsibilities within the body.

Ayurveda does not look upon human being as limited set of biochemical process. It views human soul as pure awareness, linked with mind and body but not limited to the mind- body complex, which is its instrument of manifestation.

In this article, we focus on sadhak pitta, which is subtype of pitta dosha. Pitta is composed of fire and water, which is responsible for digestion, metabolizes food through enzymes and intestinal secretions and converts into blood, bones, muscle etc. Pitta maintains body temperature and hormonal levels, trigger to hunger, thirst, sharpen the intellect and memory.

DISCUSSION

All the Acharyas has mentioned Pitta Dosha. Along with its function in their Samhita, detail study of sadhak pitta as following points – Buddhi, Medha, Abhiman, Abhipret, Arth, Sadhan *and* Hridgatam.

Types of Pitta

There are five types of Pitta, below mentioned-

- 1) Pachak Pitta- It stimulates digestive enzyme and separates nutrients and waste products.
- 2) Ranjak Pitta- It is present in Liver and Spleen and is involved in production and maintenance of blood through the process called Erythropoiesis.
- 3) Sadhak Pitta- It is responsible for intelligence and memory. It is present in both brain and heart. It regulate aspects of hypothalamus, ultimately to maintain balance and homeostasis.
- 4) Alochak Pitta- It gives luster to the eyes, responsible for dilatation and construction of pupil associated with clarity and clear perception.
- 5) Bhrajak Pitta- It helps with biochemical reaction within the skin and production of Vitamin D and Melatonin.

Sadhak Pitta

Sadhak agni is represented in our body in form of pitta. Agni and pitta are often considered synonymous and used interchangeably. Like other subtypes of pitta, sadhak pitta too carries the suffix agni and is called sadhak agni. It functions for implementation of wishes of mind.

Sadhak Pitta is a subtype of Pitta dosha, which abides in the heart.

हृदयस्थं तस्मिन् साधकोग्निरिति संज्ञा।
सोऽभिप्रार्थित मनोरथ साधनं कृदुक्तः।
सु.सू.२१/१०.

In CharakSamhita

हृदयं चेतना स्थानम्।

Narrates that the Heart is home of consciousness and sadhak pitta is its caretaker. In Ashtang Hridaya-

बुद्धिमेधाभिमानाद्यैरभिप्रेतार्थ साधनात्

साधकं हृदगतं पित्तम्। अ.ह.सू.१२/१३

❖ 1. Buddhi

Definitive knowledge or intelligence.

It is the phenomenon which motivates the person to work in a particular fashion. Buddhi is responsible for conclusive knowledge. It gives an initiation to work and to come to final conclusion after proper analysis.

Wisdom is definite knowledge. Dhee, Dhriti and Smriti are components of Buddhi. Dhee means Sad-Asad Vivek i.e the capacity to distinguish between what is correct and what is not. Dhriti is Dhaaran Shakti. Holding the part of or the entire knowledge and getting benefitted.

The dhriti control the mind from attraction of harmful object. Smriti is memorizing the essential inputs or previous experiences for future outcomes. Smriti brings in previous experiences to help dhi and then dhi deciding out of categorized data from manas.

This intelligence is used for overcoming any confusion and arriving at a proper decision. Ego is self-realization so it has a certain connectivity with the soul. It cannot be crossed, we have to stay within the limits.

Ayurveda emphasized on human body as Karmapurusha with soul, mind, intellect etc. The deeds of the mind all work according to the Rajas and Tamas, but they are affected by the

seeker's bile(Saadhak Pitta component of body)

In the fifth month of pregnancy, the heart is especially active, the expression of the intellect is special. (Prati-buddhitar). Cha.sha.30/4.

Types of bhuddhi as per Gangadhar and Chakrapani (Cha.Su.8/17)(Cha Su.11/3)

- a. Vyahata Buddhi - Chakrapani says it is performance that lead to togetherness, holistic thinking.
- b. Vyavrita buddhi –It drives the performance towards the critical, analytical thinking.
- c. Upahata buddhi –it drives the performance towards unscientific, illogical thinking does not trust the concept of rebirth, effect of good or bad karma in future life.
- d. Anupahata buddhi- style of performance towards scientific and classical thinking.
- e. Sahaj buddhi - it always think of classics in its decision process.
- f. Vainayaki buddhi-it always follows its own logic, its own experiences than classic.

Chakrapani has given one more classification as 1. Sthool Buddhi -Being more materialistic and having morphological approach and 2. Sookhsma Buddhi-Spiritual, Subtle energy approach.

In Bhagavat Geeta three types of buddhi such as satvik, rajasika and tamsika. In charak samhita is classified into three arenas i.e Dhee Dhriti, Smriti.

2. Medha

सात्त्विकः गुणः अयमा सु.शा.१/१८

Medha is a sattvic emotion.

Grasping power is medha. Grasping scientific knowledge, art, literature, skills etc. According to Amarakosha Medhyate sangachhate sarvam Iti i.e to have proper correlation and understanding about the knowledge of the existing object. without medha, knowledge cannot be understood. Special talent is acquired as a result of being Medhavi.

Intentions that create talent

1. Satvik diet
2. Sanskar

❖ Medhakar gana

सतताध्ययनं वादः परतन्त्रावलोकनम्।

तद्विद्याचार्यसेवा च बुद्धीमेधाकरो गणः।

Regular or repeated studies, learning philosophy, learning different sciences and technologies and service of the knowledgeable personalities.

Medha place. -Heart

Talented people understand the subject very quickly. This strength is due to the sharp, hot, sara, sookshma qualities of bile. Also, the love of knowledge - quicker understanding of scriptures, more clarity in language, thought. They are especially good at farming, cooking, math, sports, painting.

3. Abhiman- Pride

- अभिमानः अहङ्कारः। हेमाद्रि वा.सू. १२/१३-१४

Self-awareness, self-confidence, courage. There is an effect of sharp points of bile, loss of sharp points leads to inferiority complex and sharp points make the officer proud.

4. Abhipret

मनसः उल्हासः। च.सू. १८/४९

अभिप्रेत निर्णीतं स्वीकृतं च यत् तत्। आयुर्वेदीय शब्दकोश

Reservation is important to keep the mind happy and the tendency to Enthusiasm is function of Sadhaka pitta. Expectations channelise the deeds so that ambitions are achieved.

5. Artha - Meaning

प्रयोजनम्। च.सू. २६/१२

Purposeful topics. Artha is related to accumulation of good material. Artha includes everything in your environment that allows you to live a fulfilling life and also means to achieve it include knowledge.

6. Sadhanam

Things that are useful to accomplish something.

7. Heart

हृदयमेकं चेतनाधिष्ठानम्। च.सू. ३०/३

Oja, prana, mana, rasa, vyana vayu abide in heart. Hridya is origin of pran vaha srotos and rasvaha srotats. sadhak pitta is located in hridya. sadhak pitta eliminates the covering of kapha and tama from hridya. and thus makes more susceptible for intelligence and ahankar. The heart has its own intrinsic nervous system that operates and processes information independently of nervous system. Recent study reveals that heart and brain interact in adynamic relationship that regulates many aspects of cognition and emotional experience.

There is more information move from heart to brain and this information influences region in the brain that affect decision making, creativity and especially emotions.

Functions of Sadhak Pitta

- 1) Sadhak Pitta located in Brain, helps motivates the person to achieve his aspiration, goals, dreams (abhiprarthita, manoratha, sadhanakrut).
- 2) Without presence of normally functioning and healthy sadhak pitta, it would be impossible for anyone to achieve their aspirations. Thus, Sadhak Pitta is the key for human evolution. Prana-vata commands the intellect, brain and sense organs.
- 3) Sadhak Pitta stimulates them, thus they work in coordination.
- 4) Our mind has two doshas - Rajas and Tamas. Rajas can be understood as motion/movement. Tamas can be understood as darkness. Satva -is the supreme quality of mind. Spirituality, righteous deeds are because of satvik guna.
- 5) Functions of Mind Chintya -Thinking.

Vichara- Analyzing, Elaborating

Uha- Quessing, perceiving, assuming.

Dheya-Ambition for knowledge- condition of information gained from sense organ to intellect. Sankalp- Determination, Dedication.

Vyabhicharana- Doubt, Uncertainty.

Weak or Imbalance sadhak Pitta

It causes

- 1) Difficulty in making decision.
- 2) Taking a long time to make simple decision 3) Depression
- 4) Restlessness 5) Anxiety
- 6) Procrastination-Delay in doing the tasks. 7) Anger, Irritability.
- 8) Irrational, reckless behaviour 9) Violent reaction.
- 10) Muddle thinking, clouded mind.

Benefits of strong sadhak pitta- 1) Enjoyment of life, even little things. 2) Task completion with satisfaction 3) Strong, clear memory. 4) Peaceful and rejuvenative thought process. Meditation, yoga, asana and sleep. 5) Positive and understanding outlook on past, even with trauma.

Neurotransmitters

They are the chemical substances which act as mediators for the transmission of nerve impulses from one neuron to another neurone through synapses. so some few examples with their involment in different function.

1. Norepinephrine – plays role in awakening from deep sleep, dreaming, regulating mood.
2. Dopamine - is active during emotional response, addictive behaviors, and pleasurable experies.
3. Serotonin – Involved in sensory perception, temperature regulation, control of mood, appetite, and induction of sleep.
4. Nitric oxide – it plays a role in memory and learning.

Adrenaline secreted by adrenal medulla though not secreted by heart can be considered as a substance relating to heart's action because of its influence in heart conditions like fear, panic, tension, excitement.

Treatment of Sadhak pitta imbalance disorder

Treatment largely depends on the nature of disorder.

- Usually, Vamana, Virechana (purgation) therapies and brain function- promoting medicines such as Saraswatagrita, Saraswatarishta, Mahakalyanakaghrita etc. are advised.
- Functions of nervous system would slow down due to lack of motivation from sadhak pitta. Many nervous disorders would manifest. The best treatment for anxiety is to give

Courage. Satvavajaya chikitsa can be preferred

- In **modern medicine**, Agni is known as a metabolic mechanism. There are different types of agni- there is the agni that digests food, drink and substances put on the body, there is an agni in each cell of our body and an agni associated with each of the sub- doshas as well. So the agni that works for sadhak pitta is what processes emotions so that they can be released. It is known as sadhakagni.
- In **conventional medicine**, Sadhakagni can be compared to neuro-hormones, that are located all over the body. The neuro-hormones in the heart send messages to the brain indicating depression, fear, happiness, anger or joy. However the person perceives what's happening around them.

Balancing our Sadhak pitta

A special type of agni called sadhakagni is responsible for helping us process our emotions and let go of difficult memories. Just someone with strong agni has a good metabolism and are able to digest food more quickly. Someone with strong sadhakaagni processes negative emotions quickly. Some people are born with a strong sadhakagni while others have a weak sadhakagni or are going through a difficult time. By Strengthening our sadhakagni, we can balance our sadhaka pitta to improve our mental well-being and help our loved ones experience the same.

CONCLUSION

Sadhak pitta which located in Hridaya can acts instrumental tool for achieving Intelligence, enthusiasm, self-confidence. it is the one those function are very much similar with the function of higher centers of brain carried out by different neurotransmitters.

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