

"MANASIKA BHAVA AND ITS INFLUENCE ON THE MANIFESTATION OF NETRA ROGAS: A COMPREHENSIVE REVIEW"

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Article Received date: 21 June 2024

Article Revised date: 11 July 2024

Article Accepted date: 30 July 2024



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ABSTRACT

Ayurvedic diagnosis comprises two main components: *Rogapariksha* and *Rogipariksha*. *Rogapariksha* offers comprehensive insights into a disease, encompassing its origins, progression, and symptoms. The five essential elements of *Rogapariksha*, collectively known as *Nidana Panchakas*, include *Nidana*, *Purvarupa*, *Rupa*, *Samprapti*, and *Upashaya*. *Nidana*, as the primary component, not only identifies causative factors but also guides treatment by preventing their occurrence. Among the sensory organs, the eyes (*Netra*) hold significant importance (*Pradhana*), necessitating special care and attention for their protection. Understanding the potency of causative factors for eye diseases is crucial for effective treatment and maintaining optimal vision. Stress is acknowledged as the foremost contributor to various diseases today. It serves as the underlying cause for over 60% of all human illnesses. In the current era of fast food, irregular eating schedules, evolving dietary habits, sedentary lifestyles, and mental stress, these factors induce pathological changes in *Alochaka pitta*, *Prana vata*, *Tarpaka kapha*, ultimately affecting the eyes and leading to *netra vikaar* (eye disorders). This exploration seeks to delve into the role of mental states (*manasika bhava*) in causing *Netragat vikara*, analyzing the pertinent causative factors associated with psychological aspects influencing eye diseases accordingly.

KEYWORDS: *Netragat vikara*, *Alochaka pitta*, *Prana vata*, *Tarpaka kapha*, *Manasika bhava*.

INTRODUCTION

Shalakya is a vital branch of Ayurveda focused on diseases above the clavicular region. Acharya Sushruta dedicated a separate chapter in *Uttartantra* to *Sarvagat akshiroga*, detailing 76 types of eye diseases.^[1] The eye is not only crucial but also highly complex, functioning akin to a camera in the human body. Protecting the eyes is essential, as the imbalance of *Vata*, *Pitta*, and *Kapha*—responsible for bodily functions—can lead to various diseases.

Numerous causative factors (*Nidanas*) are outlined in different texts, influencing both existing disorders and emerging diseases. Our senses connect us with the environment, with sight alone processing up to 80% of external stimuli. Proper eye care throughout life is crucial to prevent curable and preventable blindness, aligning with global initiatives like 'Vision 2020' that emphasize avoiding causative factors.^[2]

Acharya *Vagbhata* emphasized the importance of consistent efforts to preserve eyesight, highlighting the profound impact of blindness on one's perception of the

world.^[3] *Nidana*, or causative factors, when unaddressed, can lead to serious diseases; hence, prevention through avoidance of these factors is considered a form of treatment. Understanding modern lifestyle's causative factors helps in analyzing and planning treatments for diseases. Mental states (*Manasika Bhava*) such as worry (*Chinta*), fear (*Bhaya*), grief (*Shoka*), and anger (*Krodha*) strongly influence metabolism and play a significant role in disease causation. This underscores the critical relationship between mental health and disease onset. Thus, this study aims to comprehensively analysed the causative factors (*hetus*) of eye diseases, including their psychological aspects. In Ayurveda, *Manasika Bhava* refers to psychological factors that play a crucial role in the manifestation and progression of *Netra Rogas* (eye diseases). The mind-body connection is deeply emphasized, highlighting how emotional states such as stress, anxiety, and emotional imbalance can disturb the doshic equilibrium—*Vata*, *Pitta*, and *Kapha*—that governs eye health. Psychological factors can aggravate specific doshas, leading to various ocular manifestations. For instance, *Vata* aggravation due to stress can result in dryness, while *Pitta* aggravation may cause inflammation

and sensitivity in the eyes. Similarly, Kapha imbalance can lead to excessive tearing or cloudiness.

Understanding these influences is critical in Ayurvedic diagnosis and treatment, where holistic approaches address both physical symptoms and underlying mental imbalances. Treatment strategies often include stress management techniques, lifestyle adjustments, and herbal therapies aimed at restoring doshik balance and strengthening ocular tissues. By integrating psychological assessments into clinical practice, Ayurveda seeks to provide comprehensive care that not only treats the symptoms but also addresses the root causes of Netra Rogas, promoting long-term eye health and overall well-being.

Objectives: The objective of this study is to examine the psychological causes (*manasika nidana*) contributing to eye disorders (*netragata vikara*).

MATERIALS AND METHODS

This review study involves gathering and analyzing information from various sources including ancient texts such as the *samhitas* and other relevant literature. The goal is to comprehensively understand and conceptualize the management of these diseases.

Review

Concept of Manas

After the convergence of Atma (soul), Indriya (senses), and Artha (objects of perception), the key determinant of cognitive perception (*Gnanotpatti*) is the mind (Manas).^[4]

According to Charaka, the mind is among the nine essential substances (*nava karana Dravya*). Both *Ubhayatmaka* and *Atiindriya* types of mind are unconscious but capable of action (*Kriyavan*).

The functions of the mind include:

1. Contemplation (*Chintya*)
2. Inference (*Uhya*), skilfully understanding the meaning of subjects and treatises
3. Analysis (*Vichara*), engaging in reasoning to accept or reject thoughts
4. Goal-setting (*Dheya*)
5. Resolve (*Sankalpa*), maintaining strong determination
6. Control of senses (*Indriabhi-graha*), directing the sense organs towards their respective objects
7. Self-control (*Svasyanigraha*), maintaining detachment from undesired subjects.

The mind possesses two qualities (*Guna*) – subtlety (*Anutva*) and unity (*Ekatva*)^[5], two disturbances (*Doshas*) – passion (*Rajas*) and ignorance (*Tamas*), and three states (*Bhava*) – purity (*Satvika*), passion (*Rajasika*), and ignorance (*Tamasika*).^[6] Sixteen types of mental constitutions (*Manasika Prakriti*) are described. It can be observed that individuals with *Rajasika* and

Tamasika mental constitutions are more susceptible to psychosomatic disorders due to excessive anger (*krodha*) and delusion (*moha*) respectively.^[7] Similarly, in the physical constitution (*Sharirika Prakriti*), individuals with Pitta and Vata constitutions are more prone to psychosomatic disorders as their minds are easily influenced by anger, grief (*shoka*), etc. In contrast, individuals with Kapha constitution are minimally affected by these mental states, or the effects manifest after a prolonged duration.^[8] The *Nidanas* (causes) of Netra Rogas (eye diseases) in Ayurveda are categorized into various groups based on their nature and origin. Here's an analysis of each category from clinical aspects:

1. Aharaja Nidana (Dietary Causes)

- **Clinical Relevance:** Diet plays a crucial role in Ayurveda, affecting overall health including the eyes. Excessive intake of Pitta-aggravating foods like spicy, salty, and sour foods can lead to conditions like conjunctivitis, redness, and inflammation of the eyes. Similarly, excessive intake of Vata-aggravating foods can cause dryness and related symptoms.

2. Viharaja Nidana (Lifestyle Causes)

- **Clinical Relevance:** Incorrect lifestyle habits such as excessive exposure to sunlight or artificial lights, prolonged use of electronic screens (computers, phones), and irregular sleeping patterns can contribute to eye strain, dry eyes, and other related disorders. Proper lifestyle adjustments are necessary to prevent and manage such conditions.

3. Ritu Viparyaya Nidana (Seasonal Causes)

- **Clinical Relevance:** Changes in seasons affect the body's doshic balance. For instance, exposure to excessive wind or dryness during certain seasons can aggravate Vata dosha, leading to symptoms like dry eyes and irritation. Understanding seasonal variations helps in adopting preventive measures.

4. Manasika Nidana (Psychological Causes)

- **Clinical Relevance:** Emotional stress, anxiety, and psychological factors can influence eye health. Stress can exacerbate conditions like inflammation and dryness. Management of stress through relaxation techniques, meditation, and counselling is important in managing and preventing eye diseases.

5. Agantuja Nidana (External Causes)

- **Clinical Relevance:** External factors such as injuries, infections, or exposure to pollutants can directly affect eye health. Trauma, infections like conjunctivitis, or exposure to environmental toxins are common examples. Proper hygiene and protection are crucial to prevent such conditions.

6. Bhashaja Nidana (Iatrogenic Causes)

- **Clinical Relevance:** This refers to causes arising from medical interventions, including adverse effects of medications or treatments. For example,

certain medications may cause dry eyes or blurred vision as side effects. Awareness and careful monitoring are essential in clinical practice.

7. Nidanarthakara Nidana (Predisposing Causes)

- o **Clinical Relevance:** These are factors that predispose an individual to eye diseases, such as genetic predisposition, systemic diseases like diabetes affecting eye health, or chronic conditions that indirectly affect eye function. Early

identification and management of predisposing factors are crucial.

8. Sankramik Nidana (Infectious Causes)

Clinical Relevance: Infections, both bacterial and viral, can affect the eyes. These include conditions like conjunctivitis or keratitis. Understanding the infectious nature, proper diagnosis, and timely treatment are important to prevent spread and complications

Nidana	Susruta Samhitha 9	Yogaratanakara 10	Bhavaprakasa, BP 11	Vangasena, VS 12	Gadanigraha, GN 13	Madhava Nidana 14	Harita Samhitha. HS 15
Swapna Viparyay	✓	✓	✓	✓	✓	✓	✓
Prasakta Samrodh ana	✓	✓	✓	✓	✓	✓	✓
Kopa	✓	✓	✓	✓	✓	✓	✓
Shoka	✓	✓	✓	✓	✓	✓	✓
Klesha	✓	✓	✓	✓	✓	✓	✓

Manasika Nidana

Emotional factors like fear (Bhaya), anger (Krodha), and grief (Shoka) are significant contributors to the onset of eye disorders (Netra Rogas). These emotions can disturb Doshas both physically and psychologically, ultimately manifesting as diseases.

These emotional factors disrupt the balance of physical doshas in the following ways:

Excessive anger and grief disrupt the balance of doshas in our body. Anger increases Pitta dosha, which governs metabolism and digestion, while grief increases Vata dosha, responsible for movement and communication within the body.

During anxiety attacks, our body releases a surge of adrenaline, causing the pupils to dilate. This dilation allows more light to enter the eye, which can lead to blurred vision due to the overwhelming amount of light entering the eye.

Potential imbalances of doshas (*dosha-dushti*) include 2heightened Pitta and Vata. Pitta imbalance can lead to conditions like subconjunctival haemorrhage, where there is bleeding under the conjunctiva (the clear membrane covering the white part of the eye). Vata imbalance may manifest as *Vataja Netraroga*, which includes various eye disorders associated with Vata dosha imbalance.

In essence, emotional states such as anger and grief not only affect our mental and emotional well-being but also have tangible effects on our physiological balance, potentially leading to specific health conditions related to eye health and overall bodily harmony.

Klesha (Stress): Stress, pain, and adversity disrupt both physical and mental doshas, potentially leading to eye diseases. Stress hormones such as cortisol are released, and activation of the hypothalamic-pituitary-adrenal axis

causes arteriole dilation and venous constriction. This can imbalance Vata dosha.

Probable *Dosha-dushti*: Vata imbalance.

Probable diseases: Central Serous Chorioretinopathy (CSR), eyelid twitching (Myokemia), dry eye syndrome, and vascular diseases affecting the retina.

Bhaspagraha (Suppressing tears during grief): Suppressed tears due to grief cause *vata* dosha to obstruct normal functioning of the lacrimal apparatus, leading to diseases. This can affect both Kapha and Vata doshas.

Probable *Dosha-dushti*: Imbalance of Kapha and Vata.

Probable diseases: Epiphora (excessive tearing) and blocked tear duct.

- **Prasakta Samrodhana** (continuous weeping): Prolonged crying stimulates the lacrimal glands, increasing tear production. This process washes away nutrients and reduces the protective activity of the conjunctival sac and lacrimal apparatus, leaving them more vulnerable to diseases.
- **Bhaya** (fear): Fear triggers a rapid autonomic and neuroendocrine response, causing muscle tension, increased heart rate, and sudden dilation of pupils. These physiological changes prepare the body for a fight-or-flight reaction.
- **Shoka** (grief): Grief and stress disrupt both physical and mental doshas. Research shows these emotions impact the endocrine, immune, autonomic nervous, and cardiovascular systems, which are closely linked to brain functions and neurotransmitters, ultimately affecting eye health.
- **Kopa** (anger): Anger prompts a surge in adrenaline levels, leading to pupil dilation and heightened sensitivity to light. This dilation can cause visual blurring due to excessive light perception. Additionally, anger triggers significant vasodilation through activation of the autonomic nervous system.

These emotional states profoundly influence brain functions, neurotransmitter activity, and consequently, have significant effects on ocular health and overall well-being.

DISCUSSION

Understanding the causes of disease is crucial as it provides insights into the nature of the disease and guides its diagnosis and treatment. Merely identifying causative factors does not immediately result in disease; they typically manifest first as prodromal symptoms before the disease fully develops. Here, we have analysed the causes of *Netraroga* as explained by Acharya Sushruta, with additional contributions from other authors. Contemporary lifestyle choices such as low physical activity, sedentary habits, and progressive weight gain significantly increase the risk of developing metabolic syndrome, which in turn adversely affects the eyes, a vital organ. Practicing these causative factors intermittently may not lead to disease immediately, but prolonged and excessive adherence to any of them can indeed result in diseases. According to Ayurveda, there is a significant relationship between psychological factors (Manasika Nidana) and eye diseases (Netra Rogas). This connection is understood through the concept of *doshik* imbalance and the impact of mental states on physiological processes, including those related to eye health.

Understanding the Relationship

1. **Doshik Imbalance:** Ayurveda categorizes individuals into different prakritis (constitutional types) based on the predominance of Vata, Pitta, or Kapha doshas. Psychological factors such as stress, anxiety, and emotional disturbances can disturb this balance and aggravate specific doshas.
2. **Impact on Doshas**
 - **Vata Imbalance:** Psychological stress and anxiety can lead to Vata aggravation. In terms of eye health, this can manifest as dryness, twitching eyelids, and even conditions like dry eye syndrome.
 - **Pitta Imbalance:** Anger, irritability, and excessive mental work can aggravate Pitta dosha. In the context of eyes, this may lead to inflammation, redness, sensitivity to light, and conditions like conjunctivitis.
 - **Kapha Imbalance:** Emotional attachment, lethargy, and depression can aggravate Kapha dosha. This might manifest as excessive tearing, heaviness in the eyes, and susceptibility to conditions like styes or chronic conjunctivitis.
3. **Specific Psychological Factors**
 - **Stress and Anxiety:** These can cause systemic inflammation and affect circulation, potentially impacting eye health by reducing blood flow to the eyes and increasing oxidative stress.
 - **Emotional Disturbances:** Strong emotions like grief or fear can disturb the mind-body balance and

exacerbate underlying doshic imbalances, affecting the eyes indirectly.

4. Pathways of Influence

- **Nervous System:** Psychological factors influence the nervous system, which in turn affects hormonal balance, immune responses, and circulation—all of which are critical for maintaining eye health.
- **Immune Function:** Chronic stress and negative emotions can weaken immune function, making the eyes more susceptible to infections and inflammations.

Clinical Implications

- **Preventive Measures:** Stress management techniques such as meditation, yoga, and breathing exercises can help mitigate psychological factors and maintain doshic balance.
- **Treatment Approaches:** Ayurvedic treatments for eye diseases often include therapies to pacify aggravated doshas, strengthen ocular tissues, and restore balance through diet, lifestyle adjustments, and herbal remedies.
- **Holistic Approach:** Addressing psychological factors alongside physical symptoms ensures a comprehensive approach to managing and preventing eye diseases in Ayurveda.

In essence, Ayurveda emphasizes the interconnectedness of mental, emotional, and physical health. By addressing psychological factors, practitioners aim to restore doshic balance and promote overall well-being, thereby supporting optimal eye health and preventing the onset or progression of Netra Rogas.

CONCLUSION

Understanding Nidana is crucial for assessing Dosha imbalances, determining the prognosis (*Sadhya Asadhyata*) of diseases, analyzing their pathogenesis, and planning effective treatments. Failure to address and avoid causative factors undermines the effectiveness of treatment modalities recommended by our ancient Acharyas, who emphasized the principle of "*Sanksepataha Kriyayoge Nidana Parivarjanam*." Nidana can act individually, collaboratively causing Dosha aggravation leading to new diseases, exacerbating existing conditions, and precipitating Dosha imbalances. The World Health Organization's global action plan "2014 – 2019" aims to consolidate efforts toward universal eye health, expanding integrated eye care services to address major causes of visual impairment and promoting awareness for optimal eye care to reduce visual impairment. Mental stress stands out as a primary exacerbator of diseases. Thus, the presence or absence of Manasika Bhava significantly influences the normal functioning of *alochakagni*, *tarpaka kapha*, *Prana vaayu*, the balanced formation of bodily elements, and ultimately, the state of health or disorders.

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