

THE CONCEPT OF PRAGYAPARADH WITH RESPECT TO THE FACTORS CAUSING MENTAL DISORDERS**Dr. Harsh Bhardwaj^{*1}, Dr. Swapnil Saini², Prof. Rajesh Kumar Manglesh³, Prof. Akhilesh Kumar Srivastava⁴,
Dr. Pooja Sharma⁵**¹M.D. 2nd Year, Dept. of Rog Nidan Evam Vikriti Vigyan, R.G.G.P.G. Ayurvedic College and Hospital, Paprola, Distt. Kangra, H.P., India.²Reader, Dept. of Rog Nidan Evam Vikriti Vigyan, R.G.G.P.G. Ayurvedic College and Hospital, Paprola, Distt. Kangra, H.P., India.³Prof. and H.O.D., Dept. of Rog Nidan Evam Vikriti Vigyan, R.G.G.P.G. Ayurvedic College and Hospital, Paprola, Distt. Kangra, H.P., India.⁴Prof. Dept. of Rog Nidan Evam Vikriti Vigyan, R.G.G.P.G. Ayurvedic College and Hospital, Paprola, Distt. Kangra, H.P., India.⁵Lecturer, Dept. of Rog Nidan Evam Vikriti Vigyan, R.G.G.P.G. Ayurvedic College and Hospital, Paprola, Distt. Kangra, H.P., India.***Corresponding Author: Dr. Harsh Bhardwaj**M.D. 2nd Year, Dept. of Rog Nidan Evam Vikriti Vigyan, R.G.G.P.G. Ayurvedic College and Hospital, Paprola, Distt. Kangra, H.P., India.

Article Received on 09/09/2024

Article Revised on 29/09/2024

Article Accepted on 19/10/2024

ABSTRACT

Pragyaparadha, or the transgression of an individual's intellect, is one of the *Trividha Roga Ayatana*, a three-fold classification of the etiological factors of diseases as described by *Acharya Charaka* in *Sutra Sthana*. The three primary causes are intellectual misuse (*Pragyapradha*), sensory misuse (*Asatmendriyartha samyoga*), and seasonal variations (*Parinama Or Kala*). Maintaining health through proper application of *Ahara* (diet) and *Vihara* (daily routine). *Ayurveda* also classified disease causes into three categories: 1. *Asatmendriyartha Samyoga* 2. *Pragyaparadha* and 3. *Parinama (Kaala)*. *Pragyaparadha* causes disorientation in intellect, patience and memory. The causes of mental disorders are numerous in *Ayurveda*. The primary cause of *Manasa Vyadhi* (mental disorder) is *Pragyaparadha* (willful transgression). *Pragyaparadha* (intellectual defect) can lead to disease manifestations related to the Mind (*Manas*).

KEYWORDS: *Ayurveda*, *Asatmendriyartha Samyoga*, *Pragyaparadha*, Mental disorder.**INTRODUCTION**

Ayurveda is the science of life. *Ayurveda* emphasizes the importance of maintaining proper *Aahar* and *Vihar* for optimal health. *Ayurveda* considers mental wellness to be a critical component of health and defines a healthy person. *Pragyaparadh* disrupts all doshas, resulting in various disorders. The term "*Pragya*" literally means comprehension, sagacity or cognitive acuity. The word *Aparadha* means fault, misapplication. *Pragyaparadh* disrupts all three *Shareerik Doshas* and *Manasika Doshas* resulting in various disorders. Lifestyle disorders are the result of modifiable behavioural factors.

According to *Ayurveda*, *Pragyaparadh* can be achieved by increasing *Satva Guna* and reducing *Raja* and *Tamo Guna* in the mind. According to *Ayurveda*, mental wellness is crucial for overall health and definition of healthy person according to *Ayurveda* is having balance of *Dosha*, *Agni*, *Dhatu*, *Mala*, and all senses.

AIMS AND OBJECTIVES

1. To describe the concept of *Pragyaparadh*.
2. To describe the concept of *Mana*.
3. To assess the relationship between *Pragyaparadh* and mental disorders.
4. Understanding the concept of *Dhi*, *Dhriti* and *Samriti*.

Definition of *Pragyaparadh*

Wrong deeds done on account of the impairment of intellect, wisdom, and memory, leading to the aggravation of all *dosha* is collectively known as 'intellectual error (*Pragyaparadh*)'. [*Cha. Sa. Sharira Sthana* 1/102].

Pragyaparadh is composed of two words: *Pragya* and *Aparadh*. *Pragya* = *Buddhi* + *Dhriti* + *Smriti*, and *Aparadh* means misdemeanor. Derangement of the intellect (*Budhhi*), restraint (*Dhriti*) and memory (*Smriti*)

can lead to improper actions (*Ashubh karma*). Improper actions vitiate all *doshas*. An imbalance of *doshas* is a leading cause of illness. What's the cause of this disorder? This is caused by the presence of *Rajas* and *Tamas* in the mind. These are the two qualities of mind that should be kept inactive. *Satva*, a quality of the mind, promotes purity and avoids delinquency. Mental equilibrium is maintained through three key attributes: intellect, restraint, and memory.

Concept of Mana

Acharya Charaka defined the functional aspects of *Mana* as *Chintyam*, *Vicharyam*, *Uhyam*, *Dhyeyam*, and *Sankalpam*, referred to as meaning of *Mana* in *Sharir Sthana*.

1. *Chintyam* – Thinking.
2. *Vicharyam* – Discussion.
3. *Uhyam* – Logical interpretation.
4. *Dhyeyam* – Aim, goal.
5. *Sankalpam* – Resolution.

Mansik Gunas include *Satva*, *Raja* and *Tama*. *Raja* and *Tama* are considered *Mansik Dosh* out of the three. Inadequate levels of these are linked to mental disorders.

Ayurveda considers food (*Ahara*), sleep (*Nidra*), and celibacy (*Bharamcharya*) to be the three *Upastambha* (pillars) of life. Among these, food has a significant impact on our mental health. Neglecting dietetics rules and consuming unclean, rotten food act as *Pragyaparadh* and are considered the primary etiology for psychiatric diseases in *Ayurveda*. *Pragyaparadh* occurs when a person, ruled by *Rajas* (rage) and *Tamas* (confusion), consumes *Rajasika* and *Tamasika* foods while disregarding prescribed dietary norms. As a result, morbid *Doshas* enter the heart and obstruct mental channels, making a person vulnerable to a variety of mental illnesses. Not adhering to dietary norms can result in an unhealthy state of *Dhi*, *Dhriti*, and *Smriti*, as well as poor mental health.

Budhhi or Dhi (Intellect)

Preserves knowledge, rational thinking, and decision-making abilities. The nature of the intellect is righteousness. If the intellect is clouded by *Rajas* and *Tamas guna*, it can lead to incorrect interpretations of knowledge and deviate from the right path.

Dhriti (Restraint)

Refers to the ability to control one's actions based on intellectual decisions. The function of restraint is to control the mind. *Dhriti vibransh*, or lack of restraint, prevents the mind from resisting sensual pleasures from harmful objects.

Smriti (Memory): Stores events for recall. Memory refers to the ability of the intellect to recall decisions quickly and act bravely. Memory refers to recalling past experiences. Memory impairment, also known as *Smriti vibransh*, refers to impaired recollection of reality.

Mental Disorder

According WHO mental disorders are characterized by a clinically significant disturbance in an individual's cognition, emotional regulation, or behaviour. It is usually associated with distress or impairment in important areas of functioning. There are many different types of mental disorders. Mental disorders may also be referred to as mental health conditions. The latter is a broader term covering mental disorders, psychosocial disabilities and other mental states associated with significant distress, impairment in functioning, or risk of self-harm. This fact sheet focuses on mental disorders as described by the International Classification of Diseases 11th Revision (ICD-11).

In 2019, 1 in every 8 people, or 970 million people around the world were living with a mental disorder, with anxiety and depressive disorders the most common. In 2020, the number of people living with anxiety and depressive disorders rose significantly because of the COVID-19 pandemic. Initial estimates show a 26% and 28% increase respectively for anxiety and major depressive disorders in just one year. While effective prevention and treatment options exist, most people with mental disorders do not have access to effective care. Many people also experience stigma, discrimination and violations of human rights. Mental disorder includes

1. Anxiety Disorders
2. Depression
3. Bipolar Disorder
4. Post-Traumatic Stress Disorder (PTSD)
5. Schizophrenia
6. Eating Disorders
7. Disruptive behaviour and dissocial disorders
8. Neurodevelopmental disorders

Cause of mental disorders

Mental illness is caused by multiple factors working together. Mental disorders stem from imbalances in *Mansik* and *Sharir Doshas*. The main causes of disease are *Asatmyaindriyarth Samyog*, *Pragyapradh*, and *Parinam*. According to *Asatmyaindriyarth Samyog*, mental disorders are caused by A disequilibrium between *Mana* and its *Artha*, specifically *Chintya*. *Pragyapradh* refers to intentionally engaging in inappropriate behaviour, which can negatively impact all *Doshas*.

Pragyapradh causes mental distress such as *Agantuj roga*, *Irshya* (jealousy), *Shoka* (grief), *Bhaya* (fear), *Krodha* (anger), *Ahamkar* (ego), and *Dwesh* (rivalry). Individuals with low self-esteem, tolerance, threshold, and *Raja/Tama* dominance are more likely to experience these conditions. *Raja* and *Tama* dominance can cause emotional imbalances and mental disorders. There are various emotions such as *Karma*, *Krodha*, *Lobh*, *Moh*, *Irshiya*, *Shok*, *Chinta*, *Udvega* etc.

Management

Ayurveda aims to both prevent and treat diseases. Today's life is characterized by stress and anxiety. Many people prioritize their busy schedules over their mental health. According to *Brihatrayi* (*Acharya Charaka, Acharya Sushrut, Acharya Vagbhat*), *Ayurveda* can help prevent mental illnesses through daily regimens such as *Dincharya, Ratricharya, Ritucharya, Sadvritta, Achara Rasayana*, and food intake.

According to *Ayurveda*, *Nidana Parivarjana* is the first step in managing diseased conditions. *Ayurveda* offers three treatment options: *Daivavyapshrya, Yuktivyapshrya*, and *Satvavajya*. All of these are crucial for managing mental illness. *Satvavajya* is beneficial for mental disorders as it distracts the mind from sources of disharmony. Numerous *Aushadhas, Rasayanas*, and *Upkramas. Achara-rasayana* has been shown to effectively treat mental disorders. Contemporary science also defines mental hygiene as "the art of pressurizing the mind against all incidents and influences calculated to deteriorate its qualities, impair its energies, or derange its movements." [In *Shodhan Chikitsa, Nasaya* is crucial for treating mental illnesses as mentioned in our *Samhitas "Nasa he shirso dwaram"* the nasal passage is said to be the door to brain.

CONCLUSION

Mental illnesses are on the rise in our country. These mental disorders can be avoided by making healthier lifestyle choices. *Pragyaparadh* is the true understanding of things as they exist through their constituent parts, *Dhi, Dhriti*, and *Smriti*. *Pragyaparadh* can lead to unhealthy lifestyle choices, including food, sleep, addiction, and moral behaviour. Deranged intellect (*Dhivibrashhta*), restraint (*Dhruvibrashhta*), and memory (*Smrutivibrashhta*) can result in ominous actions (*Ashubh karma*). *Pragyaparadh* - induced actions aggravate *Tridosha* while stimulating *Rajas* and *Tamas*, creating an environment that contributes to a variety of mental disorders. Misbehaviour, whether verbal, mental, or physical, negatively impacts mental health. Maintaining mental health requires a healthy diet, a balanced lifestyle, and emotional regulation.

Avoiding *Pragyaparadh* promotes mental and sensory clarity, preventing psychiatric diseases caused by chronic stressors. It also improves interpersonal relationships and social skills. Understanding and identifying causes can lead to lifestyle modifications. The only way to prevent is through lifestyle changes.

REFERENCES

1. Charaka Samhita, Sutra Sthana 1/42, page no. 13, by pt. Kasinath Sastri, Dr Gorakha Nath Chaturvedi with Elaborated Vidyotini Hindi Commentary Part-I Published by Chaukhambha Bharati Academy Varanasi, Reprint year 200.
2. Ashtang Hridaya, Upadhyaya Yamunandan, Vidyotini, Hindi Commentary.

3. Charaka Samhita, Nidana Sthana 1/21, page no. 611, by pt. Kasinath Sastri, Dr Gorakha Nath Chaturvedi with Elaborated Vidyotini Hindi Commentary Part-I Published by Chaukhambha Bharati Academy Varanasi.
4. Sarira Kriya – vidnana, Dr Nandini Dhargalkar, Chaukhamba sanskrit series.
5. Charaka Samhita, Sutra Sthana 1/47.
6. Ashtang Hridya Sutra Sthana 1/21.
7. Sushrut Samhita Sutra Sthana 15/48, page no.64, by Kaviraja Ambika dutta Shastri A.M.S. with "Ayurveda-Tattva Sanipika" Hindi Commentary Part-I Edition Reprint (2007) Published by Chaukhambha Sanskrit SanSthana Varanasi.
8. https://www.who.int/health-topics/mental-health#tab=tab_2.