



SADHAKA PITTA AND ITS INFLUENCE ON MENATAL HEALTH: A REVIEW

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ABSTRACT Sadhaka pitta is a sub type of Pitta associated with various mental function and emotions. It is located in Hridaya and protects the Hridaya from Tamoguna and Kapha. Its main function is improve, mental well being, giving enthusiasm, promotes emotions and memory, intelligence etc. Sadhaka pitta function is manly related to mental faculties. Hence, Imbalance stage of Sadhaka pitta may cause various mental and emotional disorders. Research work shows, how the Sadhaka pitta influence our mental health.

KEYWORDS : Sadhaka pitta, Hridaya, Mana, Triguna, Kapha, Memory

INTRODUCTION

Each of the three *Dosa (Vata, Pitta, Kapha)* have the five Sub *Doshas*. Each of these sub *Doshas* has their own energetic and physical responsibilities within the body. Our mental, emotional and physical health is influenced by these *Doshas* One of the sub dosha of *Pitta*, called as *Sadhaka pitta*, responsible for mental and emotional health¹, is the focus on this article.

The word *Sadhaka* is derived from the “*Saadha*” which means “to accomplice”². The Agni is represented in our body in the form of *Pitta*. *Agni* and *Pitta* are often considered as synonyms. In balanced state, it is responsible for the *Shourya* (courage), *Bhaya* (fear), *Krodha* (anger), *Harsha* (exilaration), *Moha* (delusion, confusion)³ etc. It also responsible for the determination of *Budhi* (intelligence), *Medha* (memory and intellect), *Utsaha* (enthusiasm) *Abhimana* (self-esteem)⁴ and also it is the man instrument to achieve the individual aspiration (*Abhipretartha manoratha* means to achieve a desired or wished things). viz. *Dharma* (righteous behaviour) , *Artha* (wealth) , *Kam* (fulfilment of desire) , *Moksha* (freedom from bandages)⁵. However, when out of balance, it may cause negative emotions, viz. self- criticism, jealousy, mood swings. In extreme cases it may lead to serious psychosomatic disorder like depression, hallucination, bipolar disorder, amnesia etc.

AIMS AND OBJECTS –

1. To understand the concept of *Sadhaka pitta*.
2. To understanding the relationship between *Sadhaka pitta* and mental disorder.

STHANA/LOCATION -

Sadhaka pitta is caretaker of the heart. In Ayurveda heart is considered as 'the seat of consciousness', thus ultimately connecting the heart and mind. *Sadhaka pitta* is always protects the heart from *Kapha* and *Tamoguna*, it expel the *Kapha* and *Tamas* from *Hridaya* so, that's why *Manas* can perceive the things clearly. It is also responsible for the better reception of the *Shabda*, *Sparsha*, *Gandha* etc⁶.

Hridaya –

The *Hridaya* term consist of tree root –*Hr- Harana* (receiving); *Da-Dana* (giving away); *ya- Ayana* (moving or maintaining a continuous activity of above two function)⁷. *Acharya Sushruta* clarified that *Hridaya* is the specific seat of *Chetna* (consciousness) hence, when heart is covered with *Kapha* and *Tama* (negativity or disproportionate energy) then living beings depart in a sleep. *Acharya Charaka* has stated in *Rasa-rakta-samvahana*, *Vyana Vayu* eject the *Rasa* from *Hridaya* and circulate it all over the body⁸. In *Arthedashamahamulya adhyaya* six division of body (four limbs, head, torso), *Vijyana* (intellect), *Indriya* (motor and sensory action, object of *Indriya* (five sensory perception), *Atma* (virtuous soul) along with its attributes, *Mana* (mind) and object of *Mana* all are dependent on the *Hridaya*⁹. *Sadhaka pitta* is located on the *Hridaya* and associated with these

mental function and emotions which are related to brain.

FUNCTION OF SADHAKA PITTA –

Various function of *Sadhaka pitta* is mentioned in *Ayurveda Samhitas* by many *Acharyas*. First time five types of *pitta* have been explained with the name *Pachakagni*, *Ranjakagni*, *Sadhakagni*, *Alochakagni* and *Brajakagni* by *Acharya Shushruta*. He also explained the location and function of *Pitta dosha*. He said that, *Sadhaka pitta* is responsible for certain mental faculties and emotion. It has a very important role in the processing of life's events and subsequent emotions. It help to achieve *Chaturvidha Purusartha* i.e. *Dharama*, *Artha*, *Kama*, *Moksha*¹⁰.

Table 1: Function Of Sadhaka Pitta By Different Acharya¹¹

S.N.	Samhita/ textbook	Karma (function) of Sadhaka pitta
1.	<i>Charaka Samhita</i>	<i>Shurya</i> , <i>Harsha</i> , <i>Moha</i> , <i>Bhaya</i> , <i>Krodha</i>
2.	<i>Sushruta Samhita</i>	<ul style="list-style-type: none"> • help to achieve <i>Purusartha chatuska</i> and <i>Manoratha</i>, remove the covering of <i>Tama</i> and <i>Kapha</i> from <i>Hridaya</i> and increase the <i>Satva guna</i>, perceiving the goal. • <i>Ojakrita</i>, <i>Medha</i>
3.	<i>Astanga Hridaya</i>	<i>Budhi</i> (intelligence), <i>Medaha</i> (memory), <i>Abhimana</i> (self-esteem)
4.	<i>Astanga Sangraha</i>	<i>Budhi</i> (intelligence), <i>Medaha</i> (memory), <i>Abhimana</i> (self-esteem)
5.	<i>Madhava Nidana</i>	responsible for <i>Budhi</i> (intelligence), <i>Medha</i> (memory)
6.	<i>Sarangadhara Smahita</i>	responsible for <i>Budhi</i> , <i>medha</i>
7.	<i>Bhavaprakash Nighantu</i>	<i>Kaphatamo apanadanmo</i> (remove the excessive <i>kapha</i> and <i>tama</i> from <i>Hridaya</i>)
8.	<i>Bhela Smahita</i>	To achieve <i>Chaturvarga</i> by confirming <i>Shabda</i> , <i>Sparsha</i> , <i>Gandha</i> . Sub-state of this <i>Loka</i> and other by its own <i>Yukti</i>

MANA-

the word '*Manas*' or '*Manah*' has been derived from the root '*Mana*' by adding '*Asun*' *Pratyaya* to it, means which expresses or gives knowledge¹². *Sushruta* has mentioned, that the *Sadhaka pitta* enables to achieve one's aspiration i.e. *Sabhiprarthita-Manoratha-Sadhanakrita* means the desire which persists inside *Mana* (mind) fulfilled by *Sadhaka pitta*. *Mana* is stated to be cause for the perception of the knowledge of *Sukha* and *Dukha*. *Mana* is known as a *Ubhayaindriya* as, it helps all sense organ in perception. *Cintya* (thinking), *Vicharya* (planning), *Uhya* (imagination), *Dhyeya*

(concentration), *Sankalpa*(determination). They are the five object of *Mana*¹³. At first, *Mana* thinks about the object whether a particular act is to be done or not. Then *Mana* considered, examine or inquire about the merits and demerits, profits and loss or position about the deeds. Afterward *Mana* images or thinks hypothetically or logically about the probability of the work, then its concentrate on a particular object continuously with dedication. In final round mind determined the merits and demerits and what to do or not do.

TRIGUNA AND MANAS (MIND) –

Practically in *Ayurveda manas*(mind) and *Sharira*(body) were separated and according to the entity *Doshas* was also separated. *Sharirika dosha* called as *Vata, Pitta, Kapha* and *Manas*(mental) *doshas* are *Raja, Tama* mutually affect each other. *Triguna* (*Satva, Raja, Tama*) work on a psychological or mental state such as thinking, feeling and willing or desire. *Satva* refer to “*Sat*” mind, reality, truth, pure quality. *Satva* is indicated by knowledge acquisition, analyzing. *Satva* is a nature of harmony in various forms. *Rajas* refer to “*Raja*” means stain, passion, agitation. *Rajas* is the initiator of thought, which gets converted to an action by desire, effort and memory. *Tamas* refer to “*Tama*” means darkness, ignorance and is indicated by an inability to perceive, laziness. *Tamas* regulates the active *Satva* and *Rajas* and it is the nature of delusion¹⁴.

The predominance or disproportion of *Triguna* may lead to psychological imbalance because of all three is essential for a healthy state of mind. *Charaka* mentioned that *rajas* and *Tamas* are pathogenic and produce mental disorders, however *Satva*, is not consider as *Dosa*. Memory, conception, intellectual, aesthetic, moral state of mind, judgment, reasoning power are belong to *Satva*. When *rajas* is predominant mental and emotional disturbance like fear, anger, hope, envy, forethought, self-centre, hate arises, mental state is depressed, dull.

Due to *Tikshna guna, Sadhaka pitta* clear the heart from *Kapha* and *Tamas* covering which is the seat of *Manas* and *Budhi*. *Sadhaka pitta* is metabolically responsible for creating co-ordination between the motion, senses, thought and action. Balanced condition of *sadhaka pitta*, promotes emotions and memory and creates an even temperament, equanimity and a sense of fulfilment regardless of circumstances. *Sadhaka pitta* not only gives the ability to navigate life's challenges but also provide inspiration, courage, and determination to overcome with obstacles.

Imbalanced Sadhaka pitta in mental health –

Imbalanced *Sadhaka pitta* may lead to various psychosomatic disorders. It may cause various disorder related to thought process, person would lose motivation, courage, peace of mind. Due to aggravation of *Sadhaka pitta* person become impatience or sometimes anger may be seen. When it is low, it would increases the *Kapha* and *Tamo guna* in brain resulting depression, lack of motivation, laziness, amnesia, all metabolic process, emotional and daily activity may be slow down²¹.

Symptoms of Imbalance Sadhaka pitta –

- Depression, anxiety
- Difficulty in making decision even simple decision
- Restlessness, rages
- Insecurity
- Inferior complex
- Irritability, anger
- Unable to make clear judgement
- Hallucination
- Violent reaction

In extreme cases it may leads to serious psychosomatic disorder like bipolar disorder, ADHD, Alzheimer, amnesia etc....

CONCLUSION –

Sadhaka pitta located in *Hridaya* and responsible for Intelligence, enthusiasm, self confidence. In balanced state *Sadhaka pitta* improve our mental well being, promotes emotions and memory etc. but imbalance *Sadhaka pitta* influence our *Mana*(mind) and cause various mental disorder.

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