

EFFECTIVENESS OF USHNODHAKADHĀRĀ IN THE MANAGEMENT OF PSYCHOLOGICAL STRESS

RP Liyanage^{1#}, P Vitharana² and SS Hettige³

¹Gampaha Wickramarachchi Ayurveda Institute,
University of Kelaniya, Sri Lanka

²Department of Cikitsa, Gampaha Wickramarachchi
Ayurveda Institute, University of Kelaniya, Sri Lanka

³Director, Manasa Ayurveda Psychiatry Hospital, Neelammahara,
Boralessgamuwa, Sri Lanka

#liyanr20@gmail.com

According to Ayurveda, *Pragnāparādha* (intellectual error), *Parināma* (time factor), *Asātmendriyārtasamyōga* (unwholesome contact of senses with its objects) cause all physical and mental diseases. At the chronic decline of *Satvaguna* in the *manas* leads to the mind becoming stressed. Imbalances in, *Rajas* and *Thamas Guna* also leads to psychological stress. *Dhārā karma* at the *Agnyā Chakra* is known as effective in mental disturbances. The current research has been designed to study the efficacy of *Ushnodhakadhārā* against psychological stress with reference to Ayurveda *Manōbhāva* concepts. Ninety individuals with psychological stress were randomly selected and grouped in to 2. The study was conducted for 21 consecutive days with 45 minutes of *Dhārā Karma* and 30 minutes of supportive psychotherapy (SPT). Follow up period

was 60 days. Study group (SG) were subjected to *Ushnodhakadhārā* and SPT. The control group was subjected only to SPT. The assessment was carried out before and at the end of treatment which was based on the relief of clinical signs and symptoms of psychological stress and *manōbhāva* according to a grading system. Data were statistically analyzed. SG was found highly significant in each *manōbhāva*, $p < 0.001$. *Ushnodhakadhārā* elaborated better results in *Manōbhāva*. Pacification of provoked *Dōsha* using *Ushnodhakadhārā* promoted the *Mēdhya*, *Sthairya Mana*, *Harsha*, *Shraddhā* and *Smṛuti*.

Keywords: *Manōbhāva*, *Ushnodhakadhārā*, Stress, *Dhārā*