

Smaranonmada – An Ayurvedic Review

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Abstract: In this universe every person is different from another because of his *Sharirika* as well as *Mansika Prakriti* (Physical and Mental Constitution). Human *Manas* (mind) is a special gift, which is very complex in nature and responsible for good and bad deeds. *Manas* act as a controller for all *Indriyas* (*Gyanendriyan* and *Karmendriyan*). It acts as catalyses the *Indriyas* towards constructive as well as destructive activities. *Manas* is also act as a *Swasya Nigraha* (self-controller). All these entities are well balanced by mind knowingly or unknowingly to people in their life. But this balancing nature of mind nowadays is getting deprived under the influence of growing stress and strains in life. Intellect, thinking power, memory, temperament, behavior, social attitude, etc. of an individual depends upon mental faculties. Due to which *Sharirika* and *Mansika Dosha Paraspara Sambandha*, *Vata* and *Rajas Dosha* gets aggravated and produces *Manovibhrama*, which leads to *Smaranonmada*. In this condition if a person not getting desired *Stree-Sambhoga* may leads to insanity or *Smaranonmada*.

Keywords: Gyanendriyan, Karmendriyan, Manovibhrama, Mansika Prakriti, Paraspara Sambandha, Sharirika Prakriti, Smaranonmada.

1. Introduction

In this universe every person is different from another because of his *Sharirika* as well as *Mansika Prakriti* (Physical and Mental Constitution). Human *Manas* (mind) is a special gift, which is very complex in nature and responsible for good and bad deeds [1]. *Manas* act as a controller for all *Indriyas* (*Gyanendriyan* and *Karmendriyan*) [2]. It acts as catalyses the *Indriyas* towards constructive as well as destructive activities. *Manas* is also act as a *Swasya Nigraha* (self controller) [3]. All these entities are well balanced by mind knowingly or unknowingly to people in their life. But this balancing nature of mind nowadays is getting deprived under the influence of growing stress and strains in life. Intellect, thinking power, memory, temperament, behavior, social attitude, etc. of an individual depends upon mental faculties. Due to which *Sharirika* and *Mansika Dosha Paraspara Sambandha* [4], *Vata* and *Rajas Dosha* [5] gets aggravated and produces *Manovibhrama*, which leads to *Smaranonmada/Kamonmada*. In this condition if a person not getting desired *Stree-Sambhoga* may leads to insanity or *Smaranonmada*.

2. Nidana (Causes) of Smaranonmada [6]

1. Not getting sex with desired *Praiyase Stree* (loving female) by a person
2. Not getting sex with desired *Premi Purusha* (loving male) by a lady
3. *Sukra Dosha*
4. *Rajo Dosha*
5. *Jananendriya/Mutrendriya Dosha*
6. *Vata Dosha Prakopa*

3. Lakshana (Sign and Symptoms) of Smaranonmada [7]

1. *Stabadhata* (stupefaction)
2. *Pralapa* (rambling)
3. *Kampana* (trembling)
4. *Swasakrichchhata* (difficulty in breathing)
5. *Pandu Varna* (paleness of body)
6. *Rodana* (crying)
7. *Adhirta* (impatience)
8. *Praiyase/Premi Chintana* (desire of a loving female/male)
9. *Kamatura* (lustful)
10. *Chanchala Manas* (fluctuating ming)
11. *Ashlila Chestayen* (salaciousness)

4. Awasthayen (Stages) of Smaranonmada [8]

There are 10 *Awasthayen* (stages) of *Smaranonmada*. These are usually seen in the person, who is having *Heena Satva* and *Durlabha Chitta*.

1. *Prathama Awastha* (first stage) – Loving with eyes.
2. *Dwitiya Awastha* (Second stage) – Mentally Affection to *Praiyase/Premi*.
3. *Tritiya Awastha* (Third stage) – Delima to *Praiyase/Premi*.
4. *Chaturtha Awastha - Nidra-Nasha* (insomnia)
5. *Panchama Awastha – Krista/Dhatukshaya* (emaciation)
6. *Shashtama Awastha* – Separation of *Indriyas* from their objects
7. *Saptam Awastha – Lajjanash* (disgraceness)
8. *Saptam Awastha – Unmada* (insanity)
9. *Navama Awastha – Murchchha* (epilepsy)

10. *Dasham Awastha – Mrityu* (death)**5. Chikitsa (Treatment) of Smaranonmada**

1. *Nidana Privarjanama* (Avoid the causes) [9]
2. *Paraspara Pratiwandwa Chikitsa* (Detachment from actual cause of *Smaranonmada*) [10]
3. Companionship of the lovers.
4. *Shukra-Rajo Dosha Chikitsa*.
5. *Vatashamaka Chikitsa*.
6. *Aushadha Yoga Chikitsa* –
 - A. *Brihata Vangeshwara Rasa* – 125mg
Swarnavanga Bhasma – 125 mg
Ashwagandha Churna – 01 gm
 Twice in a day with *Madhu* (honey)
 - B. *Shilajativadi Vati* – 02 Three times in a day
 - C. *Madananand Modaka* – 02 gm twice in a day
7. *Ashvasana Chikitsa* (assurance treatment) [11]
8. *Satvavajaya Chikitsa* (Counseling) [13]
9. Tools of *Satvavajaya Chikitsa*- In *Manas Roga*, *Gyana*, *Vigyana*, *Dhairya*, *Smriti* and *Samadhi* are the tools for the *Satvavajaya Chikitsa* [14].

6. Pathya (Wholsome) [15]

Laghu (light), *Supachya* (easy to digest), *Vatanulomaka* (carminative) and *Satwika* (good for mind) *Ahara*.

7. Aathya (Unwholsome)

Bhartsana (denunciation), *Manovighata* (trauma to mind), *Tikshna* (astringent), *Amla* (sour), *Lavana* (salty), *Katu* (pungent) *Dravyas*, *Tamsika* (avengeful) and *Mansahari* (non-veg) *Ahara*.

8. Conclusion

This paper presented a review on *Smaranonmada*.

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