

## MENTAL DISEASES( MANASIKA ROGA)

Improper union of time, objects and actions is cause of all the diseases;all so in the case of manas.Nidhana of all roga can be classified in to three groups.error in the co-ordination between sense organs and it's senses,error in intellect, will power and memory and variation in the seasons.

The treatment in Ayurveda is by intellect, will power and self orientation .Ayurvedic psychotherapy is based on this principle.These are used as preventive and curative measures.Treatment without the administration of drugs too is advised here.

### RELATION BETWEEN MANAS AND OJAS

Ojas is the essence of all tissues when they are in good condition.It is situated in heart.Manas also situated in heart.Ojas is depleted by mental emotions like anger,grief etc. when ojas is depleted person become fearful, increase worried; his faculties will not be able to function properly. Surprisingly increase in ojas is not pathetic.It helps to increase the efficiency of manas and it's functions.

### OTHER FACTORS ASSOCIATED WITH MANAS

#### A)REBIRTH

According to Ayurvedic view soul along with manas enter the zygote at the time of fertilization.Soul (chethana dhatu) leaves the body at the time of death and the body dispersed into 5 basic elements.Number of manas is innumerable and manas has no

#### B)STRENGTH ( )

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