



24th Aug 2024- Atharv Borude, guided by Dr. Advait Menon, Assistant Professor in Roga Nidan Evam Vikriti Vigyan Dept., won 2nd prize in for poster presentation on the topic 'Mantra Chikitsa- A Comparative Review of Ayurvedic and allied sciences', at the prestigious 'Augustcon- Two day national conference' organised by Vaidya Nanal Research Foundation, at Dr. D.Y. Patil College of Ayurveda & Research Centre, DPU, Pune.

Mantra Chikitsa- A Comparative Review of Ayurvedic & Allied Sciences

1. Atharv G. Borude (2nd Year BAMS Student, BVDU College of Ayurveda.

2. Vd. Advait M. Menon (Guide, Assistant Professor, Department of Roga Nidan Evam Vikriti Vigyan, BVDU College of Ayurveda)

मन्त्र- मन्त्र्यते गुप्तं परिभाष्यते इति। (श.क.द्व.)

INTRODUCTION

Mantra Chikitsa is a very ignored aspect of treatment currently. In Ayurveda, though it was practiced in earlier times, especially in Agad tantra it is very rarely used now. It is seen that mantra Chikitsa is prescribed in Brihatrayi as well as other books of allied sciences, other than it's applications in Agad.

OBJECTIVES

To review use of Mantra Chikitsa in Ayurveda and allied sciences.

METHODOLOGY

References of Mantra Chikitsa were collected & compiled from samhitas, online search was done on Archive.com for books like Ravan Samhita, Bhuta Damara, Siddha Shabar Mantra, Ashtakarma Siddha Shabar, Gorakhnath Virachit Shabar. Research articles regarding Mantra Chikitsa from various Journals, Websites, were also referred and their references were cross checked, analyzed and added to the compilation. Mantra which were indicated only in rogas were taken.

RESULTS

Charaka Samhita	Sushrut Sambhita	Ashtanga Hridayam	Ashtanga Sangraha
<ul style="list-style-type: none"> Su.11/54- Three Kind of Treatment Modalities Ni.7/16- Treatment of exogenous Umnada Vi.8/87- Assessment & Categories of Medicine Sha.8/8- Mantra to be recited before sexual acts Sha.8/39- Sukhaprasav Mantra Chi.8/94- Spiritual therapies in case of Umnada Chi.23/61- Visha Chikitsa as per Doshas Chi.23/90- Mahagandhahastinama Agad Chi.23/223- Shanka Visha Chikitsa K.1/14- Mantra to be recited before Vaman Procedure 	<ul style="list-style-type: none"> Su. 5/17- Shastrakarma Uttara Vidhi Su. 5/33- Vraninam Rakshakarma Su. 46/448- Ahardushakvishanashan Chi. 13/25-26- madhumeha chikitsa Chi. 28/9- Alakshminashan Bilvayoga K. 5/8- Sarpadashta Arishta Bandhan K. 5/9- Mantra Prashansa K.5/11- Mantra Grahan Vidhi K.5/58- Vishen Putibhutasya Mansasya Chikitsa K. Alarka Visha Daivavyapashrasy Chikitsa U. 35/8- Mukhamandikarthe Bali Snan 	<ul style="list-style-type: none"> Sha.1/28- Putaprapti Vidhi Sha.1/33- Mantra to be recited before sexual act Sha.2/26- Sukhaprasava Mantra U.1/2- Mantra to be recited immediately after Birth U.1/12- Mantra to be recited along with Madhu Sarpi Paan U.3/40- Balagraha Chikitsa U.3/58- Bhutabaddha Chikitsa U.35/27- Mantra to be recited while preparing vishaghna gutika. U.36/42- Mantra to be recited during Arishta Bandhan. U.36/89- Mantra to be recited while washing Snake bite U.38/37- Mantra to be recited while doing Snan vidhi for Rat & Dog bite 	<ul style="list-style-type: none"> Sha 3/25- Garbhprasavkar Mantra Sha 1/53- Putraprapti Mantra Chi 2/78- Jwarchikitsa U. 1/4- Prabodhan Mantra U.1/13- Prashan Mantra U. 3/25- Balagraha Chikitsa U. 4/7- Pratisaran Mantra U. 4/10- Mandalvidhan Balimantra U. 4/11- Grahasannidhayak Mantra U. 5/16- Snanan vidhi U. 6/2-13- Pratyek Graha Pratishedha U. 40/9- Visha Samanya Guna & Deha Prabhava U. 40/46- Sanjivan Agad U. 42/3- Sarpa Dashta Kartavya U. 42/54- Shanka Visha Chikitsa U. 48/2- Prativisha Yojana U. 48/3- Avashyakata of Siddha Mantra

Ravana Samhita	Shabarmantasagar	Gorakhnath Virachit Shabar	Bhuta Damara
<ul style="list-style-type: none"> Mantras have been described for- Mritasanjivani Prayoga Sarpa Nivaran Rakta Nivaran Sukhaprasav Ratrijwar Arsha Danta Krumi Hikka Pleeha Vriddhi Ardhvbhedak Sarva Rogahar Mantra 	<ul style="list-style-type: none"> Mantras have been described for- Atisthula Kasa Mutra Ashmari Increasing the length & Desnity of Hairs Arsha Sangrahani Ardhvbhedak Ratrijwar Jirnajwar Bhutajwar Sannipatjwar Shwas 	<ul style="list-style-type: none"> Mantras have been described for- Peenasa Danta Peeda Netra Peeda Arbuda/Gulma (Adeeth) Ansa Parshwa Shul Kamala Ardhvbhedak Gandamala Karna Shula Arsha Garbhashay Vikara Pravahika Sarva Rogaharan Night Blindness Kati Shul Aniyamit Rajastrava Anek Roga Nivarana 	<ul style="list-style-type: none"> Mantras have been described for- Sukhaprasav Mantra Bhuta-Graha Nivaran Vruschika Visha Vividha Roga Upashama Sarva Rogaharana Charms for curing Atisaar & Amarakta <p>Siddha Shabar Mantra</p> <ul style="list-style-type: none"> Hanuman Mantra (For curing all Vatavyadhis- Same Mantras as Mentioned in Ravana Samhita)

DISCUSSION

Mantra Chikitsa has been described in Ayurveda as well as in Allied Sciences for Diseases. In Ayurveda, it has been classified under Daivavyapashraya Chikitsa. However, Ayurveda has focused on Dravyabhuta Chikitsa predominantly. It is noticed that Samhitakara have used Mantra in areas of Agad Tantra & Grahabadha primarily. Very few indications of Mantra can be found in disease conditions. The following factors might be contributing to it-

- Paradhikarshu Na Vistaroktam Bhavati- Samhitakaras have refrained from commenting on other specialities time & again. Although Graha Chikitsa is part of Ashtanga Ayurveda, only indications of Mantra have been found. Contrary to allied sciences, which go in depth about practices & rituals required to perform Mantra Chikitsa.
- Focus on Dravyabhuta Chikitsa- Ayurveda being the primary health science, Acharyas must have focused more on use of different Herbs & formulations to treat disease conditions.
- Specific Indications of Mantra- Acharyas have indicated Mantras in specific sensitive conditions, like Visha & Graha Badha, points out to the fact that possible Sannipatik Conditions were catered with Mantra as a add-on or primary therapy.

Mantra Chikitsa possessing such huge potential has been ignored rather lost in the abyss over the period of time. Practices such as Vishnusaharanaam in Jwara Chikitsa or Daivavyapashraya Chikitsa in Umnada are currently sporadically found. The reasons to decline of Mantra Chikitsa can be discussed as-

- Although Mantra satisfies all criteria of Prashasta Bhashya, proper Siddhi is required for the same. This aspect is very well covered in Allied Sciences rather than Ayurveda.
- Lack of Experts- Mantras are 'Shrutis', which are to be transferred orally. This requires Uccharan & Abhyas through the experts of that respective fields which are currently lacking.
- Lack of Skill- Allied Sciences describe elaborately about procedures & requisites for a person who wants to practise specific Mantras. There are very tedious & require perseverance & dedication. Only when the Mantra is Charged (Siddha), it's desired results are obtained.
- Taboo of Superstitions- In the 21st Century, Mantra Chikitsa is nearly viewed as a Superstition & Hoax which restrains it's practice & study.

CONCLUSION

Mantra Chikitsa has the potential to be effective in Sannipatik Avastha of disease conditions when practiced with proper norms & by abled person. Allied Sciences must be referred for proper Standard Operating Procedures (SOP) of Mantra Chikitsa.