



“Importasnce of Ashwasan (आश्वासन) chikitsa ” - A Literature Review”

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Abstract:

Ayurved as Adravya Chikitsa, where no internal medicine as such is used to treat a disease but presence of some kind of things give. Ashwasan is one of the adarvya chikitsa in Ayurveda where the only counselling carried out. Aashwasan Chikitsa consists of good, pleasing and benevolent thoughts, spiritual ideas, positive attitude, ethics and communication with near ones. So in the treatment of disorders, only Ashwasan or sometimes along with medications therapy plays a very important role. Finally Aashwasan Chikitsa can act as a part of preventive, curative therapy.

Keywords: Aashwasan Chikitsa

Introduction:

Aashwasan Chikitsa. Aashwasan Chikitsa consists of good, pleasing and benevolent thoughts, spiritual ideas, positive attitude, ethics and communication with near ones.

Meaning of Aashwasan has also been said to be "Abhaydan", i.e. to give comfort to the patient by various measures, to generate enthusiasm in his mind, is called Aashwasan Chikitsa. The distortions of the mind are removed by constant reassurance/consolation by family and friends. Aashwasan relieves fear, increases self-confidence and promotes mental stability of mentally ill individuals. Under this technique, the patient is explained about the nature of the disease so that the patient can be diagnosed with the disease. If the cause of mental unrest is an improper understanding of the facts about the disease, then he may be provided with the impetus of a proper insight to change his mind.

According to Vagbhatt, Aashwasan is the best to provide mansika sabal “Aashwaso balkaranama”. Aashwasan can be placed under Psycho-dynamic therapy of modern psychotherapy. In psychological disorders, counseling therapy (Aashwasan etc.) along with medicines is very important.

Ashwasan Chikitsa means Assurance (Dhairya), by replacing the thought process (Chintya), by regulating the ideas (Vicharya), by channeling the presumptions (Oohya), by polishing the objectives (Dhyeya) by proper guidance and advice for taking the decision (Sankalpa), reframing the ideas, proper control of patience.

Aims & Objectives:

To study the Importance of Ashwasan chikitsa in Ayurved”

Material & Methods:

Manual Searching & Collection.

Sn	Disease	Chikitsa
1	Bhayaj Atisar	Ashwasan (Cha. Chi.)
2	Pittaj Gulma	Ashwasan
3	Unmad	Ashwasan
4	Bhaktopghat	Ashwasan
5	Shnaka visha	Ashwasan
6	Arochak	Ashwasan
7	Visham jwara	Ashwasan

Discussion:

Ashwasan chikitsa is a part of Satvaavjay chikitsa. Ashwasan chikitsa means Assurance to the patient towards the cure of the disease.

Ashwasan chikitsa is useful in so many physical and mental disorders in Ayurveda.

Ashwasan chikitsa helps to attain a stable and harmonious equilibrium between man and his environment.

It is a non-pharmacological approach for the treatment of diseases.

“Manonigrahan” can be done with method of Ashwasan chikitsa i.e. counseling and pranayama as said by Acharya Charak. Hence study has been planned to evaluate exact action of Ashwasan chikitsa in providing an impact on educational stress. If it can provide a good work life balance, an individual can achieve better health, wellness and greater curriculum satisfaction.

Conclusion:

1. Role of Ashwasan chikitsa in Ayurveda is preventive, curative therapy and also aids to avoid recurrence in the patients.
2. Ashwasan chikitsa is useful in so many physical and mental disorders in Ayurveda.

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