



Review Article

A REVIEW ON ASURA GRAHA UNMADA WITH CONTEMPORARY VIEW

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ABSTRACT

Narcissistic Personality Disorder (NPD) causes problems in many areas of life, such as relationships, occupational field or financial affairs. Narcissistic personality disorder individual generally unhappy and disappointed. They believe they deserve admiration. According to Acharya Charak, *Unmad*, is the *Manasvyadhi* is which understood as the disturbed condition of the *Manas* (mind), *Buddhi* (understanding), *Samjna* (consciousness), *Gynana* (perception), *Smriti* (memory), *Bhakti* (inclination), *Sheela* (character), *Chesta* (behaviour), and *Achara* (conduct). As a result, *Chitta* gets disturbed and in turn causes impairment of *Budhhi*. Due to this, the individual person feels different sign and symptoms like loss of confidence, irrelevant talk, biased willing and thinking, deprived memory, decision and responsiveness. The signs and symptoms of *Asura Graha Unmada* (AG) such as *Jihma Drishtim*, *Dushtaatmaanaam*, *Krodhanam*, *Atruptam*, *Sasweda Gaatram*, *Deva*, *Braahmana*, *Guru Dveshinam*, etc show similarity with deceitfulness, exploitation, antisocial, aggressiveness, impulsivity, negative emotionality, grandiosity, dysphoria, alcohol abuse, and physical violence features commonly found in various personality disorders such as Anti-Social Personality Disorder (ASPD), Bipolar Disorder (BD), and NPD and others personality disorder or comorbid condition among them. *Manasa Vyadhi*, *Graha Rogas* are less focused topic in Ayurveda. The aim of this article to explain *Asura Graha Unmada* and its correlation with contemporary view. After proper review it is concluded that the signs and symptoms of *Asura Graha* (AG) *Unmada* such as *Jihma Drishtim*, *Dushtaatmaanaam*, *Krodhanam*, *Atruptam*, *Sasweda Gaatram*, *Deva*, *Braahmana*, *Guru Dveshinam*, etc shows similarity with various personality disorders.

INTRODUCTION

A narcissistic personality disorder causes problems in many areas of life, such as relationships, occupational or financial issue. They find their relationships disappointed. They have extreme sense of self-importance. In this condition in which people have a vague sense of their own importance, a deep need for excessive attention and admiration, troubled relationships, and a lack of empathy for others. Behind this mask of extreme confidence lies a vulnerable dignity. They think they are best of everything so they deserve.

To prove them superior usually they adopt monopolize conversation and always expect special favour and attention. They easily feel impatient, slighted and react with contempt. As they have short of perfection, they feel insecurity, and humiliation. It is more common in men and usually begins in early adulthood. Other personality disorders have also abnormal impact on daily life [1]

In Ayurveda, *Mana* (mind) has great importance. *Unmada* comes under *Manasa Vyadhi* where *Mana Vaha Srota* are obstructed. As a result, cognitive distortion pertaining to mind, intellect, consciousness, knowledge, memory, desire, attitude, activities and behaviour.[2] *Asura Grahonmada* (AG) is one among 18 types of *Bhootonmada*. *Deva Shatru* and *Daitya Grahonmada*, these terms are used for AG. *Bhootonmada* is a broad category which comprises of various psychiatric or neuropsychiatric disorders[3] and they are assumed to be caused by affliction of evil

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spirit. *Graha rogas*, *Bhutaunmada* are very under rated and undiscussed topic of Ayurveda.

The present study is concern for on better understanding of AG, its clinical applicability in daily practice with contemporary view.

MATERIALS AND METHODS

The information related to this was collected from Ayurvedic *Samhitas* like *Charaka Samhitas*, *Astanga Samgraha* and internet.

Agantuja unmad nidana-Viruddhahara (incompatible foods), *Ashuchi Ahara* (infected/ contaminated food), *Deva-Guru-Dwija Pragharshana* (insult towards teachers and elders), *Mano Abhighata* (psychological trauma), *Bhaya* (fear), *Harsha* (unusual pleasure) etc.^[4]

Characteristic of *Agantuja Unmada* are untimely, uncertain manifestation of superhuman strength, valour, enthusiasm, power of understanding, retention, memory, spirituality, and power of speech.^[5]

Ethology, Pathogenesis, and Prognosis of Asura Grahonmada

There is no description of specific aetiology, pathogenesis, and prognosis available for AG in *Ayurvedic* texts. The *Samaanya Nidaana*, *Sampraapti*, and *Saadhyaasaadhyata* (prognosis) explained for *Bhutonmada* are also applicable for AG. *Grahavesha* (affliction by evil spirit) and *Karma* (deeds of present or previous life) are caused due to intellectual errors, explained as causative factors for *Bhutonmada*. In *Grahonmada/Bhutonmada*, the symptoms occur suddenly without any known reason. The course and prognosis of *Bhutonmada* are unpredictable in nature.^[6]

NPD (narcissistic personality disorder) is diagnosed when individual have at least five of the following characteristics:

- Overinflated sense of self-importance.
- Constant thoughts about being more successful, powerful, smart, loved or attractive than others.
- Feelings of superiority and desire to only associate with high-status people.
- Need for excessive admiration.
- Sense of entitlement.
- Willingness to take advantage of others to achieve goals.
- Lack of understanding and consideration for other people's feelings and needs.
- Arrogant or snobby behaviours and attitudes^[7].

Causes of Narcissistic Personality Disorder are unknown. As with personality development and with other mental health disorders, the cause of Narcissistic Personality Disorder is likely complex. Narcissistic Personality disorder may be linked to: **Environment cause:** Overprotective or neglectful parenting style have an impact on it.

Genetics- Positive history of first-degree relatives. **Neurobiology-** The connection between the brain and behaviour and thinking^[8].

Other causes of Narcissistic Personality Disorder that may include following factors like

- Childhood trauma (such as physical, sexual abuse and verbal abuse, drug addiction).
- Abnormal relationships with parents, friends and relatives.
- Genetics (family history).
- Hypersensitivity to textures, noise or light in childhood.
- Personality and temperament^[9] etc

Bipolar Disorder: It is also a psychological issue with several types of bipolar and related disorders. It includes mania or hypomania and depression. Symptoms can cause unpredictable changes in mood and behaviour, resulting in significant distress and difficulty in life.

Both a manic and a hypomanic episode include three or more of these symptoms:

- Abnormally enthusiastic and full of hope and happiness
- Increased activity, excitement or agitation
- Exaggerated sense of well-being and self-confidence (euphoria)
- Decreased need for sleep
- Unusual outspoken
- Racing thoughts- rapid though pattern, it may be manic, hypomanic, mixed
- Inability to attention
- No strategy alimnt^[10]

Antisocial Personality Disorder: In these mental health abnormalities, sufferer usually disrespects to other person, have abusive behaviour and exploit others. Men are more suspectable than women. They usually have history of alcohol abuse.

Signs and Symptoms

- Disregard for right and wrong
- Persistent lying
- Disrespectful of others
- Manipulate others for personal gain or personal pleasure
- Arrogance and extremely opinionated
- Repeatedly break the law, including criminal behaviour
- Repeatedly violating the rules and dishonest
- Hostility, significant irritability, agitation
- Lack of empathy for others
- Abusive relationships
- Blame other for their failure and loss
- irresponsible and aggressive
- Aggression toward people and also animals

- Destroy property
- Deceitfulness
- Stealing [10]

Agantuja Unmada which often manifest acutely without/with manifestation of prodromal symptoms. The different descriptions under this section are mainly characterized by gross behavioural, psychological and physical attributes and named according to the similarity of the expression of these behavioural breakdowns to those of the '*Bhutas*'. As described earlier *Agantuja Unmada* in general are characterized by abnormal behaviours in terms of exhibition of unnatural strength, energy, activity and enthusiasm, altered levels of perception, retention and memory, abnormality in speech and abnormality in perceiving self and environment and unexpected change in symptoms/relapse and remissions.

The word *Graha* - '*Gṛhṇati iti graha*'- that which catches or seize- is used to denote the unknown, unexplainable pathogenesis, especially in terms of *Doshik* concept. For example, In the case of *Deva Graha*, it has to be inferred that the individual shows characteristic behavioural changes similar to that of a *Deva* like radiant face which is pleasant, anger less etc. Thus, the word *Graha* denotes the obscure mode of pathogenesis or manifestation and the mythological characters to which the similarity is shown became the basis of nomenclature.

AG is characterized by *Jihma drishtim* (crooked/dishonest/cruel/deceitful look), *Dushtaamaanam* (exploitative/unlawful), *Krodhanam* (aggressive/hostile/impulsive), *Atruṣtam* (unsatisfied/unpleasant), *Sasweda gaatram* (sweating), *Deva, braahmana, Guru dveshinam* (arrogant/ egrandiose/ envious/negative emotionality), *Nirbhayam & Shooram* (reckless behaviour/impulsive), *Abhimaaninam* (grandiosity), *Vyavasaayinam* (violent/unlawful/ firmness/ persistence), '*Rudro aham*', '*Upendro Aham*', '*Skandho Aham*', '*Vishaakho Aham*' *Bhaashamaanam* (grandiosity), *Vikruta Vaacham* (hostility/ verbal aggression), *Asakrit Hasantam* (laughing frequently/ affective dysregulation), *Sura Amisha Ruchim* (fond of alcohol and meat) and *Dantai, Nakhai Himsantam* (violent/ physical aggression). [11]

DISCUSSION

The clinical picture of *Asura Graha Unmada* shows similarity with various psychiatric conditions such as Antisocial Personality Disorder, Narcissistic Personality Disorder, Bipolar Disorder (BD). *Asura Grahonmada Lakshanas* (signs and symptoms) and various psychiatric conditions such as ASPD, NPD, and BD are resembled. Almost every symptoms of AG along with its similar modern psychiatric condition, they are correlated as follows.

Jihma Drishtim (crooked/ cruel/ deceitful look) and ***Dushta Atmaanaam*** (deceitful/ exploitative/ unlawful).

Jihma Drishtim is considered as "*Kutila Darshanam*" (crooked or suspicious or deceitful looks). [12]

Patients with Bipolar Disorder (BD) have brief periods of psychotic symptoms. Other cognitive features that are common in BD are depersonalization (i.e., the sensation that a person's body or self is unreal or altered in a strange way), derealization (i.e., the experience that the external world is bizarre and unreal), and illusions, which are misperceptions of existing stimuli. [13]

In Antisocial personality disorder (ASPD), patients exhibit traits of impulsivity, high negative emotionality, low conscientiousness, and a wide range of interpersonal as well as social disturbances. [14] Deceitfulness is indicated by repeated lying, use of aliases, or conning others for personal profit or pleasure [15] NPD patients show 'interpersonally exploitative nature' and they are often envious of others. [16] "*Jihmadrishti*" denotes deceitfulness, exploitation, irritability, suspiciousness, and negative emotionality of ASPD, BD, and NPD.

***Krodhanam* (aggressive/hostile/anger)**

Aggressiveness is an important feature commonly seen in personality disorders, particularly in ASPD. Individuals with ASPD display a low frustration tolerance. [17] Impulsivity has been variously defined as swift action without forethought or conscious judgment. The Patients with BD have found that impulsivity is a key factor in the diagnosis, linking BD to ASPD and to mania. [18] Patients with BD described continuous dysphoria, high emotional variability, and increased hostility. Inappropriate and is related to affective instability. BD is a complex syndrome whose central features are instability of mood, impulse control, and interpersonal relationships. Impulsive symptoms include a wide range of behaviours and are central to diagnosis. [19] "Narcissistic rage" is an easily activated destructiveness and ruthlessness, with no limits to the need for redressing the perceived grievance seen in NPD. *Krodhanam* of AG denotes aggressiveness or narcissistic rage or impulsiveness of ASPD, NPD, and BD.

***Atruṣta* (unsatisfied/ unpleasant)**- The narcissistic patient is unsatisfied in his or her demands from others, all limitations and frustrations, no matter how legitimate, are experienced as malicious, irrational deprivations. Narcissistic patient also feels incapable of loving or understanding others, while very little enjoyment is obtained from life other than the tributes received or from grandiose fantasies. [20] Many individuals with NPD fluctuate between grandiose and depleted states, depending on life circumstances, while others may present with mixed features. When Narcissists self-esteem is not gratified by others or they are criticized, this can cause them to turn to

anger. Gratification from achievements comes from external praise rather than an inner sense of an achievement being accomplished in NPD patients.^[21]

Sasweda Gaatram (sweating)- Problems related to anger management are relatively common to Antisocial, Borderline, and Narcissistic Personality Disorders. Individuals with these diagnoses tend to react in overtly angry styles when triggered either by internal or external cause^[22] *Sasweda Gaatram* of AG denotes excessive sweating which may occur due to anger/ aggressiveness/ anxiety commonly seen in ASPD or NPD.

Deva, Braahmana, Guru Dveshinam (arrogant/grandiose/envious). Disinhibited, socially inappropriate behaviour and emotional irregularities are seen in BD patients due to the damage of orbit frontal cortex.^[23] Individuals in a manic state often attempt to manipulate the self-esteem of others, exploit areas of vulnerability, test interpersonal limits, and project responsibility or blame onto others, as is often the case with patients diagnosed with BD, with the common result of alienating the patient from others.^[24] Aggressiveness is commonly seen in ASPD. ASPD patients shows impulsivity, negative emotion, low conscientiousness, and interpersonal and social disturbances. NPD individuals show arrogant, haughty behaviours and attitudes. "*Deva, Braahmanaguru Dveshinam*" of AG denotes arrogance, excessive envy toward authority figures, antisocial behaviours, negative emotionality, grandiosity, etc. which are commonly found in ASPD, NPD, and BD.

Nirbhayam, Shooram, and Vyavasaayinam (reckless, unlawful, violent behaviour/impulsive). Impulsiveness can be defined as behaviour without adequate thought or the tendency to act with less forethought. Impulsive behaviour, increased incarceration or arrest, addictive disorders, and suicidal behaviour are characteristic for both ASPD and BD.^[25] Patients with BD described continuous dysphoria, high emotional variability, and increased hostility. Compromised empathic processing is a hallmark of narcissism. Decreased intense anger is the next affective symptom of BD. Empathy (specifically emotional empathy) among individuals with NPD is characteristic. Two pathologies that have been linked to Narcissism are psychopathic and BPD. Each of these syndromes appears on a continue with NPD that highlights the patterns of impulsivity, emotion deregulation, and self-centred, goal focused behaviours.^[26] "*Nirbhayam, Shooram, and Vyavasaayinam*" of AG denotes impulsivity which is a common feature of ASPD, NPD, and BD.

Abhimaaninam and "Rudro aham," "Upendroaham," "Skandho Aham," "Vishaakho Aham" Bhaashamaanam (grandiosity)- Individuals with NPD may be impressive personality, extraverted,

imposing appearance and model citizens. NPD is characterized by a pervasive pattern of grandiosity, need for admiration, entitlement, and lack of empathy. These individuals are grandiose, competitive, attention seeking and sexually provocative while demonstrating adaptive functioning and using their narcissistic traits to succeed. NPD patients show grandiose sense of self-importance like exaggerates achievements and a talent and expects to be recognized as superior without commensurate achievements. Grandiosity (exaggerating talents and an unrealistic sense of superiority) has been found to be a key in discriminating NPD from other personality disorders. Grandiose narcissism is described as a pattern of arrogant, self-centred, and domineering behaviours.^[27] *Abhimaaninam* and *Rudro Aham, Upendro Aham, Skandho Aham, and Vishaakhoaham Bhaashamaanam* (claiming themselves as *Rudra, Upendra, Skandha, and Vishakha* etc.) of AG denotes "grandiosity" of NPD or BD.

Vikruta Vaacham (hostility/verbal aggression)- ASPD is characterized by impulsivity, irritability, aggressiveness, and recklessness. ASPD. BPD individuals may also display extreme sarcasm, enduring bitterness, or verbal outbursts.^[28] NPD individuals show arrogant, haughty behaviours or attitudes.^[29] *Vikruta Vaacham* of AG denotes verbal aggression or hostility which is commonly found in ASPD, BD, and NPD.

Asakrit Hasantam (laughing frequently/ affective dysregulation): The first affective criterion in BD is the presence of "affective instability due to a marked reactivity of mood which lasts hours to rarely more than a few days. Patients with BD show continuous dysphoria, high emotional variability, and increased hostility compared with healthy controls.^[28] *Asakrit Hasantam* of AG denotes mood instability seen in ASPD and BD. In case of combined disorders, these features are found severely.

Sura Priyam (alcohol abuse)- It also causes a chemical imbalance of the neurotransmitter's dopamine and serotonin in the brain. Dopamine directly cannot be obtained from food, but tyrosine (an essential amino acid and a dopamine precursor) is abundant in several protein rich foods such as chicken, turkey, avocado, seeds, and nuts. By taking foods rich in tyros synthesize dopamine. Proteins are high in amino acids, which are necessary for dopamine production. Chicken, red meat, eggs, and dairy products etc. contain tryptophan, which convert into niacin. Foods such as fish, eggs, chicken, turkey, and red meat supply the body with adequate amino acids.^[30] Tryptophan poor diet produced high rates of aggressive behaviour. In children, zinc and/or iron deficiencies are also related to increased aggressive behaviour.^[31] The individuals suffering with AG craves

for meat which may indicate underlying deficiency of various nutrients. There is no confirm evidence related to cravings toward particular food items in various psychiatric disorders, but the latest research shows that various nutritional deficiencies might cause offending behaviours. Improving the nutritional status through supplementation of micronutrients improves the antisocial and offending behaviour. Omega3 fatty acids, folic acid, zinc, magnesium, and Vitamin D are the micronutrients which have been studied in relation to mood and behaviour.^[32] By considering all these facts, it seems that “*Sura, Amisha Priyam*” of AG denote alcohol abuse (commonly found in ASPD, NPD, and BD) and craving toward to meat due to underlying various nutritional deficiencies (developed either independently or due to alcohol abuse).

Dantai, Nakhai Himsantam (violent/ physical aggression). Individuals with ASPD tend to be irritable and aggressive and may repeatedly get into physical fights or commit acts of physical assault including beating. ASPD individuals are indifferent to hurting others and mistreating other. Similarly, rude attitudes, arrogance, lack of empathy, and Narcissistic rage are common in NPD.^[33]

CONCLUSIONS

Asura Graha (AG) *Unmada* is one among 18 types of *Grahonmada*. The signs and symptoms of AG such as *Jihma Drishtim, Dushtaatmaanaam, Krodhanam, Atruptam, Sasweda Gaatram, Deva, Braahmana, Guru Dveshinam*, etc show similarity with deceitfulness, exploitation, antisocial, aggressiveness, impulsivity, negative emotionality, grandiosity, dysphoria, alcohol abuse, and physical violence features commonly found in various personality disorders such as ASPD, BD, and NPD and others personality disorder or comorbid condition among them.

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