



A Positive Ayurvedic Approach To Mental Health

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ABSTRACT:-

Ayurveda, the ancient Indian system of medicine, offers a holistic approach to mental health that emphasizes balance, prevention, and the integration of body, mind, and spirit.

Good mental health refers to a perfect linking of emotional, psychological, and social aspects in one's life. Adverse childhood experiences and their prolonged exposure may extend to adulthood, resulting in mental trauma, or some kind of medical illness. A person is said to be emotionally/physically fit, they should enjoy a good balance of mind, body, and soul. Let us go through the entire article to know how Ayurveda helps in improving Mental Health

The traditional science of Ayurveda proves the long-term solution to unresolved conditions of mental trauma by rejuvenating physical and psychological factors in one's life. Ayurveda brings out its natural approach to regulating emotional behavior through herbal medications and lifestyle modifications.

Key Words:- Mind, and spirit, Mental Health, medical illness etc.

Introduction:-

The Mind: According to Ayurveda

The mind is considered the launch pad between the senses and the soul. It is an extraordinary organ that controls both sense-related and functional activities of the body. It has unique characteristics to correlate with every emotion of life - happiness, fear, anger, shame, contempt, disgust, guilt, distress, interest, surprise, and joy.

A person's mind depends on three qualities like sattva, rajas, and tamas in which one's character is modulated. An uncertain proportion of these qualities and a dynamic imbalance of doshas may upset the mental balance. Marma Training in Kerala finds a natural solution to fight negative elements and thereby relieves sleep deprivation, stomach-related issues, and mood swings, hence improving quality of life.

The Origins of Mental Illness:-

Mental illness occurs due to any sort of brain damage, Stressful life situations, and chronic medical conditions that may lead to various forms of mental health disorders such as OCD, depression, mania, PTSD, and psychosis. Hence, mental illness comes under a vast category in which its unauthenticated behavior affects emotion, thinking ability, and attitude

A positive Ayurvedic approach to mental health involves the following key principles:

1. Understanding Doshas and Mental Health

- Vata (Air and Space): Imbalances can lead to anxiety, fear, and restlessness. A balanced Vata promotes creativity and adaptability.
- Pitta (Fire and Water): Imbalances can cause anger, irritability, and frustration. Balanced Pitta enhances intelligence and determination.
- Kapha (Earth and Water): Imbalances may result in lethargy, depression, and attachment. A balanced Kapha brings calmness and stability.

2. Diet and Nutrition

- Sattvic Diet: A diet rich in fresh, wholesome, and natural foods (fruits, vegetables, whole grains) is considered Sattvic and promotes clarity, calmness, and a positive mental state.
- Herbal Remedies: Herbs like Ashwagandha, Brahmi, and Shankhapushpi are traditionally used to support mental clarity, reduce stress, and promote relaxation.

3. Daily Routine (Dinacharya)

- Consistent Schedule: Following a regular daily routine helps stabilize the mind and body, reducing stress and anxiety.
- Morning Rituals: Starting the day with meditation, yoga, or mindfulness practices can set a positive tone and enhance mental resilience.

4. Mindfulness and Meditation

- Meditation: Regular practice of meditation helps in calming the mind, reducing stress, and enhancing mental clarity.
- Pranayama (Breathing Exercises): Techniques like Anulom Vilom (alternate nostril breathing) and Nadi Shodhana (channel cleansing breath) balance the doshas and promote mental peace.

5. Physical Activity and Yoga

- Yoga Asanas: Certain postures like Shavasana (Corpse Pose), Balasana (Child's Pose), and Sukhasana (Easy Pose) help calm the nervous system and reduce mental stress.
- Walking in Nature: Spending time in nature can be deeply grounding, especially for balancing Vata and Pitta doshas.

6. Positive Social Connections

- Satsang (Good Company): Associating with positive, like-minded individuals fosters a supportive environment that promotes mental well-being.
- Service and Compassion: Engaging in acts of kindness and community service can elevate mood and create a sense of purpose.

7. Sound Sleep (Nidra)

- Restful Sleep: Ensuring 7-8 hours of sound sleep is crucial for mental health. Ayurveda recommends winding down before bed, avoiding heavy meals late at night, and sleeping during Kapha time (around 10 PM to 6 AM).

8. Ayurvedic Therapies

- Shirodhara: A therapy where warm oil is poured over the forehead, Shirodhara calms the nervous system and can alleviate stress, anxiety, and insomnia.
- Abhyanga (Oil Massage): Regular self-massage with warm oils helps in grounding the mind, reducing anxiety, and balancing Vata.

9. Mental Hygiene

- Positive Thinking: Cultivating a positive mindset and practicing gratitude helps in maintaining a balanced and joyful mind.
- Journaling: Writing down thoughts and emotions can help process feelings and reduce mental clutter.

10. Individualized Care

- Consultation with an Ayurvedic Practitioner: Personalized advice based on one's unique constitution (Prakriti) ensures the most effective strategies for maintaining mental health.

Prevention for Mental Disorders By Ayurveda:-

Ayurveda's approach to treating any ailments does not include the treatment of any single disease alone. Ayurveda follows a therapeutic regime to remove toxins that inhibit the natural energy flow in the body. Ayurveda prevention of mental disorders aims at the relaxation of Ojas to pacify the conscious mind for better mental and physical health. Ayurveda practitioners conduct a detailed analysis of a patient with respect to their medical history, lifestyle pattern, and diet regime and recommend an effective therapeutic solution to improve their cognitive abilities. Certain herbal medications along with their purificatory treatments address the underlying root cause of the mental disorder and are

Diet and Lifestyle Modifications for Mental Health:-

Paying attention to what you eat and when you eat are inevitable factors one could consider for good mental strength. Ensure we follow a strong brain-healthy diet and healthy lifestyle routine to support better mental emotions. Here is a list of healthy eating tips for the betterment of mental strength.

- Stay hydrated to flush out toxins in your body
- Avoid high levels of processed food such as fried chips, sugar-filled snacks, and soft drinks.
- Practice leisure time apart from a busy work schedule
- Eat seasonal fruits and veggies
- Enhances the intake of healthy fats for appropriate brain functioning
- Chew well for better digestion
- Exercise regularly
- Have a sound sleep
- a good social connection with...

Ayurveda Therapies for Enhancing Mental health:-

The application of medicated herbs with personalized therapies can calm and relax the mind, body, and soul. Ashwagandha is one such magical herb to improve cortisol levels and thereby increases the proper functioning of brain cells. Brahmi can accelerate positive effects on memory, concentration and cognition and help reduce symptoms of negative emotions in mental health. Turmeric can improve blood circulation and help prevent mental disorders in brain cells.

Virchana is a type of panchakarma treatment that incorporates bitter cleansing herbs to induce vomiting, thereby cleansing the body to relieve stress associated with mental disorders. Shirodhara is an Ayurvedic method of pouring medicated oil on the forehead center and is beneficial to those suffering from insomnia, anxiety, depression and other mental disorders. Satvavajaya chikilsa creates positive thoughts about self-awareness, family and social responsibility. This treatment is effective in treating mental disorders caused by emotional disorders.

Conclusion-

Ayurveda's holistic approach emphasizes prevention, self-care, and balance, making it a powerful system for promoting mental health and well-being. Integrating these practices into daily life can lead to sustained mental clarity, emotional resilience, and overall harmony.

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