

75
आज़ादी का
अमृत महोत्सव



मानसिक स्वास्थ्य के लिए AYURVEDA FOR MENTAL WELL BEING

आयुर्वेद



BURDEN OF MENTAL DISORDERS

Depression

**264
million**

**Bipolar
Disorder**

**45
million**

Schizophrenia

**20
million**

Dementia

**50
million**





EXCELLING

THRIVING

SURVIVING

STRUGGLING

IN CRISIS

WHAT IS NOT A MENTAL DISORDER

Experiencing the emotions of anxiety and depression at some stage of life is very common to everyone

All unpleasant emotions are due to psychological disorders, unless they don't have any diagnosable illness

Some don't need to seek any medical help to come back normal

What's a Mental Illness?

A mental health condition that has a negative effect on the way an individual...



thinks

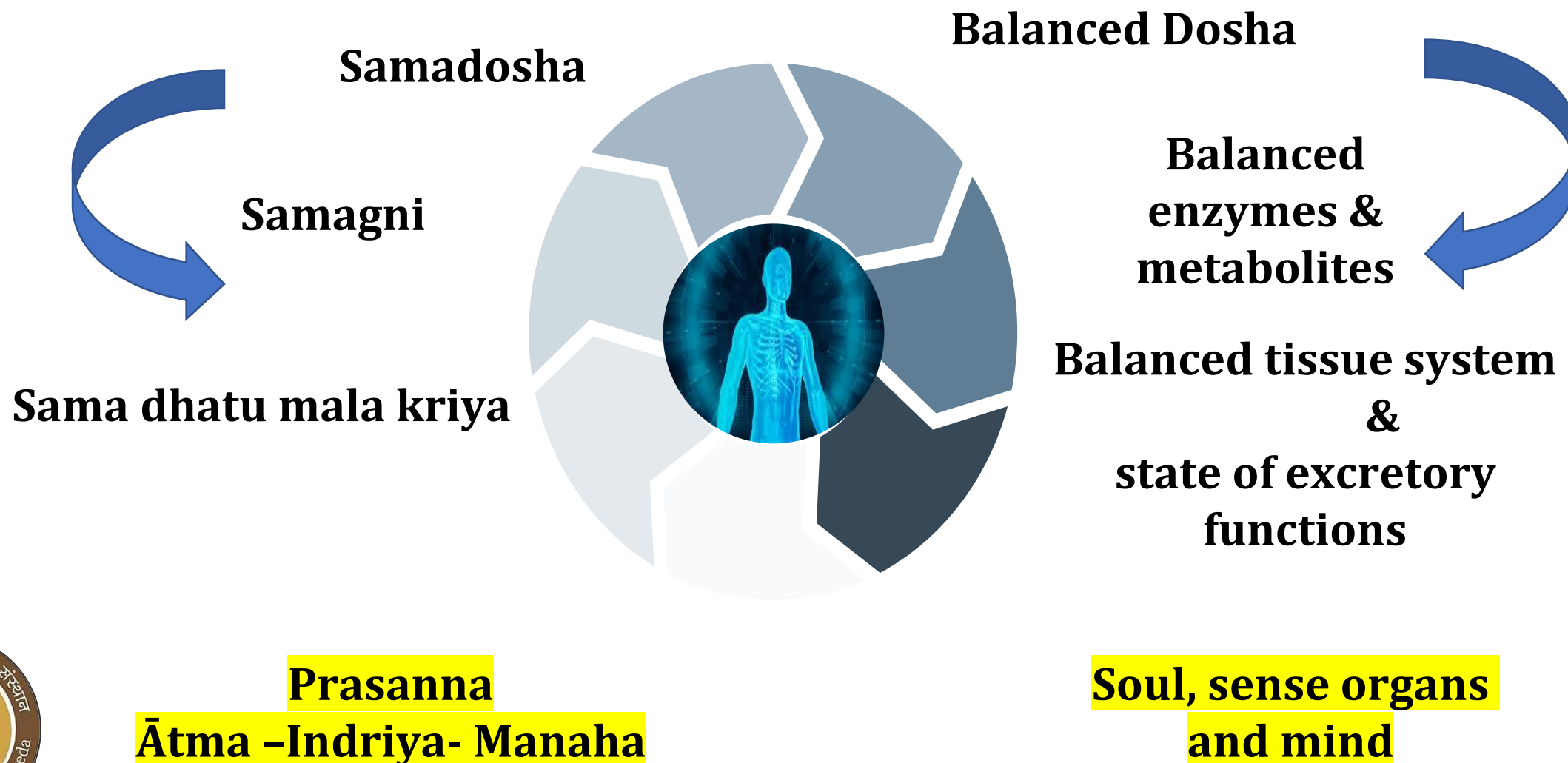


feels

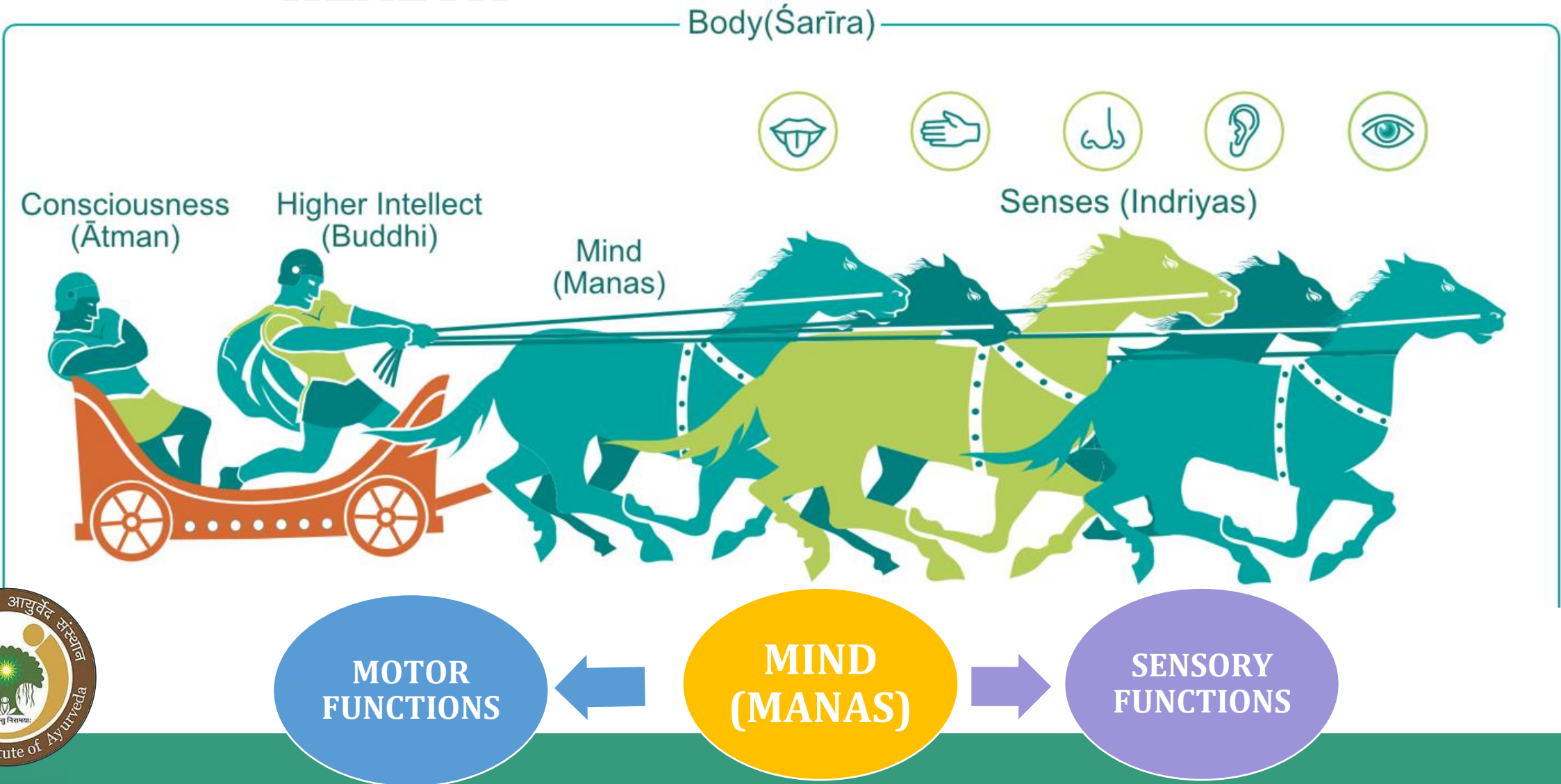


and behaves

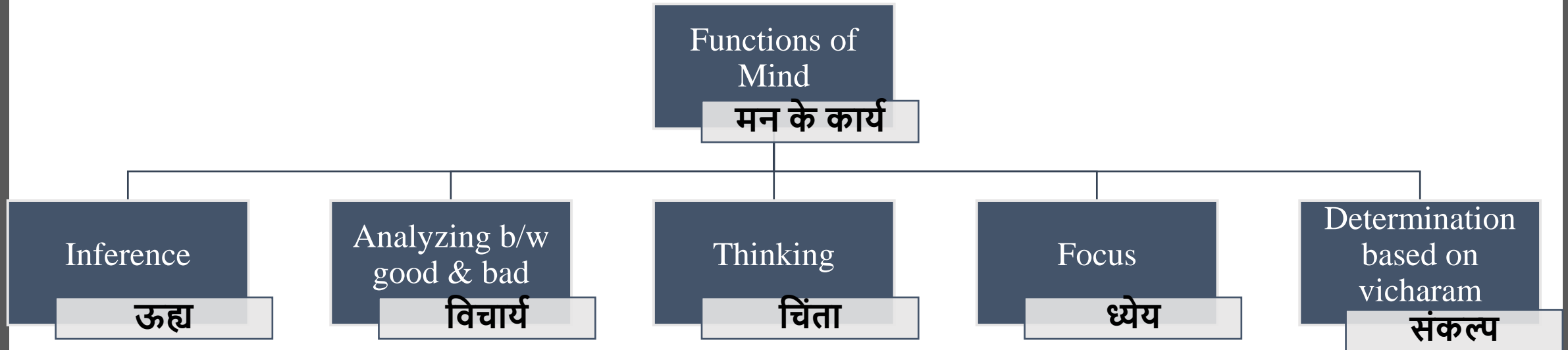
IMPORTANCE OF MENTAL HEALTH



ROLE OF PROPER MENTAL HEALTH



FUNCTIONS OF MIND

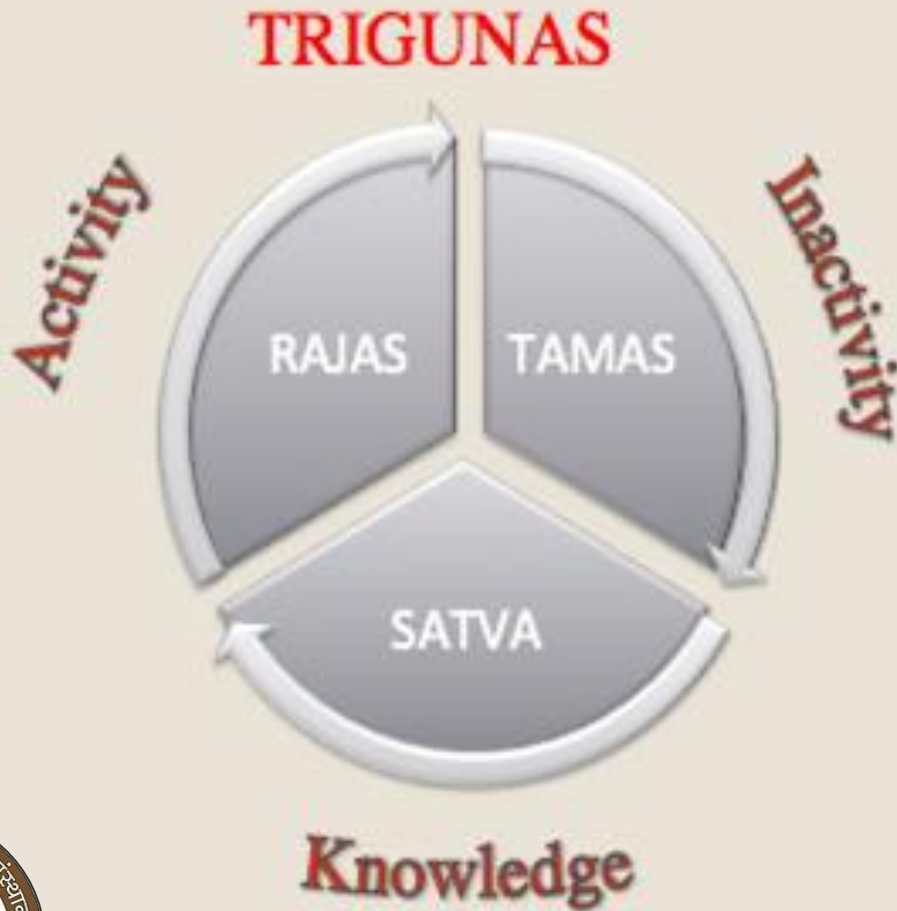


Whenever Rajas & Tamas increases and the functions of mind are compromised, Mano rogas develops/

जब भी रजस और तमस बढ़ते हैं और मन के कार्यों में बाधा आती है, तो मनो रोग विकसित होते हैं



DOMAINS OF MENTAL HEALTH



The ideal **state of mind** is **Satvic**.

Rajas is the **Active force** behind the Movement of both sensory and motor organs.

Tamas gives rise to the elements, which Form the basis of material creation

Ayurveda also says that negative feelings are emotional toxins., they give rise to chronic mental disorders like **Anxiety, Neurosis, and depression**.

NUTRITION & MENTAL HEALTH

Sattvic foods

Foods that are pure, light, sweet

Whole grains
Milk and Ghee
Beans and legumes
Nuts and seeds
Sweet fruits
Fresh vegetables
Herbs and spices (small amounts)
Natural sweeteners (honey)
Cold pressed oils

Rajasic foods

Foods that are spicy and stimulating

Eggs
Onions and garlic
Radishes, eggplant, hot peppers, tomatoes, sea vegetables
Fermented foods and yogurt
Refined sugar
Caffeinated drinks (coffee, soda)
Tobacco and other stimulants
Spicy, heavily seasoned, or salted foods
Junk and fast foods

Tamasic foods

Foods that are heavy and dull

Red meat, chicken, fish
Mushrooms, onions, garlic, potatoes, winter squash
Preservatives or artificial ingredients
Artificial sweeteners
Alcohol and recreational drugs
Stale, overripe, or spoiled foods
Unripe fruits
Fried or burned foods
Frozen and canned foods
Refined grains

SOME COMMON MENTAL DISORDERS

Anxiety disorders,
including panic
disorder,
Obsessive-Compulsive
Disorder, and Phobias

Depression, bipolar
disorder, and other
mood disorders

Eating disorders

Personality disorders

Post-traumatic stress
disorder

Psychotic disorders,
including
schizophrenia

SOME COMMON CAUSE

Emotional stress

Occupational
stress

Trauma

Poor upbringing

Repressive
religion

Influence

From disturbed
individuals

Sexual abuse

Perversion

Drugs

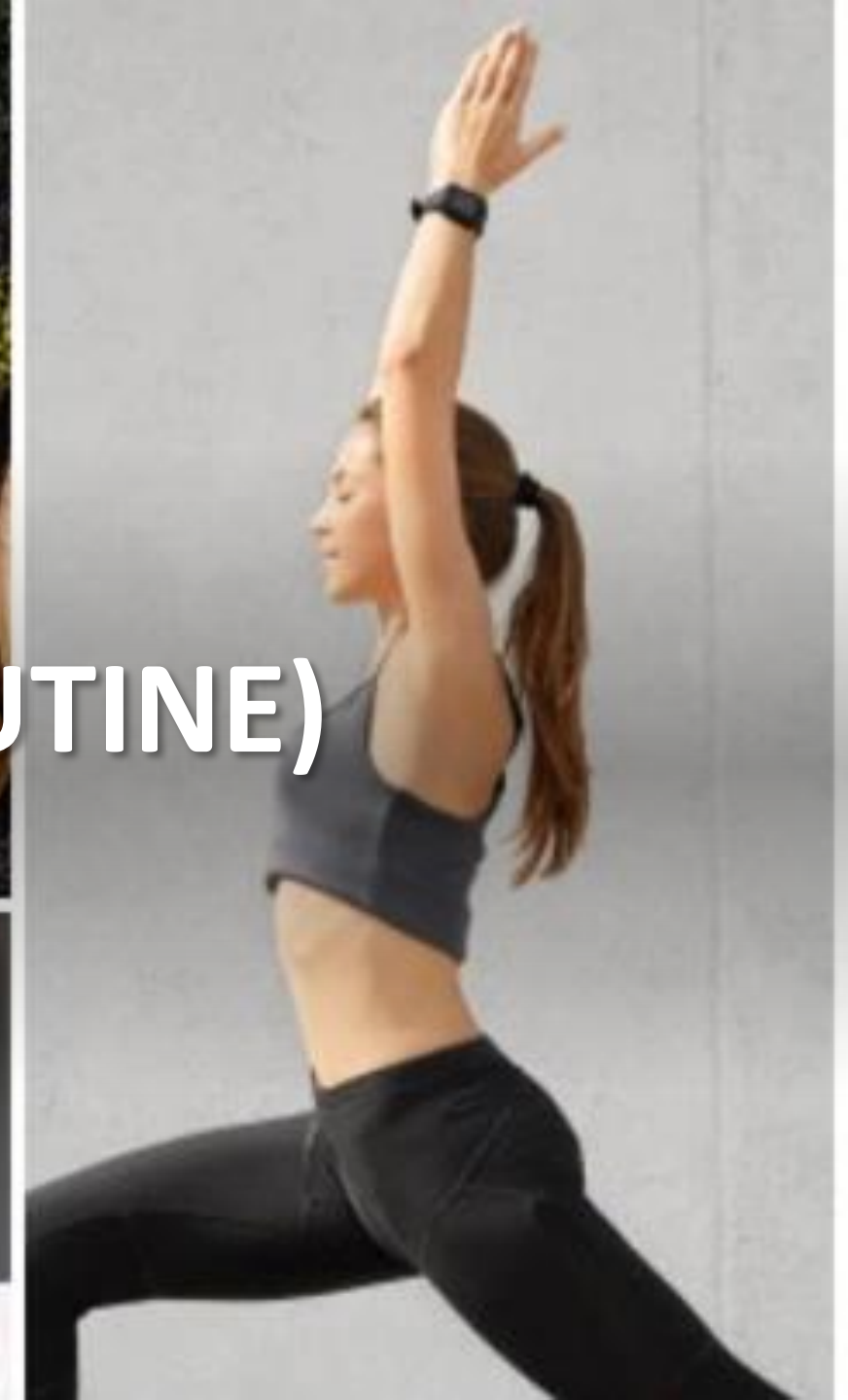
Excess thinking

Excess
Anger/hate/
fear/nervousness
/ worry/ apathy

Dullness/
sleeplessness.

TREATMENT MODALITIES IN AYURVEDA

PREVENTIVE



DINACHARYA (PROPER DAILY ROUTINE)



Set up a daily routine



Get up at the same time everyday



Spend time outdoors where possible



Set times for regular activities



Make sure to exercise everyday



Have your meals at a regular time



Keep in touch with friends and family



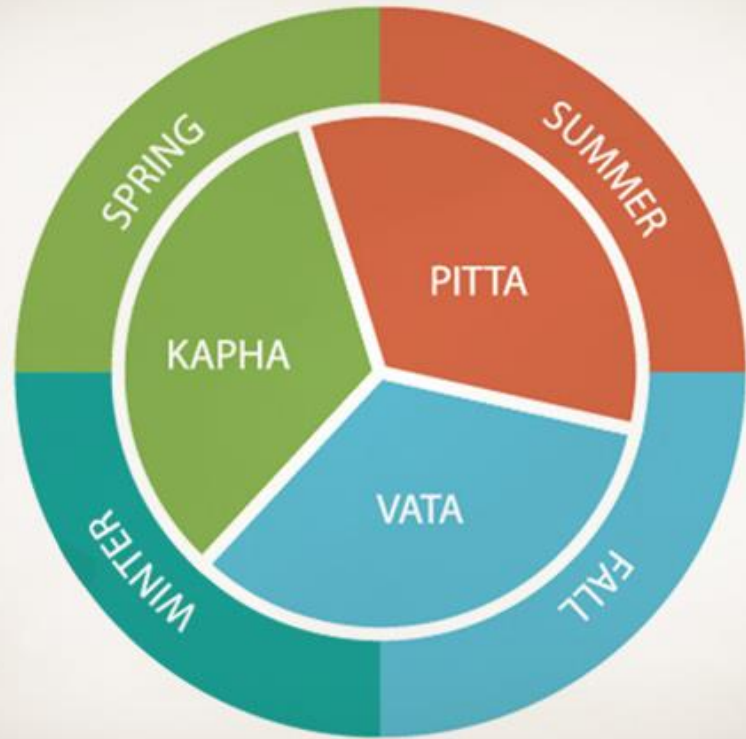
Avoid napping during the day



Go to bed at a time that fits your natural rhythms

Recommendations from the International Society of Bipolar Disorders (ISBD) Task Force on Chronobiology and Chronotherapy

RITUCHARYA (SEASONAL ACTIVITIES)



ACHARA RASAYANA

A person must be truthful, free from anger

Should be devoid of alcohol, sex indulgence

A person must not indulge in violence or exhaustion.

A person may regularly offer prayers to Gods, Teachers, Preceptors and old people.

A person must be free from barbarous acts,

His period of awakening and sleep is regular, must take milk and Ghee regularly,





ACHARA RASAYANA

- Should be free from ego, Whose conduct is good, must not be narrow minded,
- Should have love for spiritual Knowledge, must have excellent sense organ,
- having self control, who regularly read scripture, must have regard for elderly people, must take milk and Ghee regularly.



WORK LIFE BALANCE

- 8 Hours Sleep
- 4 Hours Personal time
- 8 Hours Dedicated working Hours
- 4 hours fruitful with family and friends

•TREATMENT
MODALITIES IN
AYURVEDA

•CURATIVE &
•RESTORATIVE

YOGA & PRANAYAMA

- Asana practices improves Chest expansion and Cardio-pulmonary functions
- Asana stretch & relax nerves, muscles and promote free flow of energy throughout body
- They nourish & tone specific and neglected Organs and Glands



YOGA & PRANAYAMA



- Pranayama stimulates vagal (parasympathetic) activity and decreases stress (reduce Cortical - the stress hormone) and anxiety
- Increase anti-oxidant protection
- Bhramari pranayama improve blood flow to the ciliary epithelium and has anti-inflammatory actions



YOGA & PRANAYAMA



- It increase the oxygen saturation in body
- Enhances Brain function
- Normalizes brainwave patterns
- It boosts Immune System
- Pranayama brings peace and steadiness



MEDHYA RASAYANA AND MENTAL HEALTH/ मानसिक स्वास्थ्य



Glycyrrhiza glabra L.



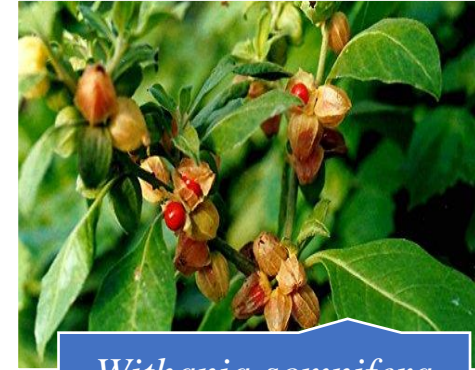
Tinospora cordifolia
(WILLD.) HOOK.F.
& THOMS.



Bacopa monnieri (L.)
PENNELL



Convolvulus
prostratus FORSSK.



Withania somnifera
DUNAL

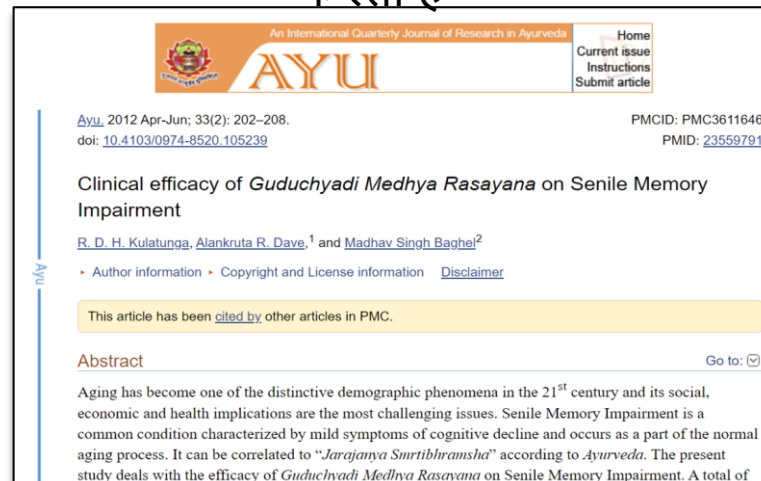
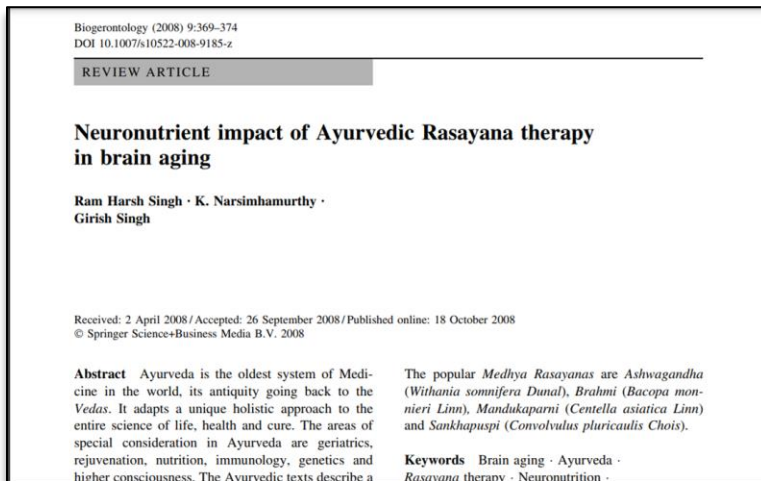
Blocking serotonin
uptake/ सिरोटोनिन के
अवशोषण को रोकना

Inhibits MAO/
एम.ए.ओ को रोकना

functions like
imipramine/
ईमिप्रमिन के तरह काम
करता है

increases retention
memory/ स्मरण
शक्ति को बढ़ाता है

mood stabilizer/
भावो को स्थिर करने
वाला



Int J Yoga. 2015 Jul-Dec; 8(2): 109–116.
doi: [10.4103/0973-6131.158473](https://doi.org/10.4103/0973-6131.158473)

PMCID: PMC4479887
PMID: [26170589](https://pubmed.ncbi.nlm.nih.gov/26170589/)

Nootropic efficacy of *Satvavajaya Chikitsa* and Ayurvedic drug therapy: A comparative clinical exposition

Hetal Amin and Rohit Sharma¹

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Abstract

Go to: ►

Introduction:

Ayurveda is known for philosophical basis, and its approach to psych (different from conventional system of management. *Satvavajaya Chikitsa* (psychotherapy) is a nonpharmacological approach aimed at controlling unwholesome *Artha* (objects) or stressors. Withdrawal of the mind, known as *Sattvavajaya Chikitsa* or it is a treatment by Self Control. Controlling therapy in which a stress has been laid on restraining of objects. Thus, it includes all the methods of *Manonigraha* and *Astanga*. Indian philosophy portrays *Astanga Yoga* as a primary tool to control

Indian J Psychiatry. 2013 Jan; 55(Suppl 2): S310–S314.
doi: [10.4103/0019-5545.105556](https://doi.org/10.4103/0019-5545.105556)

PMCID: PMC3705701
PMID: [23858273](https://pubmed.ncbi.nlm.nih.gov/23858273/)

Ayurvedic concepts related to psychotherapy

Prakash B. Behere, Anweshak Das,¹ Richa Yadav,² and Aniruddh P. Behere³

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Abstract

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The perfect balance of mind, body and soul is considered as complete health in Ayurveda. Ayurveda has its own identity as most ancient and traditional System of Medicine in India. Even Ayurveda divides into three parts viz. *Satvawajaya Chikitsa*, *Yuktivyapashray* and *Yaya* therapy mentioned in *Charakasamhita* and it used as new veda. The effectiveness of “traditional mental health promoting regimens (*swasthivrtti*), correct behavior (*sadvrtti*), and yoga. the mental restraint, or a “mind control” as referred by *Caraka*, is ledge, philosophy, fortitude, remembrance and concentration. played a dual role: First, as a revival of authentic medical culture, the primordial dimension, and second as a discovery of authentic of with an assumed interior depth. When we integrate the ay with the ancient science of Ayurveda, it becomes a powerful



Anc Sci Life. 1981 Jul-Sep; 1(1): 41–48.

PMCID: PMC3336657
PMID: [22556460](https://pubmed.ncbi.nlm.nih.gov/22556460/)

THE PSYCHOSOMATIC DISORDERS AND THEIR MANAGEMENT IN AYURVEDA

R. H. Singh

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Abstract

The Psychosomatic disorders are the outcome of the modern way of life and changing value systems and hence their incidence is rapidly increasing. These disorders may be prevented by necessary environmental correction in its physical as well as psychosocial dimensions and personality transformation. The scope of the practice of Yoga, *Sadvrtta*, *Medhya Rasayana* therapy and similar other ancient positive health measures in the prevention and treatment of stress and psychosomatic disorders may be fruitfully explored.



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REVIEW

Literary review of *Manas* in Ayurveda

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ABSTRACT

Manas is the chief component of life (Ayu) which is the combined state of *Sharira* (body), *Indriya* (senses), *Satwa* (psyche) and *Atma* (Soul). The study of *Manas* (psychology) is an integral part of the basic thought of Ayurveda. Mind, Soul and body are the tripod on which life depends. In *Bhela Samhita*, *Shira* (brain) has been described as the abode of *Manas*. *Manas* is stated to be under the control of *Vata*. It has been stated that *Manas* and *Vata* work as synergism. Understanding the concept of mind is the ultimate source of health. Mental fitness of patient can be assessed with the help of *Satwa* examination. Depending upon its strength, it is of three types, viz. *Pravara*, *Madhyama* and *Avara Satwa*. *Satwajaya* therapy is to restrain mind from desire for unwholesome objects.

Key words: *Manas*, *Triguna*, *Sharir*, *Indriya*, *Atma*.

INTRODUCTION

Understanding the concept of mind is the ultimate

Krodha, *Kama* etc. only through *Manas*. Characharya has mentioned *Manas* in *Sharirasthan*^[1]

Ayurveda: indications for public

Libera

er 2011 / Published online: 1 December 2011
© European Association for Predictive, Preventive and Personalised Medicine 2011

Abstract Ayurveda, the ancient traditional medicine of India, defines health as a state of complete physical, mental and spiritual well-being. The focus of Ayurveda is on a predictive, preventive and personalized medicine. This is obtained through a low-cost personalized counseling about lifestyle measures (diet, activities, etc.), trying to involve the patient directly in the process of healing, increasing his self-awareness and good relationships with other people and nature. The approach of Ayurveda toward positive health shares its features with that of salutogenesis as described by Antonovsky. Prevention strategies pragmatically suggested by Ayurveda – including factors such as promotion of health education, individual awareness,

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integration of spirituality and ethics in healthcare system may be applied in public health management, in order to improve perceived and objective life quality, promote healthy aging, limit drugs use (avoiding expensive side-effects) and reduce chronic diseases social costs. Ayurveda has a universal-coverage, being person-centered and consequently intercultural.

Keywords Ayurveda · CAM · Salutogenesis · Predictive medicine · Preventive medicine · Personalized medicine

Ayurveda and the concept of health as personalized, predictive medicine

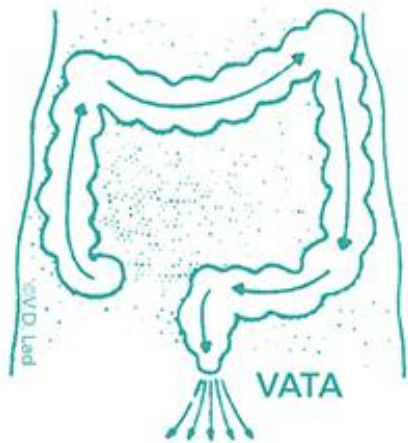
Tradition – whatever its nature or origin – is the distillation of experience and therefore memory itself. It is the only



THE UTILITY OF PANCHAKARMA IN MENTAL HEALTH

- **Pradhana karmas (operative procedures)**
- **Bahya karmas (external therapies).**

PANCHAKARMA



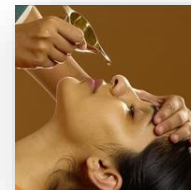
**VAMA
NA**



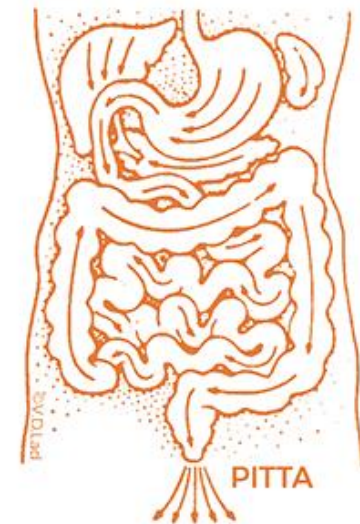
**VIRECH
AN**



**VAST
HI**



**NAS
VA**

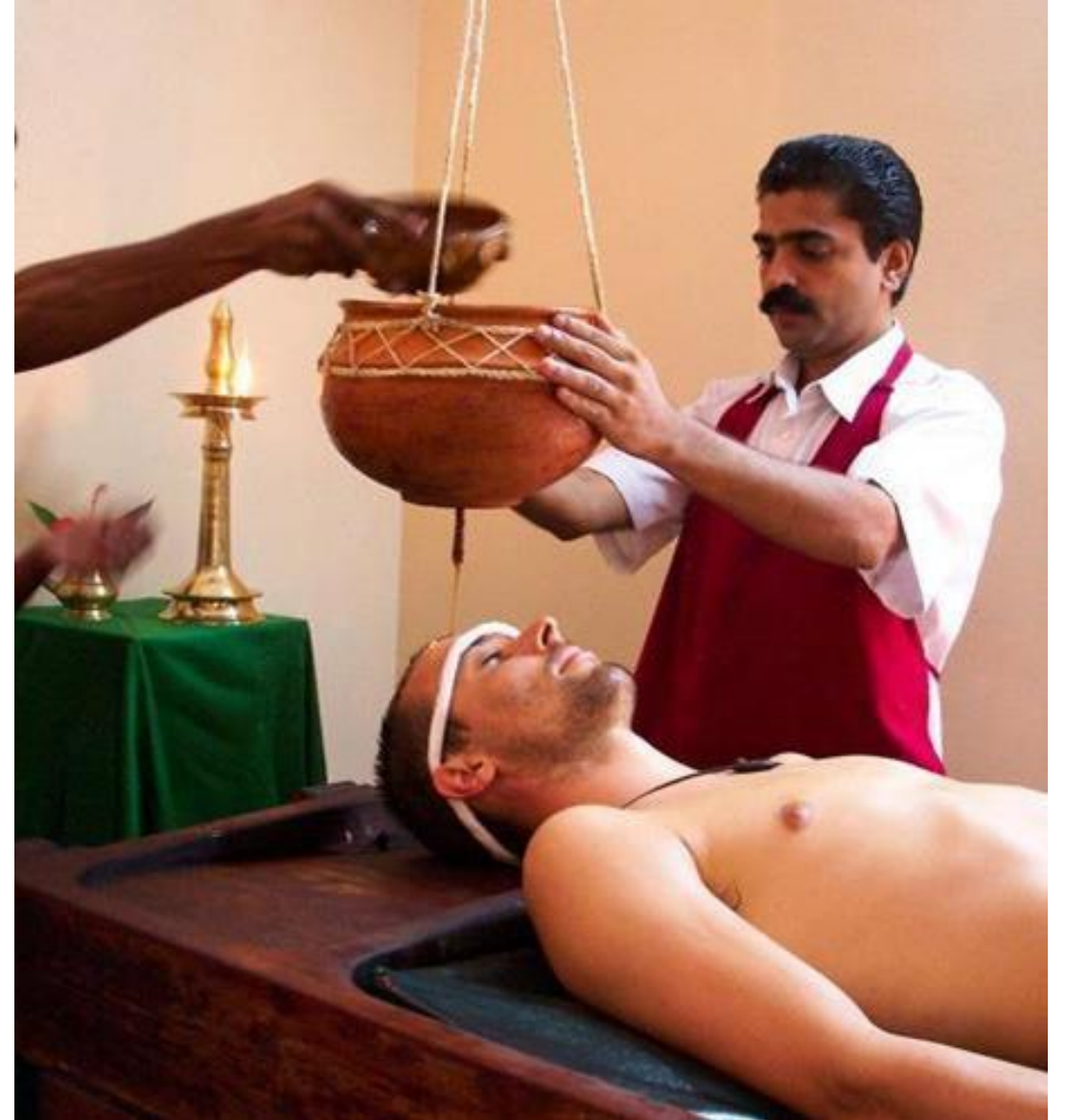


KAPHA





TALAPOTHICHIL



SHIRODHARA

THE FOOD FOR MENTAL HEALTH



- Walnuts are another rich, plant-based source of omega-3 fatty acids. support overall brain health.
- Deficiency in DHA (the chief omega) is associated with mental health disorders, including depression, ADHD, bipolar disorder, and schizophrenia



- Low folic acid is associated with depression. As a result, folate is an important food for mental health. And broccoli is high in folate, as well as fiber and vitamin C.

THE FOOD FOR MENTAL HEALTH



- Dark Leafy Greens Folate (a form of vitamin B9), Magnesium, and Omega-3s all support mental health and brain health.



- Beans contain fiber, beans also help to stabilize blood sugar levels.
- Beans also contain tryptophan, which supports healthy serotonin production. As a result, it is a great food for mental health.



Thank you..

ALL INDIA INSTITUTE OF AYURVEDA (AIIA)

Care with Compassion

