

A Note on Ayurvedic Approach to Mental Health

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Commentary

The perfect balance of mind, body and soul is considered as total wellbeing in Ayurveda. Ayurveda has its possess personality as most antiquated and conventional System of Medication in India. Indeed Ayurveda emphasizes its treatment modalities into three parts viz. Satwawajay Chikitsa, Yuktivyapashray and Daivyapashray Chikitsa. Sattvavajaya cure said in Charakasamhita and it utilized as modern conception of psychotherapy in Ayurveda.

Ayurveda addresses about the origin of life and the conception of mind (manas), its conduct and properties. The knowledge (perception) of any object can only be when the sense organs (indira) connect with their objects and their own advanced center sense intellect (Indira buddhi) [1]. All the functions of the body are controlled by manas with brain as the position of its office and heart as hearthstone. Thus, whenever Ayurveda talks about brain health actually it talks about health of mind. On the base of the type of essential ascendance of introductory principles of three bodily humors (dosha) the mortal mental and physical characteristics (prakriti) are determined [2]. When these get crazed it affects both body and mind causing complaint. When these doshas divert from their own pathways and affect the mind, it causes various mental diseases (mansik vikar). There are classification of the internal conditions on the base of the origin and the symptoms of the cases of which psychosis/ mania (Unmad) and convulsive diseases with memory loss (Apasmara) are described in detail. Ayurveda talks about many herbs which retain some inbuilt properties by virtue of which they support the cognitive functions similar as perfecting intellect and memory; they called as medhya rasayana herbs (nootropic herbs). With the elaboration of science, these herbs are being radically studied to understand the medium of action and the cognitive effect [3-5]. These sauces are used as single and in colorful permutations and combinations in the personal drugs. There are formulations which are mentioned in classical Ayurveda text known to treat mental diseases.

Ayurveda has its own identity as most antiquated and Traditional Framework of Pharmaceutical in India. It bargains with the full life of human being starting from birth to conclusion of life since Ayurveda portray the craftsmanship of living and its wisdom of life that uncovers what's applicable as well as promising for a happy and long life. The term Ayurveda is formed by the combination of two words- "Ayu" meaning life, and "Veda" meaning knowledge. Ayurveda is respected as "The Science of Life" and the hone involve the care of physical, mental and spiritual wellbeing of human being. Life concurring to Ayurveda could be a combination of senses, intellect, body and soul. Ayurveda isn't as it were constrained to body or physical side effects but moreover provide comprehensive knowledge almost spiritual, mental and social health. Therefore, Ayurveda is a qualitative, holistic science of health and age, a philosophy and system of healing the whole person, body and mind

Ayurvedic Tips to enhance Mental Health

Increase Sattva

Yoga and breath work-Harvard Medical School has recommended yoga to deal with Covid-19 anxiety and depression. Read further about the benefits of yoga and yoga acts for better internal health. Then's a freshman's companion to breathing exercises and ways that ease

anxiety and fear.

Contemplation – Contemplation rewire your brain. SKY Breath Meditation is a natural mode of Vagus Whim-whams Stimulation leading to numerous health benefits [6]. In a recent ground-breaking Yale contemplation exploration, it was found to be more effective than awareness or cognitive approaches for well-being, anxiety, depression, and social connections for scholars.

Sattvik food Have natural, fresh, not exorbitantly spiced, easy to digest, light food with plenitude of fruits and vegetables. Favour whole grains and lentils and avoid handled, garbage nourishment, white sugar, and white flour [7]. Volunteering elevating others and volunteering can reduce push and help create a back system.

Sadvrutta Positive practices that alter our cognitive fabrics like tone- inquiry, tolerance, a healthy routine, regular exercise, and contemplation. These nurture adaptability (as also cultivating hobbies, creativity, and gratefulness journaling).

Ayurvedic approach to mental health

Ayurveda may be a holistic science that recognizes the intellect-body relationship. Its description of health as Swasthya (being centered in the tone) includes balance of

- Doshas (energy principals)
- Digestive and metabolic fire
- Tissues
- Excretions

A blissful state of spirit, sense organs and mind

Ayurvedic methods of internal health (Manas Shastra) operation focus on prevention, gentle intervention and don't denote internal health.

We all go through cycles of feeling sleepy, productive and restless, light, alert and blissful. Ayurveda enumerates three attributes of the mind to epitomize these rates Tamas (heaviness), Rajas (activity and restlessness) and Sattva (pure, clear, happy quality of the mind). We need Tamas to rest and Rajas to act, but when they go out of balance, cerebral issues like depression, loss of focus and extreme aggression result. Sattva endows us with good mental health, happiness, wisdom

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and the capability to do our 100. To enhance mental health, you can follow practices to improve Sattva.

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Conflict of Interest

The authors declare that they are no conflict of interest.

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