

**MANAGEMENT OF MENTAL ILLNESS THROUGH THE CONCEPT OF
SWASTHAVRITTA W.S.R. TO ROLE OF YOGA & LIFE STYLE CHANGES****Dr. Mayur Murlidhar Jadhav^{*1}, Dr. Moreshwar Ramdasji Gaikwad² and Dr. Sachin Jagannath Pachange³**¹Assistant Professor, Dept. Swasthavritta and Yoga, Chaitanya Ayurved Mahavidyalay, Sakegaon, Bhusawal, India.²Assistant Professor, Dept. Panchakarma, Chaitanya Ayurveda Mahavidhyalay, Sakegaon, Bhusawal, India.³Associate Professor, Dept. Swasthavritta, Chaitanya Ayurved Mahavidyaya, Sakegaon, Bhusawal, India.***Corresponding Author: Dr. Mayur Murlidhar Jadhav**

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ABSTRACT

Ayurveda considered Manas as vital functional entity of human body since mental health play important role in overall health status of individual. The quality of life is greatly affected by mental illness which mainly associated with Satwa, Raja and Tama Guna of mind. It is believed that the disorders of mind mainly arise due to the imbalance of Tamas or Rajas Guna, this disturbance further leads emotional and psychological disturbances. Rajas and Tamas can be considered as Doshas of mind affecting mental health of children. The common mental disorders of modern day life style are; insomnia, depression, bi-polar disorder, anxiety and Attention Deficit Hyperactivity Disorder (ADHD), etc. As per Ayurveda the behavioral factors such as Krodha, Murchha, Bhrama, Maddattaya and Tandra, etc. can triggers pathogenesis of mental disorders. The good conduction of rules of Sadvritta and Satvavajay along with Yoga and medicines, etc. offers preventive as well as therapeutic responses in mental disorders. Considering these all aspect this article discussed Ayurveda aspect of Manas roga and their management through the concept of Swasthavritta W.S.R. to the role of Yoga & life style.

KEYWORDS: Ayurveda, Swasthavritta, Yoga, Manas roga, Mental illness.**INTRODUCTION**

Ayurveda considered mental disorders as disturbed consequences of *Rajas* and *Tamas Doshas* of mind. *Apasmara*, *Unmada*, *Chinta* and *Atatwabhinivesa*, etc. are major mental illness of modern day life style. The current pattern of stressful life style, mental shock, trauma, sedentary life style, emotional disturbances, volitional transgression, unwholesome food, genetic

factors, environmental factors, insomnia, social isolation and anxiety, etc. can be considered as major causative factors of mental disorders. Pathologically *Manasaroga* involve disturbance of *Manovahasrota*, imbalance in *Manasadasha*, excessive behavioral alteration including *Krodha* and *Abhyasuya*, etc. can triggers pathogenesis of *Manoroga*.^[1-5] The common symptoms of *Manoroga* are depicted in **Figure 1**.

**Figure 1: Lakshana of Manasaroga.****Management of Manoroga**

Ayurveda advocated *Satvavajaya*, *Daivavyapashraya* and *Yuktivyapashraya*, etc. as preventive as well as therapeutic measures for the management of *Manasaroga*. *Satvavajaya* includes practice of *Yoga*,

meditation, consideration of ethical regimen and maintenance of self-discipline. *Daivavyapashraya* includes prayer, chanting of *Mantras*, spiritual conducts and worship. *Yuktivyapashraya* means balancing of vitiated *Guna* of mind using healthy & nutritional diet,

exercise, rejuvenating therapies and detoxification measures, etc. Amongst these all approaches (*Satvavajaya*, *Daivavyapashraya* and *Yuktivyapashraya*) *Satvavajaya* play important role towards the management of *Manasaroga*. Therefore here in this article we further explored role of life style changes, *Yoga*, meditation and ethical regimen in the prevention and treatment of mental illness.^[4-7]

Life Style Changes

➤ *Dietary considerations*

Leafy green vegetables, whole grains, seafood and legumes, etc. provides nutrients which can improve health of brain. The foods containing folate, magnesium, zinc and essential fatty acids, etc. offers health benefits in case of mental diseases. Foods containing polyphenols, omega, vitamins and energy containing foods can be used to improve functioning of brain.

➤ *Nidra*

Sleep is responsible for mental relaxation thus prevents fatigue of nerve and resists consequences of anxiety. The proper sleep treats insomnia, boost mental functioning and suppress aggressive behavior that may cause mental irritation therefore good sleep is very important for keeping mind healthy. It is advised that one should sleep at per the biological clock and should avoid late night awakening and day time sleeping. It is advised to take early meal since sleeping just after dinner may hamper digestive functioning and causes mental irritation and headache.

➤ *Exercising*

Exercise gives advantages in mental health issues; physical activity such as walking can provide remarkable relief in condition like depression and delay aging thus reduces degenerative changes of brain activities. Daily exercise prevents obesity which is considered as one of the factors of mental depression. Exercise improves circulation in the brain thus boost up mental coordination.

➤ *Social and familiar involvement*

One should be social and involve in familiar gathering since social isolation itself triggers mental depression and insomnia. The social and familiar gathering make person happy and helps to forget any types of mental shock.

➤ *Develop some Hobby*

The involvement in sometimes of hobbies or favorite activities can improve mental strength and impart mental peace thus resist chances of mental aggravation and anxiety.

➤ *Distance from electronic gadgets*

The habits of online activities or uses of mobiles at night must be avoided to get complete sleep and keeping mind free and relax. The excessive involvement in computer

and mobiles may hamper mental health by provoking social and familiar isolation.

➤ *Spiritual conducts*

Spiritual conducts like worship, *Dhyana* and chanting *Mantras*, etc. not only increases belief in self but also imparts calming and soothing effects on mind thus keeps brain free from mental fatigue and restlessness. Spiritual conduct helps to establish synchronization of body and mind with natural power thus enhances mental strength.^[6-9]

YOGA

Yoga activities provide several health advantages in the condition of mental illness since this practice helps to calm and relax mind. *Yoga* prevents anxiety attacks, helps to gain focus thus relieves symptoms of disorders like ADHD, breathing techniques can promote focus and improve mood. *Yoga* releases brain chemicals like Endorphins and Dopamine thus balances mood and helps to cure condition like depression. The meditation and breathing exercise of *Yoga* are considered good for bipolar disorder. *Yoga* helps to build up moral and mental confidence, *Yoga* relieves symptoms of anxiety, improves patience level, control anger and level of grief, etc.^[9-11]

Specific Asana for Mental Health

✓ *Anjaneyasana*

Anjaneyasana improves blood flow, imparts calming effects on mind.

✓ *Garudasana*

This is eagle pose; helps to prevent anxiety attacks and improves focus.

✓ *Natarajasana*

Natarajasana balances mood, helps to combat against depression and anxiety.

✓ *Virabhadrasana*

It is a warrior pose; improves focus and steady breathing.

✓ *Vajrasana*

This pose improves mental calmness and focus.

✓ *Padmasana*

This improves spinal strength, gives relaxing effects, and balances mood and cure depression.

✓ *Vriksasana*

Commonly known as tree pose that helps to improve activities of sense organs and built up mental confidence.

✓ *Savasana*

Savasana imparts mental as well as physical relaxation and relieves mental fatigue.

✓ *Chakrasana*

This is circle pose which improves mental attention and brain functioning.

CONCLUSION

Ayurveda described many approaches for curing *Manas Roga* and maintain balances of *Satwa*, *Raja* and *Tama Guna* of mind. Insomnia, bi-polar disorder, anxiety, ADHD and depression, etc. are major mental illness which may arise due to the various causative factors

such as *Murchha*, *Krodha*, *Bhrama*, *Tandra* and *Maddattaya*, etc. The Ayurveda concept of *Sadvritta* and *Satvavajay* along with *Yoga* and life style changes offers relief in mental disorders. Dietary considerations, *Nidra*, exercising, social and familiar involvement and dpiritual conducts, etc. can provides good effects in mental disorders. *Yoga Asana* such as *Anjaneyasana*, *Natarajasana*, *Virabhadrasana*, *Vajrasana*, *Padmasana* and *Vrikasana*, etc. offers many health benefits in mental diseases.

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