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Review Article

THE ROLL OF AYURVED IN MENTAL HEALTH

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ABSTRACT

The basic concept of Ayurveda is prevention of life in healthy individuals. Healthy body depends on healthy mind. Balanced equilibrium in mind and body is important. Psychosomatic disorders /diseases involve both mind and body. There is a mental aspect to every physical disease and can be physical aspects from mental illness. Health as a swasthya-a state of total biological equilibrium, where the sensory, mental, emotional and spiritual elements are harmoniously balanced. Ayurvedic theory of health is based on "Tridosha" (primary life forces or biological humors). The dynamic balanced of tridoshas crates health. Ayurved defines mental health as a state of mental, intellectual and spiritual well-being. Many diseases are proved to originate from psychological imbalances. Only a sound mind can keep the body in sound health. Ayurveda declares that health is the result of pure body and selfless mind. There are specific mental treatments in Ayurveda to cure physical problems as well as mental disorders. Even the modern science admits that without the proper consent and mental co-ordination, no patient could be perfectly. Ayurveda is the science of life. Ayurved describes the proper way of Ahar, Vihar, Nidra, Dincharya, Rutucharya; such a healthy lifestyle keeps our body in healthy condition. Yoga and meditation are common psychiatric practices associated with Ayurveda. Yoga is ancient form of influencing the mind and achieving mental stability and calmness. Yoga helps a person to control mind and gain perfect psychic balance. Meditation makes mind powerful to following the commands.

Keywords: Mental Health, Yoga, Meditation, Mind.

INTRODUCTION

Health is a level of functional or metabolic efficiency of a living organism. In humans it is the general condition of a person's mind and body. The world health organization (WHO) defined health as "a state of complete physical, mental, and social' **well-being**' and not merely the absence of disease or infirmity. The basic concept of Ayurveda is prevention of life in healthy individuals. Healthy body depends on healthy mind. Balanced equilibrium in mind and body is important. Psychosomatic disorders /diseases involve both mind and body. There is a mental aspect to every physical disease and can be physical aspects from mental illness. Health as a swasthya-a state of total biological equilibrium, where the sensory, mental, emotional and spiritual elements are harmoniously balanced. Ayurveda is the science of life. Today we are living in speed age where everybody is a button away and everybody wants to live this luxurious life. Therefore every person is sprinting. This race is a major cause of lifestyle change and everybody want to work without pause. It leads to pressure, tiredness. Competition in

each and every field is another reason behind all these. Personal and family expectations are also very high due to competition. When as person is not able to thrive a competition he feels anxiety and stresses which gradually leads to person into psychosomatic disorders like depression, anxiety. The impact of Manas bhavas (*krodha, lobh, moha, irsha, dwesa*, etc.) are huge in all aspects in modern life. We all are struggling not only for survival but because of high goals. Change in mood/emotions according to *manas bhavas* cause imbalance of hormones, resulting in not only psychic but also many another physical diseases. Ayurveda define health as a balanced state of the body (*shareer*), the sensory and motor faculties (*indriya*), the mind (*manas*) and the soul (*atma*). According to Ayurveda disease manifest due to imbalances in this 00 healthy state of body, faculties, mind and soul. Psychosomatic disorders are manifestations of physical imbalance which emotional components have a strong influence¹.

Health

Health is a level of functional or metabolic efficiency of a living organism. In humans it is the general condition of a

person's mind and body, means should be free from illness, injury, or pain. The world health organization (WHO) defined health as "a state of complete physical, mental, and social **well-being**" and not merely the absence of disease or infirmity. The term "healthy" is also widely used in the context of many types of non-living organization and their impact for the benefit of humans, such as in the sense of healthy communities, healthy cities, or healthy environment. . In addition to health care interventions and a person's surroundings, a number of other factors are known to influence the health status of individuals, including their background, lifestyle, and economic and social conditions; these are referred to as "determinants of health." Studies have shown that high levels of stress can affect your health. Generally, the context in which an individual lives is of great importance for his health status and quality of life. It is increasingly recognized that health is maintained and improved through the efforts and intelligent lifestyle choices of the individuals and society. The main determinants of health include the social, economic, and physical environment, and the person's individual characteristics and behaviors².

Key factors that have been influence on person's health-

- Income and social status
- Social support networks
- Education and literacy
- Social environments
- Personal health practices
- Personal health practices
- Genetics
- Culture

Psychiatry in *Ayurveda* integrates mind, body and soul. The three pillars of life are *Manas* (mind), *Atma* (soul) and *Shareera* (body). The mind-body connection is very important in *Ayurveda*. Physical imbalances can disturb mental state while mental illness leads to disruption of body functions. *Charaka Samhita* and *Ashtanga Hrudaya* are the two important texts in *Ayurveda* which describes about mental imbalance. *Ayurvedic* theory of health is based on "*Tridosha*" (primary life forces or biological humors). The dynamic balanced of *tridoshas* crates health. *Ayurveda* defines mental health as a state of mental, intellectual and spiritual well-being. Many diseases are proved to originate from psychological imbalances. Only a sound mind can keep the body in sound health. *Ayurveda* declares that health is the result of pure body and selfless mind. There are specific mental treatments in *Ayurveda* to cure physical problems as well as mental disorders³.

THE CONCEPT OF MIND IN AYURVEDA

Manas/physical mind (objective mind)-

Physical mind is connected to three faculties called *Dhi*(intellect). *Druti*(processing information) and *Smruti*. *Dhi* is the intelligence which helps to learn focus and understand *vata dosha* should be balanced for the optimal functioning of *dhi* *Dhru*ti involves the chemical and electrical processing of information and is therefore related to *pitta dosha*. *Smruti* is the ability to remember. *Kapha dosha* should balance for proper functioning of *Smruti*. When there is proper coordination between these three factors, then and then only

mental health is perfect. When there is lack of coordination it leads to a condition called *Pradnyapradh* (intellectual errors). When the person becomes totally ignorant of what he does. When the stress occurs, speed of body and mind increases. As a result body is spending large amount of energy. Gradually the efficiency is deteriorated and quality of life is reduced. Mental health is not mere absence of mental illness. Good mental health is the ability to respond to the many varied experiences of life with flexibility and a sense of purpose⁴.

Spiritual mind-(chitta)- *Chitta* is the subjective mind which carries subconscious memories. This is also known as the *karmic* mind. This is the subconscious mind which is believed to have memories from past lives.

Universal mind (Vibhu)-*Vibhu* is the universal mind which links every living being is the world. A person, who can reach higher dimensions through meditation, can cross the border of physical mind and merge with universal mind.

MENTAL HEALTH

More recently, mental health has been defined as, "**A state of balance between oneself and the surrounding world, a state of harmony between oneself and others, a coexistence between the realities of the self and that of the other people and that of the environment.** *Ayurveda* essentially sees every disease as a psychosomatic manifestation. *Vagabhata* said, "The mind (psychic component) is like ghee (clarified butter) is an earthen pot (the body or somatic component). The warmth or chill of either necessarily affect the state of the other." So, *Ayurveda* views the mind and body as two aspects of one unity. *Ayurveda* and *Yoga* have been interrelated as the physical and psychological healing modalities, often described as two wings of the same bird⁵.

CONSTITUTION OF BODY AND MIND AND TRIDOSHAS CONCEPT

Vata, *pitta* and *kapha* are three life energies govern an individual's mind and body activities. *Vata* is the life energy which controls movement and nervous system. *Pitta* is the life energy which regulates metabolism and brings about transformation in the body. *Kapha* provides stability and is involved with building up of tissue. An individual has all these three life energies in him, but in varying proportions. This unique body-mind constitution is very much like the genetic makeup of a person. When *vata dosha* is high it results in anxiety, restlessness and insomnia. Excess of *pitta* factor causes irritability and the person's behavior will be judgmental. Vitiating of *Kapha dosha* results in depression, possessiveness and greed. The basis of *Ayurveda* is an understanding of the energies that exists in the body and mind of man. These energies exist also in the world around us and in the time and space. These root energies are called *Doshas*. *Vata*, *pitta* and *kapha* in our body and in the physical universe. In the mind they have more subtle forms and are called **Prana, Tejas and Ojas**. Understanding the link between these energy forms is the key to the understanding how physical disease can be caused by the (psychosomatic illness) and how the conditions of the body can disturb the mind all of the stress related disorders we encounter today⁶.

Ayurveda is the science of life--*Ayurveda* describes the proper way of-

‘Ahar’ ‘Vihar’ ‘Nidra’, ‘Dincharya’ ‘Rutucharya’, Well-being ‘Yoga and meditation’, Such a healthy lifestyle keeps our body in healthy condition. Yoga and meditation are common psychiatric practices associated with *Ayurveda*. Yoga is ancient form of influencing the mind and achieving mental stability and calmness. Yoga helps a person to control mind and gain perfect psychic balance. Meditation makes mind powerful to following *Ayurveda*. Yoga and meditation are common psychiatric practices associated with *Ayurveda* the commands.

Aahar-

Mind has three qualities, that three qualities of mind are *Satva*, *Rajas*, and *Tamas*. Our *Aahar*(diet) can affect these *triguna*'s as well as our mind. *Satvic* mind is good and pure, filled with love, kindness and spirituality. Food based on nature like fresh fruits, vegetables, nuts and milk helps to develop *Satvic* mind. *Rajasic* mind is aggressive and is subject to temptations of the world. Spicy and fried food, fermented food and salty food increases the *Rajasic* factor and induces hyperactivity. But in right proportions it will give a person leadership qualities. *Tamasic* mind is filled with darkness and is always confused and doubtful. Old and frozen food, meat, alcohol, drugs, and mushrooms are classified as *tamasic* food. Intake of *virudha ahar* (diet in which wrong ingredients are mixed together) also

can lead to aggravation of *doshas* thus causing mental illness. According to *Ayurveda* eat pure “intelligent” foods. It is very important to eat foods that are natural and pure for their full benefit to be absorbed by the body. When foods are as close to their state in nature as possible, that's when they deliver the most potent nutrition⁷.

Maintain a supply of balanced nutrition

Ayurveda recommended vegetarian diet "Grains, beans and legumes provide nutrients for the brain."Be sure to include plenty of cooked leafy greens. Several helpings of fruit and vegetables are recommended. Sweet juicy fruits are excellent cleansers -- they help flush toxins out of the body. Freshly squeezed fruit juices deliver nutrients quickly to your mind and body⁸.

The power of antioxidants

The hundred billion cells in your brain continuously use oxygen to stoke the mental fire. But because the brain is such a heavy user of oxygen, it is particularly susceptible to oxidative damage, reactive oxygen-based chemicals that thrive on stress, pollution and chemicals in your food can build up, damaging cells and brain function over time. Antioxidants are therefore crucial for continued effective functioning of the brain⁹.

Table 1- Vihar – 1) Dincharya

Daily regimen begin with getting up from the bed till one goes to his bed in the night¹⁰.

	Usefulness	Reason
Awaking early in the morning	The <i>brahme muhurtam</i> or a little later.	As the air is clear and cosmos is charged with energy.
<i>Vesgoudirana</i>	You need to empty your bowels on time.	Toxins from the waste products intended for elimination.
<i>Dantadhavan</i>	Brushing one’s teeth with an <i>Ayurvedic</i> tooth powder.	It brings about freshness, take away bad odour and coating on teeth.
<i>Jivhanirlekhan</i>	Another essential daily activity. This helps get rid of <i>ama</i> deposited on the tongue.	This helps get rid of <i>ama</i> deposited on the tongue.
<i>Nasya (pratimarshya)</i>	<i>Anutailum</i>	Will keep you free from headaches and sinus problems.
<i>Abhyang</i>	Self- massage with oil.	Nourishes the skin and helps revitalize organ.
<i>Udvartan</i>	Massage with different herbs.	Relief of blood stasis carries away morbid products.
Bath	Daily with lukewarm water.	It is good for heart and purifying all organs.
Diet	A simple prescription being that you do not eat the next meal before the earlier meal has been digested. You eat only enough to half fill your stomach. Your last meal should be between 6:30 pm and 7:00 pm to be followed by light exercise	
Stick	In old age it helps to walk.	It gives support and destroys the fear.

If everyone follows this daily regimen the body and mind should be free from every disease.

2) Rutucharya

The regimen which is wholesome to everyone with respect to diet and practices is *rutucharya*. The strength and luster of the person knowing the suitable diet and regimen for every season and practising accordingly are enhanced. The changes in diet and practices in response to change in climatic condition like

heat, cold, rain etc. is *rutucharya*. There are six *rutu* or seasons depending on changes in the climate. Six seasons divided into two *ayan*as or solstices, depending upon the movement of movement of sun that is *Uttarayana* and *Daksinayana*. The *ayan*as reduces the *saumya* or mild qualities from the earth and takes away the strength of human beings¹¹.

3) Sleep-. Get adequate, quality sleep

Related to stress is the other plague of modern society -- lack of deep, restful sleep. With diet and lifestyle, sleep is a fundamental pillar of Ayurveda. Optimal physical and mental performance is impossible if all three of these factors are not addressed. Getting eight hours of sleep is less important than striving for quality sleep, which, according to Ayurveda, occurs when the mind is totally disconnected from the senses. Quality sleep recharges and rejuvenates the mind, improving both short-term and long-term mental prowess. How much or how little you need is an individual matter, go by what your body and mind tell you. Stimulants such as caffeine, alcohol and nicotine instead of stimulating ones, to help prepare the mind for sleep.

If you are able to establish a regular pattern of sleep, you can avoid or diminish the stresses of sleep deprivation. When the mind & *indriyas* get exhausted, they withdraw themselves from their objects & the individual sleep. Sleep is nothing but location of mind in a place unconnected with sensory & motor organs. The sleep caused by nature of night is excellent sleep. It keeps everyone lively, nourishes them like mother, so called as *Bhutadhatri*. Metabolism responds by producing stress hormones such as cortisol. This may be an effect from disturbing the immune system¹².

4) Codes of conducts (*Sadvritta*)

Sadvritta comprises of two words *Sat* meaning good and *vritta* meaning regimen. Association with good behavior which can be considered as *Sadvritta*. For maintaining health of sense organs and the mind one has to observe following rules¹³.

- Proper interaction of sense organ i.e. *Samyakyoga* of *indriya*
- Performing of different actions after proper thoughtful analysis by his intelligence.
- By acting in contradistinction to the qualities of place, season and ones constitutions ie *Prakruti* (own physics).¹⁵ always one should act in such a way that he will be always healthy by remembering all the things mentioned in *Sadvritta*.

Principles of *Sadvritta* (codes of conducts)

In *Charaka Samhita* word of noble persons is considered as best among the adoptable behaviors. Happiness is best among nourishing things, Detachment is best among enhancers of nourishment so these have been mentioned in *Sadvritta*.

- The person who have does not believe in god should be boycotted.
- Greed is prime among trouble makers
- Words of the wicked are primes among the factors leading to harmful effects.

So these have to be abandoned. *Sadvritta* not only included mental faculties but also rules related with general hygiene, religion, food consumption, sexual intercourse and exercise. Following which leads to prevention of psychological and physical and psychosomatic disorders.

Similar principles are described in *Achar Rasayana* and *Dharaniya Vega*. Ayurveda believes that mind, soul and body are like the pillars of life. The combinations of these three are responsible for *purusha* as well as the

world. Even the disease occur either in the body or mind.¹⁶

One should avoid intellectual errors (*Pradnyaparadhha*), take care of sense organs, by avoiding excessive; improper or disuse of sense organs, knowledge about place, time and oneself; adopt codes of conducts mentioned in ancient texts to prevent diseases.

- Practicing the regimen which are wholesome for sense organs,
- One should good memory power can remember rules well and prevent disease,
- Knowledge about time, place and himself; one who has proper knowledge about his place of residence can follow different regimens related to food and habits accordingly and prevent disease. Time factor is very important whether it is the season, time of day or age of the person in prevention of diseases.
- Knowledge about himself ie *Prakruti*, *agni* are must for following any regimen properly.

5) Dharaniya vega (suppressible urges)

One desirous of his well being has to suppress certain urges like doing work which is more to his capacity, which will lead to unwanted effect on the body and bad deeds mentally, orally or physically. Similarly one should control of greed, grief, fear, anger, ego, shamelessness, jealousy, excessive attachment and desire for things possessed by others. One should avoid speaking harsh words, back biting, lying and use of untimely words. The action of violence against others, desires for others women and stealing should be controlled¹⁴.

All these aspects mentioned under suppressible urges aim towards mental harmony. Lord Buddha considers desires as the root cause of unhappiness. These mental faculties are considered as six enemies in the path of yogi. Desires (*kama*), anger (*krodha*), greed (*lobha*), attachment (*moha*), ego (*mada*) and jealousy (*mastra*). One should conquers these will be happy. One who fails to do it will always be unhappy and will be afflicted with many diseases. *Achara Charaka* considers grief as aggravating factor of diseases, worry as emaciating, and detachment among nourishing, greed as prime factor responsible for mental troubles.

So these show the importance of suppression of suppressible urges. Similar things have been mentioned under *yama* and *niyama* in yoga.

6) Pratyahara

Thinking about self is known as *Pratyahara*, it is the act of self control and is the bridge between *Antaranga* and *Bahiranga* yoga. In other words it is a step to attain ultimate goal, the Salvation¹⁹ (*Moksha*). As the sense organs are not in contact with objects, they mimic features of mind. The sense organ becomes introvert. Mind wavers due to union with sense objects like sound etc. By the practice of *pratyahara* the sense organs are under the complete control of mind. Here the control over the mind has been achieved. The person starts to look internally about self. This is the initial stage of thinking about self¹⁵.

7) Achar Rasayana

One should always speak truth; refrain from anger, alcohol, sexual act and violence. One should be peaceful, avoid

exertion, speak sweetly, practicing of chanting of god names and cleanliness, generous, perform penance, respect god, Brahmin, preceptors and elders, be away from cruelty and always kind to all. One should sleep and get up at proper time, take milk and ghee every day, have knowledge about place, time, should have proper planning with intelligence, not egoistic, have good conduct, be devoid of wrong thoughts, inclined towards philosophy, have belief in god, serve elders, read religious books. He always will be endowed with qualities consumes rejuvenation. If person having above said qualities consumes rejuvenating drugs, he will be endowed with all qualities of rejuvenation¹⁶.

The importance of 'Yoga

The word Yoga is a Sanskrit word meaning Union. It's a combination of the physical self and various exercises. For the peace of mind. Yoga stimulates individual's concentration. Yoga releases the toxins from the body. Sit gives harmony with nature and three basic aspects of human elements; the mind, mental, spiritual. From the ages as it is believed that Yoga clears a man from all illness. Yoga cured the people completely from the time of Indus civilization. Yoga integrates the exercises of aerobics, gymnastics and even combines the mental and physical through breathing, lungs exercise and inhaling of fresh air in to the system. Yoga has several forms of exercise namely the Yama, Niyama, Padmasana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi. While pranayama controls the breathing process and maintains a balance of the body with nature Dhyana is pure meditation to keep the mind at peace. Yoga has been found to enhance the efficiency of the heart, curing the body from stress, strains, blood pressure, digestive problems, Anemia and even cancer¹⁷.

- **Yama:** Non violence, truth, non stealing celibacy & not desiring for other's things are yama. These are self restriction or disciplines or ethical disciplines or abstinence¹⁸.
- **Niyam:** These are principles for social well being. Cleanliness, happiness, penance, reading philosophical books & praying to god are niyamas¹⁹.
- **Asanas (posture):** *Asanas* is third part of Yoga, which includes different yogic postures, it helps to attain further steps of yoga, control over physical body later to control over mind, which enhance all over development of being. One can control his mind efficiently, only when he controls his body properly. This is brought about by *asanas* and thus helps in attaining the ultimate goal the salvation. By practicing *asanas* one can develop mental equilibrium, balance, endurance and great vitality²⁰.
- **Pranayam:** *Pranayam* is made up of two words. *Pran* means breath, respiration, life, vitality, wind, energy or strength. *Ayam* means lengthen, expand, stretch or resistant. This indicates the control over the breath. Controlling the inspiration and expiration known as *Pranayam*. It helps to establish control over the mind²¹.
- **Pratyahar:** Thinking about self is known as *Pratyahara*, it is the act of self control and is the bridge between *Antaranga* and *Bahiranga* yoga. In other words it is a step to attain ultimate goal, the Salvation (*Moksha*). As the sense organs are not in contact with objects, they

mimic features of mind. The sense organ becomes introvert. Mind wavers due to union with sense objects like sound etc. By the practice of *pratyahara* the sense organs are under the complete control of mind. Here the control over the mind has been achieved. The person starts to look internally about self. This is the initial stage of thinking about self²².

- **Dharana:** Process of withdrawal of mind from the sense and its blending with the soul is *Dharana*. After remembering the goal, concentrating over it and blending with soul is *Dharana*. After gaining control over the body through practice of *Asanas* controlling movement of *prana* by process of *Pranayama*, withdrawing of sense objects from sense organs by *Pratyahara*, the practitioner reaches to *Dharana*, one among the *antaranga* yoga. Here the mind is in concentrated stage, with concentration on desired objects, which is most essential to attain self knowledge (*atma jnana*)²³.
- **Dhyana (Meditation):** Mind is in state of complete concentration is called as *dhyana*. Here there is continuous thought about same object and there is no deviation even for a fraction. It is very much effective on body as well as mind. The reduction in the consumption of oxygen and excretion of carbon dioxide is due to reduced metabolic activity²⁴.

Meditation

Meditation originated several thousand years ago as the oldest method of body exercise and treatments of several diseases in the world. Meditation as a form of exercise and body care is very popular among the people of the developed countries as it gives them enough space to relieve the stress of the workplace. Meditation is believed to relieve the strains and the stress of the body. The whole process of Meditation intends to bring peace of mind to the individual giving him freedom from the undue tensions. It relives the soul and the body and tries to purify every system of the human organs and tries to empower the body with fresh and positive feelings within and outside. Meditation helps in complete control of the self in physical and moral terms and in full command of one's activities with lot of vibrant energies²⁵.

The various benefits of Meditation are:

It helps in oxygen circulation throughout the body.

It stabilizes the respiratory system and reduces risk of blood pressure.

Increases blood flow to the body parts.

Give peace and deeper level of relaxation.

Reduces anxiety attacks by lowering the levels of blood lactate.

Builds self-confidence.

It helps in increasing the serotonin production which influences mood and behavior.

Low levels of serotonin are associated with depression, obesity, insomnia and headaches.

Manage stress levels

We live in difficult times. Stress and anxiety, whether caused by time pressures or difficult work relationships or worrying about losing a job, can have a significant negative impact on mental performance. A calm mind, serene and centered in its equilibrium, is unquestionably superior in terms of focus,

attention span, retention of knowledge and problem-solving ability. "It is important to manage stress before it becomes a severe problem, because stress has been known to damage or destroy brain cells and many prescription pills for anxiety can have side effects that can further erode mental performance. Planning tasks ahead and managing timelines, taking occasional short (even five minute) breaks during periods of intense mental activity, and maintaining a healthy balance between work and relaxation can all help. Meditation technique, practiced twice a day for 20 minutes, has been shown to be extremely effective for managing stress. Listening to relaxing music, diffusing aromas that help relax you, such as sandalwood or lavender, or a quiet evening stroll, alone or with a nurturing companion, can all help balance the mind and emotions²⁶.

Get adequate, quality sleep

Related to stress is the other plague of modern society -- lack of deep, restful sleep. With diet and lifestyle, sleep is a fundamental pillar of Ayurveda. Optimal physical and mental performance is impossible if all three of these factors are not addressed²⁷.

Getting eight hours of sleep is less important than striving for quality sleep, which, according to Ayurveda, occurs when the mind is totally disconnected from the senses. Quality sleep recharges and rejuvenates the mind, improving both short-term and long-term mental prowess. How much or how little you need is an individual matter, go by what your body and mind tell you.. stimulants such as caffeine, alcohol and nicotine instead of stimulating ones, to help prepare the mind for sleep

Key factors of "Well-being" for mental health

Enjoying mental health means having sense of **Well-being**. Being able to function during everyday life and feeling confident to rise to a challenge when the opportunity arises. Just like your physical health, there are actions you can take to increase your mental health. Boost your wellbeing and stay healthy by following a simple steps²⁸.

1] Connect with others- Develop and maintain strong relationship with people around you who will support and enrich your life. The quality of our personal relationship has a great effect on our wellbeing. Putting time and effort into building strong relationships can bring grate rewards.

2] Take a time to enjoy- Set a time for activities, hobbies and projects you enjoy. Let yourself be spontaneous and creative when the urge takes you. Do crossword, take a walk in the park, draw pictures, play with your kids, pet. Whatever takes fan4cy.

3] Participate and share interests- Join a club or group of people who share your interests. Being a part of a group of people with a common interest provides a sense of belonging and is good for your mental health. Join a sport club, walking group, dance class, book or car club.

4] Contribute to your community- Volunteer your time for a cause or issue that you care about. Help out a neighbor. Work in a community garden or do something nice for a friend. There are many grate ways to contribute that can help you feel good about yourself and your place in the world. An effort to improve the lives of others is sure to improve your life too.

5] Take care of yourself. Be active and eat well – these help maintain a healthy body Physical and mental health are closely linked; it's easier to feel good about life if your body feels good. You don't have to go to the gym to exercise – gardening, vacuuming, dancing and bushwalking all count. Combine physical activity with a balanced diet to nourish your body and mind and keep you feeling good, inside and out.

6] Challenge yourself- Learn a new skill or take on a challenge to meet a goal. You could take on something different at work, committee to a fitness goal or learn to cook a new recipe. Learning improves your mental fitness, while striving to meet your own goals builds skills and confidence and gives you a sense of progress and achievement.

7] Deal with stress- Be aware of what triggers your stress and how you react. You may be able to avoid some of triggers and learn to prepare for or manage others. Stress is a part of life and affects people in different ways. It only becomes a problem when it makes you feel uncomfortable or distressed. A balanced lifestyle can help you manage stress better.

8] Rest and refresh- Get plenty of sleep. Go to bed at a regular time each day and practice good habits to get better sleep. Sleep restores both your mind and body. However, feeling of fatigue can still set in if you feel constantly rushed and overwhelmed when you are awake.

9] Notice the here and now- Take a moment to notice each of your senses each day. Simply "be" in the moment –feel the sun and wind on your face and notice the air you are breathing. It's easy to be caught up thinking about the past or planning for the future instead of experiencing the present. Making a conscious effort to be aware of your inner and outer world is important for your mental health.

CONCLUSION

In today's lifestyle of hurry worry and curry, stress is increasing day by day. Modern medicines on the one hand are, no doubt good for short term treatment but having many untoward effects and having their own limitations. Ayurveda and yoga if practiced in daily life has excellent results, preventive as well as curative. In fact Aachar rasayana is of greater relevance in today's highly mobile society than it was when first proposed by our stalwart Acharya.

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