Title: Psychotherapeutic Remedies for suicide prevention as offered by Indian mythological book (Shrimadbhagvadgeeta)

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Introduction:

About 8 lakh people die by suicide worldwide every year; of these 17 % are residents of India.

In India, only 15.8 % of suicides occurred because of medical illness and therefore, rest 85 % of suicides happened because of other reasons like family problems, unemployment etc.

Spirituality and suicide prevention:

Spiritual values and religious practices are important in the lives of our patients. It is therefore important that we incorporate spirituality in our treatment protocol. The use of positive religious coping combined with religious condemnation of suicide may be protective against suicide. Positive religious coping methods are significantly associated with better mental health and psychological well being. Spiritual beliefs may help people to cope better with stressful life circumstances. India has a rich heritage of spiritual literature in depth and breadth like Shrimadbhagvadgeeta. It is not just a religious book, also it is considered as a life manual.

Suicide Prevention Psychotherapeutic remedies offered by Shrimadbhagvadgeeta:

Bhagavad Geeta is a part of the great epic Mahabharata, a widely popular mythological story in Hindu philosophy. It has 18 Adhayays (chapters), with about 701 slokas (Verses).

Conclusion:

In a Country like India a lot of acceptance is there as far as religiosity and spirituality concepts are concerned. Hence we can take advantage of this situation, and we should use these spiritual concepts in mental health mentioned in Shrimadbhagvadgeeta.

Biography:

I have completed my under-graduation (MBBS) from B.J Medical College, Ahemedabad, India. Currently, I am 2nd year post graduate resident in Psychiatry in S.B.K.S Medical Institute & Research Centre, Vadodara, Gujarat, India.

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