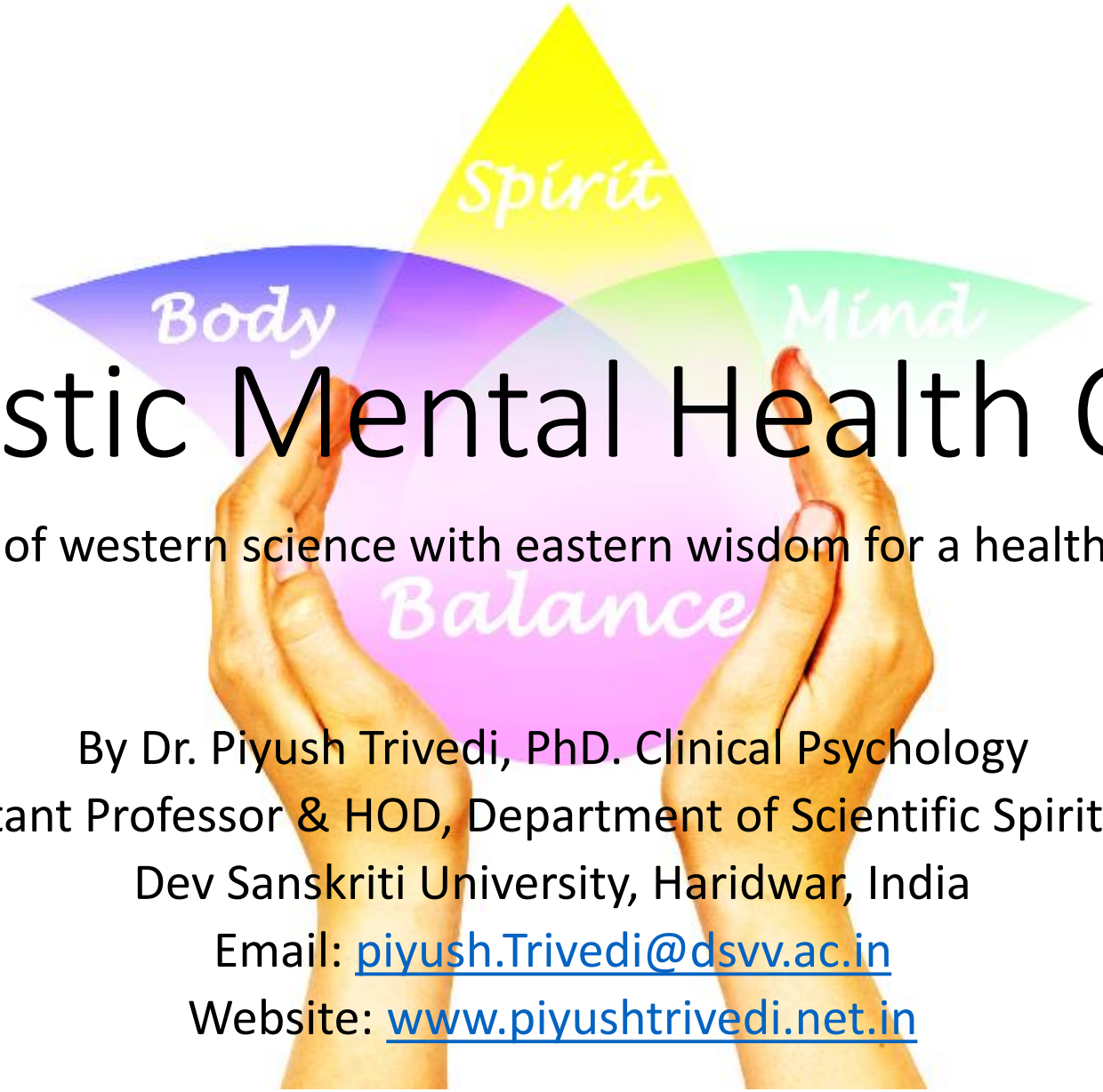


Holistic Mental Health Care

Blending of western science with eastern wisdom for a healthier world

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Definition of Mental Health

Mental health is not just the absence of mental disorders. It is defined as a state of **well-being** in which every individual **realizes** his or her own **potential**, **can cope with the normal stresses of life**, **can work productively and fruitfully**, and is able to make a **contribution to her or his community**. –World Health Organization

What is a holistic approach?

- **dealing with or treating the whole of something or someone and not just a part;**
- **Holistic medicine: treatment that deals with the whole person, not just the injury or disease (source: dictionary.cambridge.org)**



1. (Medhya Rasāyana) Brain Tonics (Ayurveda)	**2. Behavioural Rasāyana (Codes of conduct) (Ayurveda, Culture, Moral Education)**	**3. Golden Rules of Happiness (Lifestyle and Philosophy) (Spirituality, Philosophy)**
4. Aṣṭāṁga Yoga (Yoga)	**Mental Health**	**5. Yajña and other Sātvika Karma (Spirituality, Culture, Tourism)**
6. Somatic Health (Ayurveda)	**7. Pollution (Biological and Psychological) (Psychology, Environment Science)**	**8. Staṁbha (Vāta-Pitta-Kapha) and Upasthambh (Āhāra-Nidrā-Brahmacarya) (Ayurveda, Spirituality)**

1. (Medhya Rasāyana) Brain Tonics (Ayurveda)



दीर्घमायुः स्मृतिं मेधामारोग्यं तरुणं वयः
प्रभावर्णस्वरौदार्यं देहेन्द्रियबलं परम् ७

वाक्सिद्धिं प्रणतिं कान्तिं लभते ना रसायनात्
लाभोपायो हि शस्तानां रसादीनां रसायनम् ८

Rasāyana (promotive medicine) is useful acquiring memory, intelligence, psycho immunity and many other mental capabilities. Brāhma Rasāyana is available in Indian market. It can help in increasing concentration in studies.

2. Behavioural Rasāyana (Codes of conduct)

(Ayurveda, Culture, Moral Education)



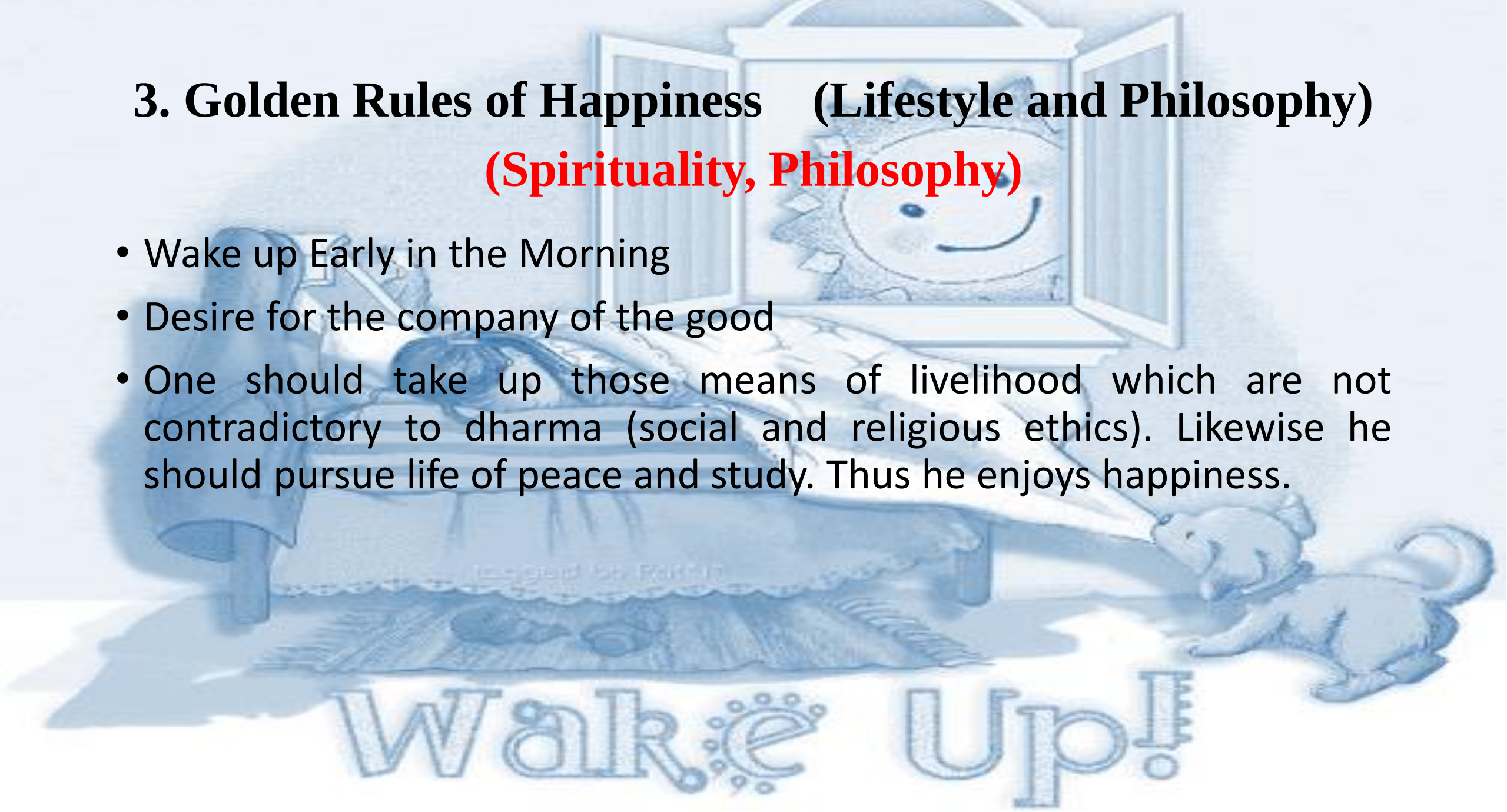


- Truthfulness
- Free from Anger
- Abstaining from wine
- **Regular use of Ghee**
- Having senses concentrated to spirituality

3. Golden Rules of Happiness (Lifestyle and Philosophy)

(Spirituality, Philosophy)

- Wake up Early in the Morning
- Desire for the company of the good
- One should take up those means of livelihood which are not contradictory to dharma (social and religious ethics). Likewise he should pursue life of peace and study. Thus he enjoys happiness.



4. Aṣṭāṁga Yoga (Yoga)

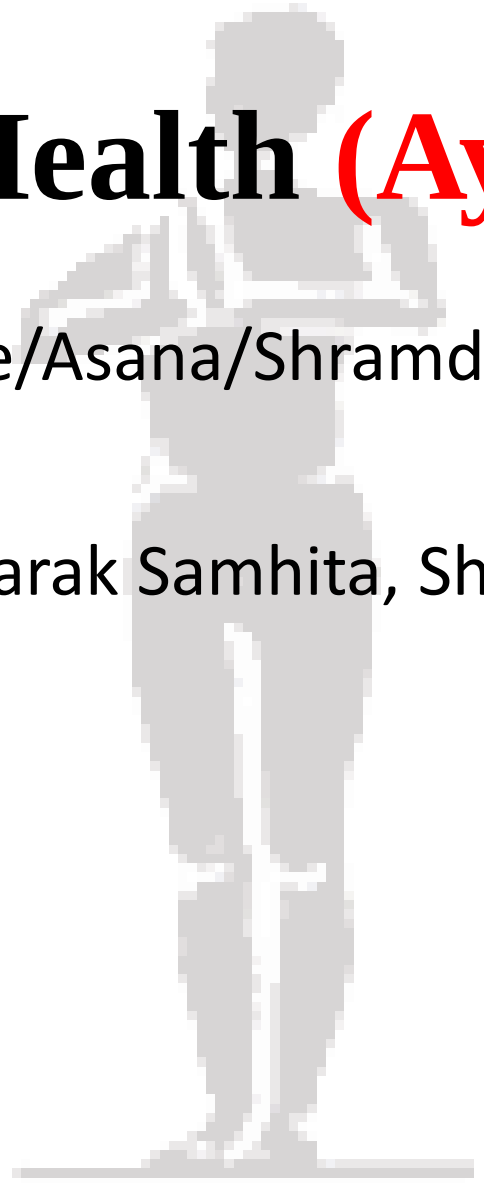
- Asana (Shirshashan etc.)
- Pranayama (Brahmri, Kapalbhati etc.)
- Yognidra
- Meditation
- Shatkarma (Tratak etc.)

5. Sātvika Karma

(Spirituality, Culture, Tourism)

- Yagya
- Sadhana
- Tirthatan/Mental Health Resort
- Prosocial activities (Aradhana)

6. Somatic Health (Ayurveda)



- Dincharya (Regular Exercise/Asana/Shramdaan etc.)
- Ritucharya
- Study of Sutrasthanam (Charak Samhita, Shrushut Samhita, Ashtang Hriday etc.)

7. Pollution (Environment Pollution and Psychological Pollution)

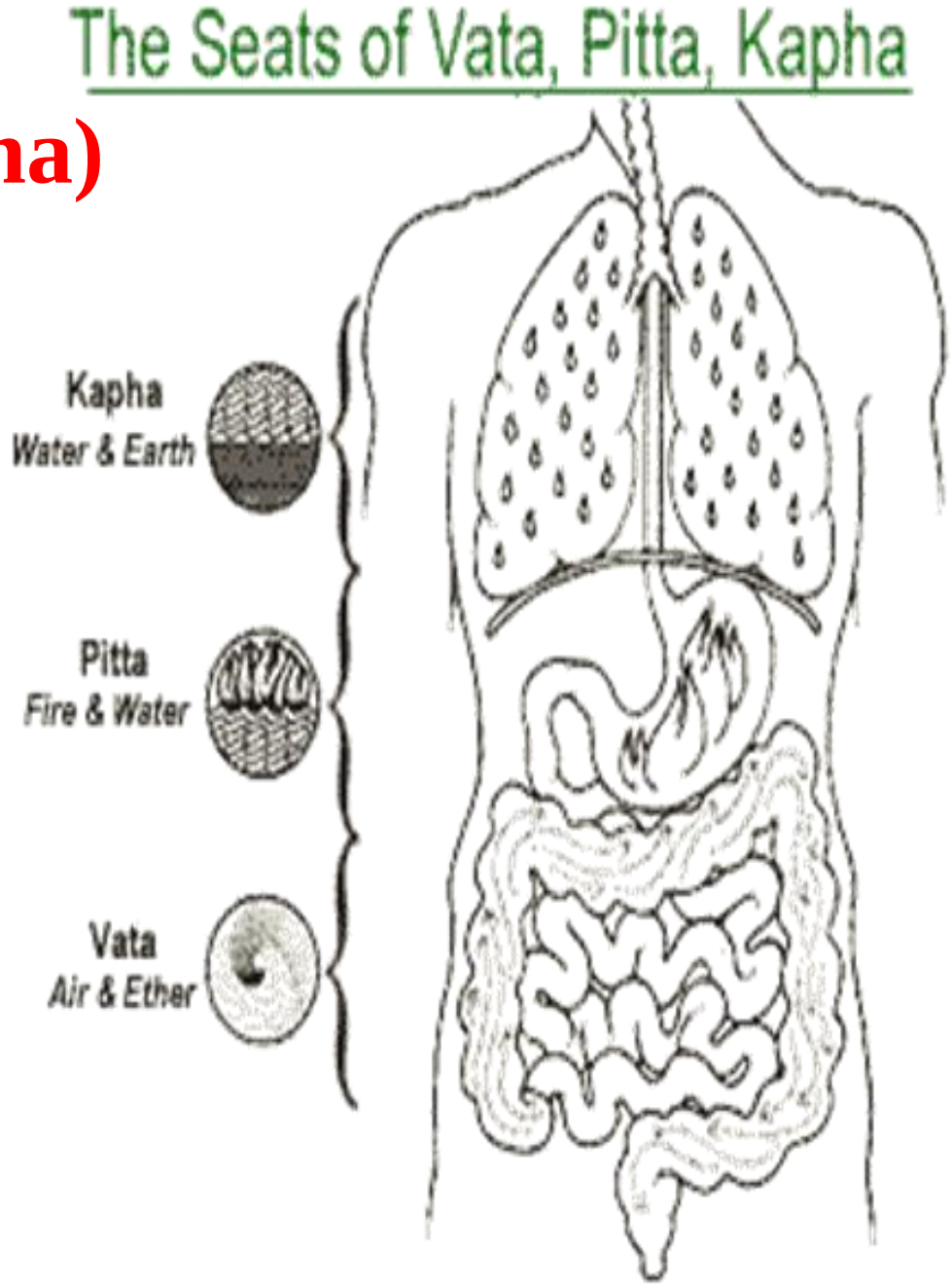
(Psychology, Environment Science)

- Tree plantation
- Environment Friendly Solutions
- Prevention of Psychological Pollution

8A Staṁbha (Vāta-Pitta-Kapha)

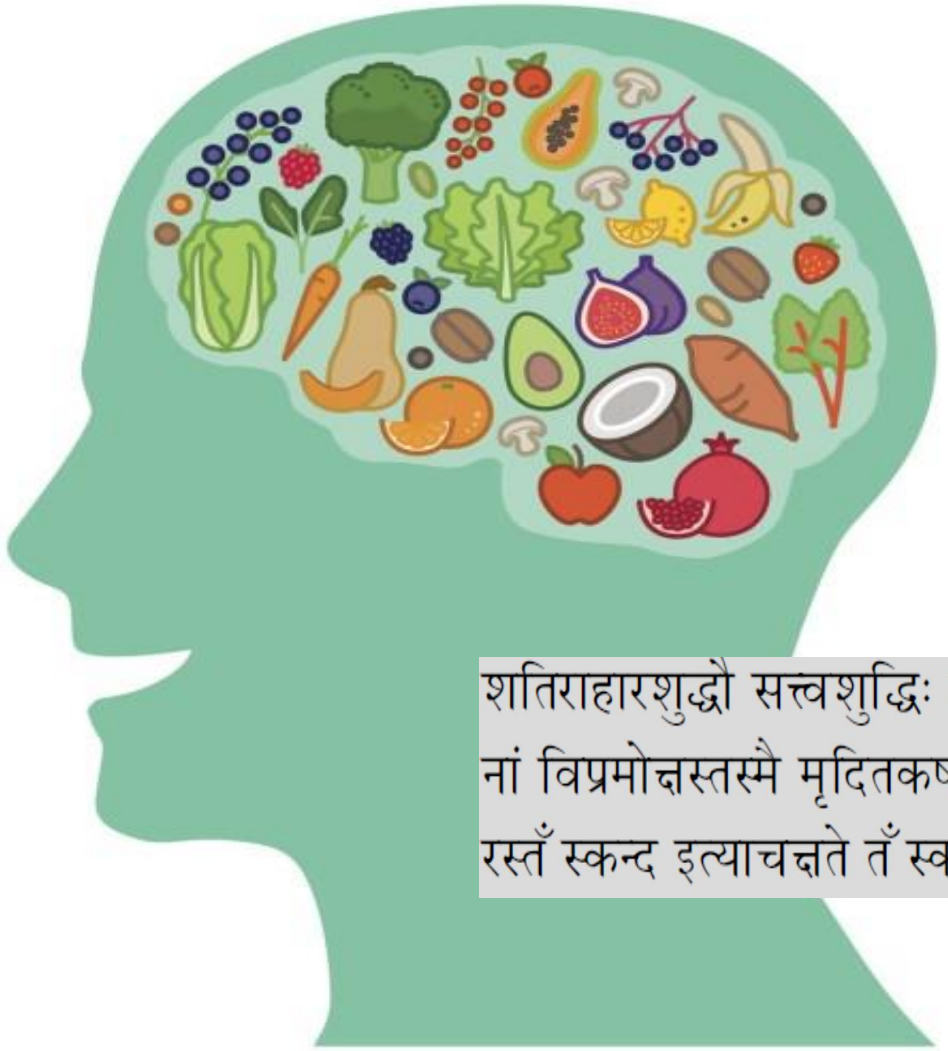
- Vataj Ahar-Vihar--→Vataj Unmaad
- Pitaj Ahar-Vihar--→Pitaj Unmaad
- Kaphaj Ahar-Vihar-→Kaphaj Unmaad

तैरल्पसत्त्वस्य मलाः प्रदुष्टा बुद्धेर्निवासं हृदयं प्रदूष्य
स्रोतांस्यधिष्ठाय मनोवहानि प्रमोहयन्त्याशु नरस्य चेतः ५



8B Upstaṁbha (Āhāra - Nindra - Brahmacarya)

Āhāra (Ayurveda, Spirituality)



शतिराहारशुद्धौ सत्त्वशुद्धिः सत्त्वशुद्धौ ध्रुवा स्मृतिः स्मृतिलम्भे सर्वग्रन्थी-
नां विप्रमोक्षस्तस्मै मृदितकषायाय तमसस्पारं दर्शयति भगवान् सनत्कुमा-
रस्तँ स्कन्द इत्याचक्षते तँ स्कन्द इत्याचक्षते २

अन्नमशितं त्रेधा विधीयते तस्य यः स्थविष्ठो धातुस्तत्पुरीषं भवति यो म-
ध्यमस्तन्माँसं योऽणिष्ठस्तन्मनः १

Nindra (Ayurveda, Spirituality)

- Go to bad within one Prahar (three hours) after the sunset.
- Get up In Brahmmuhurt (1.5 hours before sunrise)



Brahmacarya (Ayurveda, Spirituality)

तत्रोच्चैर्भाष्यातिभाष्याभ्यां ... अवसीदतीव मनो वेपते

- Sexual intercourse can make the brain as if sinking and can lead to depression.

