



AYURVEDA: TRADITIONAL APPROACHES TO MENTAL WELLNESS

WELLBEING TOOL TIP, 2023

Author: Dr Nehal Sharma, B.A.M.S, Expert in Ayurveda, India
Editorial Coordination & Graphic Design: Vhealth and Brenin Team

SHORT SUMMARY

VhealTHY and Brenin Technology presents the research entitled "Ayurveda: Traditional Approaches to Mental Wellness," authored by Dr. Nehal Sharma, a distinguished expert in Ayurveda with extensive experience of several years. This study endeavors to furnish comprehensive and insightful information on Ayurveda, delving into its ancient wisdom and traditional medicinal practices that date back over 5000 years. It aims to equip all interested individuals with valuable knowledge and essential tools related to Ayurveda, highlighting the profound connection between the mind and body while exploring various practices that continue to be widely employed in contemporary settings.

With a holistic approach to well-being in mind, VhealTHY and Brenin Technology jointly strive to offer accessible resources and expert guidance, showcasing the significance of traditional medicine and its fundamental principles.

TABLE OF CONTENT

Table of Contents	2
Wellness Equation: Mental & Physical	3
Ayurvedic Wisdom for Mental Wellness	3
Data at a glance	6
Body assessment	7
Zoom on the tridoshas	8
Facts onbody types	12
Learn on diet and lifestyles	27

WELLNESS EQUATION: MENTAL & PHYSICAL

Is mental health equally important to physical health ?

YES



+



=



“

Being healthy doesn't mean physically healthy only and since life is the combined state of body, senses and mind...mental health and consciousness is equally important.

”

AYURVEDIC WISDOM FOR MENTAL HEALTH

The role of Ayurveda in understanding mental health?

Ayurvedic medicine (“Ayurveda” for short) is one of the world's oldest holistic (“whole-body”) healing systems.

It was developed more than 3,000 years ago in India.

Ayurveda is based on the belief that health and wellness depend on a delicate balance between the mind, body, and spirit.

The two main goals of Ayurveda are:

- 1.To promote good health in healthy individual (includes physical, mental and spiritual well-being)
- 2.To treat disease.



AYURVEDIC WISDOM FOR MENTAL HEALTH

How to recognise if you are suffering from mental illness ?

1. APATHY

Loss of initiative or desire to participate in any activity

2. FEELING DISCONNECTED

A vague feeling of being disconnected from oneself or one's surroundings

3. MOOD SWINGS

Rapid or dramatic shifts in emotions or depressed feelings, greater irritability

4. SLEEP AND APPETITE CHANGES

Sleep and appetite changes or decline in personal care



DATA AT A GLANCE

You are not alone



In 2019, 1 in every 8 people, or 970 million people around the world were living with a mental disorder, with anxiety and depressive disorders the most common. In 2020, the number of people living with anxiety and depressive disorders rose significantly because of the COVID-19 pandemic. Initial estimates show a 26% and 28% increase respectively for anxiety and major depressive disorders in just one year.

Anxiety disorders

In 2019, 301 million people were living with an anxiety disorder including 58 million children and adolescents

Depression

In 2019, 280 million people were living with depression, including 23 million children and adolescents

Bipolar Disorders

In 2019, 40 million people experienced bipolar disorder

Eating Disorders

In 2019, 14 million people experienced eating disorder, including almost 3 million children and adolescents

BODY ASSESSMENT

“FOR ONE WHO DOES NOT UNDERSTAND ONESELF,
BODY ITSELF IS A BURDEN.”

Hence, if we are not comfortable in our own body, and do not understand the cause of our current state, the body becomes a burden.

An Ayurvedic consultation is a way to find out the root cause to the problems and treat them.

BODY TYPE (SHARIRIK-PRAKRITI)

- ☒ VAAT
- ☒ PITTA
- ☐ KAPHA
- ☐ VAAT-PITTA
- ☐ PITTA-KAPHA
- ☐ VAAT-KAPHA
- ☒ SAM-PRAKRITI

PSYCHE (MANSIK-PRAKRITI)

- ☒ SATVIK
- ☐ RAJSIK
- ☐ TAMSIK

ZOOM ON THE TRIDOSHAS

What are VAAT-KAPHA-PITTA



KAPHA



PITTA



VATA

VAAT PITTA AND KAPHA are material substances which have specific quantity, quality and functions in our body.

These tri-dosha are present all over the body up to the cellular level. Due to their minuteness, their presence cannot be recognised physically but is recognised by their functions.

VAAT-PITTA-KAPHA are present in a particular proportion in each person which constructs their body type.

What is the VATAJ body type?



INTERESTED IN MUSIC, DANCING AND CREATIVE ACTIVITIES

THIN AND SLIM BUILT, NARROW BODY SHAPE

THIN, DRY HAIRS, LESS SWEATING

DRY, BROKEN, HOARSE VOICE, TALKATIVE, WANDERING MIND

IRREGULAR APPETITE, SLEEP, BOWEL MOVEMENTS

DRY AND COOL SKIN, PREFER WARM TEMPERATURE

LOOSE JOINTS, CRIPPLING SOUND FROM JOINTS

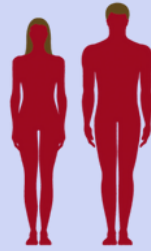
PRONE TO ANXIETY, QUICKLY GETS IRRITATED

PRONE TO SKIN DISEASES, FAST WALKING HABIT

EASILY GETS UNDER INFLUENCE OF 'RAJA'



What is the PITTAJ body type?



PASSIONATE FOR THEIR WORK, SWEATS PROFUSELY

BROWN, MODERATELY THICK, SLIGHTLY OILY HAIRS

ACTIVE METABOLISM, EXCELLENT APPETITE

AVERAGE BUILT, HEAT INTOLERANT, PREFER COLD MORE

PRONE TO EARLY BALDNESS, GREYING HAIRS

HIGH INTELLECTUAL PERSONS, SHARP MEMORY

MAY HAVE NATURAL YELLOWISH TINGE IN SKIN

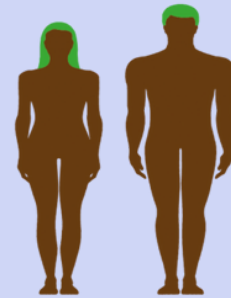
EASIER TO ADAPT SATTVA QUALITIES

TRIES TO CONTROL ARGUMENT OR DEBATE

HAVE SHORT TEMPER BUT CALMS DOWN QUICKLY



What is the KAPHA body type



HEAVY BUILT, PRONE TO WEIGHT GAIN

OILY SKIN, CLEAR COMPLEXION, THICK HAIRS

COMPACT AND STRONG JOINTS

NATURALLY LOW APPETITE, HAVE HABIT OF PROCRASTINATING

STABLE MIND, DOESN'T GET ANNOYED EASILY

SOFT VOICE, LESS TALKATIVE

LATE LEARNERS BUT EXCELLENT MEMORY

PATIENT, LOYAL AND FORGIVES OTHERS EASILY

STABLE, SLOW WALKING HABIT

EASILY GETS INFLUENCED BY "TAMAS"

Some facts about body type ?



VATA



PITTA



KAPHA



Body type is decided according to dosha dominance of healthy individual.



Most of the people are combination of two doshas, dominance of single dosha is rare and equal proportion of all three doshas is also rare.



In diseases condition, any one, two or all three dosha gets vitiated from their natural composition in an individual.



Each person has unique composition/combination of these three dosha which formed at the time of conception and it remains same till the death.

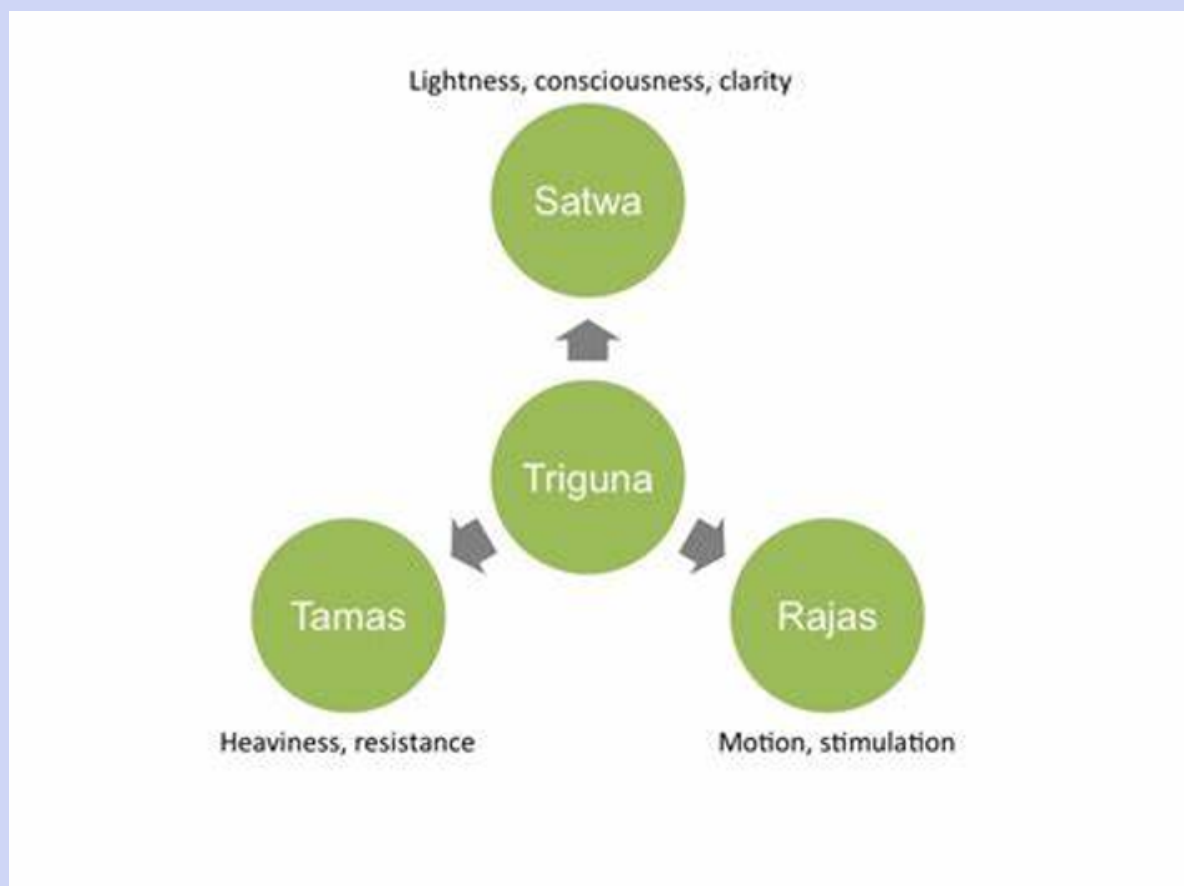


In diseases condition, any one, two or all three dosha gets vitiated from their natural composition in an individual.

EVALUATION ON PSYCHE/MENTAL LEVEL

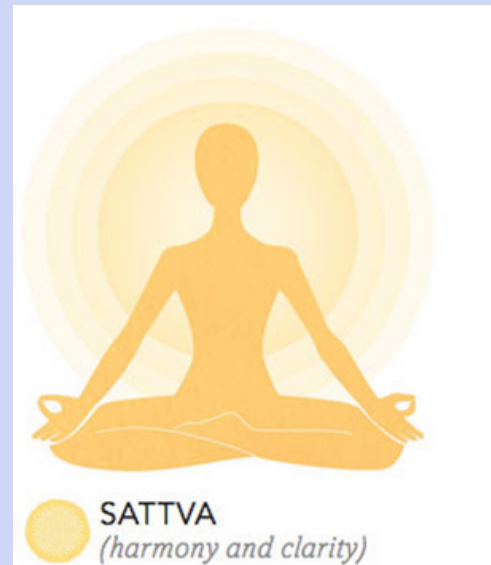
MANSIK-PRAKRITI or psychological composition is evaluated according to the influence of three qualities called “sattva, raja, tamas” in an individual.

THESE THREE QUALITIES/ENERGIES are part of universe and also affects us by influencing our mind and consciousness.



ZOOM ON THE TRIDOSHAS

QUALITIES OF SATVA DOMINATING MENTAL CONSTITUTION



CONSCIOUS MINDFUL EATING

ABSENCE OF ANGER AND PRIDE

FORGIVENESS, KINDNESS, KNOWLEDGABLE

RESPECTFUL ATTITUDE

COURAGEOUS, POLITE

VIRTUOUS CONDUCT

SPEAKS TRUTH

ABSENCE OF DESIRES

ZOOM ON THE TRIDOSHAS

QUALITIES OF RAJA DOMINATING MENTAL CONSTITUTION



ANGER, LUST

TENDENCY OF HURTING OTHERS

FULL OF ATTACHMENT WITH MATERIALISTIC THINGS

PROFOUND GRIEF, A WANDERING MIND

SELF BOASTING/EGOISTIC

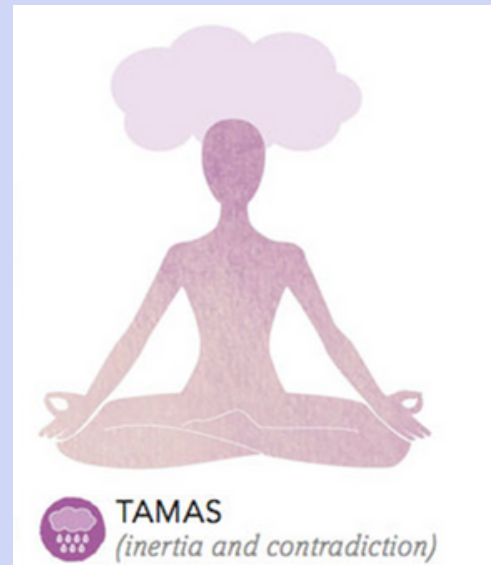
GREAT DESIRE FOR HAPPINESS, HABIT OF LYING

PRIDE FROM WEALTH

LIKES FOOD WHICH IS SALTY, PUNGENT, SPICY, HOT

ZOOM ON THE TRIDOSHAS

QUALITIES OF TAMA DOMINATING MENTAL CONSTITUTION



GREAT SORROWNESS

PROFOUND LAZINESS

DESIRE FOR DOING MEAN ACTS

NEGATIVE THINKING

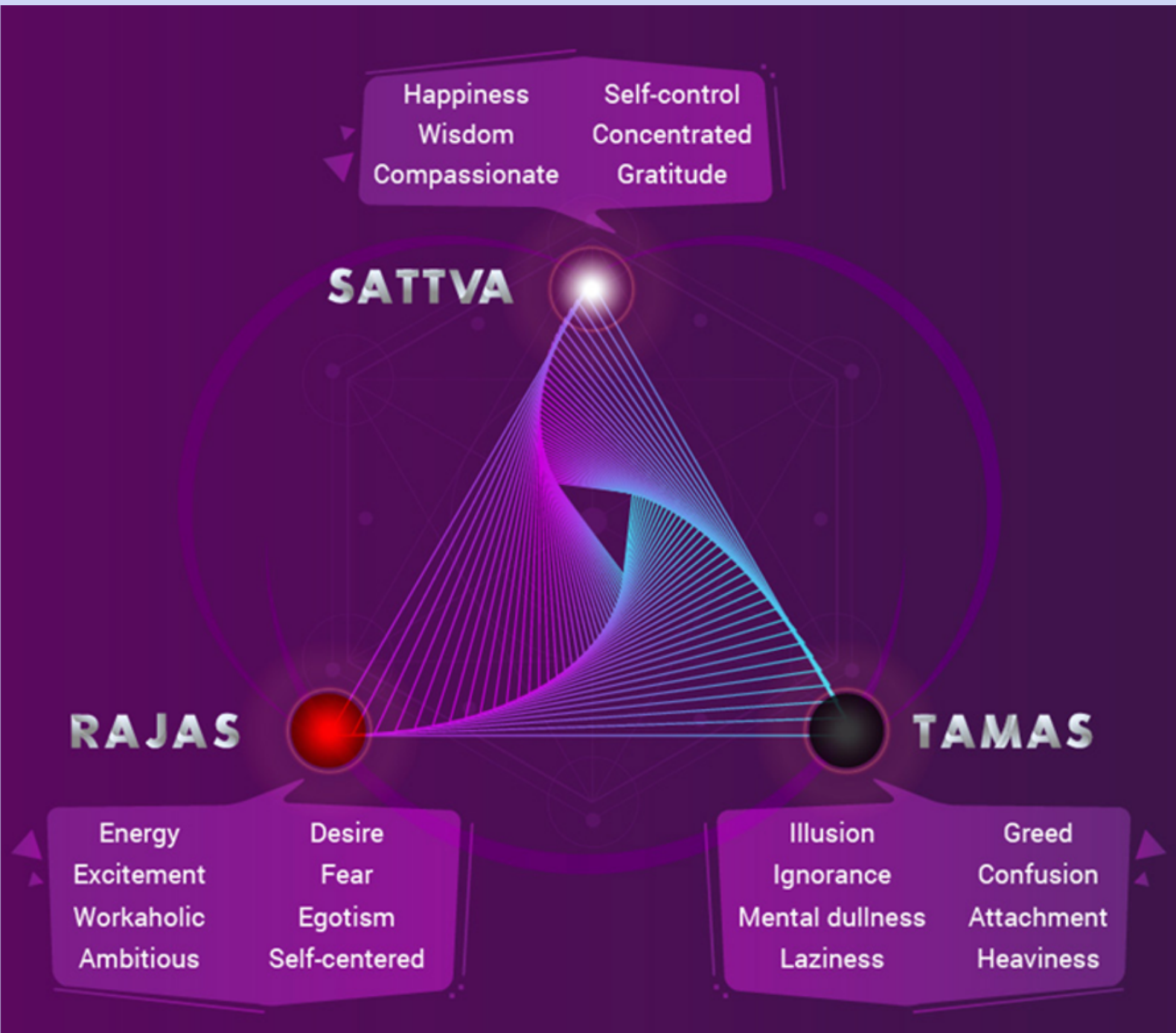
ALWAYS SLEEPY

IGNORANCE IN ALL ACTIVITIES

PRIDE FROM WEALTH

BLINDED BY ANGER

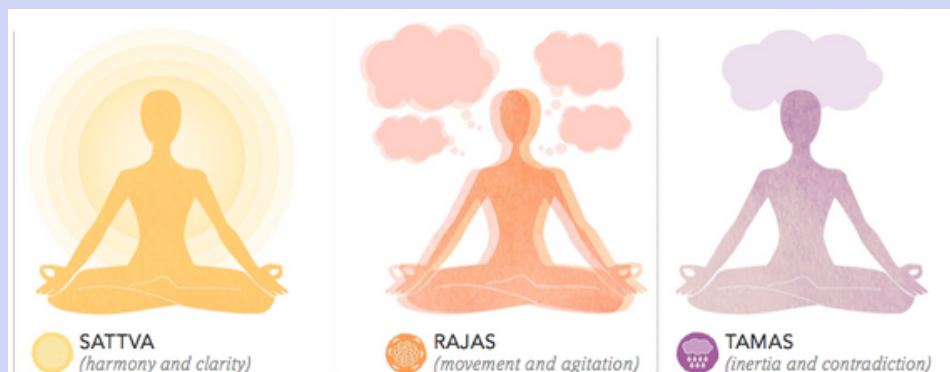
ZOOM ON THE TRIDOSHAS



These all qualities can manifest in same individual at various times according to their surrounding, perceptions, values, personal morals, dietary habits etc.

ZOOM ON THE TRIDOSHAS

People having Raja and tama dominant mind tend to suffer from stress, anxiety, depression and other mental disorders at different degrees.



One should always try to increase the sattva qualities, which can be achieved by practicing yoga, meditation, satvik diet and an Ayurvedic lifestyle.

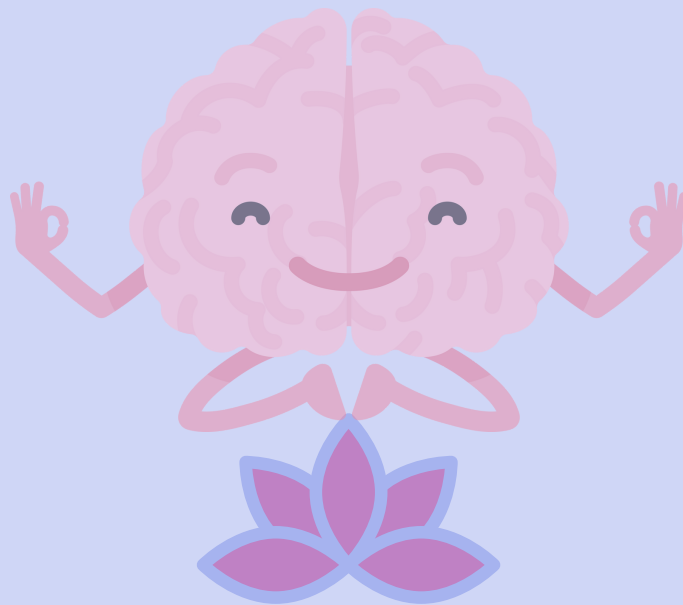
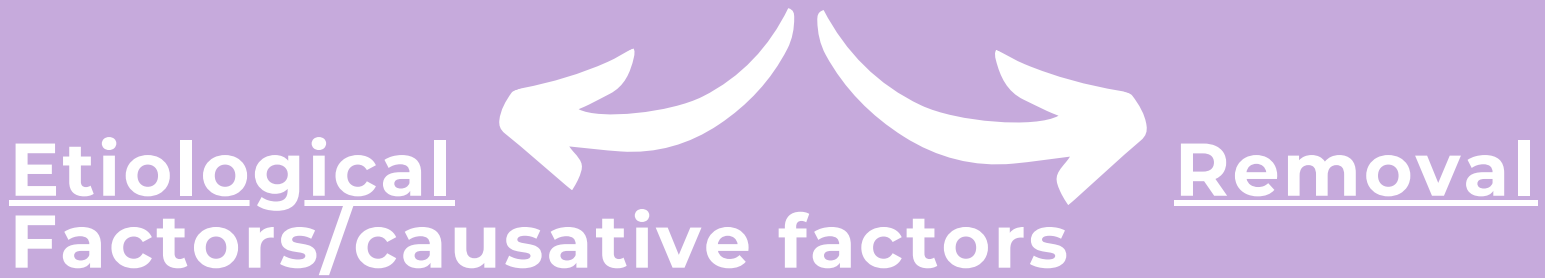
So, the key to dealing with stress and anxiety lies in our immediate lifestyle. Making slight lifestyle changes can go a long way in reducing the symptoms and helping you lead a balanced life.

What to do after knowing yourself



ZOOM ON THE TRIDOSHAS

NIDAN-PARIVARJANAM



The best and simplest form of treatment is removal of causative factors of any disease.

**IDENTIFY YOUR CAUSE,
ACCEPT IT AND MANAGE IT...**

ZOOM ON THE TRIDOSHAS

EXTERNAL

Chronic - illness

Life changes:
death of a loved one,
shifting/moving home etc.

Failing relationships

Financial obligations: loans

Social problems:

work pressure,
discrimination,
harassment, etc.

Traumatic events:

Violence, rape,
accident, war, etc.

INTERNAL

Pessimistic thoughts

All-or-nothing mentality

Fear and uncertainty

Unrealistic expectations

Rigid attitudes and perceptions

ZOOM ON THE TRIDOSHAS

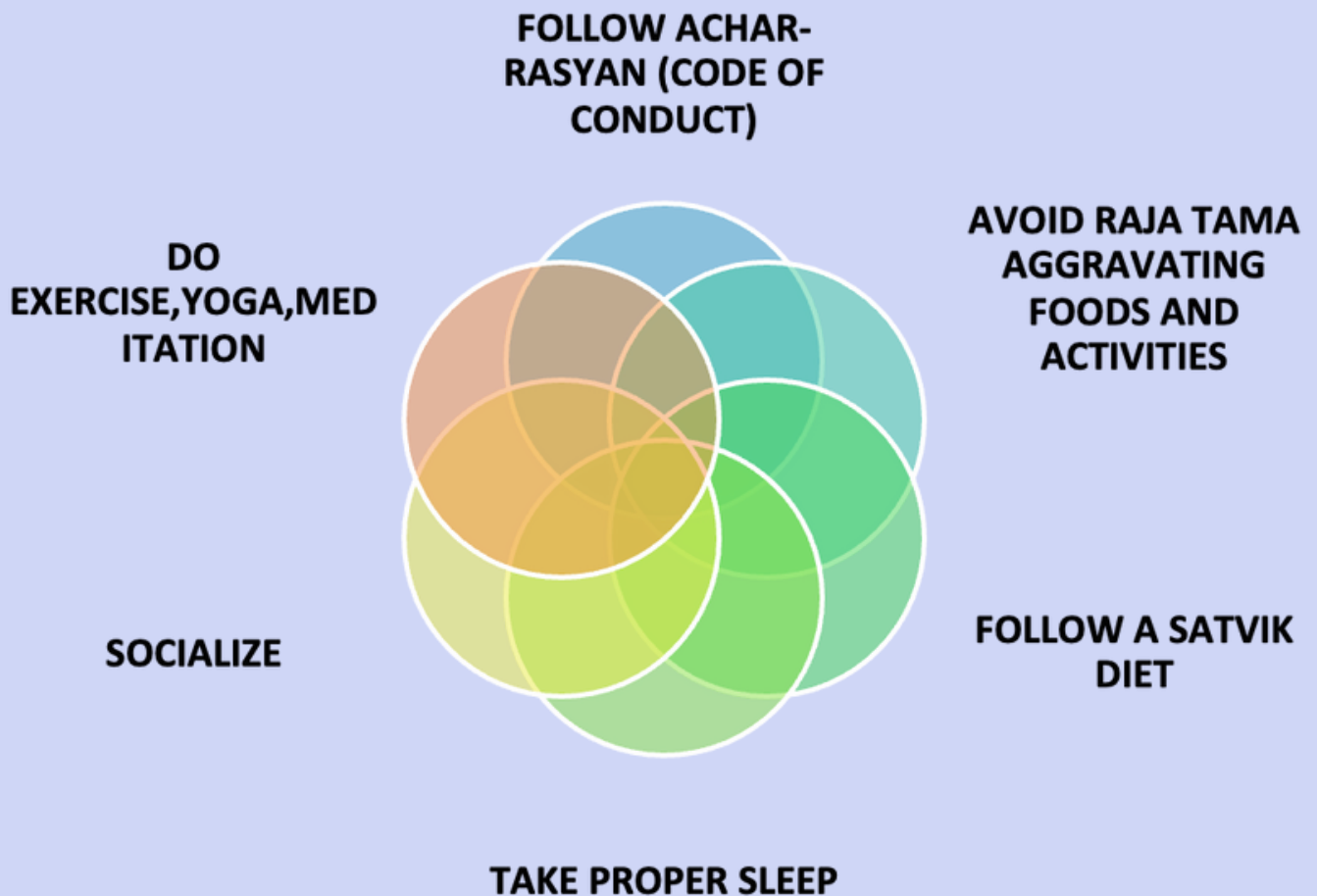
Causes of anxiety, depression, stress could be anything... Sometimes we can rule them out easily and sometimes we can not.



In both cases, a positive change in lifestyle and dietary habits can do miracles.

ZOOM ON THE TRIDOSHAS

Change is the only constant



ZOOM ON THE TRIDOSHAS

Personal aspects:



Social and behavioural aspects:

Honesty, truth and peace are three pillars of this code of conduct.



ZOOM ON THE TRIDOSHAS

Social and behavioural aspects:



Be kind and empathetic. This does not mean you have to be nice all the time. Be kind with knowledge



Respect and serve elders



Be devoted to love and avoid violence



Be merciful and compassionate



Be conscious of your ego – work to reduce it



Have a control over mind and avoid unnecessary sensory pleasures

ZOOM ON THE TRIDOSHAS

Spirituals aspects:



Meditation, helping needful people, and reading good texts are three pillars of spiritual aspects



Be duty bound and follow ethical principles related to your job/role



Read books on self development, spirituality and Autobiographies of wise souls



Practice meditation regularly



Help people in need and do acts of charity

ZOOM ON THE TRIDOSHAS

FOODS / ACTIVITIES which aggravate raja and tamas qualities



Waking up till late and consuming foods listed above.



Sleeping in Daytime



Frozen foods are discouraged, whereas meat and alcohol should be consumed sparingly or in moderation

LEARN ABOUT DIET

Saatvik diet

FRUITS

1. Do not eat fruits empty stomach or at night.
2. Eat fruits sometime before meals or as a daytime snack.
3. Do not combine fruits and dairy products like milk and yogurt.
4. Best fruits are : Pomegranate, gooseberry, berries, pear, dates and local and seasonal.

VEGETABLES

1. Always eat vegetables after cooking them – boil in water and then discard the left over water, add spices of your choice and cook in healthy fats.

HEALTHY FATS

1. Ghee, mustard oil, sesame oil, coconut oil (cold-pressed oils)

DRY FRUITS

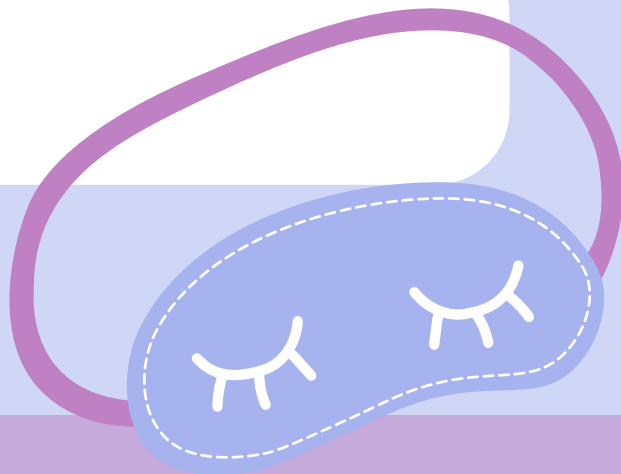
1. Almonds, cashews, walnuts etc.

DAIRY

1. Yogurt/Curd, Milk, Cheese, Paneer/Cottage Cheese, Buttermilk. (dairy products are nutritive and healthy if they come from authentic source)

LEARN ABOUT DIET

Sleep



One of the major factors that causes stress is lack of sleep.

In today's fast-paced life, trying to fit in work, family, and social obligations, we sometimes miss out on our sleep which increases our chances of getting stressed.



Sleep by 10pm at night and wake up before sunrise



Avoid day sleep unless you have to work till late nights



Listen to music, use essential oils for better sleep



Foot massage with warm oils like sesame, mustard oil at bed time helps relaxing the mind

LEARN ABOUT DIET

Socialize



Socialising with people is beneficial as being alone can trigger stress and anxiety responses



Having healthy communication and interactions with people will help you feel relaxed



Stay in company of good people

Exercise



Exercise acts as one of the best natural stress management techniques which we can use to keep our mind focused



When we put a balanced physical pressure, then it can sometimes help relieve mental stress



VhealthY & Brenin Technology



ingrid@vhealthy.fr



www.vhealthy.fr

Follow us



@vhealthybyetherna



@lavievhealthy