

# MANAGING THE BURDEN AND IMPLICATIONS OF MENTAL HEALTH ISSUES WITH INTEGRATION OF AYURVEDA



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## Abstract

*'The advent of deteriorating mental health and related issues has become a global concern.' This issue is acting as a catalyst to degrade not just the physical and mental state of the human being but also acting as a source to destruct the human resource and its efficacy. This article explores the intricacies related to mental health and how it affects psychological, social, and physical aspects of an individual. This article provides a basis for comprehending mental health as a condition of holistic balance by examining historical perspectives, especially those from traditional practices of Ayurveda. After that, this article looks at mental health issues among particular groups, including workers, students, and prisoners, with an emphasis on initiatives of different agencies working for improvement of mental health. The study highlights the need for culturally appropriate, financially feasible, and easily available mental health therapies. Special emphasis has been given to ayurvedic approach for the improvement of mental health. Apart from this to enhance mental health outcomes, key proposals include research-driven solutions, community participation, regulatory reforms, and more financing.*

**Keywords:** *Mental Health, Historical Views, Ayurveda, Holistic Balance, Incarcerated individuals*

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## Introduction

Health is a state of condition which includes not just the absence of any disease or infirmity but also a complete physical, mental as well as social well-being<sup>1</sup>. Taking this into consideration, mental health is not only a problem for individuals; rather, it is a worldwide crisis that has ramifications for public health, the economy & society as a whole. Mental health issues are still stigmatized in many cultures, which results in neglect and a lack of assistance. In order to obtain a better understanding of how mental health issues impact people from a variety of demographics and how solutions might be maximized, this article provides a framework for analyzing mental health via historical, sociological, and policy-driven lenses. It is necessary for the healthcare providers to have clear understanding and meaning of health so that they can work on to improve it<sup>2</sup>.

Mental health of any individuals can be affected by numerous socio-economic factors which are needed to be addressed. It is necessary to have comprehensive strategies to prevent and cure it.<sup>3</sup> Our brain's development, adaptation, and response to adverse conditions and stress are influenced by several factors such as physical health, mental peace, security and protection, lifetime learning, social interaction, and availability of high-quality services<sup>4</sup>. It can be observed that the individuals spend their 2/3<sup>rd</sup> portion of life either in thinking, working or preparing about the jobs and financial stability in their life<sup>5</sup>. People mostly get carried away to build their future without thinking about the present which in turn leads to creation of a careless approach towards their personal health.

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<sup>1</sup>World Health Organization, "Mental Health", WHO, available at: <https://www.who.int/data/gho/data/themes/theme-details/GHO/mental-health#:~:text=Mental%20health%20is%20fundamental%20to%20our%20collective%20and,of%20individuals%20C%20communities%20and%20societies%20throughout%20the%20world> (last visited Nov. 16, 2024).

<sup>2</sup>A. Felman, "What is Good Health?", available at: [https://www.medicalnewstoday.com/articles/150999#what\\_is\\_health](https://www.medicalnewstoday.com/articles/150999#what_is_health) (last visited Sep. 19, 2024).

<sup>3</sup>World Health Organization, Mental Health Action Plan 2013-2020, available at: [https://iris.who.int/bitstream/handle/10665/89966/9789241506021\\_eng.pdf?sequence=1](https://iris.who.int/bitstream/handle/10665/89966/9789241506021_eng.pdf?sequence=1) (last visited Sep. 19, 2024).

<sup>4</sup>World Health Organization, "Brain Health", WHO, available at: [https://www.who.int/health-topics/brain-health#tab=tab\\_1](https://www.who.int/health-topics/brain-health#tab=tab_1) (last visited Sep. 3, 2024).

<sup>5</sup>World Health Organization, "Mental Health", WHO, available at: <https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response> (last visited Oct. 17, 2024).



***Swasthasya swasthya rakshanam aturasya vikara prashamanam cha*** || [Charak Samhita sutrasthan Chapter 30 verse 26, page no. 447]<sup>6</sup>

The primary aim of Ayurveda is the promotion and preservation of health of a healthy person and the eradication and management of disease of a sick person. Sushruta, a pioneer surgeon and a teacher of Ayurveda around 1200 BC - 600 BC described the health as a balance of Tridosha (physiological principles governing the body), Agni (the processes involving metabolism and digestion) and Dhatu (the principles governing the tissue formation in the body)<sup>7</sup> [Sushruta Samhita Sutra Sthana, “Dosha Dhatu Mala Kshaya Vriddhi Vijnaniya Adhyaya”, Chapter 15 verse 41]<sup>8</sup>.

In Ayurveda mental health is described in Atharva-veda and in Brihatyee - Charak, Sushruta and Vagbhatta containing detailed Nidan panchaka: Nidana (etiology), Purvarupa (Prodromal symptoms), Rupa (Sign and symptoms), Samprapti (Pathogenesis) and Upshaya (therapies)<sup>9</sup>.

***“Vayu pittan kaphach uktah shariro doshsangrah |***

***Manash punarudhishto rajasch tam ev ch ||*** [Charak Samhita Sutrasthan Chapter 1 verse 57]<sup>10</sup>

Vata pitta and kapha are the bodily humors while raja and tama are the doshas of mind. Ayurveda considers a person to be healthy only if there is a balance between the three doshas (viz. Vata, Pitta and Kapha)<sup>11 12</sup>. Mind of a person includes Dhi (which is the intellectual ability), Dhriti (which is the ability of a person to process and information) and Smriti (which is the

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<sup>6</sup>V. Shukla, and R.D.Tripathi, Carakasamhita of Agnivesha (Chaukhamba Sanskrit Pratishthan, Delhi, 2017).

<sup>7</sup>Gopal Basisth, “Exploring Insights Towards Definition and Laws of Health in Ayurveda: Global Health Perspective”, *Ayu*, 35(4) (2014) 351–355.

<sup>8</sup>Vaidya Jadavji Trikamji Acharya (ed.), Sushruta Samhita, (Chaukhamba Orientalia, Varanasi, 2005).

<sup>9</sup>Anurag Pandey and Mamta Tiwari, “Concept of Mental Health in Ayurveda” 4 World Journal of Pharmaceutical Research 2004 (2015).

<sup>10</sup>V. Shukla, and R.D.Tripathi, Carakasamhita of Agnivesha (Chaukhamba Sanskrit Pratishthan, Delhi, 2017).

<sup>11</sup>Elsbeth Riley, “A Beginner’s Guide to Ayurveda & Balancing the 3 Doshas”, mindbodygreen, February 23, 2022, available at: <https://www.mindbodygreen.com/articles/ayurveda-for-beginners-how-to-balance-your-doshas> (last visited Sep. 23, 2024).

<sup>12</sup>Understand The Three Doshas in Ayurveda: Vata, Pitta, and Kapha, available at: <https://www.ashpveda.com/blogs/health/doshas-in-ayurveda-vata-pitta-kapha> (last visited Sep.15, 2024).



memory or the ability to retain and recall any information)<sup>13</sup>. Dhi represents the physical mind and intelligence of a person therefore it is necessary to have a well-balanced vata dosha for proper functioning of Dhi [Sutra Sthana, Chapter 12, Verse 08]<sup>14</sup>. Dhriti represents the power of control over senses and ability to process any information hence it is necessary for any person to have Pitta dosha to be in balance<sup>15</sup>. While it is necessary to have Kapha dosha to be well-balanced in order to attain a healthy memory [Sharir Sthana, Chapter 1, Verse 149].<sup>16</sup>

An individual's mental health, which is an essential component of their total well-being, has an impact on their capacity to deal with the problems of life, to work successfully, and to sustain meaningful relationships. According to World Health Organization (WHO), a person is considered to be in a state of good mental health when they are able to cope with stressful situations, perform well at job, and actively participate in their community<sup>17</sup>.

There are several variables that are responsible to influence mental health, including socioeconomic status, biological predispositions, cultural influences and stresses induced by environment. There is availability of fewer treatment alternatives and various stigmas and stereotyping which exacerbate the worldwide mental health scenario, especially if we look into low-income and middle-income countries, 76% - 85% of serious mental health disorders remain unaddressed<sup>18</sup>.

A person to have a complete physical and mental well-being is a basic human right and is a crucial requirement for social as well as community development but if we look after the developments in the field of mental health, the rate of growth appears to be very slow.

<sup>13</sup>M. Bhojani, and S. Verma, "Dhriti", Charak Samhita Research, Training and Development Centre eBooks (2023).

<sup>14</sup>Acharya Yadavji Trikarma Ji (ed.), Agnivesha's Charak Samhita with Ayurveda Dipika Commentary of Chakrapani Datta, (Chaukhambha Surbharti Prakashan, Varanasi, 2002).

<sup>15</sup>Anurag Pandey and Mamta Tiwari, "Concept of Mental Health in Ayurveda", 4 World Journal of Pharmaceutical Research, 2004-2013 (2015).

<sup>16</sup>Acharya Yadavji Trikarma Ji (ed.), Agnivesha's Charak Samhita with Ayurveda Dipika Commentary of Chakrapani Datta, (Chaukhambha Surbharti Prakashan, Varanasi 2002).

<sup>17</sup>World Health Organization, "Mental Health", WHO, available at: <https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response> (last visited Oct. 17, 2024).

<sup>18</sup>World Health Organization, Global Burden of Mental Disorders and the Need for a Comprehensive, Coordinated Response from Health and Social Sectors at the Country Level, Executive Board, EB130/9 (2011), available at: [https://apps.who.int/gb/ebwha/pdf\\_files/EB130/B130\\_9-en.pdf](https://apps.who.int/gb/ebwha/pdf_files/EB130/B130_9-en.pdf) (last visited Oct. 17, 2024).



## Methods

This study depicts a panoptic literature review, with combination of traditional perceptive from ancient Ayurvedic principles with contemporary research on mental health. Ayurveda's holistic approach emphasizes the balance of physical, mental, and spiritual elements, highlighting concepts such as Tridosha (three bodily humors) and the mental faculties Dhi, Dhriti, and Smriti. These perspectives provide a historical foundation for understanding mental health beyond modern medical frameworks.

The information was gathered from certain case reports, different government policies and academic studies to assess the current state of mental health care and different challenges faced by specific populations in India and globally. A comprehensive knowledge of mental health issues, their root causes, and the need for intervention across a range of populations is made possible by this analytical approach.

### Causes of Mental Illness

**“Dharayet tu sada vegana hitaishie pretya cheha cha**

**Lobha irshya dwesha matsarya raga deenam jitendriya”[ Sutra Sthana, Chapter 4, Verse 24]<sup>19</sup>**

The Potential factors of Mental Illness as mentioned in one of the Brihatryee i.e. by Acharya Vagbhata. He told in his commentary that a person should have control of his senses and pessimistic approach like being greedy, showing irritable behaviour most of the time, anger issues, competitive approach and attachment.

Tridosha and trigunas of mind are the causative factors of mental illness. Shoka (sorrow), krodha (anger), chinta (overthinking), kama (lust), lobh (greed), moha (state of delusion), irshya (jealousy), abhimana (pride), mada (euphoria) and bhaya (fear) in excess are some of the counter emotions which can act as a contributor to mental issues [Nidana Sthana, Chapter 7, Verse 4].<sup>20</sup>

## What are the underlying reasons behind mental health problems?

There are number of causes that can create mental health problems. A person may be drawn into the shadows of mental health problems for a number

<sup>19</sup>A.M.Kunte (ed.), Vagbhata's Astanga Hridaya (Chaukhambha Orientalia 1996).

<sup>20</sup>Acharya Yadavji Trikarma Ji (ed.), Agnivesha's Charak Samhita with Ayurveda Dipika Commentary of Chakrapani Datta, (Chaukhambha Surbharti Prakashan, Varanasi 2002).



of reasons. It varies from person to person. Extreme or prolonged stress; childhood abuse, trauma, or neglect; failed relationships; experiencing racism and other forms of prejudice and stigma; drug and alcohol abuse; career-related anxiety; job dissatisfaction; medical conditions such as diabetes, heart attacks, cancer, etc.; prolonged poor physical health; accidents; emotional trauma; insomnia; OCD; loneliness, severe trauma as an adult, such serving in the military, experiencing a life-threatening situation, or becoming victim to a violent crime or bullying, and many more are factors that contribute to poor mental health.

Stress and social isolation seem to be the triggers for many depressive episodes. According to few of the research certain mental health issues maybe hereditary and may be seen to run in families<sup>21</sup>. For instance, it is possible that there may be higher chances of developing schizophrenia for an individual if he has a parent who suffered from it. However, it is not correct to say that this is due to the DNA or other variables like the upbringing, behavior patterns or the family environment only. Although there are possibilities that genes may play a role in the development of various mental health issues<sup>22</sup>.

The human brain is a very complex organ. According to few studies, differences in specific brain chemicals such as serotonin and dopamine may also be responsible for mental health issues<sup>23</sup>. However, nobody truly knows how or why. There is very little evidence to support the claim that mental health issues are caused by a person's brain chemistry. However, some individuals continue to utilize brain chemistry to explain mental health issues despite the lack of solid evidence that any such issues are brought on by

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<sup>21</sup>National Institutes of Health, "Common Genetic Factors Found in 5 Mental Disorders", available at: <https://www.nih.gov/news-events/nih-research-matters/common-genetic-factors-found-5-mental-disorders#:~:text=Scientists%20have%20long%20recognized%20that%20many%20psychiatric%20disorders,disorder%20%28ADHD%29%2C%20bipolar%20disorder%2C%20major%20depression%20and%20schizophrenia> (last visited Oct. 17, 2024).

<sup>22</sup>National Institute of Mental Health, "Looking at My Genes: What Can They Tell Me About My Mental Health?", available at: <https://www.nimh.nih.gov/health/publications/looking-at-my-genes#:~:text=Common%20mental%20disorders%20like%20depression%20and%20anxiety%20are,Most%20genetic%20variants%20don%E2%80%99t%20directly%20cause%20mental%20disorders> (last visited Oct. 17, 2024).

<sup>23</sup>P. Belujon and A.A.Grace, "Dopamine System Dysregulation in Major Depressive Disorders", 20(12) *The International Journal of Neuropsychopharmacology* 1036–1046 (2017).



a chemical imbalance in our brains. There is ample evidence that medicine along with procedures like psychotherapies and brain stimulation therapies can be beneficial in treating certain symptoms of mental health issues, and certain psychiatric medications function by influencing neurotransmitters in the brain<sup>24</sup>.

## Discussion

Mental health has become a serious concern throughout globe. It means the well-being of mental ability of a person to learn, work, and take decisions to combat the stress related to life. We cannot declare a true physical health in absentia of mental well-being<sup>25</sup>. A person to have a complete physical and mental well-being is a basic human right and is crucial for social as well as community development. But if we look after the developments in the field of mental health, the rate of growth appears to be very slow<sup>26</sup>.

People are not ready to accept that they are suffering from mental disorders. Around 14 percent of diseases shared by the globe are related to neuropsychiatric disorders<sup>27</sup>. People living under the umbrella of poverty, unemployment, poor chronic diseases, neglected children, old-age people, LGBTQ community, prisoners and physically challenged are at higher risk of mental health deterioration. It can be observed that people affected from mental disorders are at higher risk of disability and mortality. A person suffering from major depression and schizophrenia can have 40% to 60% higher chances of dying prematurely than general population due to his untreated physical health problems and suicide which have now become the most common reason of deaths among the youth<sup>28</sup>. Still visiting a psychiatrist or psychologist is being considered as a matter of shame. People are not ready to discuss their issues related to life in order to avoid the situation where they can be a potential subject of mockery. Nearly 76% - 85% people suffering from severe mental disorders in low and middle income countries whereas nearly 35% - 50%

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<sup>24</sup>National Institute of Mental Health, "Mental Health Medications", available at: <https://www.nimh.nih.gov/health/topics/mental-health-medications> (last visited Oct. 19, 2024).

<sup>25</sup>K.Srivastava, K. Chatterjee and P. Bhat, "Mental Health Awareness: The Indian Scenario", 25(2) Industrial Psychiatry Journal 131(2016).

<sup>26</sup> Ibid.

<sup>27</sup> Ibid.

<sup>28</sup>World Health Organization, Mental Health Action Plan 2013-2020, available at: [https://iris.who.int/bitstream/handle/10665/89966/9789241506021\\_eng.pdf?sequence=1](https://iris.who.int/bitstream/handle/10665/89966/9789241506021_eng.pdf?sequence=1) (last visited Oct. 19, 2024).



in high income countries are those who never received any treatment for their health problems because of their ignorance<sup>29</sup>.

Mental health concerns are prevalent across demographics and they are especially bad for vulnerable groups. Lack of knowledge, societal stigma, and socioeconomic status all play a role in keeping people from receiving the therapy they need. During the initial year of the COVID-19 pandemic, the worldwide occurrence of anxiety and depression surged by 25 percent, as reported in a scientific brief published by the World Health Organization (WHO)<sup>30</sup>. In India, the government has made strides to promote community-based mental health treatments and guarantee patient rights through the National Mental Health Program (NMHP) and the Mental Healthcare Act (2017)<sup>31</sup>. But there are still problems, such as a lack of mental health education, a lack of resources, and a lack of access to qualified specialists.

## Potential Impacts of Mental Health on People

A person with a compromised mental health condition may experience changes in his thoughts, feelings, emotions, and behavior. It could have an impact on their physical well-being and how they react to certain life stigmas. Lower self-confidence, excessive enthusiasm, fear, and concern about future outcomes are some of the possible effects. Any person's physical and financial stress levels are greatly influenced by their mental health. Mental health problems impact each person differently. For some people, mental health issues can have little effect on their lifestyle or workplace, but for others, they can wreak havoc on their everyday lives by interfering with their schooling, careers, and interpersonal connections. Most people are prone to become alienated and disengaged from society and those around them as a result of mental health issues. They tend to eliminate all potential assistance and avoid discussing their circumstances, even with those closest to them. They become

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<sup>29</sup>K.Demyttenaere, R. Bruffaerts, et.al. "Prevalence, Severity, and Unmet Need for Treatment of Mental Disorders in the World Health Organization World Mental Health Surveys" 291(21) JAMA 2581 (2004).

<sup>30</sup>World Health Organization, "COVID-19 Pandemic Triggers 25% Increase in Prevalence of Anxiety and Depression Worldwide", available at: <https://www.who.int/news/item/02-03-2022-covid-19-pandemic-triggers-25-increase-in-prevalence-of-anxiety-and-depression-worldwide> (last visited Oct. 19, 2024).

<sup>31</sup> K.Ranade, A. Kapoor, et.al. A. "Mental Health Law, Policy & Program in India – A Fragmented Narrative of Change, Contradictions and Possibilities", 2 SSM - Mental Health, 100174 (2022).





so alone that they either avoid conflict or become used to becoming hostile when others try to interact with them, which eventually leads to the breakdown of many of their relationships.

People with mental health disorders can be inspired and cured to lead full lives with the right support and therapy, but occasionally, the medications used to treat them can also have unfavorable side effects. Therefore, it becomes essential to provide emotional and social assistance to the individual affected by a mental health illness. People's mental health might affect them by reducing their sense of self-worth and confidence. It can demotivate a person's self-reliability by making him adopt a pessimistic view of society. It is evident that it is turning into a significant factor that pushes people into the depths of anxiety and sadness, which impedes their capacity to think clearly and make wise decisions. Any individual must be in good mental health and condition. People only recognize physical health issues and frequently disregard mental health issues, either out of shame or ignorance, which impairs not only one's cognitive ability to think, perceive, remember, and recall, but also one's capacity for concentration, decision-making, and situational adaptation. Physical concerns such as stress, sleeplessness, anxiety, depression, hypertension, stomach troubles, cholesterol disturbance, and several other potentially fatal disorders might be caused by this.

## **Signs and symptoms**

There are various signs and symptoms of mental health illness including feeling depressed or hopeless; thinking hazily, having trouble in focusing, sentiments of extreme guilt, excessive anxieties or fears, extreme mood swings, withdrawal from hobbies, loneliness, having no friends, fatigue, lack of energy, insomnia, delusions of detachment from reality, paranoia, hallucinations, Inability to handle daily stress, problems in comprehending and connecting to people, Inability to deal unforeseen circumstances, drug or alcohol abuse, significant modifications to feeding patterns, changes in sex desire, excessive rage and aggression, hyperactive, suicidal thoughts, lack of confidence, inability in decision making, physical issues like headaches, back pain, stomach discomfort, irritable bowel syndrome, or other inexplicable aches and pains can occasionally be signs of a mental health illness.

People who have blood relations with mental illnesses are more likely to suffer from mental illnesses themselves. For example, if one person in a family is suffering from schizophrenia, the possibilities of other members



of the same family to suffer from schizophrenia, bipolar disorder, autism, or major depression are higher than others<sup>32</sup>.

The natural brain chemicals called neurotransmitters send signals to different parts of our body and brain. The prenatal exposure to environmental stressors, inflammatory disorders, chemicals, alcohol or narcotics may also be a factor responsible for disturbance of these neurotransmitters which may result in mental health diseases. Depression and other emotional disorders result from altered nerve receptor and nerve system function caused by impairments in the brain networks containing these substances<sup>33</sup>.

## **MENTAL HEALTH ISSUES AFFECTING SOCIETY**

No social sphere has remained untouched with the challenges of sound mental health. Still for better understanding this research demonstrate how mental health disorders affect different groups in a wide range of ways in the following manner.

### **Mental Health and Academia**

A survey was conducted by Manodarpan Cell, NCERT, on the students across India which involved 3,79,013 students from 28 states and 8 Union Territories between January and March 2022. It was found in the survey that a large percentage of the students (81%) experienced anxiety over their coursework, examinations, and results.<sup>34</sup> In a survey conducted by YouthTruth in 2022, it was found that more than half of the high school students surveyed identified feelings of despair, worry, or anxiety as obstacles to their academic performance<sup>35</sup>.

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<sup>32</sup>I. Wickelgren, “Why Do So Many Mental Illnesses Overlap?”, *Scientific American*, March 4, 2024, available at: <https://www.scientificamerican.com/article/why-do-so-many-mental-illnesses-overlap/> (last visited on Aug. 27, 2024).

<sup>33</sup>R.S. Duman, “Neuronal Damage and Protection in the Pathophysiology and Treatment of Psychiatric Illness: Stress and Depression”, 11(3) *Dialogues in Clinical Neuroscience*, 239–255 (2009).

<sup>34</sup>Department of School Education and Literacy, *Mental Health and Well-Being of School Students: A Survey Report*, Ministry of Education, Government of India, available at: [https://dsel.education.gov.in/sites/default/files/update/Mental\\_Health\\_WSS\\_A\\_Survey.pdf](https://dsel.education.gov.in/sites/default/files/update/Mental_Health_WSS_A_Survey.pdf) (last visited Oct. 29, 2024).

<sup>35</sup>YouthTruth, “YouthTruth Student Survey Results: Depression, Stress, and Anxiety as Barriers to Learning”, available at: <https://youthtruthsurvey.org> (last visited on Oct. 19, 2024)



The NEP 2020 advocates for proactive measures, including the development of psycho-educational interventions to assist each student in maximizing their potential and attaining a favorable condition of mental health<sup>36</sup>. Apart from physical wellbeing the illness related to mental health can affect the thoughts, feelings, and the behavior of an individual. People dealing with mental health issues can be affected in various ways such as by emergence of feeling of being overpowered, loss, sadness, being anxious of what lies ahead etc. Each person deals with mental issues differently by substantially affecting the ability to do their jobs and creating several obstacles to work and education for some of the patients while by ruining personal and family life of others. There are possibilities of financial stress and this can have an adverse effect on not only their health but on their relationships as well. Loneliness and social isolation are symptoms that most of the people with mental health issues may face. Dealing with the many side effects of medication and getting unresponsive to medications are few of the challenges that might arise while treating a patient with mental health disorder. There are chances that individuals dealing with mental health issues are susceptible to discrimination and stigma which can make them hesitant to seek assistance they need or even to acknowledge that they have a problem. Beside this, the consequences of mental health issues are not necessarily negative all the time. In some cases those who struggle with mental health issues on a daily basis may discover new skills and qualities that may speed up the recovery process. The majority of individuals with mental health issues may get well and live fulfilling lives with the right support system in place, despite the fact that these conditions can have devastating impacts.

### **Where do we stand with students who have varying approaches to learning?**

Students with attention-deficit/hyperactivity disorder (ADHD) or other learning difficulties sometimes struggle in the classroom since their individualized education programs do not take their needs into account. In reality, half of all children who struggle with reading also suffer from anxiety, and a whopping 70%

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<sup>36</sup> Ministry of Education, Department of School Education and Literacy, Mental Health and Well-Being of School Students: A Survey Report, available at: [https://dsel.education.gov.in/sites/default/files/update/Mental\\_Health\\_WSS\\_A\\_Survey.pdf](https://dsel.education.gov.in/sites/default/files/update/Mental_Health_WSS_A_Survey.pdf) (last visited Oct. 23, 2024).



of kids who struggle with learning disabilities also exhibit greater levels of anxiety symptoms compared to their typically developing peers<sup>37</sup>.

For example, it's not uncommon for youngsters with ADHD to still need help focusing, even in situations that promote learning. Without proper management of their ADHD and learning, they run the danger of falling behind in their coursework or failing all of their classes. In the worst-case scenario, bullies target teenagers because of their ADHD, which can lead to stigmatization and contribute to undiagnosed or co-occurring mental health issues.

Schools should recognize the reality of mental health illnesses and provide necessary accommodations for their students. Students with mental health challenges still have an opportunity to study if this is made better.

## Mental Health and other fields

- **General Population**—Millions of people of all ages and socioeconomic backgrounds are impacted by mental health illnesses, which make up fourteen percent of the world's total disease burden. More vulnerable populations include those dealing with low income, unemployment, and social shame. People from low-income backgrounds, the elderly, members of the LGBTQ community, and those with long-term health conditions are at a heightened risk of mental illness. [A survey revealed that LGBTQ+ individuals utilized mental health treatments at rates 2.5 times greater than their straight peers<sup>38</sup>. Unfortunately, they are more likely to suffer from humiliation, terror, prejudice, and traumatic experiences.
- **Patients**—Mental Health issues are highly prevalent with patients suffering from Chronic disease. They are always in fear of death or suffering. Especially during Covid-19 pandemic, the patients suffering from disorders such as stress and anxiety increased significantly which resulted in worsening of their prevalent diseases and onset of newer ones.<sup>39</sup>

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<sup>37</sup> P. Xiao, K. Zhu, et.al. "Associations Between Dyslexia and Children's Mental Health: Findings from a Follow-Up Study in China", 324 *Psychiatry Research*, 115188 (2023).

<sup>38</sup> L.F. Platt, J.K. Wolf, et.al. "Patterns of Mental Health Care Utilization Among Sexual Orientation Minority Groups", 65(2) *Journal of Homosexuality*, 135–153 (2018).

<sup>39</sup> Rubén A García-Lara , Nora Suleiman-Martos, et.al. "Prevalence of Depression and Related Factors among Patients with Chronic Disease during the COVID-19 Pandemic: A Systematic Review and Meta-Analysis," 12(12) *Diagnostics (Basel, Switzerland)* 3094 (2022).



- **Employees**—Employees' low mental health is associated with lower productivity, more absenteeism, and worse job satisfaction. Depression and stress in the workplace are associated with increased rates of disability and unemployment, which has a significant economic impact. According to research, stress in the workplace has far-reaching consequences for the financial stability and productivity of organizations, in addition to its effects on the mental health of employees.
- **Incarcerated Individuals/ Inmates**—Psychosis, depression, and drug misuse are among the many mental health issues that afflict the jail population at alarming rates. Offenders are more likely to commit suicide, self-harm, or act violently when they receive inadequate therapy, which worsens these problems. The jail system makes female and elderly inmates more vulnerable by ignoring their distinct mental health requirements.

## Remedies for Mental Illness in Ayurveda

The remedial measures for management of mental health are available in various pathies but most of the time it has been observed that they come with significant side effects. This research talks about ayurvedic approach towards more effective management of the same with negligible side effects.

*Prashamyatyaushadhe purvo daivuktivyapashraye |*

*Manaso gyanvigyandhairye smritisamadhibhi || [ Charak Samhita Sutrasthan Chapter 1 verse 58]<sup>40</sup>*

The bodily humors or disease can be pacified by daivyapashraya chikitsa and yuktivyapashraye chikitsa whereas the Doshas of the mind can be pacified by gyan (knowledge), vigyan (scientific approach), dhairye (patience), smriti (memory) and samadhi.

## General principles of Management of Mental Health in Ayurveda are -

Daivavyapashraya (Spiritual therapy), Yuktivyapashraya (Rational therapy), and Sattvavajaya Chikitsa (Psychological therapy)[ Sutra Sthana, Chapter 11, Verse 54.]<sup>41</sup>.

<sup>40</sup>V. Shukla, and R.D.Tripathi , Carakasamhita of Agnivesha (Chaukhamba Sanskrit Pratishthan, Delhi, 2017).

<sup>41</sup>Acharya Yadavji Trikarma Ji (ed.), Agnivesha's Charak Samhita with Ayurveda Dipika Commentary of Chakrapani Datta , (Chaukhambha Surbharti Prakashan, Varanasi 2002).



**Daiva Vyaprashraya:** These methods create confidence and optimistic tendencies.

This method includes Mantras (Chanting Hymns), Aushadha (Herbs), Manimangala

(Auspicious offerings), Bali (Spiritual offerings), Homa (Yajna), Niyama (Regulations), Prayascita (Atonement), Upavasa (Fasting), Chanting of Mantras, Spiritual, healing, Religious rites etc.

**Yukti vyaprashraya:** Uses of Medicines by Shodhana (Therapeutic procedures) and Shamana (Pacifying treatment modalities).

The preparations can be :-

- Herbs (Medhya Drugs) - Brahmi, Mandukaparni, Ashwagandha, Jatamamsi, Shankapushpi etc.
- Ghritas (Medicated clarified butter) - Panchgavya ghrita, Brahme ghrita, Maha kalyanaka ghrita etc.
- Herbomineral Preparations - Brahmi vati, Vata Kulantaka Rasa, Smriti Sagar Rasa, Yogendra rasa, Manasamitra vatakam.

**Satwaavajaya:- (Psychotherapy):-** This therapy deals with the controlling of mind i.e. an individual should keep himself establish in his oneself after knowing real nature of soul and attaining height of spiritual wisdom. Its techniques are: Gyan - Spiritual Knowledge, Vignana - Educating the Patient, Dhairya - Moral Boosting, Smruti - Reviving the Knowledge, Samadhi - Abstaining from Over Indulgence in Materialistic world.

**Yoga therapy-** “Yoga moksho pravarkak” i.e. by practicing Yoga, an individual can attain a state of Moksha. Process of increased Sattva and decreased Raja and Tama guna leads to Karmakshaya (loss of deeds) is way of attaining a state of Moksha [Sharir Sthana, Chapter 1, Verse 137]<sup>42</sup>.

**Aachara Rasayana** – This treatment does not involve the drug intervention. It is a motivational therapy which involves life processes such as speaking truth, should abstain from involving in anger issues, should not indulge in alcohol intake and over indulgence in sexual activities, Hygiene must be maintained, regular sleep patterns to be followed and a healthy wholesome diet should be taken and should control his senses is said be ideal for Physical, Mental and Spiritual well-being [Chikitsa Sthana, Chapter 1, Verse 4/30]<sup>43</sup>.

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<sup>42</sup>*Ibid.*

<sup>43</sup>*Ibid.*



**Dinacharya** -The daily routine habits like waking up when the sun rises, cleaning your body and starting the day with worshipping the God. Selecting the appropriate meal for the desired appetite and metabolic needs is the foundation towards respecting our body. Correct use of time i.e. to eat only when hungry, take rest when fatigue. If any of these psycho-biological need is not fulfilled or over fulfilled the imbalance in the body occurs. Circadian rhythms gets disturbed by late night sleeps and eating stale food, having sex at wrong time i.e. during menses. Misuse of any of the senses thus leads to an imbalance in the bodily humors which leads to the illness. Thus Dinacharya should be followed in a proper manner (Sutra Sthana, Chapter 6, Verse 6.)<sup>44</sup>.

## Conclusion

A multi-level strategy including policy, communities, and individuals is necessary to address mental health, a vital part of public health. Community support, easily available healthcare, and public knowledge are the three pillars upon which effective mental health initiatives rest, particularly for marginalized communities. Improving general well-being, reducing stigma, and enhancing the quality of life for individuals across varied backgrounds may be achieved by prioritizing mental health and addressing its particular problems.

## Recommendations

To address mental health concerns thoroughly, the following activities are suggested:

- **Policy Enhancements:** Policymakers must provide enough financing for mental health programs, particularly in low-income areas. This involves increasing the availability of mental health services, funding treatments, and educating mental health workers.
- **Community Engagement:** Community-led awareness initiatives, workshops, and support groups can help to lessen stigma around mental health issues. Educating the public about mental health concerns fosters a friendly atmosphere and encourages individuals in need to seek assistance.
- **Targeted Interventions:** Institutions such as schools, businesses, and prisons must develop mental health programs that are customized to their respective populations. Counseling, mindfulness training, and support services may be among the strategies used to promote mental health.

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<sup>44</sup>*Ibid.*



- **Additional Research:** More research is needed to determine the efficacy of various mental health therapies, especially in resource-limited situations. Research on cultural, social, and demographic characteristics can help to shape policy and enhance the quality of mental health care for a wide range of communities.