



IMPORTANCE OF MENTAL HEALTH IN HEALTHY LIFE

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ABSTRACT

The three *gunas*, *tridosha*, and *panchabhuta* are all used in Ayurvedic mental health philosophy. An individual's *Prakriti* is determined by the combination of these *doshas* and three *gunas* inherited at birth. A good mental health is created by the dynamic equilibrium of the above aspects. A good mental health is created by the dynamic equilibrium of the above aspects. The mind, or *manas*, is thought to be three-dimensional, with three *gunas*: *sattva*, *rajas*, and *tamas*. The *raja* is associated with activity and vitality, whereas the *tamas* is associated with immobility and darkness. *Sattva* is the condition of mind in which both extreme qualities of consciousness, viz. The dynamic equilibrium of the aforesaid factors results in optimal mental health. *Manas*, or the mind, is said to be three-dimensional, with three *gunas*: *sattva*, *rajas*, and *tamas*. The *raja* represents activity and life, whereas the *tamas* represents immobility and darkness. *Sattva* refers to a mental state in which both extreme qualities of consciousness.

INTRODUCTION

The variables' dynamic equilibrium results in excellent mental wellness. The mind, or *manas*, is three-dimensional and comprised of three *gunas*: *sattva*, *rajas*, and *tamas*.^[1] The *raja* is associated with activity and vitality, whereas the *tamas* is associated with inactivity and darkness. *Sattva* is a state of mind in which both extreme characteristics of consciousness, i.e.

"*Samadoshah samagnishcha, samadhatu malakriyah, prasannatmendriya manah, svastha ity abhidyiyate.*"^[2]

"Whose me *Samadoshah samagnishcha, samadhatu malakriyah, prasannatmendriya manah, svastha ity abhidyiyate*, whose *doshas* are balanced." "A healthy person is one whose "*doshas*" are in balance, whose metabolism is balanced, whose tissues and eliminations are normal, and whose senses and thoughts are centred on the Self.

"*Vishado Rogavardhananam Agrya*,^[3] says the famous Ayurvedic Acharya *Charaka*. Mean *Vishada*, according to, is the most important element contributing to the disease's progression. In Ayurveda, this is the fundamental principle concerning mental wellness.

Causes of mental illness

In his insightful observation, *Acharya Vagvatt* stated that an individual must control his senses and undesirable thoughts such as greed, impatience, anger, competition, and attachment.

"*Dharayaet tu sada vegan hitaishi pretya cheha cha Lobha irshya dvesha matsarya ragaadeenam jitendriya*"^[4]

Mental triads and trigunas are causal factors. Some unpleasant emotions that might contribute to mental instability are *shoka* (sorrow), *krodha* (anger), *chinta* (unnecessary thinking), *kama* (desire), *krodha* (rage), *lobh* (greed), *moha* (delusion), *irshya* (jealousy), *abhimana* (pride), *mada* (euphoria), *shoka* (sorrow), and *bhaya*. The mind, or *manas*, is thought to be three-dimensional, with three *gunas*: *sattva*, *rajas*, and *tamas*. The *raja* is associated with activity and vitality, whereas the *tamas* is associated with immobility and darkness.^[5]

Sattva is the state of mind in which both the extreme characteristics of mind, *rajas* and *tamas*, cease to exist or dissolve in each other. All mental illnesses are said to be caused by *rajas* and *tamas* abnormalities. *Sattva* is never the root of any disease.

MENTAL ILLNESS TREATMENTS

The therapies for mental illness in Ayurveda are separated into three categories: *Daivavyapashraya*, *Yuktivyapashraya*, and *Sattvavajaya Chikitsa*, and it is a broad management principle for mental illness. Mental Health Issues.^[6]

CONCLUSION

We look for the main *Dosha* and *Guna* engaged with the core imbalance, as we do with other 'physical' diseases in Ayurveda. We allow our minds to become engrossed in the interpretation of our ideas, observations, concerns, feelings, and opinions on a regular basis. Ayurveda considers health to be a harmonious combination of mental, bodily, and spiritual well-being. Our physical and emotional health are inextricably linked, and we must see ourselves. The physical body is divided into three psycho-biological components, each of which administers certain aspects of the human body. When it comes to mental health, there are thoughts of confusion, loss of comprehension, and blurring of awareness.

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