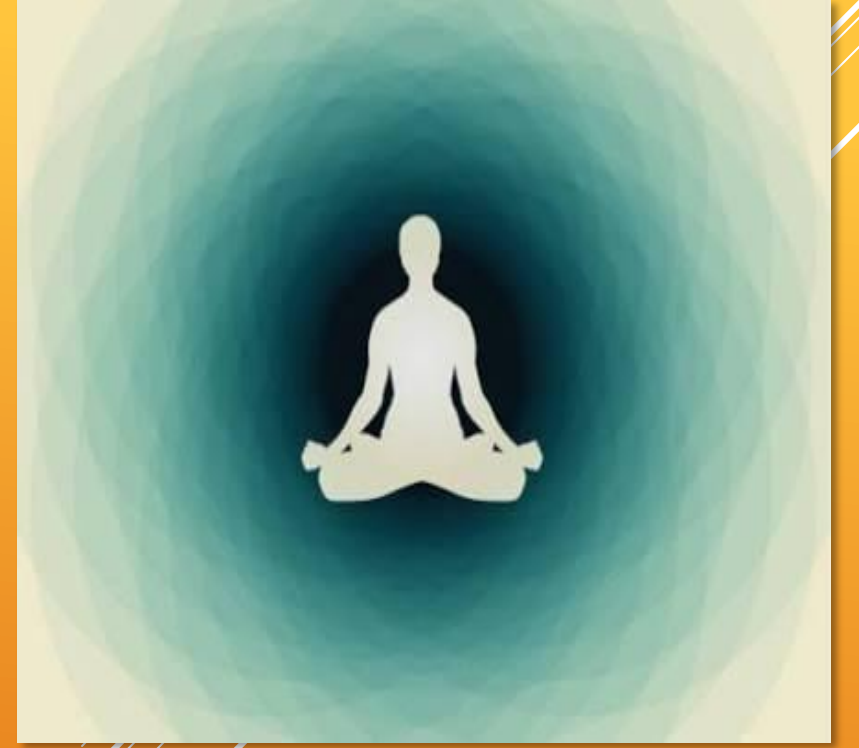


BUILDING MENTAL STRENGTH (SATVA)



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Covid 2019 suicides: A GLOBAL PSYCHOLOGICAL PANDEMIC

This corona pandemic is causing a historic rise in mental health problems.

Pandemic boosts suicide, alcohol, drug death predictions

Following are the causes surveyed for suicide cases all over the world in last 4 months:

1. A person was depressed had anxiety over COVID19 and was alone. Her fear was just an illusion and there was no one to counsel or console her.
2. Quarantined on suspicion of being infected with the corona virus.
3. Fear of isolation was created just by the announcement of country lockdown.

4. Could not bear and cope with the stress about the economic fallout of COVID 19. turned him hopeless that he could not be able to manage citizens expectations for financial aid.

5. Lived alone and depressed.

6. Deeply traumatized, compassion fatigue, emotional burnout, hopelessness and fear of contracting and spreading disease.

7. Social boycott, religious discrimination from neighbors resulted in isolation, stigma and finally depression.

VULNERABLE OR VICTIMS HAVING A WEAK MINDSET (Heen Sattva)

- ▶ Social isolation induces anxiety
- ▶ People with existing mental issues like depression and older adults living in the loneliness and isolation
- ▶ Self judgmental people having suicidal thoughts.
- ▶ Imposed isolation and quarantine disrupts normal and social life and creates psychological fear and feeling like trapped for an indefinite period of time.
- ▶ People suffered from mass unemployment, poverty, homelessness surged the suicidal cases.
- ▶ In India after partition with Pakistan, the mega migration of poor workers took place where lakhs of workers walked thousands of kilometer from one district to other in fear and uncertainty of disease, food and shelter.

▶ FRONTLINE WORRIERS AT RISK:

- ▶ Essential service providers like medical healthcare professionals are at immense stress, anxiety and pressure.
- ▶ Grocery workers, pharmaceuticals, police force and daily service providers are working in absence of personal protection equipment which makes them insecure and anxious.



NEED TO MAINTAIN MENTAL STRENGTH

- ❖ Strong immunity is the foremost weapon to succeed the pandemic war, where the confirmed treatment is still awaited, a lot of immune boosting measures are being taken
- ❖ Maintaining healthy mind is most essential as disturbance in mental status directly disturbs ones immunity.
- ❖ Psychology says only 21 days are required for any habit formations maintaining good mental health is a necessity and to avoid bad, negative habit leading to disturbance is must.

AYURVED ASPECT:

'DHEEDHAIRYA AATMAVIDNYAMNAM MANODOSHAUSHADHAM PARAM'

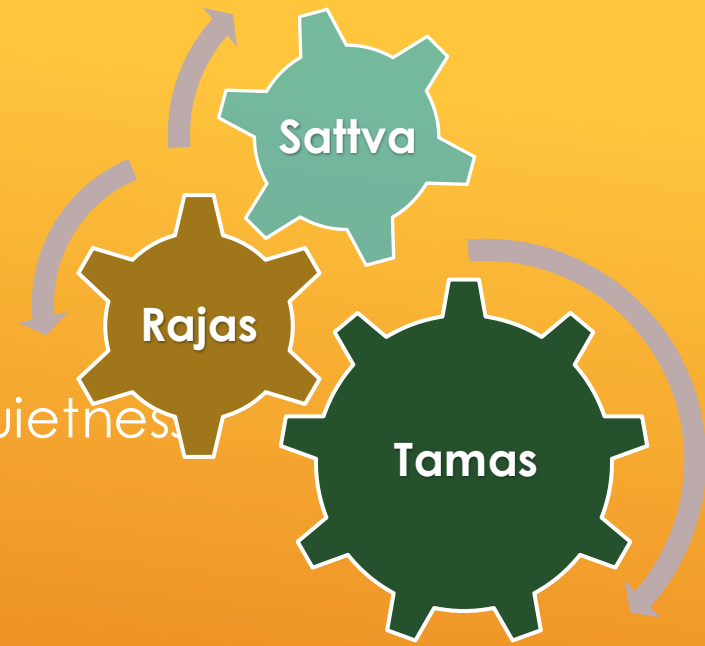
Yuktivyapashraya chikitsa: use of herbs and clinical therapies

Satvavajay chikitsa: increasing sattva , keeping mind clam and quiet by withdrawing sense organs from outside world.

Follow Achar Rasayan and Sadvrutta

Daivavyapashraya chikitsa: use of spiritual methods, mantra chanting, havan , dhoopan etc.

TRIGUNA



- ▶ Sattva – intelligence, knowledge. Calm and quietness.
- ▶ Rajas – activity, turbulence
- ▶ Tamas - inertia, darkness are the three qualities of mind.
- ▶ Out of which rajas and tamas can cause various psychological disorders, hence only Sattva is considered as the good quality. so building Sattva is important for mental strength.

SELFISH AVERSION

Golden Balance

SELFISH DESIRE

Dull

T



R

Over excited

Depressed

A



A

Manic

Repressed

M



J

Obsessive

Damaged

A



A

Addicted

Neglect

S



S

Greed

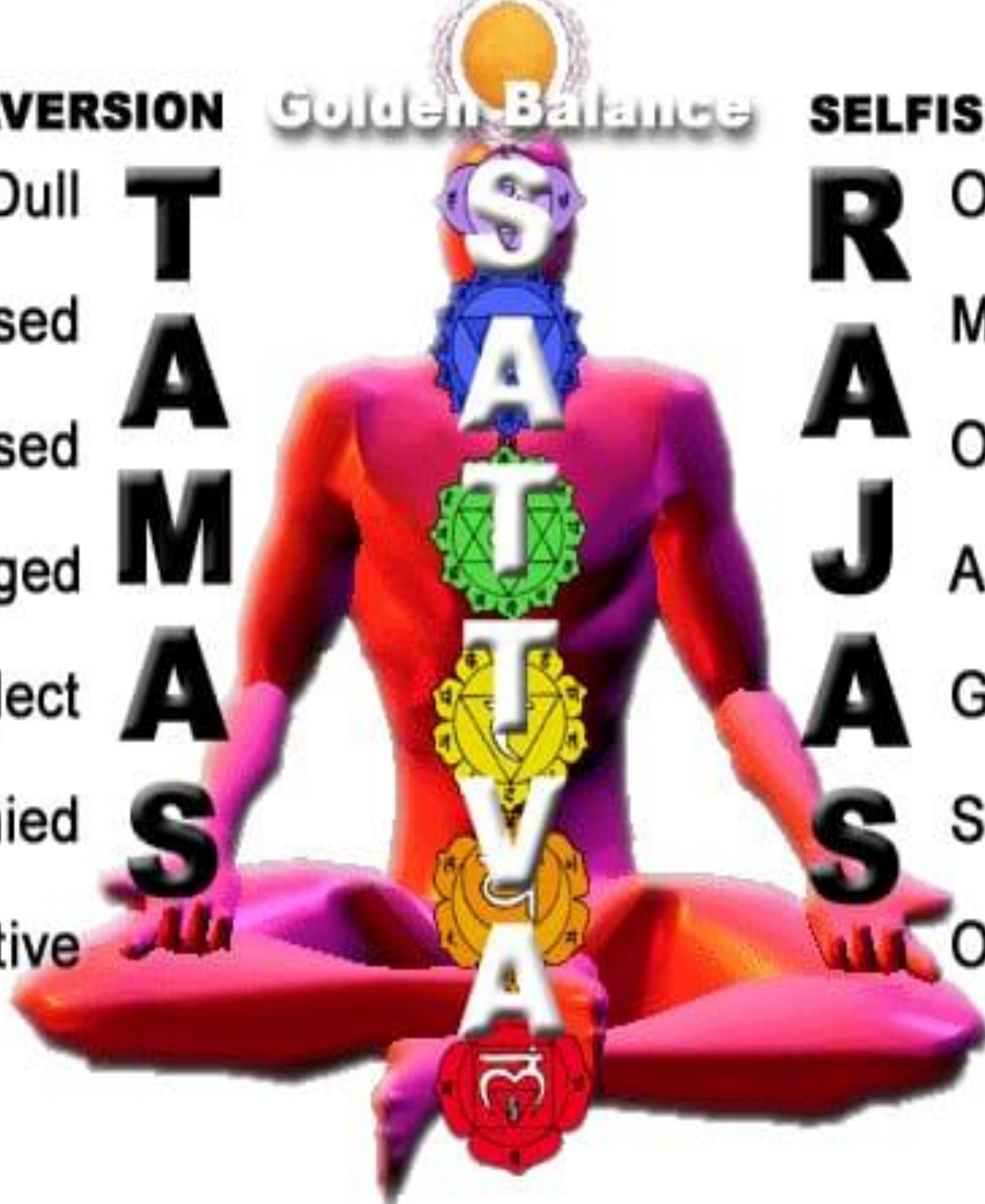
Denied

Underactive



Selfish lust

Over-active



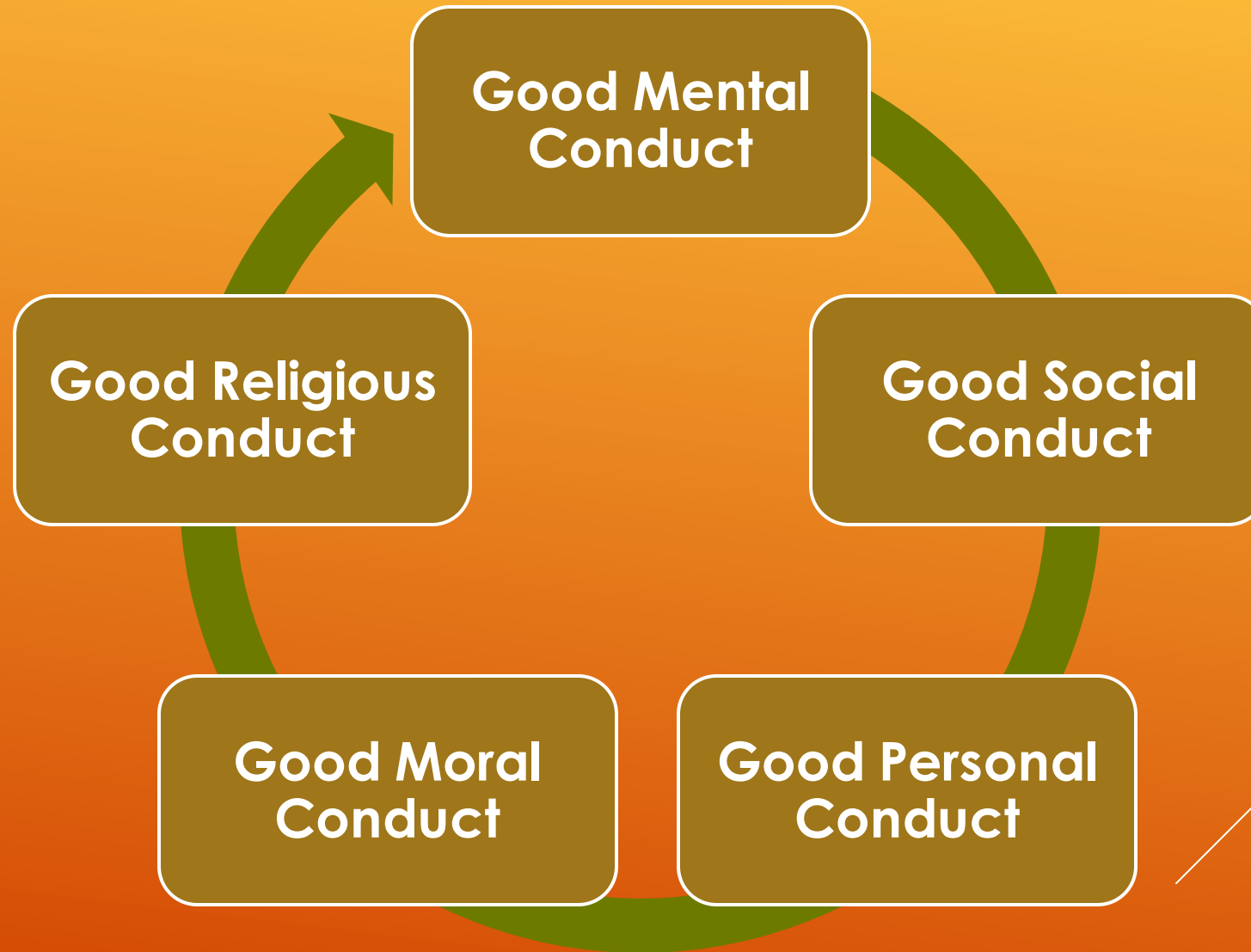
USE OF ASHWAGANDHA

- It is ushna veerya herb mainly vata and kaphashamak helpful in covid 19 infection physically and mentally as well.
- It is best known for powerful adaptogenic properties that help mind and body adapt stress level.
- It is a Medhya rasayan which enhances all 3 aspects of mind power (DHEE, DHRUTI, SMRUTI)
- IMMUNITY BOOSTER.
- Researchers in IIT Delhi in collaboration with team from Japan (AIST) proved role of ashwagandha in treatment of deadly viral fever.
- It has active element of withanon Wi-N which has a potential to impact the virus' enzyme responsible for its replication so it blocks it to multiply.

EXTEND OUR HELP TO THE SOCIETY AS DOCTORS...

- ▶ Mental health professionals have volunteered to provide free and confidential support through many hotlines and people can use headspace , o meditation and mindfulness app on mobile phones.
- ▶ Set limit to news consumption to take only authentic knowledge
- ▶ Stay connected to society despite of physical distance through internet.
- ▶ Tele counselling along with 24/7 crisis response service for emotional, mental and behavioral support need to be implemented.
- ▶ People should be encouraged to seek consultation without hesitation if needed.

Sadvritta (Ethical Regimen)





Dhoopan



Meditation Techniques

- ▶ Anulom vilom
- ▶ Dirghashwasan
- ▶ Kapalbhati
- ▶ Bhramari
- ▶ Omkar Pranayam
- ▶ Mudra Pranayam
- ▶ Yoganidra





MUSIC THERAPY



COUNSELLING

THANK YOU...

