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Ayurvedic Lifestyle Guidelines for Promoting Mental Harmony

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Abstract:

INTRODUCTION: Stress, anxiety, depression, and emotional instability are among the mental health conditions that have become more prevalent in recent years as a result of disrupted lifestyles, bad routines, and a lack of emotional control. The ancient Indian holistic health system known as Ayurveda promotes prevention over treatment and provides organised lifestyle recommendations to preserve mental balance. Maintaining the equilibrium of Triguna (Sattva, Rajas, Tamas) and Tridosha (Vata, Pitta, Kapha), which are thought to be crucial for mental health, is the major goal of the Ayurvedic method.

METHODS: To extract pertinent ideas for promoting mental health, this study reviewed the classical literature of Ayurvedic books such as Ashtanga Hridaya, Sushruta Samhita, and Charaka Samhita. Additionally, to confirm the Ayurvedic principles with the most recent data, a comparative analysis of contemporary scientific studies on diet, yoga, stress management, and lifestyle was conducted.

RESULT: The study showed that lifestyle habits such as rising early (Brahma Muhurta), practicing meditation and pranayama, eating pure food (Sattvic Aahara), engaging in regular exercise like yoga, adhering to Sadvritta (the ethical code of conduct), and getting enough sleep greatly enhance mental clarity, lower stress levels, and foster emotional stability. The control of biological cycles, which are necessary for psychological equilibrium, is also supported by seasonal and daily routines (Ritucharya and Dinacharya). **CONCLUSION:** The principles of an Ayurvedic lifestyle provide a natural and efficient means of achieving mental balance. Their consistent use can assist develop inner calm, emotional resilience, and total well-being in addition to preventing a number of psychological problems.

Keywords: Triguna, Tridosha, Sattvic Aahara, Brahma Muhurta, Meditation, Pranayama, Yoga

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INTRODUCTION:

With more and more individuals of all ages experiencing stress, worry, and emotional imbalance, mental health is becoming a global concern. Poor eating habits, bad routines, irregular sleep cycles, and an improper lifestyle are frequently the cause of mental health problems. Ayurveda emphasises prevention by preserving equilibrium in the body and mind via daily and seasonal discipline, whereas contemporary medicine has created sophisticated therapies to treat psychological illnesses. One of the main pillars of life, according to Ayurveda, is the Manas (Mind), which is impacted by the balance of the Triguna (Sattva, Rajas, and Tamas) and the Tridosha (Vata, Pitta, and Kapha). A person experiences mental power, clarity, and serenity when these elements are in balance.

Objectives:

- To understand the idea of mental health in Ayurveda.
- To investigate how Dincharya and Ritucharya contribute to mental health.
- To talk about the significance of Sadvritta and Sattva in preserving emotional equilibrium.
- To establish a connection between contemporary paradigms for psychological wellness and Ayurvedic methods.

Materials and Methods:

A qualitative study was carried out using classical Ayurvedic texts including Charaka Samhita, Sushruta Samhita, and Ashtanga Hridaya. Relevant chapters discussing

Dincharya, Ritucharya, and Manas were examined. Additional references were taken from Ayurvediya Manas Vigyan and modern texts on psychoneuroimmunology, chronobiology, and wellness medicine. Research articles from databases like PubMed were reviewed to understand scientific validation of Ayurveda-based interventions like meditation, yoga, and sattvic diet in relation to mental health.

Review of Literature:

- **Dincharya (Daily Routine):** According to Ayurvedic texts, a diligent daily schedule should start with rising at Brahma Muhurta, followed by cleaning exercises, Abhyanga (oil massage), regular bowel movements, mild exercise, prayer or meditation, wholesome meals, and enough sleep. These behaviours support better emotional regulation, hormone balance, and circadian rhythm alignment.
- **Ritucharya (Seasonal Routine):** Seasonal changes can have an impact on mental health. Ritucharya is advised by Ayurveda to modify diet and lifestyle in accordance with the seasons in order to avoid dosh imbalances that could disrupt mental and emotional states. For example, elevated Vata in the autumn is associated with worry and sleeplessness; hence, relaxing treatments are recommended.
- **Sattva Guna:** This is the most beneficial guna for mental health out of the three. It stands for emotional equilibrium, wisdom, consciousness, and purity. A sattvic individual is composed, patient, and upbeat. Fresh vegetarian food, uplifting ideas,

pranayama, meditation, and spiritual activities are all ways to build sattva.

- **Sadvritta (Ethical Living):** Sadvritta encompasses moral principles such as self-control, patience, humility, cleanliness, honesty, and compassion. In addition to being morally right, these principles promote mental stability and lessen mental stress.

RESULTS AND DISCUSSION:

The basis for long-term mental wellness is laid by ayurvedic lifestyle recommendations. Frequent Dincharya practice guarantees both psychological and physical stability. Maintaining a regular routine reduces stress hormone levels, enhances mood, and controls neurotransmitter release. Ritucharya contributes to the prevention of seasonal affective disorders and other mood swings by assisting individuals in acclimating to natural environmental changes. Living according to sattva promotes mental calm and emotional clarity. Numerous Ayurvedic statements have been supported by contemporary science. For instance, studies have shown that yoga increases GABA levels and neuroplasticity, while meditation lowers cortisol levels and improves emotional regulation. Through the gut-brain axis, a sattvic diet high in whole grains, antioxidants, and natural foods promotes gut health and, in turn, affects mental functioning. Building resilience against mental pressures requires traits like empathy and discipline, which are fostered by ethical living, or sadvritta. When combined, these techniques offer an integrative framework that promotes mental health, clarity, and

serenity in addition to the absence of mental illness.

CONCLUSION:

In order to preserve mental equilibrium, the Ayurvedic lifestyle places a strong emphasis on routine, balance, moral behaviour, and spiritual awareness. While Sadvritta and Sattva cultivation develop mental toughness and resilience, Dincharya and Ritucharya offer tried-and-true methods for bringing human existence into harmony with the cycles of nature. These ideas are simple to accept and incorporate into contemporary life in order to prevent psychological problems and encourage emotional well-being. Ayurvedic lifestyle techniques provide a comprehensive, sustainable, and organic route to mental wellbeing as interest in integrative and preventive healthcare increases.

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