



“ROLE OF AYURVEDA AND YOGA IN MENTAL DISORDER OR MENTAL ILLNESS”

Dr. JATIN P. BHAL

Assistant Professor

Maharani Shree Nandkuvarba Mahila

Arts & Commerce College,

Nilambag

Bhavnagar. (Gujarat).

ABSTRACT

Mental health is an individual and personal matter. As human beings we require to maintain sound mental health. However, we develop certain behaviors and habits which can lead to a poor state of mental health. Such behaviors range from mild irritation to severe forms of anxiety and depression. Mental illness is a broad term which includes almost all the disorders of mood behavior which caused by faulty perception, emotion, thinking and attitude. Such individual also have problems in making adjustment with others in the society. Mental disorders is a significant contributor to the global burden of disease and affects people in all communities across the world. Mental disorders often start at a young age. Today eve third person in India cities is a youth so Mental and behavioral problems are increasing part of the health problems in India. If we take a look in Ayurveda so in Ayurveda also mental health has a great importance for all over healthy personality. Ayurveda consider prassana atma, indriya and mana beside the equilibrium of dosha, dhatu and mala as swastha. ayurveda deals with four aspects of lifestyle which can ensure good health in us. These include right food (Ahara), right recreation (vihara), right routine (achara), and right thinking (Vichara) life. Observing certain practice ensure a healthy and happy life. There are lots of discussion regarding Aachar Rasayana, sadvrutta, pranayama, Aasans etc. in Ayurveda. All these are helpful to maintain proper mental health as well as to tackle mental illness. Role of these in altered mood behavior will be discussed in detailed in full paper.

Keywords: Mental health, Ayurveda, pranayama, Aasnas.

INTRODUCTION:

Health is refers to a state of physical mental, social and spiritual well-being of the individual. Thus, mental health is one of the components of the broad concept of health. It is concerned with an optimum level of emotional and behavioral adjustment of the Individual. Devil of mental disorders is gaining its worst shape as seen in various data collected and published by WHO (World Health Organization).today depression is estimated to affect 350 million people. The world mental health survey conducted in 17 countries found that on average 1 in 20 people reported having an episode of depression. The demand for curbing depression and other mental health conditions is on the rise globally. Mental health is a state of maintaining her- money or balance between the needs, desires, aspirations and attitudes of the individual with respect to the prevailing condition in the external environment. For these reasons, depression is the leading cause of disability worldwide in terms of total years lost due to disability. Ayurveda covers not only for strengthening the physical power of the body, but also principles of spiritual as well as mental development. Ayurveda is inherently a psychological as much as it is a physical system of medicine. Its scope of practice includes both physical (Sharirika) and mental (Manasika) diseases. According to Charaka amhita, Ayu (life) itself is the combination of the body, sense organs, mind and soul¹. The factor responsible for preventing decay and death, which sustains the body over time, and guides the processes of rebirth.

MENTAL DISORDER OR MENTAL ILLNESS:

Mental disorders or mental illness is a psychological or behavioral pattern generally associated with subjective distress or disability that occurs in an individual, and which is not a part of normal development or culture. Mental health describes either a level of cognitive or emotional well-being or an absence of a mental disorder

Concepts of mental health includes subjective well-being, perceived self-efficacy, autonomy, competence, inter-generation dependence and recognition of the ability to realize one's intellectual and emotional potential.

Mental health is an individual and personal matter. As human beings we require to maintain sound mental health. However, we develop certain behaviors and habits which can lead to a poor state of mental health. Such behaviors range from mild irritation to severe forms of anxiety and depression. Mental illness is a broad term which includes almost all the disorders of mood behavior which caused by faulty perception, emotion, thinking and attitude. Such individuals have problems in making adjustment with others in the society. Mental disorders is a significant contributor to the global burden of disease and affects people in all communities across the world.

Mood disorders are a group of clinical conditions characterized by a loss of that sense of control and a subjective experience of great distress.

Three basic forms of mood disorders:

1. Major depressive disorder
2. Dysthymic disorder (a chronic, mild depression)
3. Bipolar disorder (also called manic

Depression)

Depression:

Depression is one of the most global public health issue and common disease on human race. Its burden on society is really impressive. It is chronic illness that affects mood thoughts, physical health and behavior of any individual and has been estimated to affect up to 21% of the world's population.

Depression is defined as a change in mood characterized by feeling of "tone of sadness" which may vary from mild despondency to the most abject despair. This change in mood is relatively fixed and can persist over a period of days, weeks, months or years.

The symptoms of depression can be complex and vary widely between people. But as a general rule, if we are depressed, we feel sad, hopeless and lose interest in things we used to enjoy.

The symptoms persist for weeks or months and are bad enough to interfere with our work, social life and family life.

1. Psychological symptoms include:

- Continuous low mood or sadness
- feeling hopeless and helpless
- having low self-esteem
- feeling tearful
- feeling guilt-ridden
- feeling irritable and intolerant of others
- having no motivation or interest in things
- finding it difficult to make decisions
- Not getting any enjoyment out of life
- feeling anxious or worried
- Having suicidal thoughts or thoughts of harming yourself.

2. Physical symptoms include:

- moving or speaking more slowly than usual
- Change in appetite or weight (usually decreased, but sometimes increased)
- Constipation
- unexplained aches and pains
- Lack of energy or lack of interest in sex (loss of libido)
- Changes to your menstrual cycle
- disturbed sleep (for example, finding it hard to fall asleep at night or waking up very early in the morning)

3. Social symptoms include:

- Not doing well at work
- taking part in fewer social activities and avoiding contact with friends
- neglecting your hobbies and interests
- Having difficulties in your home and family life.

Depression can come on gradually, so it can be difficult to notice something is wrong. Many people continue to try to cope with their symptoms without realizing they

Are ill. It can take a friend or family member to suggest something is wrong.

Doctors describe depression by how serious it is:

- ❖ Mild depression has some impact on your daily life
- ❖ Moderate depression has a significant impact on your daily life
- ❖ Severe depression makes it almost impossible to get through daily life – a we people with severe depression may have psychotic symptoms.

AYURVEDIC CONCEPTS:

The Ayurveda philosophy explained health is not just an absence of disease; it is achieved when there is perfect balance of all three Doshas, Satva, Atma, Sharira. Satva (mind), Sharira (body) and Atma (soul) are tripod of life². If one is disturbed; the whole life is in turmoil. When the Satva is in good state, it generates positive feelings but if the mind is not healthy then the body-mind apparatus gets imbalanced. Development of mind in man made him superior to other living beings. It also acts as a link or bridge between the materialistic world and spiritual world. Half a century ago the idea that the mind has the power over the functions and diseases of the body was regarded as laughable. Today it is generally accepted as a fact, although its implications are still largely neglected. It is realized that in human beings physical symptoms can be due to a state of mind and that the alterations in the state of a mind may be in itself sufficient to relieve the symptoms. Due to improper diet and actions, the natural state of the mind may disturb and the positive feelings may drive out. As a result negative feelings like anger, jealousy, cruelty, drowsiness can take place and may

lead to mental disorders. So it is easily understandable that the entire area of Ayurvedic healing process focuses on psychological health. It is already known that the mind can cause physical diseases as well as various mental illnesses. That's why the emphasis of "mind" in Ayurveda is more practical and realistic in the areas of health and healing and touching the day to day life of people.

In Ayurveda classics no special description of depression is given but all type of mental disorders are classified in "Unmada". As Ayurvedic point of view Raja & Tama vitiates leads to Manasika Vikaras like Vishada, Bhrama, Glani³ etc.

Causes:

1. Aaharaja (Dietary causes): Tamasika Aahara(including Irregular meal times or skipping meals, eating too late at night, Spicy food habits like pizza, burger, Chinese food, Oily foods, pickles, Salty and sour foods like chips, Over eating of stale, fermented foods etc.)

Improper dietary habits like Samashana, Adhvasana and Vishamashana. these may cause Vishada because of Pragma-paradha. These are more related with the lack of self-control over eating and show greedy nature in dietary habits.

The increase of depression can be linked to dietary factors in industrialized societies also particularly reduced levels of omega-3 fatty acids can cause depression. Excess alcohols have a negative effect on mood, and misuse of alcohol, and sleeping medications can play a major role in the length and severity of depression.

2 Vicarage (Life style causes): Avyayania (lack of physical and mental exercise) is the vital causative factor in pathogenesis of depression. Lack of physical exercise is the primary factor for the prevalence of depression. The absence of physical challenge and overwhelming abundance of mental work is forcing more and more people to become victim to depression. [Short-tempered and irritating behavior, Anger and aggressive behavior, Restlessness, Increased or poor appetite and indigestion, Irregular sleeping pattern such as insomnia, disturbed sleep, or narcolepsy (excess sleep), Poor interpersonal relationships.]

3. Manasika karana (Psychological factors): Duhkha produced due to loss of beloved one or any financial or social loss, Bhaya, Irshya, Dainya, Lobha, Chinta, Krodha may lead to Vishada. (Anxiety and worry, Negative attitude toward self and others.

4. Rogaja (Secondary to medical conditions): Vishada is observed as a symptom in Vataja Jwara⁴ in the classics. But it can occur in all somatic disorders, because, if allowed to persist for long time, psychic diseases and somatic diseases get combined with each other Haphazard and disorganized daily life routine.

Treatment:

Ayurveda is a holistic science, Ayurveda deals with four aspects of lifestyle which can ensure good health. These include right food (Ahara), right recreation (Vihara), right routine (Achara), and right thinking (Vichara). Observing certain practices ensures a healthy and happy life. As the Vishaad is not explained as a detailed disease in Ayurveda so its treatment is also not available. But the general method of treatment can be taken into consideration. Acharya Vagbhatta stated the general treatment of manasika roga as- “Dhi Dharya Aatmadhi Gyanam Mano Dosha Aushadam parama.”

The Chikitsa for treating mental illnesses are of three types-

1. Daivavyaparshraya Chikitsa
2. Yuktivyaparshraya Chikitsa
3. Satvavajaya Chikitsa

Yuktivyaparshraya Chikitsa refers to Aahar, Aushadha and Dravya Yojana.⁷ Food has been given the prime importance since Vedic period because health is dependent on food. It is considered as Brahma in Upanishad. Food is responsible for growth, development and enhancement of Ojas .According to Acharya Charaka body as well as diseases are formed by food. Wholesome and unwholesome food is responsible for the happiness and misery respectively .The disease can be cured without any medicine by just following the wholesome regimen. No medicine is equivalent to food. It is possible to make a person disease free with just proper diet because food increases the enthusiasm, memory, Agni, life span, luster and Ojas etc.

Day routine (Dincharya) and night routine (Ratricharya) refer to eating and doing activities according to the time of day and night specifying Doshas. One should get up early in the morning before sunrise. Drinking water should be the first act after waking. It ensures smooth excretion of body waste, and is a sure remedy for constipation. After excretion and cleaning of teeth, massage of the body should be done before taking bath. Thus, there should be proper time for each and every activity in the cycle of twenty four hours.

Routine consists of three kinds of activities in which an individual indulges in. These are taking food and doing activities as per the seasonal demands called Ritucharya. It means taking food and doing activities in accordance with seasons. We must eat and act according to the characteristics of seasons.

Sound and positive mental health can only be maintained with right kind of thinking. A person who is mentally fit and healthy has self- satisfaction, accommodative intellect, ability to accept criticism, understanding of the emotional needs of others, and self-control. Such individuals are neither driven by greed or lust nor dominated by fear, anger, attachment, jealousy, guilt or worry.

According to the Acharya Charaka, if people use Aachar Rasayana, Sadvritta (Bramcharya, Gyana, Dana, Mitrita, Daya, Harsha, Upeksha, Shanti), they will get Aarath Dwaya (Aarogya, victory over Indraya) 8. All these are helpful to maintain proper mental health as well as to tackle mental illness.

Mode of action of diet:

Acharya Charaka quoted - "Bhojanam Vidhanma Cha Yatha Swyam Yuktya 9." That means diet has an effect on Agni, Tridoshas. Milk, ghee, sweet dish, Aachar Rasayan influences the Pravar Satva. Madhur Rasa promotes the sixth Indriya. Amla Rasa strengthens the Indriya & influences the Satva.

Whether there is a direct link or not, eating healthily will help the subject generally feel better and give him more energy. In mild or moderate depression diet could be recommended affectively. Yoga is being as an exercise referral scheme. Ideally both should be aiming to take depression down in shorter periods to fit it into your everyday life.

Mode of Action of Yoga:

Yoga has a good effect on body as well as mind. When it is performed correctly it relaxes the mind and tones up the nervous system, endocrine system and the activity of internal organs. When Savasana is done it lowers the parasympathetic nervous system to operate and reverse the effect of arousal and returning the body to a balance state. Savasana aspects of the autonomic nervous system is stimulated consequently the whole body is revitalized. Bhramari Pranayam produces a particular range of vibration which influences the body function in such a way that it can maintain the integrity of the body. Whole viscera are controlled by the autonomic nervous system. Regular exercise of Pranayam increases the longevity of respiration & controlling command. Chanting of mantras silently

According to Vedas produces energy. This results in a calm & relaxed stage of mind.

Benefits of Savasana:

The physiological benefits of deep relaxation

are numerous like_

- Savasana has a regenerative effect on the mind and the body.
- Savasana provides relief from any kind of stress and strain in few minutes.
- Savasana helps to strike a balance between work and rest.
- Savasana tackles restlessness, insecurity, frustration, anxiety, and fear.
- The ageing process is controlled.
- A buffer stock of energy is built up.

- Instead of many hours of disturbed sleep mind and body will derive more benefits from a few minutes of psychosomatic relaxation.
- The deep relaxation during Savasana induces sound sleep during night time.
- The physical and mental stress and strain during a hectic day can be suitably addressed through a few minutes practice of Savasana.
- Savasana is especially ideal for aged people as well as others who feel tired easily during the middle ages. They should remain in Savasana for longer periods.

Benefits of Bhramari pranayama:

- Bhramari causes the whole brain to vibrate. Vibration of the cerebral cortex sends impulses to the hypothalamus which has the capacity to control the pituitary gland (the master of all glands). The hypothalamus also sends impulses to the sympathetic and parasympathetic nervous systems.
- Paroxysmal Gamma waves produced in brain during the Bhramari Pranayama which is associated with positive thoughts, feelings of happiness and acts as a natural antidepressant.
- In Bhramari Pranayama, pressing of the eyeballs leads to stimulation of the vague nerve which in turn leads to activation of the parasympathetic nervous system (PNS). PNS is associated with a relaxed and calm state of mind and body. Under the relaxing effects of PNS, autonomic nervous system facilitates to decrease the stressing effects of sympathetic nervous system and channels it Towards more relaxed PNS.
- It calms the nervous system and brings in a mental state of calm and peace.

RISKS OF YOGA PRACTICE

Yoga put into practice are safe, some are laborious and may not be suitable for everyone. In particular, elderly patients or those with mobility problems may want to check first with a clinician before choosing yoga. But for many patients dealing with sadness, apprehension, anxiety, stress, yoga may be a very pleasing way to better manage symptoms.

ROLE OF YOGA MAINTAINING GOOD HEALTH:

Weight loss, a strong and flexible body, glowing beautiful skin, peaceful mind, good health – whatever you may be looking for, yoga has it on offer. However, very often, yoga is only partially understood as being limited to asana (yoga poses). As such, its benefits are only perceived to be at the body level and we fail to realize the immense benefits yoga offers in uniting the body, mind and breath. When you are in harmony, the journey through life is calmer, happier and more fulfilling. With all this and much more to offer, the benefits of yoga are felt in a profound yet subtle manner.

Here, we look at the important benefits of yoga practice.

- All-round fitness. You are truly healthy when you are not just physically fit but also mentally and emotionally balanced. As Sri Sri Ravi Shankarji puts it, —Health is not a mere absence of disease. It is a dynamic expression of life – in terms of how joyful, loving and enthusiastic you are. This is where yoga helps: postures, pranayama (breathing techniques) and meditation are a holistic fitness package.
- Weight loss. What many want! Yoga benefits here too. Sun Salutations and Kapal Bhati pranayama are some ways to help lose weight with yoga. Moreover, with regular practice of yoga, we tend to become more sensitive to the kind of food our body asks for and when. This can also help keep a check on weight.
- Stress relief. A few minutes of yoga during the day can be a great way to get rid of stress that accumulates daily - in both the body and mind. Yoga postures, pranayama and meditation are effective techniques to release stress.
- Inner peace. We all love to visit peaceful, serene spots, rich in natural beauty. Little do we realize that peace can be found right within us and we can take a mini-vacation to experience this any time of the day! Benefit from a small holiday every day with yoga and meditation. Yoga is also one of the best ways to calm a disturbed mind.
- Improved immunity. Our system is a seamless blend of the body, mind and spirit. An irregularity in the body affects the mind and similarly unpleasantness or restlessness in the mind can manifest as an ailment in the body. Yoga poses massage organs and strengthens muscles; breathing techniques and meditation release stress and improves immunity.
- Living with greater awareness. The mind is constantly involved in activity – swinging from the past to the future – but never staying in the present. By simply being aware of this tendency of the mind, we can actually save ourselves from getting stressed or worked up and relax the mind. Yoga and pranayama help create that awareness and bring the mind back to the present moment, where it can stay happy and focused.
- Better relationships. Yoga can even help improve your relationship with your spouse, parents, friends or loved ones! A mind that is relaxed, happy and contented is better able to deal with sensitive relationship matters. Yoga and meditation work on keeping the mind happy and peaceful; benefit from the strengthened special bond you share with people close to you.
- Increased energy. Do you feel completely drained out by the end of the day? Shuttling between multiple tasks through the day can sometimes be quite exhausting. A few minutes of yoga everyday provides the secret to feeling fresh and energetic even after a long day. A 10-minute online guided meditation benefits you immensely, leaving you refreshed and recharged in the middle of a hectic day.
- Better flexibility & posture. You only need to include yoga in your daily routine to benefit from a body that is strong, supple and flexible. Regular yoga practice stretches and tones the body muscles and also makes them strong. It also helps improve your body posture when you stand, sit, sleep or walk. This would, in turn, help relieve you of body pain due to incorrect posture.
- Better intuition. Yoga and meditation have the power to improve your intuitive ability so that you effortlessly realize what needs to be done, when and how, to yield positive results. It works. You only need to experience it yourself.
- Powerful lunge. Yoga activities specially concerned with pranayam help in the promotion and increase in strength and stamina of our lunge power in terms of their expansion and contraction enabling us to inhale maximum amount

of oxygen in our body for the purification of our blood besides helping in the proper circulation of the purified blood in all corners of our body.

- Improve respiratory power. Yoga help us in regulating the respiration activities of our body adding efficiency to our respiratory power including increase in its amplitude stability and smoothness and decrease in the respiratory rate.
- Healthy muscles .These provide valuable help in the proper functioning and control over the movement of our muscles including the spinal cord. As a result we are able to maintain proper posture of our body including proper erectness of our spinal cord. These also contribute in the desired increase in our muscular strength besides maintaining the needed muscular flexibility and smoothness resulting in the energetic youthfulness considerably for a quite longer period of our life.
- Purify body. These help us in the tasks of the cleanliness and purification of the inner organs and systems of our body including the purification of our blood and its pathways, cleanliness of the respiratory and digestive systems and proper let out and excretion of the unwanted foreign material from our body .
- Healthy body. Yoga activities not only prove as strong deterrent for the prevention of the various ailments and diseases but also provide valuable solutions for their proper cure and treatment. For example it has been a matter of wide experience that Yogic activities provide substantial cure and treatment in the cases of arthritis, back pain, and osteoporosis, high and low blood pressure, asthma, diabetes and epilepsy, headaches, heart disease and multiple sclerosis etc.
- Powerful mind. It is well said that there lies a healthy mind in a healthy body maintained through yogic activities. One can enjoy good mental health with a sound physical health obtained through yogic activities. Yogic activities help in equipping one properly and sufficiently with all the essential cognitive and mental abilities and capacities for reaching the top of his intellectual and mental development. Yogic Asans, pranayam and practice of Dhyan, Dharana and samadhi can help an individual to have sufficient gains in terms of the improvement in his power of concentration, memorization, attention, learning efficiency, steadiness, and mind body neuro connection etc.
- Strong sense organs. Yogic activities help in making one's sense organs healthy, strong and effectively functioning. In turn it helps the individual to have a sizable increase in their reception ability, somatic and kinesthetic awareness and sensitivity for acquiring new knowledge and experiences through the use of their sense organs.
- Control over mind. Yoga sadhna provides the desired ability and strength for exercising desirable control over his senses, emotions and gratification of desires and fluctuations of the mind. Sustaining of attention and concentration acquired through such control and restrain then may provide a substantial ground of the development of intellectual powers. It can be given a further higher impetus by resorting to the practice of yogic activities like Dharna, Dhyan and Samadhi.
- Internal purification. Yoga sadhna helps not only to have purification and cleanliness of the internal organs and systems of our body but it also pays a lot of consideration for the purification of our inner self i.e. purification of our thoughts and feelings.

- Self-development. Yogic activities help the individual to imbibe the spirit of self-awareness, confidence in one's abilities and strengths, self-discipline and intrinsic motivation, self-acceptance and self-actualization etc. for seeking his maximum self-development and enhancement.
- Reduced Conflict. Yoga may also help students get along better with one another, which fosters a more positive learning environment. A school in Milwaukee instituted a yoga program consisting of two classes per week for students in kindergarten through 8th grade. The classes emphasized respectful behavior as well as yogic breathing and movement practices. After a year, the school's number of disruptive "incidents" decreased by more than half. Yoga may teach students to better manage their emotions and reactions as well as to respect the feelings and emotions of others.
- Healthy mind. Yogic activities help to free from any unusual anxiety, depression and fluctuation of mood or temperament. Such state of one's mind may help him much in excelling in terms of his intellectual growth and wisdom.
- Improved Concentration. Yoga offers time for the body and mind to relax from the rigors of learning. This may help students be better at applying themselves when studying or learning in a classroom. Medical students who practiced yoga for just one month reported better sleep and improved concentration during their studies as a result in a study published in a 2013 issue of the "Indian Journal of Community Medicine." Yoga, especially breathing techniques, can also increase concentration and academic performance in students struggling academically, concluded a 2012 study published by the International Society for Scientific Interdisciplinary Yoga Research.
- Powerful boosts. Aside from the uplifting spiritual values, the act of meditation can actually boost your confidence. The process works by releasing tension from your mind so you can feel confident about your physical body. Without any forms of anxiety, you are able to establish an internal connection with yourself. This is consequently reflected in your perception of others and will help to better your relationships by improving compassion and awareness.

DISCUSSION:

After reviewing the literature, we can see that the definition of health given by Acharya Sushruta "Prassana Atma, Indira and Mana beside the equilibrium of Dosha, Dhatu and Mala as Swastha¹⁰." fulfills every aspects of healthy being which clearly establishes the importance of mental health. Today's fast and unstable life style has given money but has taken a large toll on physical and mental health of human. Especially mentally the person become exhausted in young and seeks for salvation.

Various mental disorder had bubbled out of life, which both financially and socially had become burden on once life. In Ayurvedic classics a routine for nearly everything is described in either detail or briefly. Mental element is one of the basic concept of Ayurveda. Various causes, features and treatments are given in Samhita especially under title of "Unamada".

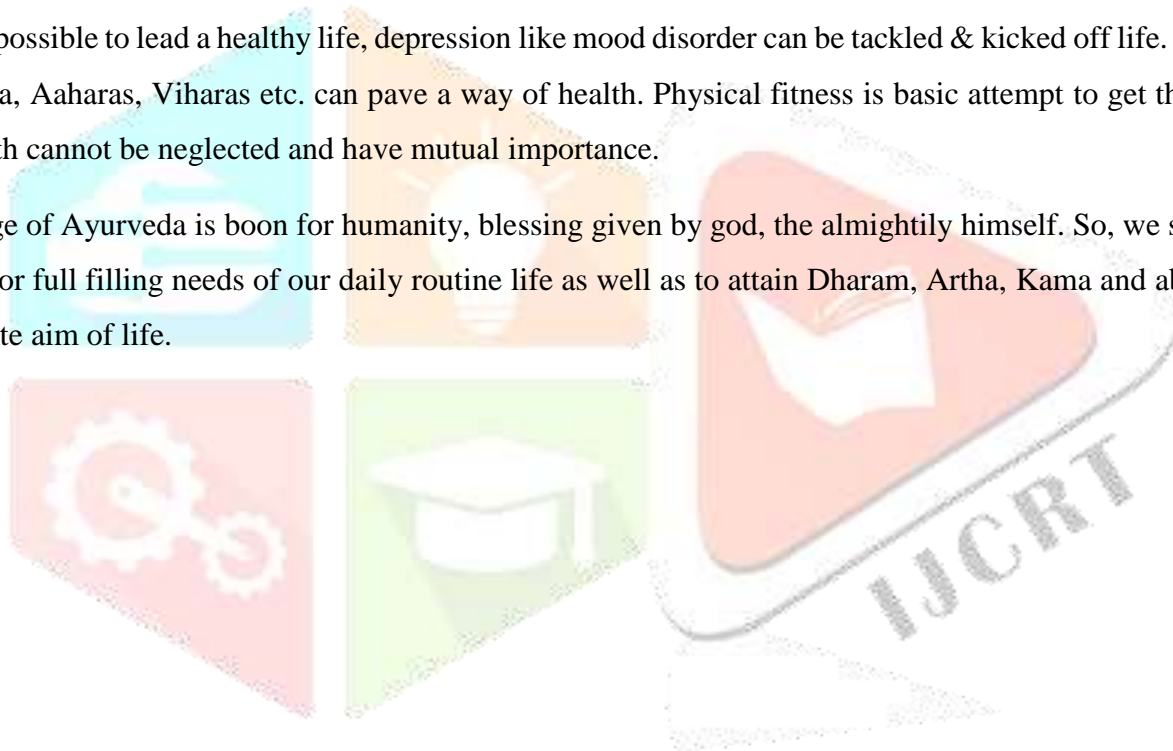
So, depression i.e. Vishadaits causes, features, types and also treatment both medicinal and non-medicinal have been discussed. The role of yoga especially Savasana and Pranayama i.e. Bhramari Pranayama worth to be noted. These mode of action clearly describes its Effectiveness in Mental Disorder of Any Type.

CONCLUSION:

“A sound mind always lives in sound body.” Quality of life is a broad term without exact definition. It depends upon number of factors support from relatives and friends, interest of one's occupation and ability do work and financial status according to expectations course health and to disabilities whether congenital or recently acquired disease.

These Life Style Disorders are curse for unhealthy living. Our Ayurvedic classics have described a set of rules for nearly everything needed in life. That's why it is known “science of life” nor a basically a source of medicine. Following them it is possible to lead a healthy life, depression like mood disorder can be tackled & kicked off life. Various Yoga's, Pranayama, Aaharas, Viharas etc. can pave a way of health. Physical fitness is basic attempt to get the mental fitness and so both cannot be neglected and have mutual importance.

Knowledge of Ayurveda is boon for humanity, blessing given by god, the almighty himself. So, we should follow its teaching for full filling needs of our daily routine life as well as to attain Dharam, Artha, Kama and above all Moksha the ultimate aim of life.



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