



MODERN ASPECT



○ What is mental health?

WHO: It is balanced development of individual's personality and emotional attitudes which enables him to live harmoniously with his fellow men.



○ TYPES OF MENTAL ILLNESS:

1. Organic {symptomatic} mental disorder (Dementia in Alzheimer's disease)

2. Mental & behavioral disorder (Opioid dependence syndrome)

3. Schizotypal & delusional disorder (schizophrenia)

4. Mood disorder (Depressive episode)

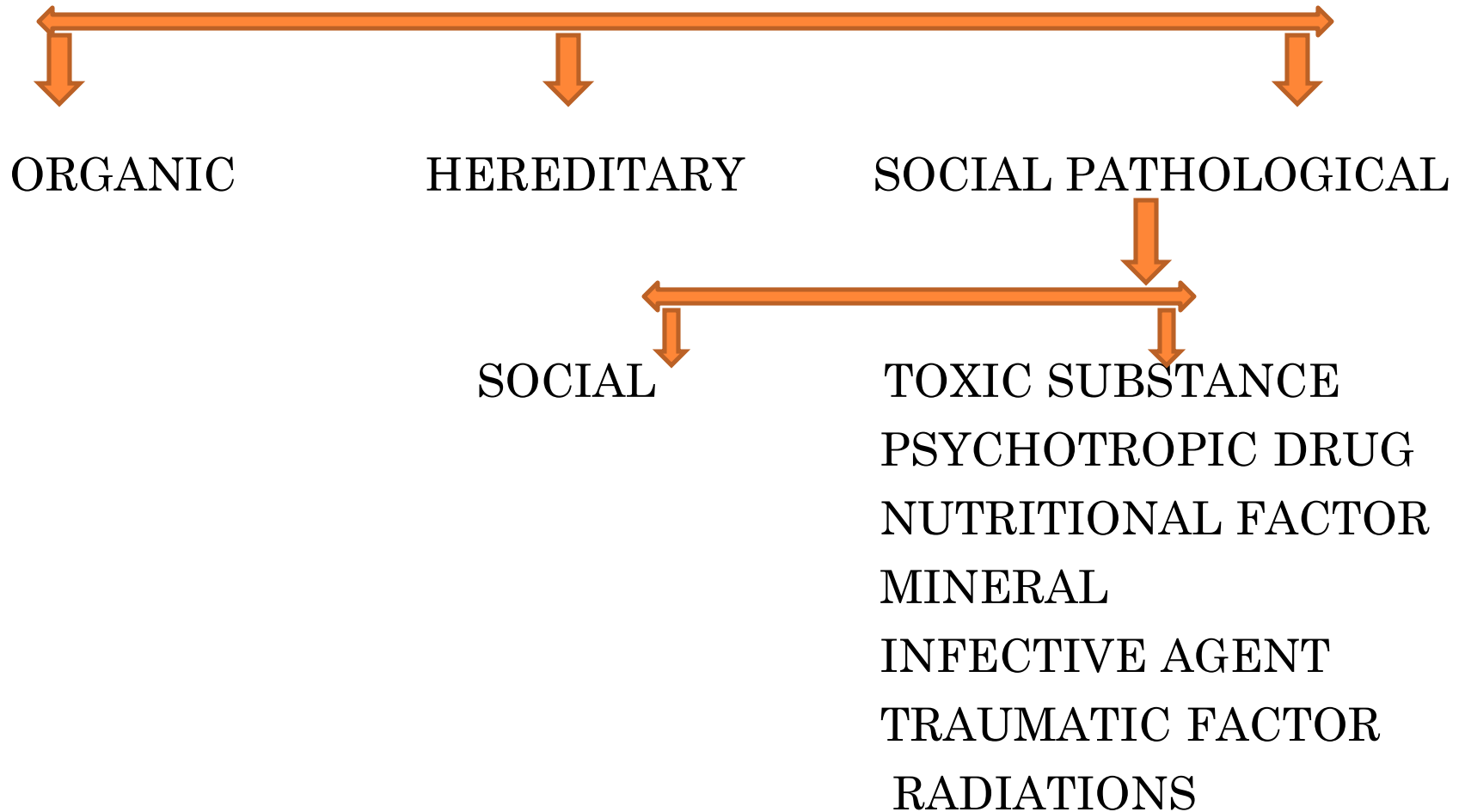
5. Neurotic stress related disorder (Anxiety disorder)



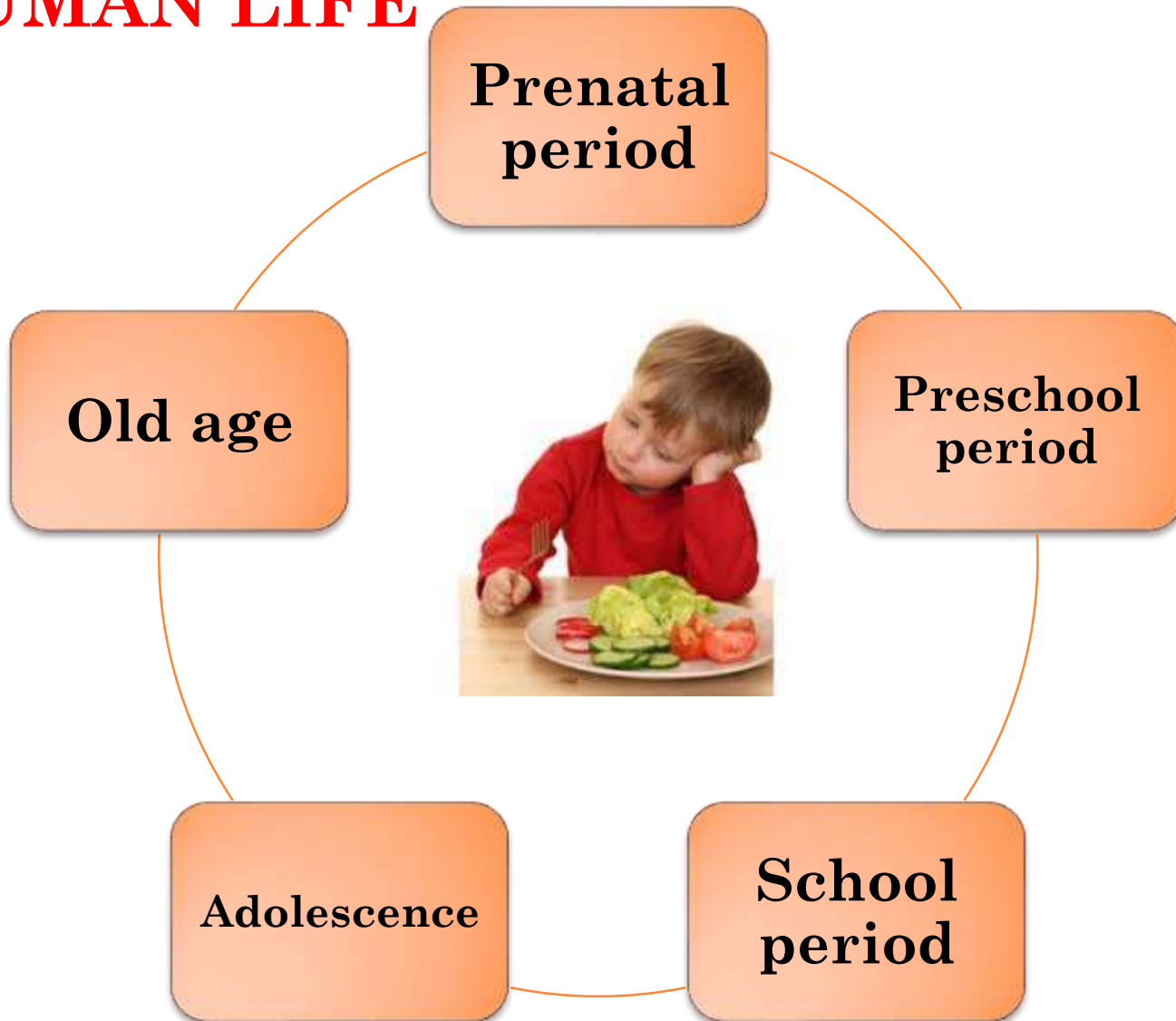
6. Behavioral syndromes (sleep disorder)
7. Disorder of adult personality & behavior
(personality disorder)
8. Mental retardation
9. Disorder of psychological development (childhood
autism)
10. Emotional disorder in childhood & adolescence
(conduct disorder)



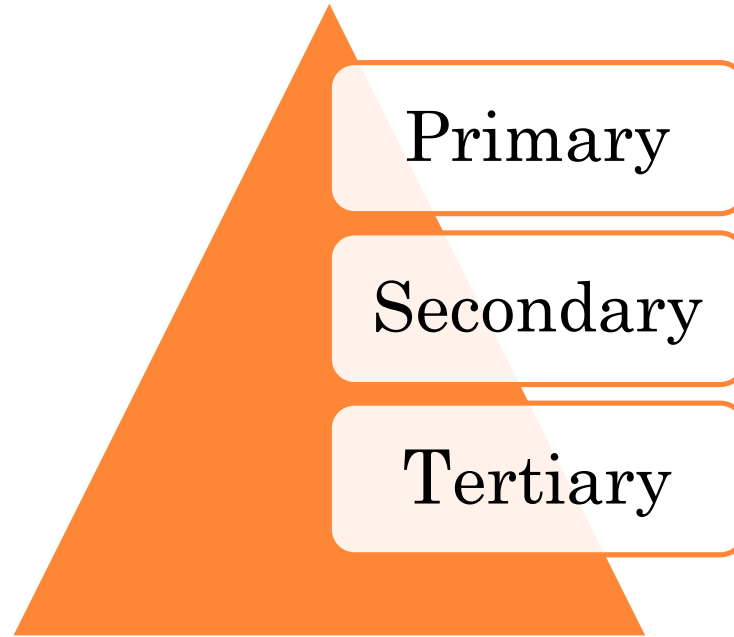
○ CAUSES OF MENTAL ILLNESS:



PSYCHOLOGICAL CHANGE IN HUMAN LIFE



○ PREVENTIVE ASPECT:



PRIMARY:

- Community based
- Improving social environment & promotion of social, emotional, physical well being.
- Working for better living condition
- Improve health & welfare resources in community.



SECONDARY:

- Early diagnosis by screening in school etc & provision of treatment facilities & effective community recourses.
- Family counseling is treatment intervention for helping the mentally ill.

TERTIARY:

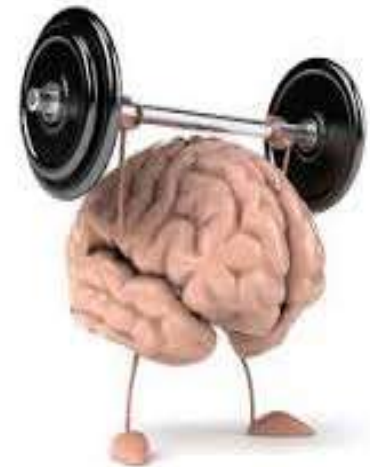
- Reduce duration of mental illness.
- Reduce stress.
- Prevent further break down and disruption.



Mental health services:

It is concern with prevention & promotion of good mental health & prevention of mental illness.

1. Early diagnosis & treatment
2. Rehabilitation
3. Group & individual psychotherapy
4. Mental health education
5. Use of mental psychoactive drug
6. After care services.



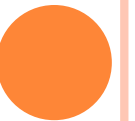
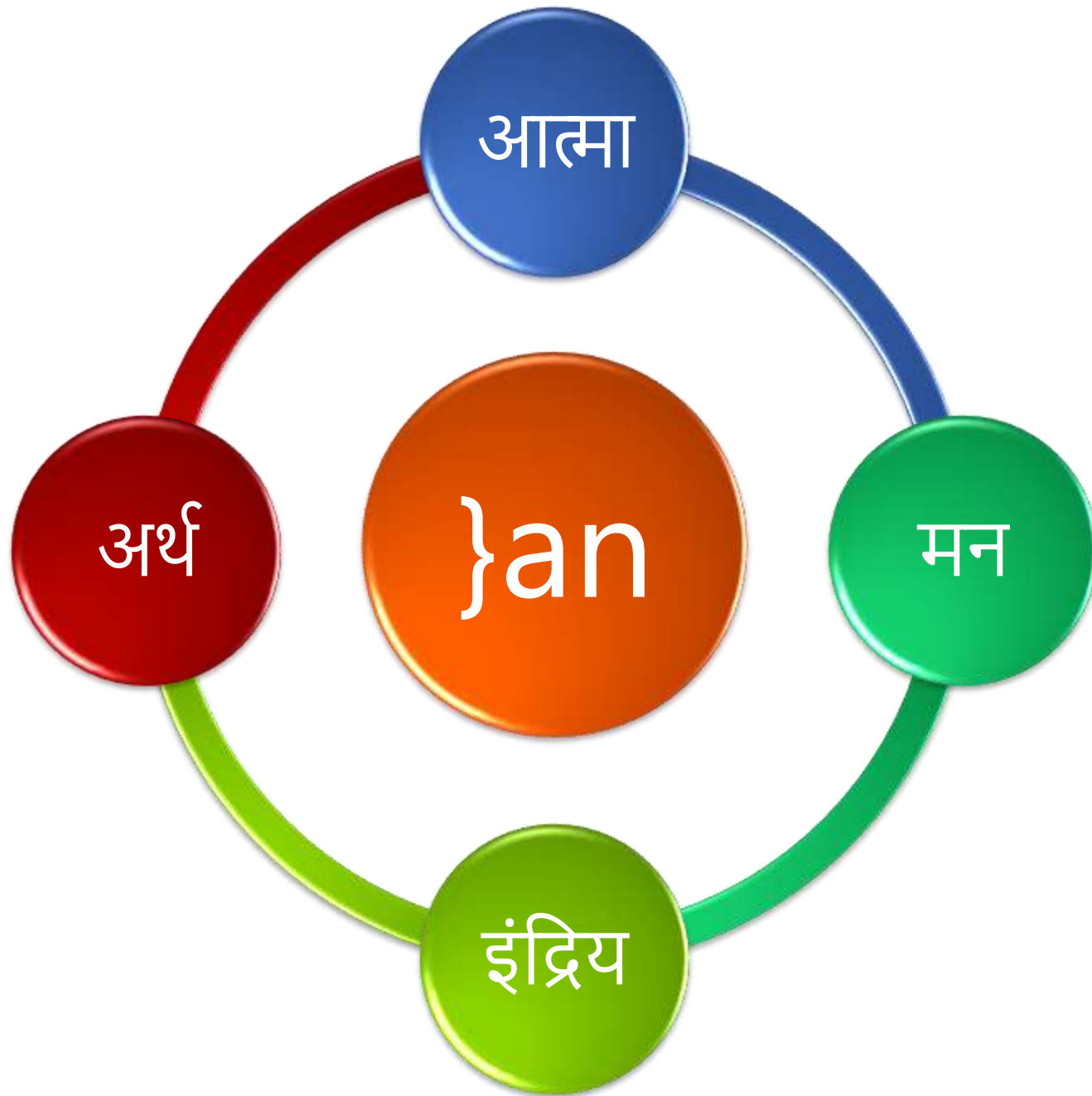
MENTAL HEALTH PROGRAMME:

- The programme consist some essential element:
- In paitent services
- Out paitent services
- Partial hospitalization
- Emergency services
- Diagnostic services
- Pre care & after care
- Education services
- Training
- Research & evaluation



AYURVEDIC ASPECT





मानस शक्ती

- हित अहित, कर्म, यांचा निणय करणे, मनुष्याला अनित्य व अहित कर्मपासुन वाचवार्ते

धी

धृति

- धारणा शक्ति
- अहितचरणा पासुन मनाचे नियमन करते.

- puvaRnuÉvaCy a s<ict }anace mnala Smr[kén dete
- mnala kmR kal AwR ya<Cya ihn imWya Aity vac

स्मृति

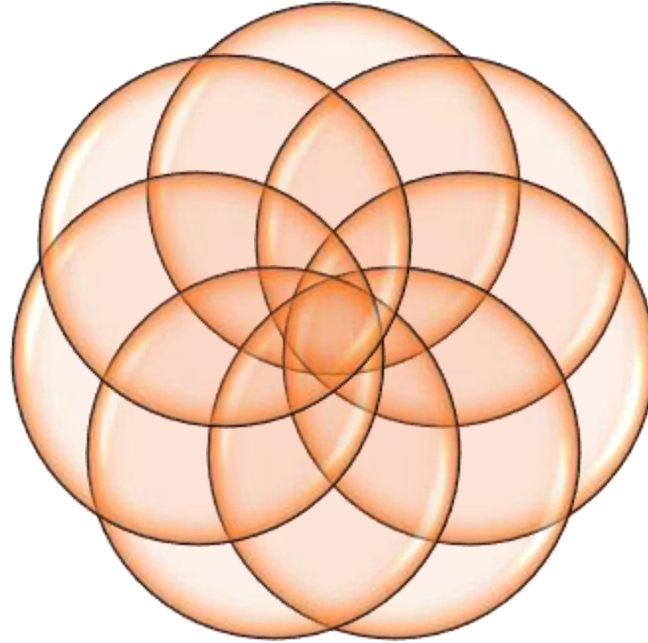
प्रतिबंधात्मक उपाय



धारणीय वेगांचे
धारण करणे

सद्वृत्ताचे
पालन करणे.

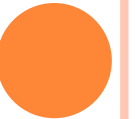
अष्टांग योगाचे
पालन करणे.



आचार रसायन

दिनचर्या पालन
करणे.

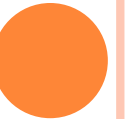
मिताहार सेवन
करणे



○ धारणीय वेग

धारयेत्तं सदा वेगान् हितैषी प्रेत्य चेह च ।
लोभेष्यद्विषमात्सर्यं रागादिनां जितेन्द्रियः ।। (अ.ह.सु. ४/२५)

प्र }a पराधाः.....विकारानामुत्पन्ना च शान्तयेः
(अ.ह.सु. ४/३३-३५)





असत् क्रियाचा
त्याग करणे.

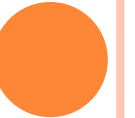
प्रतीकुल ग्रहाची
आराधना व भुतादीकांची
बाधा न होण्यासाठी
उपाय करणे.



इंद्रियोपशमन

देशकालाचे
जान

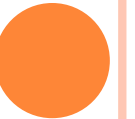
सज्जनाचे
मार्गाने जाणे



वेगधारणाचे फ़ायदे

पुण्यशब्दो विपापत्वान्मनो वाक्कायकमणाम
धर्मार्थकामान पुरुषः सुखी भुक्ते चिनीति (च. सु. ७/३०)

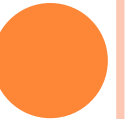
- मनुष्याचे मन, वचन, कर्मा पापरहित होते.
- धर्म, अर्थ, काम, प्राप्त करता येते.
- मानसिक स्वस्थ्या साठी उपयोगी.



सद्वृत्त

*“तद्वयनुतिष्ठन् युगपत्संपादयत्यथ द्वयमारोग्यमिन्द्रिय
विजयं चेति”।*

सद्वृत्ता चे पालन केल्याने आरोग्य प्राप्त होते, इंद्रियावर विजय प्राप्त होतो.



मिताहार



सुस्निग्धमधुराहारश्चतुथांश विवर्जितः
भुज्यते शिवसम्प्रित्ये मिताहारः स उच्यते (हठयोगप्रदिपिका)

आत्म्याच्या तुप्तिसाठी आमाशयाचा चतुथांश भाग रिक्त सोडून
मधुर व स्निग्ध आहार सेवन करावा



सात्विक आहार



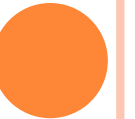
आयुः सत्वबलारोग्या सुखप्रीतिविवधिनाः

रस्याः स्निग्धाः स्थिरा हृद्या आहाराः सत्विकप्रियाः (गीता)

स्निग्ध, द्रवयुक्त, सात्विक आहार आयुष्य, मनोबल, शारीरबल, स्वस्थ्य, सुख, प्रेम वाढवते.

आहाराशुद्धो सत्वशुद्धोः (छान्दोग्योपनिषद्)

शुद्ध अन्नाचे सेवन केल्यावर अन्तःकरण शुद्ध होते.

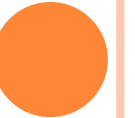


दिनचर्या

शिरोभ्यंग

*न खालित्या.....निद्रालाभः सुखं च स्यान्मुधि तैलनिषेवणात्
(च.सु. ५/८१)*

शिरोभ्यंगाने इंद्रिय प्रसन्न राहतात, तसेच शांत झोप येते.



अष्टांग योग



Mental health is real. It is not a joke.
It impacts everyone.
It needs to be accepted.

Really.

THANK YOU !

