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Preventive strategies in Ayurveda: A focus on *Satvavajaya* (promotion of mental health)

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ABSTRACT

Ayurveda being an ancient system of medicine provides a holistic approach to the health in the form of prevention and treatment of illness. Ayurveda gave importance for both physical and mental health. Among preventive strategies of mental health, the concept of *Satvavajaya* plays a crucial role. This article explores the concept of *Satvavajaya* principle, its practical application and relevance in contemporary mental health care.

Key words: *Satvavajaya*, mental health, emotions, psychological disorders

INTRODUCTION

Mental health will be influencing the physical health, emotional stability and quality of life. Ayurveda mentioned many key strategies for mental health promotion and prevention from mental disorders. *Satvavajaya* focuses on maintaining the mental clarity, emotional balance and positive form life.

Concept of *Satvavajaya* in Ayurveda

Satvavajaya defined as strength of mind or control over mind. It involves the practice and strategies aims at enhancement of mental health and prevention of psychological disorders.^[1,2] Ayurveda considered the mental health as an integral part of being well. *Satvavajaya* helps in managing the emotional disturbances like anxiety, stress, depression thus acts as preventing measures for psychological disorders.^[3,4]

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According to Ayurveda, mental states are influenced by the *Trigunas* - *Sattva* (clarity and purity), *Rajas* (activity and agitation) and *Tamas* (Inertia and ignorance). *Satvavajaya* helps to reduce the *Rajas* and *Tamas* and enhances the *Sattva Guna*.^[5,6] Ayurveda emphasizes on interconnectedness between mind and body, if mental states affects then it will influence on physical health also. *Satvavajaya* supports this connection by providing the mental stability and preventing the physical disorders.^[7-8]

Key practices for *Satvavajaya*

▪ Meditation and Mindfulness

Regular practices such as *Dhyana* (focused meditation) and *Vipasana* (insight meditation) are the techniques help to improve the concentration of mind and reducing the stress.^[9,10] Presence of mind at present moment, which involves observing one's thought and emotions without judgement, which helps in managing stress and improving the mental health.^[11,12]

▪ Diet and Lifestyle

Ayurveda recommended a diet which promotes mental clarity and emotional balance. Foods which are easily digestible and rich with Sattvic qualities (Fresh fruits, Vegetables and whole grains) support the Mental Health.^[13,14] Daily routine like waking up early morning, regular exercises and engaging in clam activities helps to boost physical and mental health.^[15,16] Cultivating

the Positive thinking will be the fundamental practice of *Satvavajaya*. Affirmation and Gratitude practices helps in development of positive mind set and reduces the negative emotions.^[17,18] Stress management techniques such as relaxation exercises, meditation and time management strategies are integral part of Mental Health. Balancing work and leisure to avoid the burnout helps to reduce the stress.^[19,20] Engaging in spiritual practices, such as devotional activities and ethical living, contributes for the mental wellbeing. These practices help for inner peace.^[21,22] Always building and maintain the good relationships and engaged in community activities support and resilience.^[23,24]

Contemporary relevance and evidence based scientific validation

Contemporary studies validated several Ayurveda practices related to the *Satvavajaya*. Researches indicate that meditation, mindfulness and balanced diet will contribute for the preservation of Mental Health.^[25,26] Combing the Ayurveda practices with modern psychological techniques can enhance the mental health approach. Evidence based therapies in collaboration with Ayurveda principles will have the comprehensive approach to Mental Health promotion.^[27,28] Implementing the *Satvavajaya* practices in public health programmes can address the increased mental issues globally. By promoting these practices help in early detection and prevention of mental health disorders.^[29,30] Mental Health policies and practices can provide the mental health care a holistic approach through the Ayurveda.

CONCLUSION

Satvavajaya practices will be the vital preventive strategy for the promotion of Mental health. Practices focuses on mental clarity, emotional balance and overall wellbeing offers valuable insights for contemporary mental health care. Integrating Ayurveda principles with modern techniques can improve the Mental Health outcomes and promote for mental wellbeing.

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