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Effects of Indian Epics in Psychotherapy

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ABSTRACT

This study focuses on theory from a different Indian cultural background and to ascertain whether emotional intelligence can be used negatively, the reviewer chooses from the great Indian epics Vedas and Ramayana, Mahabharatha & Bhagavadgeetha's aims to theoretically analyze the theory of Psychotherapy helps a person to manage stress, assists in problem solving and be successful in relationships.

Key word: Psychotherapy and Indian epics like Vedas, Ramayana, Mahabharatha & Bhagavadgeetha

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Introduction

The major scriptures of Hinduism are the Vedas, Upanishad's, and Itihasa's like Mahabharata, Ramayana, and purana's like Bhagavatham and Bhagwad Gita. Among these, Vedas are oldest concepts of Hinduism are recorded in the four Vedas viz., Rig Veda, Yajur Veda, Sama Veda, and Atharva Veda. The Vedas describes the worship of God in natural elements such as fire, water, wind, etc. This main purpose of worship was to express gratitude for survival of creatures. Over the years, this worship of God has taken many different forms, which include elaborate systems of rituals and sacrifices to please the Gods. When one tries to understand the concept of mind and mental illness from ancient Hindu knowledge - Rig Veda and Yajur Veda, it suggests that mention of prayer through mantras (rhymes) can lead to formation of noble thoughts in the mind which help in the prevention of mental pain (depression). The Rig Veda also discusses about the speed of mind, curiosity for methods of mental happiness, prayers for mental happiness, methods of increasing intelligence and power of mind in healing.

Yajur Veda and Atharva Veda conceptualize mind as the basis of consciousness, inner flame of knowledge, cite of knowledge, and an instrument of hypnotism. The Vedas described that will power, emotions, inspiration, and consciousness. The text also describes emotional states like grief, envy, pleasure, hostility, attachment, laziness, etc., There is also a description of Unmada (psychosis) as a deluded state of mind.

The Upanishads provide descriptions of theories of perception, thought, consciousness, and memory. There is a description of prakriti, which can be considered as equivalent of personality in modern psychiatry. The Upanishads describe the different states of mind: waking state, dreaming state, deep sleep state, and Samadhi. The psychopathology of the mind was understood in terms of their trigunas and tridosas.

Mental illness depending by four basic aims of life, i.e., Dharma, Kama, Artha, and Moksha. Dharma is understood as righteousness, virtue, or religious duty. Prakash B. Behere et al. (2013) explain that the Psycho and Veda is motivated by the complete integration of the immense but

fairly contemporary view of the mind, emotions and psyche and how this performs in our lives. R. Thara, et al. (2004) indicated that the schizophrenia, acute psychoses, minor mental morbidity and drug misuse, highlighting aspects unique to the Indian scene. Indian families exhibit great tenacity in caring for relatives who are ill, and are a great resource in treatment and rehabilitation.

Ramayana: Ramayana is about man. Mahabharata is about mankind. Ramayana stresses on the micro. Mahabharata stresses on the macro. Ramayana is about love. Mahabharata is about justice. Ramayana warms the heart. Mahabharata lights up the brain. Ramayana and Mahabharata are two brilliant epics and it would be unproductive to rate them as one better than other.

These two brilliant epics, it is not without reason that leaders in all walks of life fell in love with these epics. It is not without reason that legendary men and women spent their lives enjoying these books. Stop trivializing them. In summary, Mahabharata is about the strategic elements of leadership, while Ramayana is about the human element of leadership. One talk about the prescriptions and other is about the pains. You take Ramayana's characters to heart and Mahabharata's concepts to the brain. Both are India's national treasures with unfathomable beauty.

Sri Ram is a perfect role model. He enjoyed life and yet was detached from it, detached from power, wealth, greed, fame, desire, etc. He was kind and just even to those who opposed him. He is an inspiration when faced with difficult situations in life. His serenity in success and tragedy is excellent example to follow. The concept of dharma as the way to a meaningful life is also a very powerful theme for positive mental health. Many conflicts in life can be resolved using this perspective.

- The therapist should have a good understanding of the Ramayana in order to match the themes discussed with the patient's difficulties and situation in life. The therapist should also believe that the epic provides powerful examples of good mental health in the different situations faced in life.

- Lakshmana's misinterpretation of

Bharatha's intent and Sri Rama's counsel.

- Hanuman's feelings of inadequacy and Jambavan's focus on potential.

The Ramayana can be used in many situations where patients have conflicts that require psychological intervention. It can be used in patients with neurotic and stress related disorders and problems, adjustment difficulties, personality problems, maladaptive coping styles, marital discord and relationship difficulties, bereavement, academic, occupational, and phase of life problems. The choice of using such a strategy is not dependent on the diagnostic label but rather on the individual, their religious background, and conflicts. The therapists would have to match the stories and themes depending on the similarity to the patient's situation. Abhyankar (2015) suggested that the psychiatric thoughts in ancient India are attempted. Besides interesting reading, many of the concepts are still relevant and can be used in day-to-day practice especially towards healthy and happy living. Certain concepts are surprisingly contemporary and valid today. They can be used in psychotherapy and counselling and for promoting mental health. Maika Puta and Peter Sedlmeier (2013) study that the psyche consists of three energies ("gunas") called sattva, rajas and tamas are separately for cognition, emotion, motivation, social and physical factors, the environment and behavior in general. In the second part we discuss interventions that are claimed to increase sattva and thereby further well-being.

Mahabharatha and Bhagavad geetha: This Epics are well help in psychotherapy problems It is certainly worthwhile knowing how to control the mind. Lord Krishna says in the Bhagavad-gita that the mind can be controlled by constant "practice and detachment." (—Bhagavad-gita, 6.35). He says that wherever and whenever the mind wanders, due to its flickering and unsteady nature, we must bring it b Bhagavad Gita is part of the great epic Mahabharatha, a widely popular mythological story in Hindu philosophy; part of Bhishma Parva, Gita is almost in its entirety the dialogue between two individuals, Lord Krishna (considered as incarnation of Bhagawan Vishnu, Narayana) and Arjuna (the Pandava prince, Nara) in the battle field (war between the Pandavas and the Kauravas, the cousins, for control

of the kingdom of Hasthinapura) of Kurukshetra. It has 18 yogas (chapters), with about 701 slokas (short poems), the first one being "Arjuna Vishada Yoga" (Sorrow of Arjuna) and the last one "Moksha Sanyasa Yoga" (Nirvana and Renunciation).ack under the control of the Self (—Bhagavad-gita, 6.26). B.N. Gangadhar (2011) studied that the leading warrior (Arjuna) is confronted with hypothetical concerns about the ethics of war between the kin and is besieged with a tremendous sense of guilt as well as despair, Balodhi and Matcheri Keshavan (2011) study that the The Bhagavadgita's concept of a mentally healthy person is discussed and finally the relevance of the Bhagavadgita's teaching to current psychological medicine is explained, M. S. Reddy (2012) studied that the psychology Bhagavad Gita offers a valuable case study for lessons in psychotherapy – resolution of conflict and successful resumption of action from a state of acute anxiety and guilt laden depression that precipitated inaction. This presentation makes a humble attempt to discuss the therapy process involved in Bhagavad Gita in which Lord Krishna helped the grief-stricken Arjuna through dialogue and discussion. The focus would be on the conflict and diagnosis of patient, the background setting of the situation, personality of patient, technique of therapy, underlying psychological concepts/principles/theories, the Guru - Sishya concept, etc. Neha Sharma (2014) study that the devotion and complete surrender of patient towards the therapist as done by The Arjuna and emphasis on work with renunciation (Karma Yoga) by The Krishna made CBT more effective and efficient in delivering fair result.

10 mental health tips from The Bhagavad Gita

- Be Your self -find out your temperament and act in line with it. (Swadhrama- CH.3)
- Perform duties without attachments and insistence on particular results. Accept the results gracefully, greatfully (Karmanyevadhikars te-CH.2)
- Spend some time in doing Pranayama (apnejuhvatipranam- CH.4)
- Follow the moderation-yoga, moderation-food, sleep, speech, exercise, recreation and meditation eliminate stress. (Yuktaaharaviharsya-CH.6)

- Like a tortoise cultivate perfect sense mastery, when required the senses are fully employed to act and archive. when necessary one should be able to withdraw sense. (Yedaasamharatechaayam-CH.2)

- There is nothing which is more purifying the knowledge, clarity in thinking about the roles and the reality is essential. Understand that the roles we are playing are temporary & relative. The Reality in me is the Truth, is absolute. (Na hi gnanena sadrisham pavitramiha vidyate - Ch.4)

- Develop Purity in feeling. Overcome the impulsiveness of negative emotions like anger, lust,

- etc. (shaknotihaiva yah sodhum - Ch.16)
Faith in the Higher Reality is a great source of strength. A man is what his faith is. As the faith so will be our desires, thoughts and action. (Shraddhamayoyam purushah. Yo yat shraddhah sa eva saha...Ch.17)

- Few minutes of Prayers & Meditation daily, go a long way in building up reserves of Peace and happiness within. (Swalpam apyasya dharmasya trayate mahato bhayat - Ch.2)

- Harmonise the head, the heart and the hands to be happy. Be an integrated personality. Disintegration causes stress. Integration gives tremendous satisfaction (Nasti buddhirayuktasya...Ch.2)

Traditional methods of controlling mind: Yoga and meditation: Yoga is a discipline, which has evolved in India several thousand years ago with the basic aim of growth, development and evolution of mind. The ultimate goal of yoga is to control one's own body, to handle the bodily senses, and to tame seemingly endless internal demand. It offers a world view, a lifestyle and a series of techniques by which changes in human awareness can be brought about which can help in realizing the human potential. There are various systems of yoga. However, all aim to achieve the same, i.e., bringing about altered states of consciousness, which is known as the cosmic consciousness, transcendental illumination, or samadhi. It is said that correct practice of yogic techniques gives rise to certain types of reactions within the person, which facilitate qualitative and quantitative changes in awareness. It

is considered that regular practice of yogic exercise reduces psychological tension; as well as reduces the decline in physical health. In recent times, yoga and meditation have received wide acceptance and popularity all over the world.

Patanjali introduced -Ashtanga or Power yoga - a more demanding workout where you constantly move from one posture to another ("flow"). Sasidharan K Rajesh et al (2014), Devanand Upadhyay (2014), Annavajhula J.C. Bose and A. Chinmayee Meghana (2014), Mohini (2015), Indradeep kaur (2015), Vandana Sharma (2016) study that the Vedas, Bhagwad Gita, Upanishads, Yoga are the new rays of hopes which are essential to face these modern life problems, especially stress.

Asana for Psychotherapy

In today's hectic world it has become quite obvious for people to lose their mental health balance. This loss of balance of mental health is depicted in the form of anxiety and depression. It is a proven fact that yoga really helps to stabilize the mental health of human beings. Let us see how yoga can really help you enhance. Hatha Yoga describes Shatkarmas (six processes) in details for Body purification and mind purification. Various asanas (Yoga Positions), six shatkarmas, mudras & bandhas (psychic knots or psycho-physiological energy release techniques) and Pranayama are described in old ancient Sanskrit texts of Hatha Yoga (Hatha Yoga Pradipika and Gherandasamhita). They work at the chitta (subtle aspect of consciousness) level that eliminates the physical and mental tensions. They are trained in supine and prone position of the body Shivarama Varambally and B. N. Gangadhar (2016), Farahnaz Davar et al. (2016), Meena Ramanathan et al. (2017) Shavasana and Virasana, Bhujangasana, Trikonasana, Halasana, Sarvangasana etc...important relaxative asanas

Indian system of medicine: Ayurveda, mental health and mental disorders: Ayurveda is the Indian method of medicine, which is based on the traditional texts of Vedas. Medical texts dating back to the 1st and 2nd century AD describe in detail the principles of Ayurveda. Of the various texts, Caraka Samhita deals with medical diagnoses and treatment. The Caraka described the human body as being an aggregate volume of cells where growth depends on Karma, Vayu (air or

bioenergy) and Svabhava (personal nature). Life or AYU is described as a combination of Sha-reera (body), Indriya (senses), Satva (psyche) and Atma (soul). According to the Caraka, the mind provides direction to the senses, control of the self, reasoning, and deliberation. Further, the descriptions include the theory of Triguna or the theory of three inherent qualities or modes of nature. These three gunas or the three operational qualities of mind are: Sattva (variously translated as light, goodness or purity and includes self-control, self-knowledge and an ability to discriminate or make well thought out choices), Rajas (action, energy, passion and is indicative of violence, envy and authoritarianism) and Tamas (darkness, inertia which reflects dullness and inactivity). The theory of three gunas is also used to describe different types of personalities.

Ayurveda classifies herbs with a stabilizing effect on the mind as 'medhya rasayanams'. These herbs promote the intellect and deeply nourish the neurological tissues (Srikantha murthy). They are nervine tonics. These medicines act as specific molecular nutrients for the brain, promoting better mental health that leads to the alleviation of behavioral disorders (sundaram). The medhya rasayanams enhance biological nourishment of the brain, producing tranquility of mind, concentration and improved memory. Ashwagandha, Brahmi and Shankha pushpi have a secondary mild sedative effect. Others like calamus have a mild stimulating effect. (Deekshitulu Balaji(2013)explains stress is relaxation with compound herbal formulation consisting of Tagar (Valeriana wallichii), Shankhapushpi (Convolvulus pluricaulis), Brahmi (Bacopa monnieri), Musta (Cyprus rotundas), Ashwagandha (Withania somnifera), Jatamansi (Nardostachys jatamansi), Munakka (Vitis vinifera), Raktachandana (Pterocarpus santalinus), Parpataka (Fumaria indica), Kutaki (Picrorhiza Kurroa), Dashmula, Amaltas (Cassia fistula). This has been given in the dose of 20g twice a day as coarse powder to prepare decoction by 'Chaturthavashesh' method mentioned by Sharangadhara.

Conclusion

An Indian literature is littered with invaluable symptoms of psychotherapy disorder are seen in our greatest epics of oldest major scriptures of Hinduism are the Vedas, Upanishads, and

Ithihasas like Mhabharatha, Ramayana, and puranas like Bhagwad Gita also described are management of time, resources, personnel, materials, machinery, finance, planning, priorities, policies and practice. Management is a systematic way of doing all activities it resolves situations of scarcities be they in the physical, technical or human fields through maximum utilization with the minimum available processes to achieve the goal. The lack of management will cause mental disorder, confusion, wastage, delay, destruction, stress, anxiety and depression. So the article is proved by controlling of psychotherapy techniques and easily followed all human beings.

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