



# Concept and Application of Samkhya-Yoga Theories for Mental Health

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## Letter to Editor

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The world's oldest literary text is the 'Veda' which originated in India (Bharat). The Rig, Sama, Yajur, and Atharva are the four Vedas. Each Veda is divided into four chapters Brahmana, Samhita, Aranyaka, and Upanishad. Upanishad is the culmination of the Vedic texts, also known as Vedanta. Indian philosophy (Darshana) developed from Vedanta. There are two categories of Indian philosophical schools: Astika Darshana (God believer) and Nastika Darshana (non-God believer). Astika Darshana is divided into six philosophical schools i. Uttar Mimamsa, ii. Purva Mimamsa iii. Nyaya iv. Vaisheshika v. Samkhya and vi. Yoga. Probably in the second century BC, Sage Patanjali formed the Yoga School, which accepted the epistemology and metaphysics of Samkhya philosophy and was intimately associated with it [1].

According to Samkhya Darshana (philosophy), human is the combination of twenty-five tattvas (theories) i. Pancha mahabhuta (5), ii. Pancha tanmatra (5), iii. Pancha jnendriya (5 collecting sense organ, iv. Pancha karmendriya (5 working sense organ), v. Manas (Mind), vi. Buddhi (Intellect), vii. Ahamkara (Ego), viii. Prakriti and ix. Purusha.

Yoga Darshana (philosophy) is mainly mind-controlling practical experiences. There are four types of practical experiences in yoga: 1. Raja Yoga, 2. Jnana yoga, 3. Bhakti

Yoga, 4. Karma Yoga. Raja Yoga is focusing on mind control through various practical practices. The practices are listed below. i. Yama, ii. Niyama, iii. Asana, iv. Pranayama, v. Pratyahara, vi. Dharana, vii. Dhyana viii. Samadhi. So, Samkhya philosophy explained the mind & intellect and their background, whereas Yoga philosophy demonstrated how to control that mind and intellect.

According to World Health Organization, various types of mental disorders exist all over the world: i. mood disorder, ii. anxiety disorder, iii. psychotic disorder, iv. personality disorder. By the Samkhya-Yoga theories, one can explain and understand all these aspects of mental health. There is a strong relationship between jnendriya (collecting sense organs) with anxiety disorders; karmendriya (working sense organs) and mood disorders. Psychotic disorders are firmly linked with buddhi (intellect) and ahamkara (ego) is actively associated with personality disorders. Samkhya-Yoga theories can explain modern mental health concepts more accurately and can be applied effectively for rehabilitation globally.

## Reference

1. Sirswal DR (2019) Yoga and Mental Health: Applying Yoga Philosophy for Well-Being. Intellectual Quest 12: 47-54.

