



Grow with a Strong Mind

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Editorial

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Editorial

Mind is considered to be the strong and speedy element remaining in each and every living organism which is very difficult to understand. Its existence can neither be seen nor shown with the eyes or in sophisticated science laboratory. The mind shows its existence only with activities. The Ayurvedic authors, who worked for the welfare of the human society before thousands of years before Christ say the human to be the union of the body (sarira), mind (mana) and soul (atma). They say that, mind is the communicator between the body and the soul. Its existence can only be felt with its functions like – thinking, decision making etc. Mind has got the power to motivate the body to work. But it is not pure and correct in all situations, hence one should try to regulate it with appropriate wisdom and knowledge.

Close relation between the mind and the body is also mentioned by the scholars of Ayurveda. It is said that, physical diseases, in due course, affect the mind. Similarly, mental diseases also affect the body. The body is formed with 3 dosha – vata (the humour responsible for all movements of the organs, systems etc.), pitta (responsible for maintenance of heat, digestion, colour etc.) and kafa (responsible for maintenance of the strength, stability, resistance etc.). Three qualities are also mentioned in relation to the mind by the great scholar Charaka, the father of Indian medicine as – satwa (the inspirator to do the goods), raja (inspires to be angry, to fight etc.) and tama (inspires to think in negative direction).

Comparing the influence it is said that, mind shows more control over the body. A healthy and strong mind can even protect the body from strong harmful agents. Hence a strong and healthy mind should be the target of each and every individual. The couple with the desire to give birth to child should expect a healthy and strong mind of the child by

following some rules like:

- 1. Use of Appropriate Food (satwik ahara):** The food that can provide a mind coolness and thinking of the betterment of the others. The couple should take food like – rice of the crop grown during autumn and winter (sali anna), milk (dugdha), moog (mudga), ghee (ghrita) etc. Use of meat (mamsa), hot and spicy substances (ushna dravya), bitter substances (katu dravya) etc. are to be avoided by the couple who desires to have child.
- 2. Maintenance of Mental Peace (mental behaviours):** The couple should always think good things, pray the God for betterment of self and others. Anger (krodha), anxiety (udwega), stress (uttejana), jealousy (irsha), grief (duhkha) etc. should be avoided.

During pregnancy the expected mother should keep herself cool and calm. Grief, anxiety, tension, over exercise etc. may affect the future child. Her dress, appearance, thinking etc. should be mild and beautiful. Her desires should be tried to fulfil. Even if her desire seemed to be harmful or not possible to fulfil then also she should be made understand the fact with love and affection. An individual, during his/her life should always keep effort to maintain physical health by following the rules of daily regimens (**dinacharyya**), night regimens (**ratricharyya**), seasonal regimens (**ritucharyya**). A healthy body is said to be the key of a healthy mind as the seat of the mind is considered to be the body.

“ACHARA RASAYANA” indicates “some mental and physical behaviours that can keep the mind and the body at a sound condition”. “Achara” means “behaviour” and “rasayana” means “that can provide optimum benefit to each and every part of the body”. Achara rasayana includes considerable number of physical behaviours, like maintenance of appropriate body posture, sitting on

Conclusion

It can be said that, the knowledge of importance of mental health is not new. The existence of the mind was understood by the ancient Indian scholars where there is ampoule of scope for study and research.

appropriate seat etc. and mental behaviours, like thinking good for self and others, speaking the truth , talking with others with sweet and smooth voice , showing respect to the seniors, teachers etc. The importance of a sound mind is also said to be the prime need to have sound body. The great Indian scholar, Susruta, mentions the mental health with top priority at the time of defining health (**SWASTHYA**).

