

## **Ayurveda, yoga and mental health**

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### **Abstract**

The causes of mental disturbance are multifaceted and highly complex but evidence suggests that the modern, medical approach to mental health is limited and largely ineffective judging by the increasing number of people suffering from mental issues in society today. There is more violence, suicide, depression, anxiety, addiction and a prolific use of psychotropic, prescription drugs than ever before. It is well known that the use of medications for mental illness causes dependency and adverse side-effects and yet an alternative, comprehensive approach has never been suggested. Modern culture, where money is God, is a breeding ground for mental disturbance. Loneliness and isolation, the dissolution of family and community and the constant bombardment of toxic material on the collective mind are the curses of our time. In addition, food available to most people is mass produced, contaminated by chemicals and low in nutritional value all contributing to mental and physical ill-health. The Vedas recognized mental illness thousands of years ago by understanding the connection between the body, the mind and spirit as being not only connected but interconnected and that treatment must get to the root cause of the issue. Vedic philosophy does not directly describe psychology but that mental disturbances manifest as an imbalance of all aspects of the human condition, each one affecting the other. Therefore by following the principles of Ayurveda and Yoga in the context of Vedic psychology long-term and permanent solutions to mental health issues can be addressed.

### **Biography**

Ann Holaday is a Certified Ayurvedic Practitioner through NAMA - National Ayurvedic Medical Association and a professional member of AAPNA - Association of Ayurvedic Professionals of North America. She is a certified pranic healer and a certified Permaculture Designer PDC. She received her Ayurvedic education in India at JIVA Institute in Faridabad and at the Ayurveda College in Kannur, Kerala and in the United States at the Ayurvedic Institute and the American Institute of Vedic Studies in New Mexico. She is founder of According to Ayurveda and Yoga "making the science of life a way of life" [www.ataytv.com](http://www.ataytv.com) a concept of raising the awareness of the ancient knowledge of Ayurveda through public education and global networking. She holds a BSc. from Anglia Ruskin University, Cambridge University, UK in Radiation Oncology and her lifetime career of thirty years in Radiation Oncology was as an educator, manager and administrator. She is an author and teacher of English as a second language and has travelled the world extensively. She has lived in India, Puerto Rico, USA, Britain, New Zealand and Germany. She was born, educated and had her three children in Britain and now lives near Portland, Oregon USA.



[12<sup>th</sup> International Conference on Traditional Medicine and Acupuncture](#) | May 27, 2021

**Citation:** Ann Holaday, Ayurveda, yoga and mental health, Traditional Medicine 2021, 12th International Conference on Traditional Medicine and Acupuncture, May 27, 2021, 09