

## **Mental Health- Integrative Approach Ayurveda and Counseling- Case Studies and Experiences**

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### **Short Communication**

#### **Abstract**

Mental health is a high time subject always in the society and become much more important during this pandemic period too. Traditional knowledge systems like Ayurveda which can create high impact on physic and psyche but poorly explored in these days. Ayurvedic system has a potential branch named satvavajaya chikitsa where a person's mind has been treated as a whole, not independently out of the body. Many Ayurvedic therapies are efficient enough to bring normalcy of the mind but if we add counseling and psychotherapy can bring higher value additions. Many Ayurvedic procedures (shirodhara - continuous pouring of medication over the head for a prescribed period of time) has a potential to create a semi-hypnotic stage and at that stage many interventions are highly effective like counseling and psychotherapy. Besides, if we combine Ayurvedic therapies with counseling in psychosomatic patients, it can bring faster result and early recovery. In my presentation I will be explaining Ayurvedic concepts of counseling and how it is practiced. I also share case studies and its outcome along with experiences.

#### **Biography**

Dr. Devi Narayanan is presently the Medical Superintendent of Ashtavaidyan Thrissur Thaikkat Mooss' SNA Ayurveda Nursing Home Pvt. Ltd. (NABH Accredited Ayurveda Hospital), Thirssur. Kerala. She is Teaching Faculty of Ayurvedic Point ( An International Ayurveda School- ISO Certified) Italy since 17 years. She is Teaching faculty of Veda Education, Russia since 3 years. She received BAMS(Ayurveda Acharya) degree from The Tamilnadu Dr MGR Medial University. M. Sc (Applied Psychology) from Barathiyar University, Coimbatore. Became Clinical Hypnotherapist ( C Ht. from California Hypnosis Institute, California, USA). Received PGDPC (Post graduate Diploma in Psychological Counseling) from Institute of Behavioral Management Sciences, Andrapradesh. She had informal Ayurvedic Training under Ashtavaidyan Alathiyoor Narayanan Nambi for more than a decade. Trained for Hypnosis under Dr Umadevi and Behavioral Psychotherapy and Counseling under Dr Jayan Nambootiri. She is teaching Ayurveda in various countries Italy, Germany, Russia, France, Switzerland etc. She also represents the rich ancestry Alathiyoor Nambi family of Ashtavaidyas- the great traditional Vaidya families in India having centuries of old tradition.

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