**Acharya’s N.R. School of nursing **

Soladevanahalli, Bangalore -90

**ALTERNATIVE SYSTEM OF MEDICINE IN MENTAL HEALTH**

**A.ACCUPUNCTURE**

**Introduction to Acupuncture**

Acupuncture, today known as a Chinese Traditional Therapy, was known to the primitives who lived around the Oriental part (almost 4000 years ago), which is now known as Sri Lanka. Research of the Aryan and Dravidian Civilizations too reveal much more facts that the points used in this method of healing, have been in use by the people of Indian Peninsula, for a healthy way of living.

Chinese dynasties and the Maoist Communist regime cherished this therapy later, revealing the existence of energy pathways along the Skin’s surface and still deeper, that influenced the Patho-physiology in all Living creatures! Today, these pathways are scientifically known as "Meridians". The activation of one or more Meridians is practiced now, all over the world, by several Advanced Practitioners and Barefoot Doctors alike, to heal several disorders and symptoms, and to prevent further diseases.

Neuro-Hormonal mediation, Vaso-vagal harmonizing and Immune enhancing effects of Acupuncture have today placed the therapy in the hands of "Open minded" Scientists, Doctors & Healers. The therapy has been proven to be Cost Effective and Preventive also.Acupuncture is an oriental method of treating disease by balancing the Constitution or internal climate of the sick person. Treatment is carried out by inserting unique needles at specific body points known which have very low resistance to any pressure.

This therapy was known to men who lived in the Northern Lankan regions long back. By 400 BC Emperor Huang Di of China wrote the first inscription on Acupuncture, in the name "Nei Jing" - the first Medical Treatise of the World. The communist regime of China further promoted this therapy and accorded regal status to Acupuncture and Traditional Chinese Medicine.

Acupuncture has gained the status of a Scientific therapy owing to the research and proving by many world Scientists, Neuro-biologists and Physicians. This therapy mediates Neuropeptides and several Hormones within the body, ultimately resulting in perfect cure without side effects, by balancing the Lipid profile, and increasing the Receptor clearance.

A vast majority of Psychological, Physiological and Physical disorders are cured.

**Benefits of Acupuncture:**

Acupuncture is an anicent therapy which has no side effects and has direct influence on the Endocrine and Autonomous Nervous systems which paves way to a good cure for the Mind disorders, Growth disorders and even undiscovered and unnamed diseases. While undergoing this treatment, a Patient is been provided Homeostasis, and further Health problems are averted due to the immunizing effects. It enhances Liver and Spleen activity to reduce edema and excess adipose tissue. Thus, Obesity is treated effectively and Ageing factors are wiped out.

Bone marrows and Nerve ends are influenced substantially, resulting in enrichment of Hemoglobin, and sensory regulation. Therefore, Acupuncture proves to be effective in sensory and motor disorders. Absorption factor in the Digestive Organs improves, after treatment through specific points, which enhances Appetite and stimulates Metabolism. Psychological sedation and equilibrium are achieved, hence suitable for Insomnia, Pain, Psychic disorders, Addictions, Aversions, Allergy and Delirium related disorders.

Acupuncture holds the key in curing natural Corticoids in cases of Arthritis and Pulmonary disorders. Serotonin agonism is achieved, and acupuncture is useful in treating Migraines and Allergies. Acupuncture powerfully influences the vaso-vagal tone, and has quick effect during Pulse rate changes and Cardiac emergencies. It also proves to be Cost Effective in both Chronic and Acute illness. Acupuncture holds the key to all Acute and Chronic disorders

A list of Diseases which are particularly yielding to Acupuncture therapy are given below:

* Chronic Asthma , Respiratory disorders, Bronchitis, Sinusitis.
* Rheumatoid disorders (joint pains).
* Pains caused by fracture.
* Headaches of various origin.
* Migraine.
* Tinnitus and Vertigo.
* Partial deafness.
* Allergies of all kinds.
* Insomnia and Anxiety.
* Hypertension, Gestational Hypertension.
* Growth disorders.
* Loss of Appetite.
* Psychological disturbances of various types.
* Hormonal defects.
* Diabetes Mellitus.
* Frigidity and Infertility.
* Urinary disorders.
* Hair Loss, Premature graying of hair and Wrinkles on skin.
* Obesity.

Acupuncture is also palliative in certain conditions like Surgery, Accidents and Malignant disorders like Cancer. It is used to relieve certain symptoms brought about by Drugs used in those conditions. Some cases of Tumors and Cancers have also been treated with Acupuncture with other radiation modalities. In Growth, Fertility and Reproductive disorders, this is the best Adjuvant Hormonal therapy. Painless Labor, and Acu Anesthesia are Integrated methods achieved by certain remarkable Surgeons in several countries.

**B.ACUPRESSURE:**

## Introduction:

Man is the most evolved creature on planet earth, ever struggling for his existence. The needs of a suffering person have been immense, leading to innovations and nuances with each effort. The greatest exertions of man towards keeping himself and others healthy and youthful, have always guided him to Natural, Safe, Effective and Economical therapies. One such embedded system is **ACUPRESSURE**, which has many equivalent methods evolved by various races of people during their different life time on the globe. They are summarized below:

# Acupressure Techniques and Treatment:

If a part of the body is affected with a disease it is also reflected in specific places on the Hands and Feet. Stimulation of the spots representing a particular part of the body raises a reaction resulting in a relief followed by a cure. This is what we call Acupressure. This is easy for anyone. The treatment results are tremendous. This popular way of treatment can successfully relieve almost all the complaints. One such embedded system is **ACUPRESSURE**, which has many equivalent methods evolved by various races of people during their different life time on the globe. They are summarized below:

## Traditional systems of worship:

“Thoppukkaranam”, is a Hindu worship method in which the Ear lobes are powerfully stimulated bilaterally and contra laterally.

“Kuttu” system, of Hindu worship is offered to Lord Ganesha, in which the Fists are knocked powerfully against the two temporal lobes (Known to release the bile humor)

“Namaas” in Islamic worship, helps to pressurize several parts of the body while the forehead is rested on the ground with utmost dedication.

In all the religions, people worship in a kneeling posture or squat. These are respectively akin to the Vajraasana pose and the Padmaasana pose of hatha yoga which are known by researchers to effectively squeeze the Abdominal and Dorsal energies.

## Ancient customs:

Gurukula customs, included “Paadha sevaa” as part of the obeisance offered by students to their preceptors. The Guru”s feet were massaged by the disciples to relieve their fatigue.

Decades before this busy era, mothers used to cuddle the feet and hands of children, which practice kept those children more resistant to diseases and stress. Teachers of those days were allowed to gently knock the Vertex of the dull students, to help them learn better and to improve their skills.

## Evolved systems:

Systems of Acupressure like Kalari, Varma and Ayurvedic massage evolved in southern parts of India and were propagated to other parts of the globe through the Budhism propagation route. Chinese developed and documented the TCM Traditional Chinese Medicine system of Acupressure and Acupuncture based on Meridians (Energy pathways) and Anatomical points along the skeletal framework. Japanese specialized in Shiatsu, Karate, and other martial arts. Reflexology has been practiced for thousands of years in such places as India, China and Egypt. **Korean Su Jok Acupressure** is the latest among all these, and has millions of testimonies for effective cure, thanks to the living legend of South Korea Prof. Park Jae Woo, who had discovered this matchless therapy.

## Acupressure systems:

One of man’s most cherished dreams is to live a life in perfect health. Propagation of the simple, inexpensive and effective method of cure meets the interests of all countries and peoples. **Su Jok Therapy** method was evolved by a South Korean scientist Professor Park Jae Woo who was able to make a substantial contribution to the traditional approaches to acupuncture. Professor Park Jae Woo is a man of profound knowledge and lofty spirituality. His work is dedicated to people, and filled with desire to help them, to convey them the thought that they are loved, and to make them happier. Knowledge received from such a man is Great Knowledge. You will see it by yourself when you master this uniquely simple and effective system. Two levels of knowledge are best to be marked out in the Su Jok System; one for people without a medical education and the other for Acupuncture practitioners who are apt to employ the therapeutic potentialities of this second method more profoundly. The Standard Physical Correspondence System of **Su Jok Acupressure** is easy to learn and practice for all people, with the aid of common tools like a Probe, Pencil, Clips, Moxa and Aroma Oils.

## Su-Jok Acupressure (Palm and Sole Acupressure):

In understanding the anatomy of the human body as a whole, the hands and feet themselves represent a smaller mirror image of the whole body. Within this view, the thumbs and large toes represent the head. In addition to serving as appendages to the four limbs, the hands and feet are endowed with an exquisite “remote control” function which can cure diseases throughout the body. Knowledge of the principles through **Su Jok acupuncture** will provide an impressive vehicle for personal and family health care. If a part of the body is affected with a disease it is also reflected in the place which represents the affected part. Stimulation of a place which represents a particular part of the body raises a reaction in the represented part. A general idea of existence of this type of body correspondence has already been proved by anatomy and physiology. The **Hand and Foot Acupressure (Su Jok Acupuncture)** is a method of curing diseases by stimulation of the hands and the feet with a combined use of Acupuncture, Moxibustion, Finger pressure, Clips, Aroma massage, Electro Acu Pressure and others. The thumb represents the head. The foot has the same type of correspondence as the hand. Application of Oriental Medicine - acupuncture - exclusively to the hands and the feet is a new and unique method of treatment and the same established the birth of **Su Jok Acupuncture**. By using the pit of the human stomach as the center point and rotating the head 140 degrees, the parts of the hand will correspond to particular parts of the body. The thumb identifies the head and the neck; the chubby part of the palm under the thumb is the chest and the palm as a whole refers to the abdominal region. The middle and ring fingers are legs while the index and small fingers correspond to the arms. From the structural point of view, it is the hand which has the closest resemblance to the whole human body.

**C.YOGA**

**Introduction:**

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|  | Yoga for mental problems has been a popularised association for ages. This characteristic of Yoga owes to its effective asanas and meditative processes that bring forth a calm and settled mind. Yoga has a holistic approach towards life and several mental problems like hostility, frustration, memory loss, depression, pessimism and so on can be effectively cured through Yoga.  Mental health refers to the overall well-being of an individual. It is about the balance of the social, physical, spiritual and emotional aspects of a person`s life. The mental state of a person is characterised by the personal growth, sense of purpose, self-acceptance, and positive relationship with other people. It is also highly affected by environmental factors like family life, social life, and life at work. The general well-being is decreased by any negative experiences in any of the mentioned areas. Among the most common mental problems are anxiety and depression. Patterns of belief, language use and perception can also become disordered. Psychotic disorders centrally involving this domain include Schizophrenia and Delusional disorder. Schizoaffective disorder is when the individuals show aspects of both schizophrenia and affective disorders. Schizotypy is a category used for individuals showing some of the traits associated with schizophrenia but without meeting cut-off criteria. However, Yoga is a complete sphere where the person can attain a pure mental peace. Practice of the Yamas, is the foundation of good interpersonal adjustment. These codes of social conducts lay foundation for healthy and harmonious interpersonal relationships. Observance of Niyamas helps in self-adjustment, as they tackle a total psycho physiological system of man. Asanajaya enables a person to reduce the conflicts like hunger-thirst, hot and cold variations in the weather and so on. Dhyana brings about a mental purgation or catharsis that helps in reduction of conflicts and frustration. According to Patanjali Yoga Sutras, Kriya Yoga cleanses the psychological environment of individuals. Praying in groups helps in inculcating feelings of brotherhood for our fellow beings; thus it helps in interpersonal adjustment. Pranava or `omkar` recitation reduces neuroticism, anxiety and conflicts. This helps in personal and interpersonal adjustments. Methods in yoga provide the individual a basic discipline for his overall adjustment with his environment. Asanas and Pranayamas have a very positive effect on the emotional make-up. Yoga philosophy may provide the person with a sound thinking base for sustained efforts in yoga path. Yoga practices, because of their psycho-physiological nature, make a sound emotional background, useful for absorbing all kinds of frustrations in one`s life, with equanimity and grace. **YOGA FOR ANXIETY:**We all suffer from anxiety from time to time. It’s a state of worrying or fear where the reason is often unknown. While mild anxiety is pretty much normal, it can be harmful in its higher levels. Severe anxiety can lead to conditions like nausea, difficulty in breathing, palpitations, [fatigue](http://www.abc-of-yoga.com/yoga-and-health/yoga-for-anxiety.asp), restlessness, and even head and chest pains. It will also put your body and mind in an extreme state of stress. Generally, anxiety can be treated by [psychotherapy](http://www.abc-of-yoga.com/yoga-and-health/yoga-for-anxiety.asp) and some anti-anxiety medication. However, the process of recuperation can also be aided by [Yoga](http://www.abc-of-yoga.com/yoga-and-health/yoga-for-anxiety.asp) practice. It will help you develop a stronger state of mind, thus overcoming your fears and preventing the dangers of anxiety. In dealing with anxiety, you should consider: * practicing Asanas to maintain a healthy nervous system,
* Pranayama to gain better self-awareness and acquire a more peaceful state of mind, and
* [Meditation](http://www.abc-of-yoga.com/yoga-and-health/yoga-for-anxiety.asp) for a stronger concentration and focus of the mind that can eventually lead you away from your fears.

Nonetheless, remember not to rely solely on Yoga to help you conquer your anxiety. Always seek the help of medical or psychological experts, and use the practice only as a complement to the treatment that they give you.  |
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| YOGA AND MENTAL HEALTH:Mental [Health](http://www.abc-of-yoga.com/yoga-and-health/yoga-and-mental-health.asp) is a concept that refers to the psychological and emotional well-being of a person. Being mentally healthy generally means that you are able to use your emotional capabilities to function well in society and go through everyday life with little or no difficulty. Some factors that can affect your mental health are your family life, social life, and life at work. Having negative experiences in any of the said areas can deteriorate the condition of your mental health. Mental illnesses, on the other hand, refer to health-related conditions where a person’s mood or thinking affects his ability to work well or relate to other people. These can be classified into six categories: **1.Mood Disorders** – These are characterized by feeling of hopelessness, changes in eating pattern, troubled sleep, chronic[fatigue](http://www.abc-of-yoga.com/yoga-and-health/yoga-and-mental-health.asp), and even thoughts of suicide and death. There are two major types of Mood Disorders: * + [Depression](http://www.abc-of-yoga.com/yoga-and-health/yoga-for-depression.asp) – a state of extreme sadness or melancholy that affects a person’s social functions
	+ Bipolar Disorder – a mood disorder where a person alternates between states of depression and mania (very elevated mood)These symptoms or states are usually temporary, lasting for about a maximum of two weeks. If you experience them for more than two weeks, see a [doctor](http://www.abc-of-yoga.com/yoga-and-health/yoga-and-mental-health.asp) immediately.

**2.**[**Anxiety Disorders**](http://www.abc-of-yoga.com/yoga-and-health/yoga-for-anxiety.asp) – These include abnormal anxiety, phobias, and panic disorders hat come unpredictably and disrupt our normal daily routines. Anxiety disorders are developed over a period of time.**3.Schizophrenia –** This is characterized by distortions in a person’s perception of reality. A person with Schizophrenia manifests disordered thinking and usually experiences hallucinations. Of all other Mental Illnesses, this is considered as the most serious.**4.Eating Disorders** – These are conditions that involve an obsession with food which ultimately leads to negative effects towards a person’s social life and daily activities. Eating disorders are caused by a lot of different factors ranging from genetics to media exposure.**5.Personality Disorders** – These are characterized by abnormal and destructive thoughts, behavior, and emotional responses. People who suffer from personality disorders have a tendency to struggle in dealing with other people, mainly because of the rigidity or narrow-mindedness it brings about.**6.Organic Brain Disorders** – These are often the result of physical brain injury or brain damage due to accidents. People with organic brain disorder often suffer from confusion and memory loss.The Role of Yoga:[Yoga](http://www.abc-of-yoga.com/yoga-and-health/yoga-and-mental-health.asp) is best known for its poses or [**Asanas**](http://www.abc-of-yoga.com/yogapractice/postures.asp). These reach deep into the yogi’s body, massaging important internal organs. Asanas help cleanse and maintain the nervous and circulatory systems, which automatically result in a healthier body and mind. [**Breathing Exercises**](http://www.abc-of-yoga.com/pranayama/) or Pranayama can also help in keeping a person healthy by supplying a fixed amount of oxygen to the muscles and internal organs. However, Yoga should not be treated as the sole remedy for mental illnesses. You should first seek assistance from a professional if you experience any of the symptoms mentioned above. Yoga can only help facilitate the recovery from some dangerous side effects of these mental illnesses. It should always be accompanied by proper medication and psychological counseling.  |
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| **Yoga for Depression - The Yoga Way to a Happier Life** |
|  | When you hear the word “depression”, probably the first thing that will come to your mind is sadness. And yes, you thought right. Depression is a state of sadness. However, it is not to be confused with major depression, which is a mental condition characterized by a severe state of sadness or melancholy that has reached the point of hindering a person from functioning well socially. While simple depression (or a depressed mood) may only last for a short time and can be treated easily, major depression can last for a longer time and treatment can vary from person to person. Major depression is also more dangerous because not only does it disrupt your social functions, but it has more serious symptoms such as:While simple depression (or a depressed mood) may only last for a short time and can be treated easily, major depression can last for a longer time and treatment can vary from person to person. Major depression is also more dangerous because not only does it disrupt your social functions, but it has more serious symptoms such as: |  |
| -Being fatigued physically and mentally-Change in appetite-Feeling of intense fear or melancholy-Irritability-Loss of interest in usual activities-Changes in sleeping patterns (e.g. [insomnia](http://www.abc-of-yoga.com/yoga-and-health/yoga-for-depression.asp), excessive sleep, or loss of REM sleep)-Trouble in decision-making or in concentrating-Feelings of guilt, hopelessness, or helplessness-Delusions or hallucinations-Recurring thoughts of suicide or death-Yoga Lifestyle - The Eight Limbs of Yoga**Yoga Lifestyle - The Eight Limbs of Yoga :**The practice of [**Yoga**](http://www.abc-of-yoga.com/beginnersguide/whatisyoga.asp) does not only focus on physical postures to improve the body, but deals with all the aspects of our being and our lives. [**C.E., Patanjali**](http://www.abc-of-yoga.com/beginnersguide/yogahistory.asp) who is considered the father of Modern [Yoga](http://www.abc-of-yoga.com/yoga-and-health/yoga-lifestyle.asp) compiled 195 aphorisms which are called the Yoga [Sutra](http://www.abc-of-yoga.com/yoga-and-health/yoga-lifestyle.asp). In the Yoga Sutra, he described the eight aspects of a Yogic Lifestyle and called it the Eight Limbs of Yoga. The limbs are practical guides to a person's personal development to achieve the harmony of the mind, the body and the spirit which leads to Samadhi or enlightenment. **Yamas**Yama is your attitude towards others and the world around you. There are five Yamas:* 1. **Ahimsa or non-violence.** This Yama does not only mean not doing harm to others in thought and in deed, but also to practice acts of kindness to other creatures and to one's own self.
	2. **Satya or truthfulness.** Satya is the Yama that is about living a truthful life without doing harm to others. To practice Satya, one must think before he speaks and consider the consequence of his action. If the truth could harm others, it might be better to keep silent.
	3. **Asteya or non-stealing.** This Yama is not only concerned about the non-stealing of material objects but also the stealing of other's ideas and other forms of possession. Using power for selfish motives or telling someone else about confidential information you had been entrusted with is against Asteya.
	4. **Bramacharya or non-lust.** Bramacharya means to move toward the essential truth or to achieve self-control, abstinence or moderation especially regarding to sexual activity. It is about not giving in to our ego's excessive desires or taking nothing in excess.
	5. **Aparigraha or non-possessiveness.** This Yama is about living a life free from greed or taking only what is necessary and do not take advantage of someone or of a situation. It is about using our powers correctly and appropriately and not exploiting others.
	6. **Niyamas**Niyama is how you treat yourself or your attitude towards yourself. The following are the five Niyamas:
	7. **Sauca or cleanliness.** This Niyama is concerned on both the outer and inner cleanliness. The practice of pranayamas, asanas and Yogic cleansing practices to detoxify and cleanse the physical body are necessary to achieve inner cleanliness. The mind must also be kept clean or pure. Outer cleanliness
	8. , on the other hand, means to keep an clean environment or surroundings.
	9. **Santosha or contentment.** Santosha is to practice humility, modesty and finding contentment with what you have and who you are.
	10. **Tapas or austerity.** This Niyama refers to keeping the body in good condition. Tapas is practiced through disciplining the body, speech and mind like eating only when hungry and maintaining a good posture.
	11. **Svadhyaya or study of the sacred text and of one's self.** This involved studying one's self, self-inquiry and self-examination and other things that can help you get to know yourself more. As your knowledge about yourself grows deeper, so is your connection to the higher power and your union with all things.
	12. **Isvarapranidhama or living with an awareness of the Divine.** This Niyama encourages us to let go of our false sense of control and to connect to the Divine or that which gives us the sense of wholeness and sacredness

**Asanas or Physical Poses:**The [**Asanas**](http://www.abc-of-yoga.com/yogapractice/postures.asp) are designed to free our mind and body from tension and stress. It relaxes, rejuvenates, and energizes the body and aims to bring the body and the mind into a harmonious union. Asanas should be done with comfort, ease, alertness and steadiness, achieving a balance between ease and effort.* **Pranayama or Breathing Exercises**

[**Pranayama**](http://www.abc-of-yoga.com/pranayama/home.asp) is the control of breath. The breath is regulated and controlled through the practice of breathing exercises. The duration of inhalation, retention, and exhalation of breath is regulated with the aim of strengthening and cleansing the nervous system and increasing a person's source of life energy. Pranayama practice also makes the mind calmer and more focused.* **Prathayara or Withdrawal of the Senses**

This occurs during [meditation](http://www.abc-of-yoga.com/yoga-and-health/yoga-lifestyle.asp), pranayama or asana wherein you are so focused and immersed on your Yoga, Meditation or Breathing Pose that you become unaware of outside situations. Your focus becomes inward and you are no longer distracted by outside events.* **Dharana or Concentration**

Dharana is training the mind to focus without any distraction. To achieve this, you can focus your mind into an object at a time. This can also serve as a preparation for meditation.* **Dhyana or Meditation**

[**Meditation**](http://www.abc-of-yoga.com/meditation/home.asp) is the practice by which there is constant observation of the mind. It means focusing the mind on one point, stilling the mind in order to perceive the Self. It is an uninterrupted flow of concentration aimed to heighten one's awareness and oneness with the universe. It is also an important tool to achieve mental clarity and [**Health**](http://www.abc-of-yoga.com/health/home.asp).* **Samadhi or Enlightenment**

This is the ultimate goal of the Eight Limbs of Yoga. It is characterized by the state of ecstasy and the feeling that you and the universe are one. It is a state of peace and completion, awareness and compassion with detachment.The practice of Yoga does not only deal with developing the body but also covers all the aspect of a person's life as stated in the Eight Limbs of Yoga. It is concerned about the physical, mental and spiritual well-being of an individual as well as his environment and relationship with other creatures. Real practice of these eight principles leads to deeper self-knowledge, love and respect towards other people and creatures, cleaner environment, healthy [diet](http://www.abc-of-yoga.com/yoga-and-health/yoga-lifestyle.asp), and union with the Divine. | - |
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