



## Ayurvedic Approach to Mental Health

### Introduction

Yoga and breath work-Harvard Medical School has recommended yoga to deal with Covid-19 anxiety and depression. Read further about the benefits of yoga and yoga acts for better internal health. Yoga is a freshman's companion to breathing exercises and ways that ease

**\*Corresponding author:** Joshi Hanumanthachar, Department of Pharmacognosy and Phytomedicine, Sarada Vilas College of Pharmacy, India, E-mail: joshihanum@gmail.com

**Received:** 4-Apr-2022, Manuscript No jham-22-60937, **Editor assigned:** 6-Apr-2022, Pre QC No: jham-22-60937 (PQ), **Reviewed:** 19-Apr-2022, QC No: jham-22-60937, **Revised:** 25-Apr-2022, Manuscript No: jham-22-60937 (R), **Published:** 30-Apr-2022, DOI: 10.4172/2573-4555.1000317

**Citation:** Hanumanthachar J (2022) A Note on Ayurvedic Approach to Mental Health. J Tradit Med Clin Natur, 11: 317.

**Copyright:** © 2022 Hanumanthachar J. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Copyright © 2022 Hanumanthachar J. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

and the capability to do our 100. To enhance mental health, you can follow practices to improve Sattva.

### Acknowledgement

I would like to thank my Professor for his support and encouragement.

### Conflict of Interest

The authors declare that they are no conflict of interest.

### References

1. Kapfhammer HP(2011) The relationship between depression, anxiety and heart disease - a psychosomatic challenge. *Psychiatr Danub* 23:412-424.
2. Hope V, Henderson M (2014) Medical student depression, anxiety and distress outside North America: a systematic review. *Med Educ* 48:963-979.

3. Herath INS, Balasuriya A, Sivayogan S(2017) Physical and psychological morbidities among selected antenatal females in Kegalle district of Sri Lanka: A cross sectional study. *J Obstet Gynaecol* 37:849-854.
4. Jayasuriya D, Jayasuriya R, Tay AK, Silove D(2016) Associations of mental distress with residency in conflict zones, ethnic minority status, and potentially modifiable social factors following conflict in Sri Lanka: a nationwide cross-sectional study. *Lan Psyc* 3:145-153.
5. Ven Murthy MR, Ranjekar PK, Ramassamy C, Deshpande M(2010) Scientific basis for the use of Indian ayurvedic medicinal plants in the treatment of Depression. *Danub* 22:375-380.

The practitioners

Jd