

DISCOURSE ON MENTAL HEALTH, ESPECIALLY IN REFERENCE TO INDIA

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"sarve bhavantu sukhinah, sarve santu niramayah

Sarve bhadrani pashyant, ma kashchich-dukhabhag-bhavet"

(may all become happy, may all be healthy, may all see what is auspicious, may no one suffer in any way)

(Buddhist text)

BACKGROUND

The state of a country's health should be a primary concern for its economic growth. According to World Health Organization, health is "not only the absence of sickness or infirmity but also a condition of physical, mental, social, and spiritual well-being." In addition, the World Health Organization (WHO) defines mental health specifically as "the state of well-being in which the individual realizes his or her own abilities, can survive the normal stress of life, can work fruitfully and productively, and is able to make an influence to his or her community." The concept of mental and psychological well-being is connected to having good mental health. The Director-General of the World Health Organization (WHO) designated mental health as an area for expedited implementation within WHO's activity in 2018. This special project of the WHO aims to guarantee universal health coverage, which includes access to treatment that is high quality and inexpensive, for those suffering from mental health issues in 12 more countries. This would benefit an additional 100 million people. Maintaining a good mental state is essential for leading a life that is both healthy and balanced. Our emotional, spiritual, and social well-being are all aspects of what is referred to as our mental health. This indicates that it has an effect on how we feel, think, and behave on a daily basis. The state of our mental health also influences the decisions we make, the ways in which we deal with stress, and the ways in which we interact with the people in our life. Because it is an essential

component of our lives and has an effect on our ideas, actions, and feelings, maintaining good mental and emotional health is critical. Having a good emotional state may help one be more productive and successful in tasks such as work, education, or providing care for others. It enables us to adjust to the many shifts that occur in our lives and helps us deal with the challenges that life throws at us. It is a crucial factor in the overall health of our relationships. The amount of a person's psychological well-being or the absence of mental disease is referred to as mental health. "functioning at a sufficient level of emotional and behavioural adjustment" describes the condition of a person who is in this stage. When seen from the viewpoints of positive psychology or holism, mental health may encompass an individual's capacity to take pleasure in life as well as the ability to strike a healthy balance between the routines of daily life and the pursuit of psychological fortitude. According to an article published in the UK Surgeon Journal, mental health is defined as the effective execution of the mental function that results in productive activities, satisfying relationships with other people, and the capacity to adapt to change and manage with adversity. A condition of excellent mental health may be achieved and maintained with the support of mental fitness in a similar way as physical fitness helps our body to remain strong. When we take pleasure in life, our surroundings, and the company of others around us. We can be creative, learn and attempt new things, and even take some risks. Our ability to weather storms in our personal and

professional lives, whether big or small, has improved. Taking care of our mental health may not only help us battle or avoid mental health issues, but it can also help us combat the mental health difficulties that are sometimes accompanied by a chronic physical condition. The phrase "mental disease" is used to refer to all diagnosable mental illnesses together. Mental disorders are health problems that are defined by changes in thought, emotion, or behaviour that are linked with distress or decreased functioning. There are more than 450 million individuals in the world who are affected by mental diseases. According to the World Health Organization, by the year 2021, depression will be the cause of the greatest illness burden throughout the globe. The mental health burden that will be placed on the world will far exceed the capabilities of both wealthy and developing nations to cure it. According to the World Health Organization (WHO), factors that contribute to mental health include "subjective well-being," perceived self-efficacy, autonomy, competence, intergenerational dependency, and self-actualization of one's intellectual and emotional capacity, amongst other factors. According to the World Health Organization (WHO), an individual's well-being is comprised of the realization of their capabilities, the ability to deal with the typical pressures of life, productive employment, and the ability to make a contribution to their society. The term "mental health" might mean different things to different people because of variations in culture, subjective evaluations, and opposing professional ideas. It is more prevalent for people to suffer from mental diseases than cancer, diabetes, or heart disease. According to a research published by the WHO, the worldwide cost of mental illness was approximately \$2.5 trillion in 2010 (with indirect expenses accounting for two-thirds of the total), and it is expected to rise to over \$6 trillion by 2030.

The quality of one's life may be improved by having good mental health, while bad mental health may worsen it. "There is rising data that is indicating emotional capacities are connected with pro-social behaviours such as stress management and physical

health," wrote Richards, Campania, and Muse-Burke in their article. Their research led them to the conclusion that individuals who do not express their emotions are more prone to engage in antisocial behaviours (such as the abuse of drugs and alcohol, physical altercations, and vandalism), which are a direct reflection of the individual's mental health and their repressed emotions. In addition, people of all ages who suffer from a mental illness are at risk of facing social stigma, which may make the underlying problems even more challenging to manage.

RELATION BETWEEN PHYSICAL AND MENTAL HEALTH

According to the World Health Organization (WHO), there is evidence that approximately half of the world's population is impacted by mental illness, which may have an effect on a person's capacity to function in day-to-day life, their self-esteem, and their relationships. The state of an individual's mental health might have repercussions on their physical health. Substance addiction is one of the issues resulting from poor mental health. The relationship between one's mental health and conduct is vital to one's physical health and quality of life. The connection between one's physical and mental health can be better understood by considering the following aspects.

1. A person's mental health and physical health are inextricably linked, and it has been demonstrated beyond a reasonable doubt that depression is a direct cause of heart and vascular disorders.
2. Mental problems also impact a person's health behaviour, such as eating sensibly, regular exercise, appropriate sleep, alcohol and cigarette use, and adhering to medical therapy, which in turn increases the likelihood of developing a physical illness in the individual.
3. Poor mental health is a contributing factor to several societal issues, including unemployment, broken families, poverty,

drug misuse, and criminality connected to these issues.

4. Poor mental health can substantially impact the immune system's ability to fight against infections.
5. Medically unwell people who also suffer from depression have a poorer prognosis than those who do not.
6. An increased risk of depression is associated with having a chronic condition such as diabetes, cancer, or heart disease.

It is possible to trace the importance of mental health in India all the way back to the Vedic period. It is conceivable to gain an understanding of the Indian view of mental health by reading the key books that are among the various sources that are available. The Vedic period in India is where the first references to mental diseases may be found (2000 BC-AD 600). Atharveda is one of the four Vedas, and it focuses on treating the mental disorder. Atharvaveda has a completely defensive stance, as evidenced by the fact that one of its primary tenets, Bhrama Kawach, is a psychological defence doctrine designed to ward off anxiety and risk. Self-confidence makes it easier to channel mental energy and serves as a protection mechanism against any and all threats. The Upanishad personality comprised of multiple aspects Annamaya, Pranamaya, Manomay, Vignanamaya and Anandmaya. These should all work together to achieve homeostasis, which means maintaining equilibrium. This should ultimately lead to peace, which is the point of living. The Charaka Samhita is an Ayurvedic textbook that is thought to have been written between 400 and 200 BC. In it, numerous components of mental stability are described. In addition to that, it includes step-by-step directions for establishing a care delivery system. Siddha was a form of medicine that was practised in southern India at the same period. One of the 18 siddhas who made significant contributions to a medical system was the renowned sage Agastya. This system has included the Agastiyar Kirigai Nool, which is a compendium of psychiatric diseases and the therapies that are prescribed for each of those

problems. Even in the Atharva Veda, there are descriptions of mental health conditions and recommendations for treatment. During the rule of the Mughal emperors, the Indian physician Unhammad created the Unani medical system in the year 1222. During that time period, the current method of psychotherapy was referred to as ilaj-i-nafsani in Unani medicine. In the Patanjali sutras, Patanjali outlines the procedures that must be taken in order to successfully practise introspection. He said that the purpose of life is to achieve emancipation and become a purush. The Indian way of thinking places a greater emphasis on the preventative rather than curative components of health care. The idea of mental health now focuses more on development toward a more spiritual, transpersonal, or enlightened mind.

CHARACTERISTICS OF MENTALLY HEALTHY PERSON

It is impossible to mention entirely the various ways that the abundant Indian literature describes the qualities of a mentally healthy person; but, a few of them are given here. The Buddhist approach to mental health is said to be focused on reducing one's preoccupation with one's identity, encouraging one to move away from inflexible points of view, and fostering a greater connection with oneself, other people, and the surrounding environment. A person who is mentally well is not preoccupied, but rather interested in the people and things that are in his immediate environment. It is founded on the idea of non-self, which refers to an other-centered attitude that supports holistic perspectives.

The approach that Jainism takes to mental health teaches people how to control all of the negative emotions that can lead to mental illness, such as anger, jealousy, fear, violence, greed, hatred, and egoism. Instead, it encourages people to feel positive emotions toward one another, such as love and sympathy.

According to Sufism, a person in sound mental health is able to comprehend the concept

that God is not only the origin of all being but also the one and only true existence.

According to the Bhagwat Gita, a person who is mentally healthy attends to one's legitimate duties in personal, family, social, and occupational areas. This includes fulfilling the spiritual, affectional, and material needs of oneself and one's family in harmony among one's role functions, one's abilities and limitations, prevailing circumstances and righteous means, sincerity and honesty, hope, and contentment.

PROBLEMS IN ERADICATING MENTAL ILLNESS

Despite having a long history of adhering to a healthy physical routine in order to have a healthy mental state, India nevertheless struggles with the challenge of having a significant population that suffers from mental illness. This problem is combined by the fact that each new generation has a greater propensity to suffer from depression. There are many programmes that are run by the government, non-government organizations, private sectors, and others to lessen the number of people who suffer from mental illness; however, there are certain restrictions that are stopping them from attainment of their goal. Some of these restrictions are listed below.

1. People who have mental illnesses are subjected to discrimination in many facets of society, including education, job, and marriage, which can cause them to put off getting medical help. Stigma is also connected with mental illness.
2. Vagueness in the notions of mental health and sickness, as well as a lack of specific signs and symptoms, which can lead to diagnostic confusion.
3. Many individuals believe that persons who have a mentally weak constitution or who are influenced by spirits are the ones who are afflicted with mental diseases.

4. A lot of individuals believe that mental illness is a permanent condition that can only be treated by accepting one's fate and giving up.
5. A large number of people have the misconception that preventative interventions are unlikely to be effective.
6. A lot of people think that the medications that are used to treat mental illness might result in a lot of negative side effects and can lead to addiction. They believe that the only effect these medications have is to make one sleepy.
7. The World Health Organization (WHO) gathered data that showed that there is a significant gap between the amount of burden that is caused by mental health disorders and the number of resources that are available in nations to prevent and treat them.

CONCLUSION

Issues related to mental health can impact different people in different ways .if we start to see changes in our overall happiness and relationship ,there are always ways to get the support we want .here are some ways we can get help

Connect with other individuals , friends, and family reaching out and opening up to other people in our life can help provide emotional support, we can learn more about mental health ,read more literature on it, surf sites related to the problem ,and last but not the least talk to a professional. Professional guidance always help in rescue the problem.

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