

The Synergy of Ancient Wisdom and Modern Psychology in Mental Well - Being

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Abstract: *The growing prevalence of mental health challenges worldwide has prompted a search for holistic, integrative approaches to treatment. This research explores the potential benefits of incorporating Ayurvedic principles, yoga, and meditation into modern mental health practices. Ayurveda, with its focus on balancing the body's energies, yoga, as a means to align mind and body through physical postures and breathing techniques, and meditation, for fostering mindfulness and emotional regulation, offer valuable tools for addressing mental health issues such as anxiety, depression, and stress. The study examines how these traditional practices can complement conventional mental health treatments, enhance emotional resilience, and promote overall well-being. By synthesizing ancient wisdom with modern psychological techniques, this research suggests that a more integrated approach could provide comprehensive, personalized care that addresses both the mind and body. Findings indicate that the combination of Ayurveda, yoga, and meditation may improve mental clarity, reduce stress levels, and support long-term emotional health when used alongside modern therapeutic interventions.*

Keywords: Ayurveda, yoga, meditation, mental health, integrative therapy, anxiety, depression, emotional well-being, holistic treatment, mindfulness, stress reduction