

# A Study from the Mitigation of the Depression to Upsurging of Well: Being and Happiness with Reference to Vedic Psychology

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## **Abstract:**

Today the Psychology has become a profound way of self-improvement along with wide ranging benefits of enhancing wellbeing and happiness. It is evident that relationship of mind to matter has scientific experimental methodology. In order to understand the relationship or methodology we are referring here Vedic sciences or Vedic Psychology. For the cure and healing of mental health issues such as stress, anxiety and depression with the help of prodigious tools and techniques. Traditional Indian knowledge systems has enormous storehouse of scientific knowledge, such as vedas, Puranas, Yoga Sutras and spiritual Psychology. Vedic Psychology is an ancient knowledge of theoretical and practical transformation which transforms human awareness to higher states of consciousness. Vedic Psychology is a ‘consciousness’ based approach which has unique methods and techniques to mitigate depression and upsurging of well being and happiness. It shows us the path of evolution where gradual process of practicing glides the human towards integrity and peace. Several studies shows where Vedic Psychology exercises and demonstrated therapeutic effectiveness with the help of meditations to control anxiety and depression. Vedic knowledge plays vital role for a holistic development of human awareness. References from the vedas where The non – changing and ever changing aspect of vedas together form the totality of life called ‘Brahman’. This is the symbol of totality of cosmos. Which means each individual being is an expression of ultimate unity and is composed of all levels of nature. This paper takes a leap from the psychological to the metaphysical, epistemological and ethical plane to explain the validity and concepts of Vedic Psychology. The several techniques for monitoring internal consciousness leads to the concepts of identity and existence. Where Vedic Hymns or Mantras used to establish the power of truth seen and heard in the consciousness. It explains how the supreme creative hymns inherits the rhythmic vibration of energy in the light of the creative consciousness of the supreme. The concept of Brahman and Aatman in the Upanishads leads to the absolute truth. Upanishads which are called the ‘ends of the Vedas’ has given the most strongest and spiritual philosophy in the form of Vedanta. Which teaches the person to know the authenticity of oneself. Vedas guides us to live according to the natural cosmic law (Rta) and Upanishads guides to overcome the negative thoughts and powers. The individual core spirit is termed as Aatman which is different from the physical state of oneself. In the writings of vedas it has mentioned that Aatman transforms itself into the Cosmic soul or self. In the process of awakening of the self where experience and reason are common tools characterised by the separation of objects observed and the observer. Vedic Psychology emphasis on the deeper systematic first person approach. In mainstream modern science consciousness is defined as the ability to be aware of a separate object of experience. Vedic Psychology is

indeed helpful for the whole community of humans to rise from the mental disorders such as grief, pain, stress, anxiety and depression to reach out of it towards serenity of well being, happiness and peace.

**Keyword:** Depression; Happiness; Vedic Psychology, Well-being.

## Introduction

Vedic Psychology through the ancient knowledge systems and Vedic literature provides the solutions of complex problems and suffering. The path of enlightenment plays vital role for the treatments of mental health disparities. The importance of Vedic Psychology in mental health is now widely accepted. The Indian conceptualisations of mental health can be understood from the major works among the many available sources like the Vedas, Upanishads, Religio-medical texts, Yoga and Rituals. The Vedic literature contains descriptions of advanced scientific techniques, sometimes even more sophisticated than those used in our modern technological world. Vedic cosmology, astrology, space research, planets and galaxies, medicinal science and surgery, nuclear theory, thermodynamics, energy concepts, environment management and many discoveries and innovations are part of Vedic literature. Following the Vedas, the Upanishads evolved its approach to mental health. In the Upanishads it is found that, personality consists of many dimensions – The physical body (annamaya kosa) Energy sheath (pranamaya kosa) Mental sheath (manomaya kosa) Intellect sheath (vijnanamaya kosa) Bliss sheath (anandamaya kosa). These sheaths are defined at increasingly finer levels. At the highest level is the Self. It is significant that *ananda* is placed higher than the *intellect*. Furthermore, the practice of mantra meditation, wherein individuals repeat sacred sounds or phrases, can have profound effects on the mind, promoting relaxation, concentration, and spiritual upliftment. These Vedic tools and techniques provide individuals with a comprehensive toolkit for addressing mental health issues holistically, addressing not only the symptoms but also the underlying causes of distress, and fostering a deeper connection to oneself and the universe. Vedic Psychology represents a consciousness-based approach to transforming human awareness into higher states of consciousness, rooted in ancient Indian wisdom and spiritual practices. At its core, Vedic Psychology views consciousness as the fundamental essence of reality, transcending individual identity and encompassing the entirety of existence. Through various techniques such as meditation, introspection, and self-inquiry, individuals can cultivate greater self-awareness and expand their consciousness beyond the limitations of egoic perception. Central to Vedic Psychology is the concept of inner transformation, wherein individuals strive to transcend the conditioned patterns of the mind and align with the universal principles of harmony and truth. By delving into the depths of their own consciousness, individuals can uncover the latent potentials and innate wisdom that lie dormant within them, leading to profound insights and spiritual awakening.

### 1. Introduction to Vedic Psychology and its relevance in modern self-improvement and mental health enhancement.

Vedic Psychology represents an ancient approach to self-improvement and mental health enhancement in modern times. Ancient Indian texts such as the Vedas, Puranas, and Upanishads etc. Vedic Psychology offers a comprehensive framework for understanding the human mind and its relationship with the broader cosmos. Where Western psychology, which mostly focuses on the individual psyche. On the other hand Vedic Psychology embraces a holistic perspective, recognizing the *interconnectedness of mind, body, and spirit*. Vedic Psychology views mental health not merely as the absence of illness but as the presence of

well-being, happiness, and spiritual fulfillment. Which makes Vedic Psychology unique and Important. By integrating timeless wisdom with modern scientific understanding, Vedic Psychology provides practical tools and techniques for managing stress, anxiety, depression, and other mental health issues. Through practices such as *meditation, breathwork, yoga, and mindfulness*, individuals can cultivate greater self-awareness, emotional resilience, and inner peace. Moreover, Vedic Psychology emphasizes the importance of aligning one's actions with universal principles of harmony and righteousness, known as Rta, fostering a sense of purpose and fulfillment in life., Vedic Psychology offers invite individuals to embark on a journey of *self-discovery, self-transformation, and self-realization*, ultimately leading to a deeper understanding of oneself and the universe. In essence, Vedic Psychology serves as a component of wisdom and compassion in the quest for mental, emotional, and spiritual flourishing in the modern world. The scientific methodology underpinning the relationship between mind and matter in Vedic Psychology draws upon both ancient insights and contemporary scientific principles. Central to this methodology is the recognition that consciousness plays a fundamental role in shaping the material world. While Western science often views consciousness as an emergent property of the brain, Vedic Psychology posits consciousness as primary, existing independently of physical matter.

## **2. Utilization of Vedic tools and techniques for the cure and healing of mental health issues like stress, anxiety, and depression.**

The utilization of Vedic tools and techniques for the cure and healing of mental health issues such as stress, anxiety, and depression encompasses a diverse array of practices that have been refined over millennia. One of the primary methodologies employed is meditation, which encompasses various techniques such as mindfulness meditation, transcendental meditation, and loving-kindness meditation. These practices have been scientifically shown to reduce stress levels, alleviate symptoms of anxiety and depression, and promote overall well-being by calming the mind and enhancing emotional regulation.

Breathwork, another integral aspect of Vedic healing modalities, involves conscious control and regulation of the breath to induce relaxation and balance the nervous system. Pranayama, a specific form of breathwork found in yoga, consists of various breathing exercises aimed at increasing vitality and promoting mental clarity. By harnessing the power of breath, individuals can cultivate a sense of inner peace and resilience in the face of life's challenges. Additionally, yoga, asana practice, and Ayurveda—traditional Indian systems of medicine—offer holistic approaches to mental health and well-being. Yoga combines physical postures, breathwork, and meditation to harmonize the body, mind, and spirit, promoting emotional balance and psychological resilience. Ayurveda emphasizes the importance of lifestyle factors, dietary habits, and herbal remedies in maintaining mental equilibrium and preventing imbalances that contribute to stress and emotional distress.

The Yoga Sutras of Patanjali, dating back to around 400 CE, represent a seminal text on the philosophy and practice of yoga. This text outlines a systematic framework for achieving mental clarity, emotional balance, and spiritual enlightenment through various stages of meditation and self-discipline. The Yoga Sutras elucidate the workings of the mind and offer practical techniques for transcending the limitations of egoic consciousness, thereby attaining states of profound insight and liberation.

Furthermore, spiritual psychology, as elucidated in texts such as the Bhagavad Gita and the Upanishads, delves into the depths of human consciousness and the nature of the self. These texts explore fundamental questions about the purpose of life, the nature of suffering, and the paths to inner transformation and self-realization. By integrating philosophical inquiry with experiential wisdom, spiritual psychology offers a

holistic understanding of human nature and the potential for transcendence beyond mundane existence. In essence, traditional Indian knowledge systems serve as invaluable sources of scientific knowledge that illuminate the interconnectedness of mind, body, and spirit, and offer timeless principles for personal growth, societal harmony, and spiritual evolution.

Moreover, Vedic Psychology emphasizes the interconnectedness of all life forms and the importance of cultivating compassion, empathy, and reverence for the natural world. By recognizing the unity of consciousness underlying all phenomena, individuals can overcome feelings of separation and alienation, fostering a sense of interconnectedness and belonging. Individuals can experience profound states of peace, joy, and fulfillment, ultimately leading to the realization of their true nature as pure consciousness. In essence, Vedic Psychology offers a transformative path to self-realization and spiritual enlightenment, guiding individuals towards the realization of their highest potential and the attainment of lasting happiness and inner peace.

### **3. Examination of studies demonstrating the therapeutic effectiveness of Vedic Psychology exercises, including meditation, in controlling anxiety and depression.**

Numerous studies have explored the therapeutic effectiveness of Vedic Psychology exercises, particularly meditation, in managing anxiety and depression, yielding promising results. Meditation practices rooted in Vedic traditions, such as mindfulness meditation, transcendental meditation, and loving-kindness meditation, have been shown to significantly reduce symptoms of anxiety and depression by promoting relaxation, emotional regulation, and cognitive flexibility. For instance, research conducted on mindfulness-based interventions, which draw heavily from Vedic principles of present-moment awareness and non-judgmental acceptance, has demonstrated their efficacy in alleviating symptoms of anxiety and depression across diverse populations. By cultivating mindfulness, individuals learn to observe their thoughts and emotions without becoming entangled in them, thereby reducing rumination and enhancing psychological well-being. Similarly, studies on transcendental meditation, a technique derived from Vedic teachings that involves silently repeating a mantra, have shown reductions in stress, anxiety, and depressive symptoms, along with improvements in overall quality of life. This form of meditation induces a state of deep relaxation and inner peace, facilitating the release of accumulated stress and tension.

Moreover, loving-kindness meditation, which involves generating feelings of compassion and goodwill towards oneself and others, has been found to enhance positive emotions, social connectedness, and resilience, thereby buffering against the negative effects of anxiety and depression.

Overall, the accumulating evidence from these studies underscores the therapeutic potential of Vedic Psychology exercises, particularly meditation, in alleviating symptoms of anxiety and depression and promoting holistic well-being. By harnessing the power of ancient contemplative practices, individuals can cultivate inner resources for coping with life's challenges and fostering emotional balance and resilience.

### **4. The metaphysical, epistemological, and ethical dimensions of Vedic Psychology, including concepts like Brahman, Aatman, and Vedanta philosophy.**

The metaphysical, epistemological, and ethical dimensions of Vedic Psychology delve into profound philosophical concepts central to Hindu philosophy, including Brahman, Atman, and Vedanta philosophy. At the heart of Vedic thought lies the concept of Brahman, the ultimate reality or cosmic consciousness that underlies and pervades all existence. Brahman is beyond conceptualization and transcends all

dualities, representing the unmanifest source from which the universe arises. In contrast, Atman refers to the individual self or soul, which is considered a microcosm of Brahman.

Ethically, Vedic Psychology advocates for living in alignment with universal principles of righteousness (dharma) and cosmic order (Rta). By cultivating virtues such as compassion, truthfulness, and non-violence, individuals can harmonize their actions with the natural laws of the universe, leading to inner peace and spiritual evolution. In summary, the metaphysical, epistemological, and ethical dimensions of Vedic Psychology offer a comprehensive framework for understanding the nature of reality, the self, and human consciousness. By integrating profound philosophical insights with practical wisdom, Vedic Psychology provides guidance for individuals seeking to navigate the complexities of existence and realize their highest potential. The practical application of Vedic principles offers a holistic approach to guiding individuals towards development, well-being, happiness, and peace. Central to this application is the cultivation of self-awareness through practices such as meditation, yoga, and mindfulness. By turning inward and observing the fluctuations of the mind, individuals can gain insight into their thoughts, emotions, and behaviors, leading to greater clarity and emotional resilience.

### **Conclusion:**

In conclusion, the exploration of Vedic Psychology reveals a profound and timeless framework for enhancing well-being, happiness, and peace. By drawing upon ancient Indian wisdom and spiritual practices, Vedic Psychology offers practical tools and techniques for addressing a wide range of mental health issues, from stress and anxiety to depression. Through practices such as meditation, yoga, and mindfulness, individuals can cultivate greater self-awareness, emotional resilience, and inner peace, leading to profound transformation at both the individual and collective levels. Vedic Psychology provides a holistic understanding of human nature and the interconnectedness of mind, body, and spirit. By integrating metaphysical, epistemological, and ethical dimensions, Vedic Psychology offers insights into the nature of reality, consciousness, and the self, guiding individuals towards self-realization and spiritual enlightenment. Concepts such as Brahman, Atman, and Vedanta philosophy illuminate the ultimate goal of human life: to realize the non-dual nature of existence and experience union with the divine.

Furthermore, the practical application of Vedic principles offers a comprehensive roadmap for holistic development and well-being. By living in harmony with nature, cultivating virtues such as compassion and gratitude, and managing stress through detachment and acceptance, individuals can create a life characterized by meaning, fulfillment, and inner peace. Ultimately, Vedic Psychology serves as a beacon of wisdom and compassion in the quest for mental, emotional, and spiritual flourishing in the modern world. As interest in holistic wellness continues to grow, Vedic Psychology provides a timeless and universal approach to addressing the complexities of human existence. By integrating ancient wisdom with modern scientific inquiry, Vedic Psychology offers a transformative path to self-realization and spiritual enlightenment, guiding individuals towards the realization of their highest potential and the attainment of lasting happiness and inner peace.

Overall, the practical application of Vedic principles provides a comprehensive roadmap for holistic development and well-being, guiding individuals towards a life of meaning, fulfillment, and inner peace. By integrating ancient wisdom with modern insights, individuals can unlock their full potential and create a life characterized by harmony, happiness, and spiritual growth.

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