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BHAGAVAD GITA AS A CLINICAL TOOL TO TREAT VARIOUS DISEASES

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Introduction

Bhagavat Gita is the very key note divine book for human life; this book is multiple dimensional theories; special reference for medical treatment and human philosophy. The first chapter of BG introduces a historical war. This war is between Pandavas and Kaurabas. Both militaries are ready to win the war, meanwhile a great fighter Arjuna who is son of Pandu watched the tragedy of the betel filed, all kin and kiths are my appositions and he suddenly mentally depressed and developed various diseases such as psychological problems, anxiety, fear, and faintheartedness etc, which are symptoms of failure of the war. At the spot his Adviser Lord Sri Krishna was observing situations of the ground and he started clinical counselling and treatment to Arjuna about Stitaprajna-basta. Define the nature of Souls, and cycling of the birth and death. The good clinical treatment of Krishna, Arjuna laid-off unanticipatedly normalised and become previous mood.;

अशोच्यानन्वशोचस्त्वं प्रज्ञावादांश्च भाषसे ।

गतासूनगतासूंश्च नानुशोचन्ति पण्डिताः ।(गीता.2 . 11)

The proper management of Krishna about BG finally he satisfied and got conciseness and participated in that historical war called as Mahabharat. The real management of both friends they won the game. The typical management of the BG was highly effectible and scientific theory.

Cognitive Behavioural Psychotherapy

Entire episode of this book is a compilation of cognitive behavioural therapy sessions. The Krishna altered the distorted thinking, emotions and behaviour of The Arjuna by his therapy and Arjuna showed respect and devotion towards his Therapist. Fear of sin and losing loved ones were the reason for Arjuna's suffering while The Krishna removed the cloud of doubts from his mind by delivering the knowledge of Karma(Action), Yoga(Skill in action), Nirvana (Detachment) and eternity of soul. Cognitive Behavioural Ppsychotherapy can be made easier if the patient is categorized according to his Gunas as mentioned in The Gita. Similarly, detachment of self ego from the conduct as preached in this book can relieve person from all kinds of negative thinking and haziness in mind.

ध्यायतो विषयान्पंसः सङ्गस्तेषूपजायते ।

सङ्गात्सञ्जायते कामः कामात्क्रोधोऽभिजायते ॥

The man dwelling on sense-objects develops attachment for them; from attachment springs up desire, and from desire ensues anger First of all a man should give an attention in the objects; that objects would have positive activates otherwise that will lead negative function of the mind.

Therefore, the Gita instruct that complete attention towards the therapist and actions according to his words leads subject to cure. Keywords Cognitive behavioural therapy, Bhagwatgita, Depression, Anxiety, Grief, Guilt, Renunciation, Karma yoga, Eternal soul, Work detachment, Faith, Devotion Here, we are going to focus major of the management of the BG; what are the main causes of social problem? In this condition the rule of BG, mostly medical doctors are applying BG as a clinical tool, they felt and proved diseases are causes of psychological disorder and physical imbalance; henceforth the Bhagavat Gita is most clinical instrument, which precaution and prevention of all diseases. Gita says:

शक्नोतिहैव यः सोढुं प्राक्शरीरविसोक्षणात्।

कामक्रोधोद्भवं वेगं स युक्तः स सुखी नरः ।(गीता.5 . 23)

He alone who is able to stand, in this very life before casting off this body, the urges of lust and anger is a Yogi; and he alone is a happy man. Here we cleared if an ordinary man can do internal practise the advice of BG and detaches from own's enemies like; anger, lust, greediness, and attachment etc., it is no more doubt he must have get peace and healthy.

The Bhagvad Gita is fast emerging as a clinical tool to treat certain psychological problems, particularly those related to anxiety, examination and interview fears, depression and a negative attitude towards life and career goals. Sustained counselling by applying



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different psychological methods, as Krishna did to Arjuna, has been quite helpful in clinical practice. Doctors also point out that the Gita, as a psychotherapeutic tool, best suits Indian conditions as the current Western models of psychological counselling have failed to deliver in the country. Many doctors of the country who conducted a research on 'Psychotherapy — Insights from Bhagvad Gita', says,

जातस्य हि ध्रुवो मृत्योर्ध्रुवं जन्म मृतस्य च ।
तस्मादपरिहार्येर्धे न त्वं शोचितुर्महसि।(गीता . 2 . 27)

“As is the case with any successful model of therapeutic intervention, which needs to be individualised for maximum benefit, the psychotherapeutic approach practiced in Bhagvad Gita also has its place in the repertoire of psychotherapeutic models.” The Gita is a useful tool in the hands of an experienced therapist when applied judiciously for specific problems of distress.

Extrication of Ego from Work

Doing any work with rescue from doer ship is an essence of inner peace because ego is the reason for ruining the work and distressing the mind.

क्रोधात् भवति सम्मोहः सम्मोहात्स्मृतिविभ्रमः ।
स्मृतिभ्रंशाद्बुद्धिनाशो बुद्धिनाशात्प्रणश्यति ।(गीता . 2 . 62,63)

From anger arises infatuation; from infatuation, confusion of memory; from confusion memory, loss of reason; and loss of reason one goes to complete ruin. According to the advice of the Bhagwat Gita actions has to be executed with amorous consideration towards the divine. One has to direct oneself away from the egotistic wants, wishes and fervours for reaching distinction in performance of actions. Loksangraha which means directing ones action towards the benefit of all human beings should be aimed as per the Bhagwat Gita.

The state of Nirvana, mental equanimity is where the presence of supreme power is deemed. This concept of self has been studied by various psychologists and philosophers in India with many points of view revealing metaphysics as the core of Indian self. It is a duty of human to perform actions with disentanglement to the results of those actions. Anxiety considering the future results of his action causes mental worry in man and affects the attribute of his current deeds and predictions. Anticipations of our present deeds may or may not respond to our expectations, hence, keeping oneself detached to the results and actions deliver eternal peace of mind. This way of working is mentioned as Nishkaam Karma in the Bhagwat Gita. It prevents the egocentric actions indulgence of the mind from anticipated profit or losses.

असंयतात्मना योगो दुष्प्राप इति मे मतिः ।
वश्यात्मना तु यतता शक्योऽवाप्तुमुपायतः । (गीता . 6 . 36)

In the verses of The Bhagwat Gita Krishna affirms that the mind is fidgety and intricate to dominate but it can be defeated through continuous rehearsal and extrication. Those who are restrained will attain apex in the meditation while those who are not will progress. Yoga is difficult of achievement for one whose mind is not subdued; by him however, who has the mind under control, and is ceaselessly striving, and it can be easily attuned through practice. Such is my conviction.

We focus food is causes of all diseases- there are five koshas first is annamaya-kosa we should give concentrate on the foods-

कट्वम्लवणाल्युष्णाल्युष्णतीक्ष्णरूक्षविदाहिनः ।
आहारा राजसस्येष्टा दुःखशोकामयप्रदाः ॥(गीता . 17.9)
यातयामं गतरसं पूति पर्युषितं च यत् ।
उचिष्टमपि चामेध्यं भोजनं तामसप्रियम् ॥(गीता . 17.10)

Foods which are bitter, acid, salty, over hot, pungent, dry and burning, and which cause suffering, grief and sickness, are dear to the Rajasika. And which is half-cooked or half-ripe, insipid, putrid, stale and polluted, and which is impure too is dear to Tamasika disposition. These types of foods creates many types of the disease like;

Diabetes

Diabetes, often referred to by doctors as diabetes mellitus, describes a group of metabolic diseases in which the person has high blood glucose (blood sugar), either because insulin production is inadequate, or because the body's cells do not respond properly to



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insulin, or both. Patients with high blood sugar will typically experience polyuria (frequent urination), they will become increasingly thirsty (polydipsia) and hungry (polyphagia).

Piles

Piles are haemorrhoids that become inflamed. Haemorrhoids are masses, clumps, cushions of tissue in the anal canal - they are full of blood vessels, support tissue, muscle and elastic fibers.

Cancer

Cancer is a class of diseases characterized by out-of-control cell growth. There are over 100 different types of cancer, and each is classified by the type of cell that is initially affected. Cancer harms the body when altered cells divide uncontrollably to form lumps or masses of tissue called tumours (except in the case of leukaemia where cancer prohibits normal blood function by abnormal cell division in the blood stream). Tumours can grow and interfere with the digestive, nervous, and circulatory systems and they can release hormones that alter body function. Tumours that stay in one spot and demonstrate limited growth are generally considered to be benign.

Heart attack

Heart attack is the death of a segment of heart muscle caused by the loss of blood supply. The blood supply is usually lost because a coronary artery, one that supplies blood to the heart muscle, is blocked by a blood clot (coronary thrombosis). If some of the heart muscle dies, the patient experiences chest pain and electrical instability of the heart muscle tissue. This article will cover information about how and why heart attacks occur, how they are treated, and how to prevent them. There are countless weight-loss strategies available but many are ineffective and short-term, particularly for those who are morbidly obese. Among the morbidly obese, less than 5 percent succeed in losing a significant amount of weight and maintaining the weight loss with non-surgical programs — usually a combination of dieting, behaviour modification therapy and exercise. People do lose weight without surgery, however, particularly when they work with a certified health care professional to develop an effective and safe weight-loss program. Most health insurance companies don't cover weight-loss surgery unless you first make a serious effort to lose weight using non-surgical approaches. Many people participate in a combination of the following therapies.

Blood Pressure

When your heart beats, it pumps blood round your body to give it the energy and oxygen it needs. As the blood moves, it pushes against the sides of the blood vessels. The strength of this pushing is your blood pressure. If your blood pressure is too high, it puts extra strain on your arteries (and your heart) and this may lead to heart attacks and strokes.

An Asthma

Follow-up asthma treatment will depend on how well your asthma action plan is controlling your symptoms and preventing asthma attacks. Your level of asthma control can vary over time and with changes in your home, school, or work environments. These changes can alter how often you're exposed to the factors that can worsen your asthma. Your doctor may need to increase your medicine if your asthma doesn't stay under control. On the other hand, if your asthma is well controlled for several months, your doctor may decrease your medicine. These adjustments to your medicine will help you maintain the best control possible with the least amount of medicine necessary. Asthma treatment for certain groups of people—such as children, pregnant women, or those for whom exercise brings on asthma symptoms—will be adjusted to meet their special needs.

Conclusions

The BG is clinical too for the medical treatment it may both physical and mental; a healthy body a healthy mind also.

आयुःसत्त्वबलारोग्यसुखप्रीतिविवर्धनाः ।

रस्याः स्निग्धाः स्थिराः हृद्या आहाराः सात्त्विकप्रियाः । (गीता . 17.8)

Foods which promotes longevity, intelligence, vigour, health, happiness and cheerfulness, and which are sweet, bland sustainial, and naturally agreeable, are dear to the sattvika . The sattvika food lead to the great success in life management.

who has not controlled his mind and senses can have no reason; nor can such an undisciplined man think of God. The unthinking man can have no peace; and how can there be happiness for one lacking peace of the mind?

चञ्चलं हि मनः कृष्ण प्रमाथि बलवत्तृढम् ।

तस्याहं निग्रहं मन्ये वायोरिव सुदुष्करम् ॥(गीता . 6.34)



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As the wing carries away a boat upon the waters, even so of the senses moving among sense-objects, the one to which the mind is joined takes away his discrimination. Therefore, whose senses are completely restrained from their objects, by pranayama, trataka, and meditating are said to have constant mind.

तस्माद्यस्य महाबाहो निगृहीतानि सर्वशः
इन्द्रियाणीन्द्रियार्थेभ्यस्तस्य प्रज्ञा प्रतिष्ठिता ॥(गीता . 2.68)

Thus having shown, on the one hand, the harm accruing from indulgence of the mind and senses, and on the other, the advantages following from the practice of their restraint, and having emphasized the effect thereof in order to attain the state of the stable-minded Yogi is indispensable to precise restraint of the senses and mind, overcoming like and dislikes, states of the ordinary worldly-minded man and the Yogi of stable mind who has realized God through control of his mind sans senses, bringing out their difference by means of the illustration of day and night. Sivanada Says - Do good Be Good

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