

Symposium | Psychopharmacology : [Symposium 89] Traditional Medicine and Mental Health Care

📅 Sun. Sep 28, 2025 10:40 AM - 12:10 PM JST | Sun. Sep 28, 2025 1:40 AM - 3:10 AM UTC 🏛️ Session
Room 6 (Conference Room B)

[Symposium 89] Traditional Medicine and Mental Health Care

Moderator: Fumiya Miyano (Department of Psychiatry, Hokkaido University Graduate School of Medicine)

[SY-89-03] Traditional Treatment Modalities for Mental Health from India

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Keywords : YOGA、AYURVEDA、TRADITIONAL MEDICINE

India stands home to one of the most ancient civilisations universally, endowed with a rich

heritage of traditional healing practices. Many contemporary practices have roots in century old

rituals for both physical and mental health. A few such practices which have acclaimed global

recognition are Ayurveda and Yoga. They are known to be profound disciplines with substantiated evidence of their benefits and efficacy.

Ayurveda views the mind and body as two parts of a system that forms a healthy individual

through mutual balance - quiet like the yin Yang. It elaborates three treatment modalities; spiritual therapy, mind therapy and rational therapy, of which rational therapy includes the use of

medicinal herbs. Many of these herbs have earned widespread recognition for their potential to

aid psychopharmacology.

Yoga is an evidence based meditation approach often used for treating or managing mental

health conditions, proven effective for individuals dealing with anxiety, depression, post traumatic stress, etc. These robust advantages should be further explored for treating and managing psychiatric conditions.