

Symposium | Global Mental Health : [Symposium 41] Reimagining Healing: Traditional Wisdom and Cultural Integration in Global Psychology & Psychiatry

📅 2025年9月26日(金) 13:10 ~ 14:40 🏢 Session Room 6 (Conference Room B)

[Symposium 41] Reimagining Healing: Traditional Wisdom and Cultural Integration in Global Psychology & Psychiatry

Moderator: Mami Yanai (Integrative Mental Health Centre of Toronto / LOGOEARTH), Hung-Tat (Ted) Lo (University of Toronto, Integrative Mental Health Centre of Toronto)

[SY-41-04] Contribution of Traditional Indian Healing systems to Modern world Psychiatry

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キーワード : Traditional Healing、Health、Well-being

Background: Traditional Indian knowledge is deeply embedded in ancient Indian scriptures that offer insights into human functioning, which are immensely valuable for modern world psychiatry. The traditional Indian healing systems are a great source of wisdom that provides a profound pathway to understand human behavior and mental health issues. **Objectives:** To explore how traditional knowledge classifies psychiatric disorders, their etiology and course, transcultural variations in clinical features, and psychotherapeutic approaches to deal with them effectively. **Method:** In-depth semi structured interviews, dialogic conversations, were conducted audio-visually with 25 indigenous healers from Meitei, Bodo, and Nyshi tribes in North-East India. In-person visits and observations of healer's habitat, rituals, ceremonies were photographed along with their narratives and stories. The interviews were transcribed into English language. Inductive semantic thematic analysis was carried out after familiarizing with the data and various codes were developed. **Results:** Prominent themes that emerged were: collective experiences, socio-cultural values, traditional beliefs, spiritual practices & rituals, socialization norms, life-style behaviors, self-awareness, emotion regulation, conflict resolution, personal development and holistic well-being. **Discussion:** There was emphasis on karma yoga, possession by evil spirits, social discord, and nature wrath in etiology of mental disorders. The healers performed rituals, prayers, spiritual ceremonies, abstinences and sacrifices to reduce anxiety, psychosis, depression and psychosomatic disorders. Naturalistic healing techniques as mantras, yagnas, yoga, meditation, thought purification, and ayurveda helped in treat the symptoms, empowering the mind, promoting mental peace and health. Indigenous healing systems have valuable applications for psychiatry in fostering individualistic and holistic interventions to restore, sustain and enhance mental health and wellbeing. Interdisciplinary collaboration, cultural inclusivity, incorporating indigenous perspective and interpretations of mental health with Western approaches will help to address the global challenges in mental illness.