

EDITORIAL



TRADITIONAL MEDICINES AND THERAPIES - BACK TO BASICS

The ancient wisdom of traditional medicines and therapies is getting a lot of deserved lime light recently. This month we are focusing on Traditional Medicines and Therapies hiding in plain sight.

Since the first psychopharmacological drug 'Chlorpromazine' was synthesized in 1950, Psychiatry has grown exponentially and has become the focal point in treatment of mental illness.

But mental illnesses were present even before the birth of Psychiatry and Psychology. So how did people get well back then?

Just like India gave birth to Ayurveda and Siddha medicine, all cultures of the world have their own system of Traditional medicine. India welcomed Homeopathy from Germany and Unani medicine from Egypt and Babylon. There are other traditional therapies like Yoga, Pranayama, Meditation, Mudras, Bandha, Reiki, Acupressure, Acupuncture, Reflexology, Naturopathy, Sujok, Pranik healing, which are prevalent since ages.

These forms of medicine and therapies stem from age old wisdom and have proved themselves time and again to be extremely effective in the treatment of mental illnesses.

The AYUSH (Ayurveda, Yoga, Unani, Siddha, Homeopathy) ministry, formed by the Government of India is taking responsibility for giving safe, affordable and effective treatment to the masses.

According to an official press release by WHO in 25-March-2022, 80% of the world's population is estimated to be using traditional medicine.

"For millions of people around the world, traditional medicine is the first port of call to treat many diseases. Ensuring everyone has access to safe, effective treatment is an essential part of WHO's mission, and this new center will help to harness the power of science to strengthen the evidence base for traditional medicine. I'm grateful to the Government of India for its support, and we look forward to making it a success." said Dr Tedros Adhanom Ghebreyesus, WHO Director-General about the establishment of WHO - GCTM (Global Centre for Traditional Medicine), at Jamnagar, Gujarat, the first of its kind.

Some lesser known techniques like art therapy, dance and movement therapy, music therapy, naad yoga, and even martial arts are efficient in healing the mind.

There is no "one size fits all" in medicine. Factors like, patient's faith, environmental conditions, support from family and friends, go a long way to accelerate cure. A person's biological makeup and constitutional individuality play a pivotal role in deciding which kind of medicine or therapy would benefit most.

Thus we may need to work towards finding the best fit for our individuality.

No system of medicine is bereft of limitations, so working in cooperation with other systems could give better results. However, it is a growing belief that the Traditional Medicine is re-emerging as a route to root cause analysis and treatment of ailments.



Dr. Geetanjali Jha,
Co-editor.



DR. VIKAS INGALE, PRESIDENT OF ROTARY CLUB OF NAGPUR DOWNTOWN

I have known Dr. Vikas Ingale, President of Rotary Club of Nagpur Downtown as my senior in IGMCI Nagpur. He was and still is soft-spoken, dedicated, hardworking and humble. He is MD Pathology and has been running his multi centered pathology lab for more than 25 years.

His wife Rtn. Dr. Suchita is also a pathologist, who works as a professor in LAD College and assists him in managing the lab. Their children have followed in the footsteps of their illustrious parents

and are both medical students.

Dr. Vikas has always believed in contributing to the society through his profession. He had started the Rotary Pathology Centre club project about 10 years ago. The centre does executive check-up of Rotary members and all charges collected are given to the club for social projects. For years he has regularly done free tests for needy patients referred by Rotarians, benefiting thousands of patients.

"Keep doing anything and everything with full enthusiasm without worrying and keep contributing without much expectations." is his mantra to happiness.

He loves gardening and spending time with his family. His fitness activities include walking, cycling or home gym. He believes in staying positive, enjoying life to its fullest.

According to him life has become very complex in today's hectic and competitive world leading to mental stress in everybody's life irrespective of money and position.

He believes that everyone needs to develop an attitude which will help in moving ahead with a good thought process. DAGMHI 3030, through different programs, can teach people to remain positive in every situation.

Rtn. Dr. Shantala Bhole,
Director DAGMHI 3030

PANEL DISCUSSION - NURTURE YOUR EMOTIONS - DAGMHI 3030

Happiness, empathy, sorrow and other such emotions are very much shaped by how an infant is nurtured right from birth. Emotional intelligence makes you the person who you are. Yet, no one is taught to know, understand, acknowledge and manage their emotions. That is why on Children's Day - November 14th 2022, DAGMHI 3030 organised a virtual panel discussion 'NURTURE YOUR EMOTIONS.'

The panellists were Dr. Geetanjali Jha and Mrs. Kavita Saraf. Dr. Aabha Pimprikar, President DAGMHI 3030 moderated the session. Rtn. Asha Venugopal DGE, was the guest of honour. She along with Rita Aggrawal (Chair of Chapters, ASIA RAGMHI, Advisor DAGMHI 3030) announced the results of MIND YOUR MIND - an online reel making competition. Vote of thanks was proposed by Dr. Smita Hantokar.

The winners are

1st prize- Janki Shivsagar (13 to 18 years)

2nd prize- Shristi Ganhar (18 to 25 years)

1st consolation prize- Nikita Kumbhare

2nd consolation prizes- Rabneet kaur Bagga

EDITORIAL TEAM



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TRADITIONAL MEDICINES AND THERAPIES

HOMEOPATHY



Homeopathy considers the human being as a *trinity of Body-Mind-Spirit* (vital force or prana). Thus when one goes for a Homeopathic treatment, the doctor takes an extensive case history to **understand the patient's habits, choices, beliefs, emotions, attitudes** etc. in addition to the

physical symptoms. In this way the Homeopath tries to understand more about the mental status of the patient so that the most similar medicine can be dispensed.

There is an amazing classification of mental diseases in the Organon of Medicine -

- 1) **Somato-psychic illness** - when a physical illness leads to a mental illness, the corporeal disease transfers to mental disease. Also called one sided illness. -Aphorism 215
- 2) **Acute emotional illness** - caused by sudden fright, shock, heart break, vexation of any kind and substance abuse, especially alcohol. -Aphorism 221
- 3) **Diseases of doubtful origin** - occurring from faulty education, superstitions, ignorance, neglect of emotions, corrupt morals and bad practices. -Aphorism 224
- 4) **Psycho-somatic** - caused by continued worry, anxiety, fear, bad handling of disappointments, chronic suppressed emotions. These illnesses take the form of physical diseases in the long run. -Aphorism 225

What's more, Homeopathy has medicines to help relieve the following emotional issues -

Pain of heartbreak; Trauma of losing a loved one due to death; Home sickness; Long standing guilt and inability to forgive oneself; Fear of abandonment; Disappointment due to failure; Examination anxiety; Nervousness before travel or starting a new task; Fear of losing a loved one; Fear of the dark; Animal phobias; Having bad dreams due to stress; Fear of death; Anger issues and many more such emotional issues.

Most people are unaware that the father of Homeopathy, **Dr. Hahnemann, was an MD in modern medicine, after being disappointed by modern medicine's inability to affect CURE** in chronic illnesses, **he went on to discover Homeopathy**. Many well established physicians and surgeons of modern medicine followed him and became stalwarts of Homeopathy.

Another system of medicine called **Bach Flower remedies**, uses the principles similar to Homeopathy. It was propounded by Dr. Bach in 1930. It uses flower essences to prepare potentised medicines which **are used exclusively for treating emotional issues**.

The scientific genuineness of Homeopathy can be understood deeply either by the one who has studied it in depth and seen its effectiveness in practice; or by the one who has benefitted from its treatment.

For a detailed comparison of Hahnemanian classification of mental disorders with ICD (International Classification of Diseases) kindly follow the link.

<https://www.homeopathy360.com/what-is-mental-health-and-mental-illness-diseases-dr-hahnemann>

Dr. Geetanjali Jha,
Homeopath,
Counseling Psychologist,
Traditional therapies practitioner.

OCCUPATIONAL THERAPY



Occupational Therapy (OT) is emerging as an important core of the health system in prevention and management of various health conditions.

Occupational therapists use everyday activities in a therapeutic way to treat the patients. Occupation i.e. being engaged in an activity is the first thing which gets affected if someone is not healthy, more so if the illness is psychological.

The common complaints that the OTs attend along with other mental health issues are -

Children - neurological and neurodevelopmental issues eg. ADHD; autism; sensory processing disorders and social-emotional learning dysfunctions.

Adults - sleeping difficulties, hormonal and neurotransmitter imbalance, poor concentration, low self-worth.

The OTs assess each client holistically. They consider various factors such as: values, beliefs, spirituality, mental and sensory function, performance skills (motor, process, and social interaction skills); environment or context; performance patterns (habits, routines, roles, etc.)

OTs focus on these physiological influences; teach clients how to identify and utilize self-regulation strategies and get back to school or work and maintain social relations.

Occupational Therapy Approaches

Occupational therapists use several evidence-based approaches like self care and self-regulation skills; healthy habits and daily routine, sensory exploration and implementation; CBT approaches to support participation in desired activities; social competence (like making and keeping friends and etiquette, coping with anger, problem solving, modifying the environment to support improved attention, participation, and decrease sensory overload; educating and sensitising parents.

Mental Health Occupational Therapy Interventions:

Lead Groups

To teach sensory strategies, life skills, calming strategies, coping mechanisms through hobbies, activities of daily living or occupations to aid in optimal mental health and welfare.

Sensory Rooms and equipments

The sensory rooms have tools that can help the patients to help de-escalate, relax, process sensory input and feel safe.

Occupational therapy helps patients adjust better in day to day life.

Dr. Amol Chavan,
Occupational Therapist,
Regional Mental Hospital, Nagpur.



TRADITIONAL MEDICINES AND THERAPIES

“YOGAH MANAH PRASHMANAH UPAYAH” - YOGA IS SKILLFUL METHOD TO CALM THE MIND.

The mind is constantly wandering (chanchal) and advancement of technology which has increased the speed of life makes it more restless. There are various stimuli that generate stress reactions and flight or fight responses. The major effect can be seen as increased numbers of psychosomatic and psychological diseases or illnesses. Few physical illnesses affect mental health negatively. In both cases, we need to treat the 'mind'. However, most of the treatments (medicines) have their effect on the body and not on the mind. One must reach the mind to heal or treat the mental / psychosomatic illnesses.

Yogshastra, which is a preventive science (and not a remedial science) believes that 'mind' is the 11th organ after 5 sensory organs and 5 organs of action. Yoga which actually is a lifestyle (and not a treatment method) helps us attain mindfulness. Maharshi Patanjali Rishi's philosophy states that there are eight components of Ashtanga Yoga (ashta – eight / anga – limbs).

Yama (code of conduct) and Niyama (self-discipline) tell us about social behaviour. Asanas (yoga positions) teach us mind-body coordination, how to relax a particular group of muscles or a body part to attain a stable posture which is comfortable. This requires a lot of concentration, deviates the mind away from other thoughts / dualities / mental conflicts and leads to peace of mind. One must keep in mind this very essence and practice these 'asanas'. Pranayama (Yogic Breathing) helps us control the mind and its thoughts by focussed and controlled breathing. Pratyahara (Withdrawal of Senses) is nothing but brainstorming to control and stop the wanderlust of the mind. Pratyahara, Dharana (Concentration of mind on any one Object) and Dhyaan (Meditation) prepare your mind to look inward and find solace. These when done under Guru's guidance, will lead you to Samadhi (Salvation – state of bliss).

We need to learn and inculcate these in our daily routine along with two easy and effective processes – Omkar Jap (chanting of the monosyllabic mantra and sacred sound Om) and Yoga Nidra (yogic sleep).

All these are direct or indirect 'meditation' methods that help us change the response to stressful stimuli by cognitive reappraisal (increased flexibility in evaluating the stimuli) and emotional regulation. We become more calm and peaceful, attain increased body and self awareness. Our attention, memory, retrieval, problem solving, decision making and behaviour will improve.

Meditation also increases mindfulness (present moment awareness), self-compassion, self-esteem; relieves us from anxiety, low confidence, negative thoughts (due to past & future thinking). There are various studies that have scientifically proved how meditation works. If meditation is done properly & effectively, we can experience subtle changes in the 'stress, stimuli, response' cycle in 20 minutes; measurable changes in 4 to 8 weeks.

Remember - meditation is to the mind what exercise is to the body.



Scan this code to view the video 'How does meditation work? Mechanisms of effect of meditation'.

Neeta Jajoo
Yog Pandit, Yog Adhyapak

ACUPUNCTURE

Acupuncture is an ancient traditional medicine system that **uses needles that are inserted into the skin at various energy flow pathways on the body. Each needle works to stimulate a specific area of the body.** Thus, **working to revitalise the energy flow**, which is believed to be the reason behind the benefits acupuncture provides.

According to Acupuncture, the heart controls mental activity. It is worth understanding as the mind harmonises our brain and heart. **Our mind is made up of limitless experiences which can't be expressed.** When some of the negative experiences accumulate over a period of time, or **due to some emotional trauma, they manipulate our entire energy system and eventually leads to stagnation of energy flow and manifestation of disorders.**

Acupuncture stimulates the release of endorphins and serotonin and controls the release of cortisol and stress hormones which **benefits individuals living with high levels of stress and anxiety disorders, depression, Panic Disorders, etc.**

Acupuncture plays a very important role in reducing muscle spasms and pain symptoms evidently observed in psychosomatic and psychogenic pains and headaches.

Acupuncture improves the blood circulation and the lymphatic system drastically and thus recharges the body as a whole and boosts the overall feeling of wellbeing.

Dr. Sneha Goyadani
Consultant Acupuncturist, Nagpur



ENERGY HEALING



Each thought that comes to our mind creates an energy field around us making us happy, sad, gloomy, disgusted, joyful and so on. It is said that **living cells produce subtle energy**, and that there are many types of this energy. Healthy and inflamed cells produce different types of energies; and **by adjusting the energy around the cells, we can promote healing in those cells. It is the same when it comes to mental health - anxiety, depression, stress, PTSD, panic attacks all these issues create a huge imbalance in the human energy field, also known as Aura.** This imbalance further leads to physical manifestation of various diseases. **Energy healing helps to restore this energy imbalance.**

I have encountered many cases, where the patient having symptoms of PTSD have been healed through Reiki, Karuna Reiki, Humakara with Haleem, Pranic healing, Cosmic Intelligence plus meditation, colour therapy, and many more. All these modalities work on the subconscious mind and soul level healing. **Research reveals that Reiki reduces stress, anxiety, and depression, as well as chronic pain.**

Note: healing modalities work best when they go hand in hand with regular treatment under medical guidance.

Sushma Dwivedi,
Multimodality Energy Healer and Teacher

TRADITIONAL MEDICINES AND THERAPIES AYURVED

In terms of basic principles, concepts of diagnostic tools, measures of treatment, Ayurved has always stuck to its basics, maintaining its eternal values. Ayurved cannot just be a 'pathy' but a narration for a healthy lifestyle.

Ayurved has defined 'healthy' as **Prasanna atmendriya mana swastha ityabhidheeyate (Sushruta)** - a state of happiness in *Aatman* (consciousness), *Indriya* (senses) and *manas* (mind).

Manas (mind) is an ubhay-indriya which coordinates between Dnyanedriya (sensory organs) and Karmendriya (motor organs).

Manas is considered to be a channel or a mediator connecting the sense organs (*Indriyan*) with their respective subject (*Indriyarth*). For example eyes are the *Indriya* and vision / sense of sight is the *Indriya-arth*. Thus, the impact of *Manas* is seen directly on the various systems.

Ayurved believes that *Manas* shares its residence with the vital organs - brain (*Prana, Cheta*) and heart (*Chitta*). Brain controls the hormones and the heart controls the blood circulation which are vital resources to the body. Hence, when there is an imbalance, people tend to get several physical and psychological ailments.

Causes of mental disorders in Ayurved:

1. Asatmendriyarth samyoga (contact of sensory and motor organs with unsuitable objects eg smoking or excessive screen time); *Satmya* is something suitable, habitual and good for you and *Asatmya* (unwholesome) is what is not good or conducive to the body.

2. Pradnyaparadha (wrongdoing): *Pradnya/Pragya* means intelligence. *Aparadha* is wrong practice. *Pradnyaie Dhee* (ability of understanding), *Dhruti* (ability of control) and *Smruti* (ability of remembrance) guide the mind to understanding the difference between righteous and erroneous deeds. Activities practised less than needed, more than necessity or in indecent manner leads to mental disorders.

3. Parinama (transformation or abrupt change): It is believed in Ayurved that all deeds (*karma*) - majorly wrong ones; done in life will mature along with time and the person will get the results in accordance to the depth of deeds (*karmaphala*). Eg. conditions like *unmada* (broad term to denote state of mental dysfunctions), skin disorder like *kushtha* etc.

Some factors and actions responsible for mental disorders are: suppression of natural urges (eg hunger, thirst, urge to pass urine; Ayurved has mentioned 13 of them), working beyond own strength, excess sexual practices, negligence to seek treatment in time, not having / following a fixed routine, lack of behavioural code of good conduct aka *Sadvrutta*, disrespect, and a bad company.

In idiopathic conditions; the factors mentioned above should always be considered to establish the aetio-pathology. These causative factors aka *Nidanas*, along with other factors (three *sharir doshas Vata, Pitta, Kapha* and two *manas doshas Rajas, Tamas*) display in the form of *Manasik Bhavas* (emotions).

When someone continues to practice the same causative factors, he or she will face manasik ailments. **Some psychological conditions mentioned in Ayurvedic texts are Unmada, Apasmara, Apatantrak, Atatvabhinisha - bhas, Mada, Murchha, Sanyasa, Bhrama, Tandra, Klama, Gadodvega etc.**

Treatment modalities include **1. Daiva-vyapashraya Chikitsa** (divine therapy): treating the patients with specific mantra, wearing a specific *ratna* (gem), ornaments, discarding things/habits (*bali, homa-havana*). **2. Satva-vajaya Chikitsa** (ayurvedic psychotherapy): spending time with loved ones or in a favourable atmosphere, reinforcement (positive or negative) can be interpreted as winning one's *satva* (*manas/mind*). **3. Yukti-vyapashraya Chikitsa** (skillful / intelligent use of drugs): includes all kinds of treatments one can provide to a person who seems mentally ill irrespective of the depth of its severity. It includes internal medicines, (viz. *brahmi, jatamansi*, classical medicinal formulation described in Ayurvedic literature etc.), **Panchakarma** (viz *vamana, virechana, basti, nasya, shirodhara*) along with *daiva-vyapashraya* and *satva-vajaya* variants of treatment.

In the modern world, we are forgetting the traditions which are based on the principles of Ayurvedic lifestyle. Fast food, technology dependent lifestyle and loss of moral values have diminished the quality of our physical and mental health. It is very important to understand that our own *aahar* (diet and nutrition), *vihar* (rest and recreation) and *sad-vrutta* (code of good conduct) are our key investments for good health.

Vaidya Swanand Joshi
BAMS; MD (Ayu)

Reference links:

Comprehensive classification of diseases described in Ayurved: <http://namstp.ayush.gov.in>

Ayush research portal: <https://ayushportal.nic.in/Default.aspx>



NATUROPATHY AND MENTAL HEALTH

"ADHI LEADS TO VYADHI" which means '**MIND**' is the **causative factor for almost all diseases**. Diseases are broadly classified as Psychic, Somatic and Psychosomatic. In this modern world, where the technologies rule and dominate us, many are prone or vulnerable to ailments like Insomnia, Depression, Hypertension, Anxiety Disorder, etc.

Naturopathy is a 'Way of Life' rather than a system of medicine. It incorporates the Natural elements - Earth, Water, Fire, Air and Space for treating the diseases through various therapies like:



- * Hydrotherapy- using water in the form of baths, packs and compresses, at different temperatures.
- * Mud Therapy where the mud is used as packs and baths.
- * Heliotherapy and Chromotherapy- using sunlight and light of various colours.
- * Plantain leaf bath.
- * Magnetotherapy.
- * Massage Therapy.
- * Diet and Fasting with proper guidance.
- * Airbath where one gets exposed to fresh air.
- * Pebble walking or grass walking.
- * Acupuncture, Acupressure and Reflexology.
- * Exercise therapy
- * Therapeutic yoga.
- * Pranayamas.
- * Bandhas and Mudras
- * Shat Kriyas (cleansing processes)

Naturopathy does not treat the signs and symptoms but the entire individual. Each person is unique and the disease manifestations might differ in individuals. Naturopathy helps in curing the disease by treating its 'Root cause' by encouraging the body to heal or recover itself.

Naturopathy is very easy to adopt, as its main focus is on living a healthy life.

It prescribes eating in moderation; drinking appropriate amounts of water; exercising daily; involving in meditation or prayers; fasting occasionally; sleeping 6-8 hours.

Dr. R. Vidhyalakshmi,
Bachelior of Naturopathy and Yogic Sciences; M.D.



TRADITIONAL MEDICINES AND THERAPIES

DANCE MOVEMENT THERAPY

Dance or rhythmic movement plays a much more imperative role in aiding to our growth than one can imagine.

It is often believed that balance is the key to life. To achieve that balance of body, mind, and soul; one must be able to listen to and express what our body feels in order to understand our mind. Our body is constantly communicating with us about how it feels. But, we frequently fail to pay attention to it.

Dance movement therapy (DMT) is a scientifically supported comprehensive in-depth approach that connects our mind to our body. It uses a variety of movements and actions to provide a channel through which it can speak. It assists in self expression, striking balance between our emotions and body.

The American Dance Therapy Association (ADTA) defines **DMT as the psychotherapeutic use of movement to promote emotional, social, cognitive, and physical integration of the individual for the purpose of improving health and well-being.** Nonverbal communication begins prenatally and continues throughout life. Dance/movement therapists believe that nonverbal communication is just as important as verbal communication in the therapeutic process.

DMT helps in aiding major physical and mental disorders as well. It helps in delaying the onset of dementia, it has proved to be working well with patients suffering from chronic pain, cardiovascular diseases, PTSD, depression, anxiety disorders and so on (GoodTherapy Editor Team, n.d.).

When was the last time we put on some music and danced our heart out, or experienced a beat? Even thinking about such moments may light up our mood in seconds. One must understand the significance of movement in our lives as well as the impact it can have on our emotions. It can be liberating when one starts listening to them and gets moving.

Rucha Kare
Bharatnatyam Dancer and Postgraduate student, Clinical Psychology

American Dance Therapy Association. (2020). What is Dance/Movement Therapy?
<https://adta.memberclicks.net/what-is-dancemovement-therapy/>
GoodTherapy Editor Team. (n.d.). Dance / Movement Therapy (DMT)
<https://www.goodtherapy.org/learn-about-therapy/types/dance-movement-therapy/>



MUSIC HEALS IN MAGICAL WAYS

Music is a powerful tool in helping people to heal and find joy in their lives.

It positively impacts several parts of the brain, including those responsible for memory, communication, and emotions. Music has also been **shown to increase neuroplasticity**, which can prevent certain senile mental disorders like dementia and Alzheimer's. Music therapy has also shown to slow down the progress of these disorders. We all know that music is a stress reliever. **It is capable of activating the parasympathetic nervous system**, thus normalising blood pressure, symptoms of anxiety and depression. In the process of relieving mental and emotional stress, **Music therapy can prevent the occurrence of mental illnesses in those who are genetically predisposed to them.**

I am a trained musician, a professional singer and a music teacher. The inspiration for me behind giving music lessons was the opportunity to spread the happiness I derive from music.

I have been giving music lessons to a 17 year old autistic boy, with incredible outcomes. After an initial hesitation we decided to give it an honest try and started with mini sessions of basic 'alankars' and slowly progressed to advanced ones. The boy was unaware of his limitations, which proved to be a blessing. He learned the lyrics of the songs and followed the swar and taal very spontaneously.

The boy shows better concentration; more discipline; reduction in anxiety; enhanced memory and recall; he is better adjusted in daily life; happier and more confident.

Indian music has a lot to offer and is quite unique when it comes to healing. The different ragas have different effects on neural functioning. Indian classical music has its origin in the Vedas and sounds of nature, thus it brings us closer to our core.

Music can cleanse our minds, uplift our spirits and heal our bodies.

Nidhi Shrivastava,
Trained musician, Professional singer and music teacher.
Reference link - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5618810/>



THERAPEUTIC ARTS- VISUAL ARTS!

Therapeutic Arts is an umbrella term under which various forms are included-
◆ Visual arts and Crafts ◆ Dance and Drama ◆ Rhythm and Movement ◆ Narration and storytelling

In Visual arts and crafts as a therapeutic tool, we can use the following media-
◆ Dry, wet and mixed mediums ◆ Journaling, writing and poems ◆ Cutting, pasting and collages ◆ Clay, 2D and 3D, mixed materials

Visual Arts can be used for different therapeutic goals such as-
◆ De-Stressing and Relaxation ◆ Depression and Anxiety management ◆ Cultivating Self love and Self expression ◆ Managing difficult Emotions and Feelings ◆ Re learning and Reprogramming mind ◆ Developing Awareness and Life skills ◆ Relationship healing and Connection.

Visual art works in very natural, organic and meaningful ways-
◆ It gives time to process challenges and emotional experiences. ◆ It gives you the pause and stillness to shift from reaction to response. ◆ It helps you to come back and see it from an objective viewpoint. ◆ It is a self-management tool also, which can be independent of others. ◆ It helps you to accept many things that you cannot change.
◆ It enables you to develop your insights and intuitions and it is reflective. ◆ As the art develops it gives you joy of creation and discover your individuality.

Art therapy is different from conventional classes. Visual art mediums are also used for awareness, learning and teaching. The new National Education Policy NEP-2020 has also encouraged usage of visual arts for students for various purposes.

Kavita Saraf,
Psychotherapist,
Soft skill trainer, Life Coach -Nagpur

