



# Application of Alternative Therapies over Clinical Mental Health

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Date of Submission: 01-08-2022

Date of Acceptance: 13-08-2022

## ACKNOWLEDGEMENT

Inspiration & motivation have always played a key role in the success of every venture. I wish to express my deep gratitude and sincere thanks to my teacher, Professor Nabanita Mookherji for her encouragement and all the knowledge and support for the project work. I sincerely appreciate her humbleness and spirituality which drive me to the extra limit not only for the project work but also in my personal life too. The various type of alternative therapy and their use for mental health as well as mankind is the key notes of the project.

My parents always stand side by side to me and give constant support and courage for the project, so with due regards I express my gratitude to them.

I cannot forget to offer my sincere thanks to my husband and the most lovable twin boys who help me carry out this project successfully with their support and encouragement.

## I. INTRODUCTION

Mental health is a state of well-being within the body mind and spirit which a person understand his or her own abilities can cope up with the normal stress of life, can work productivity and

fruitfully and is also able to make a contribution to the community. It is not only necessary to wait for the challenge comes in life but to get mental hygiene by receiving alternative therapies which are the gift by Nature and ancient too. By using the holistic approach of different type of alternative therapies one can achieve mental wellness. It magically work for someone who are facing clinical mental issues.

Here are some ideas of alternative therapy that can help with many different mental issues.

## YOGA

Yoga is an ancient form of exercise for body and mind. It aims to improve strength, flexibility and breathing through a series of postures and movements. It is a whole body philosophy that started over 5000 years ago in India. Yoga aims to create harmony between mind and body and spirit to help you fell calmer. There are about 80 main postures that you can do standing, kneeling, sitting or lying down. There are several different types of YOGA including Hatha, Iyenger and Ashtanga Yoga.



Some of the hand mudra date all the way back to the Vedas, an ancient Indian text over 4000 years old. Hand Mudras are used in yoga, Indian dance and Ayurveda. Beyond India these hand mudra are used across the culture to convey intention of example hands in prayers, peace finger, fingers cross etc. Different Yog Mudras used like Pranam Mudra, Padma Mudra, Kanistha Mudra, Prithivi Mudra, Vayu Mudra, Pataka Mudra, Musthi Mudra, Nivandha Mudra which have very positive effect both on our physical and mental health. It increases the connection between mind and body concentration, self confidence and reducing anxiety, depression, neurological and brain related problem and also different type of body pains. Even it improves digestive system too.

#### MEDITATION :

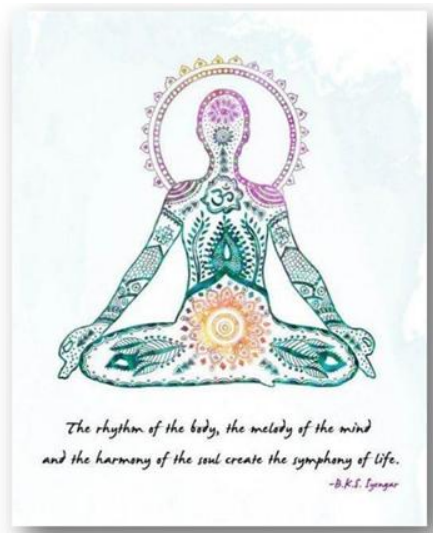
Research shows that meditation can improve mental health and reduce symptoms associated with chronic conditions. Meditation is the practice of thinking deeply or focusing one's mind

for a period of time with the goal of evoking feelings of relaxation and inner peace.

It can strengthen areas of brain responsible for memory learning, attention and self awareness. The practice can also help calm down sympathetic nervous system. Over time, mindfulness meditation can increase cognition, memory and attention.

Several studies have indicated a positive impact of meditation in reducing stress and enhancing general well being. Meditation can be helpful for treatment of anxiety, aggressiveness, depression, addiction even suicidality and cancer too.

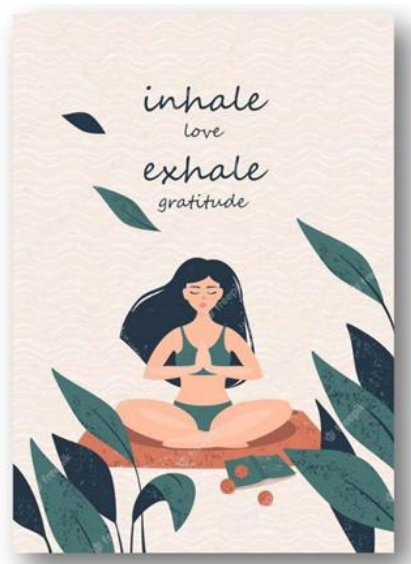
Focusing on the Mental Health Meditation is work as prime weapon, reducing stress, control anxiety, promotes emotional health, enhance self-awareness, age related memory loss, generate kindness and help fight against addiction.



### BREATHING TECHNIQUES :

Breathing exercise heal us in many ways. They have immense physical emotional, mental and spiritual benefits. Breathing exercise help tremendously in reducing stress and become relaxed. They also improve the efficiency of our lungs. The best thing about breathing exercise that they are easy to learn and can be practice anywhere. They do not require any special equipments.

Advantage of breathing exercise are such work as natural pain killer, improve body blood flow, improve immunity, calm down anxiety, help for better sleeping, increases energy level, increase focus, improve posture, reduce inflammation etc.

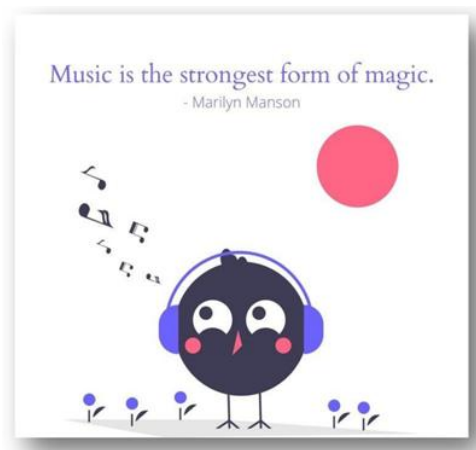


### MUSIC THERAPY :

Music Therapy is not about learning to sing or play an instrument. It is a way of healing mental anxiety and bring into a calm down stage . In this therapy listen to music, move to music, sing, make music with simple instrument, write and discuss song lyrics use guided imagery with music can be the session of the Music Therapy. It can be used in all age of people. Throughout history music has been used to boost morale in Military Troops, help people work faster and more productively and even ward off evil spirits by chanting.

The therapeutic effect including melody, harmony within Indian Raga are tremendously effects on psychological problems such as stress, anxiety, depression, autism, mood disorder, panic attack, schizophrenia, Alzheimer's even OCD.

Healing therapy of Indian Raga have been proved not only in India but also in the global.



Raag Bhairabi provides relief from sinus cold toothache and stress.

Todi, Bhopali, Ahir Bhairav provides relief from cold headache, high blood pressure, sivaranjani treats memory problem.

Chadrakuns treatment of heart ailments and diabetes.

Darbari Kanara is tension and provides relaxation.

Bihag and Bahar for sound sleep. Ashavari, Malkauns is effective on cancer tuberculosis low blood pressure.

Durga, Hanswadhvani, Kalavati eases tension stress, anxiety and depression.



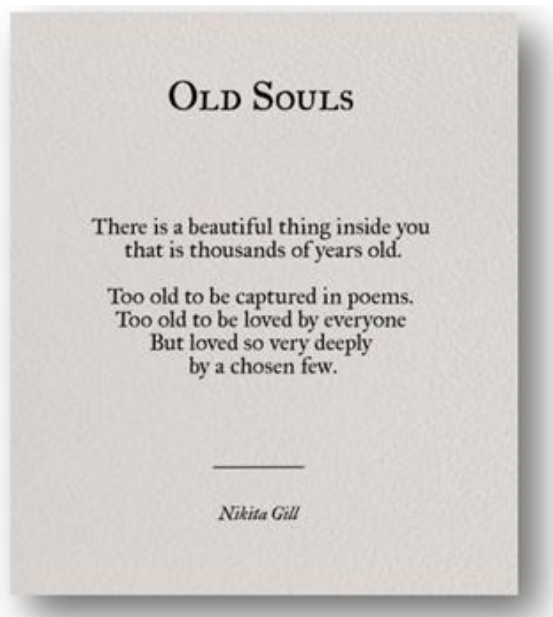
Puriya Dhanashree for acidity.

Bageshri for diabetes and hypertension.

Malhar for asthma and sun stroke

Hindolam for blood purification and cancer.

Some Ragas have specific time for listening particular time it could be vocal or instrumental both like Bhopali Evening, Bhairavi early morning or morning, Ashavari morning, Khambaj in the evening.



#### POETRY THERAPY :

NAPT (The National Association for Poetry Therapy) is a non-profitable organization that supports an enhance the profession of Poetry therapy. Poetry therapy is the use of language, symbol and story in therapeutic educational, grow and community building capacity. It relies upon the use of poem, story, song lyrics, imaginary and metaphor to facilitate personal growth, healing and self awareness. Journal writing, Metaphor, Storytelling and ritual are all in the realm of poetry therapy.

It can provide comfort and boost mood during period of stress, trauma and grief. Poetry therapy works on areas of stress, anxiety, depression, phobia, loss of confidence, fear, separation disorder and other mental illness effectively.

Therapy session can be in the form of poem writing, poem making/ essay / content / story writing, reading with expression.



#### DANCE / MOVEMENT THERAPY (DMT) :

Dance movement psychotherapy is the psychotherapeutic use of movement and dance to support intellectual emotion and motor functions of the body. As a modality of the creative arts therapist DMT look at the combination between movement and motion. Marian Chace is the founder of DMT in medical community as a therapy. She consider the principal founder of what is now dance therapy in the United States. 1942 through her work dance was first introduced to western medicine. Chace was original a dancer, choreographer and performer. Dance therapy can be used with all population and with individuals, couples, family or groups. In general dance therapy promotes self awareness, self and self space for expression and feelings.

It has physical benefits such as body fitness, maintaining proper body weight, good for ENT problem, low blood pressure, diabetes, orthopedic problems. Dance Therapy has a huge effective clarity on mental health also. Brain development, Neuro Problems, Hormonal changes, infertility, gynecological, sexual problem, Parkinson's, sleep disorder even for cancer patient. The movement of hand, posture, foot work, expression, composition are effectively work on the body and mind too.

Based on the archeological findings Odissi is believed to be the oldest of the surviving Indian Classical Dances. There are 9 classical dance form in India which includes Bharatnatyam, Kathak, Kathakali, Kuchipudi, Manipuri, Mohiniyatam, sattriya and chhau. All of these dance form has



specific, magnificent effect on the physical and mental health of a person.

#### FLOWER THERAPY :

Dr. Edward Bach is known to the father of flower therapy. In his words flowers are all is joy and peace happiness and health. Our sole and personal harmony depends on mental health and the essence of flower have a huge impact on mental health. According to Dr. Bach energy of the flower can balance the emotions. He believe that this can bring about mental, physical wellness. Flower therapy is now use as a alternative medicine therapy. It is based on the idea of flower have a healing vibrational energy. The practice of flower essence which are used as liquid as a essence also called flower remedies. It helps to get over from anxiety depression, hopelessness and physical pain also. As example Olive is use as insufficient interest in the present circumstances, Red Chestnut is used for relaxing from the present anxiety. Same where Gentain, Cherry Palm, Mimulus can hold the problem of crisis management.

As in India also have an effective function of flower socially, religiously and personally like lotus is the symbol of many religion which symbolize the mental peace. Jasmine have the essence to spread energy and relax anxiety, depression as well as a Sunflower has the capacity to inhale the energy and spread the energy through the chemical form of it.



#### CASE (DISSERTATION)

Sohini Roy, Age – 20 Yrs lives in Salt Lake (G.D Block), Kolkata. Lives with her parents and younger Brother, Father – Dr. Arup Roy (Prof. Economist, CU), Mother – Smt Reeba Roy (Bank Officer- PNB), Brother – Susanta Roy (Class – XI). Sohini last 1 year ago faced an accident (Car Accident) lost her vision of left eye. Also orthopedic injury was present. After year long treatment, Sohini get her vision back. (Steriod Treatment, other prolonged treatment). Orthopedic treatment with O.T. for hand injury. Now Orthopedic problems – Okay.

Due to prolonged steroid treatment, Sohini is suffering from PCODS & other periodical problems. Also consulted Gynecologist, take medicine regularly. Due to vision lost, orthopedic injury, severe mental trauma. Sohini faced lot of depression, crying, loss of confidence & Social stigma & issues. Her relationship break down due to her vision loss (3yrs relationship). Some of her relatives and friends also shown no empathy to her. Depression, Mood swing, Loss of concentration & confidence, loss of interest in hobbies, social withdrawal, sleeping disorder, low food intake, bad dreaming of accidents, tremor in hands & foot. All are regularly or daily feeling of her life. Sometimes suicidal thoughts comes to her mind, some time she get confidence from her brothers parents. Family relationship good. Sohini is very good Rabindra Sangeet Singer, a student of popular artist of Kolkata. But now she give up music. Before the incident Sohini was very happy girl. Sohini's parents consulted Neuro – Psychiatrist and she prescribe medicine, and also suggested for regular counseling, music therapy & other alternatives therapies. Psychologist & other doctors in Gynecologist also suggested to her to alternative medicine or therapies.

Sohini's parents came to your Clinic for Treatment.

#### CASE HISTORY RECORD SHEET

NAME : Sohini Roy

AGE : 20 yrs      Sex : Female      Religion :  
Hinduism

Address : Salt Lake (G.D. Block), Kolkata

Phone No. – N.A.

Education - 12th Pass.



Occupation – N.A

Marital Status – Single

DOI (Duration of present illness) – Since last One year

History of illness – Lost vision (left eye) & Orthopedic injury with OT (During Car Accident)

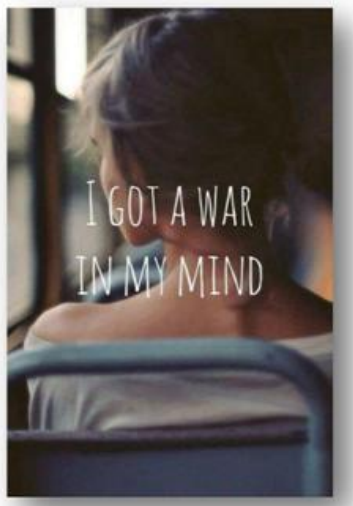
Hobbies – Singing Rabindra Sangeet

Addition – NA

Physical issue – PCODS, Periodical Problem, Tumor in hand and foot, orthopedic injury

Mental Issue – Post Traumatic Stress Disorder, Massive clinical depression, Trauma, Mood swing, loss of interest in hobbies, low mood, difficulties in connection, social withdrawal, bad dreams even suicidal thoughts. Past Treatment (both mental and physical), Eye Operation, Orthopedic injury with several O.T.

Present treatment (both mental and physical) – Neuro Psychiatrist, Psychologist, Gynecologist.



## DIAGNOSIS

- Post Traumatic Stress Disorder (Severe depressive Episode).

Points in favour :

- Mood swing
- Mostly depressed mood
- Sleeping problem with bad dreams
- Increasing poor confidence

- Hormonal imbalance
- Reduce self esteem
- Social withdrawal
- Loss interest in hobbies
- Reduce concentration and attention
- Low food intake
- Suicidal thoughts

Diagnostic Criteria :

Everyday and every situation is not same for all of us. But most of the people feel sad or low at some point of time in their lives. Post Traumatic Stress Disorder is a disorder that develops in some people who have experience some shocking, scary or dangerous event. It is natural to feel afraid during and after a traumatic situation. Fair triggers many split – second changes in the body to help defend against danger or to avoid it mentally. But sometime it develops in the mind and the spirit feel at the lowest.

Doctors are not sure why some people get PTSD. As with the most mental problems, PTSD is probably caused by a complex mix of –

- Stressful experience including the amount of severity of Trauma gone through in someone's life.
- Inherited mental health risk such as family history of anxiety and depression.
- Inherited features of someone's personality.
- The way brain regulates the hormones which body releases in response to stress

Kind of Traumatic Events :

Most events leading to the development of PTSD include –

- Combat exposure
- Childhood physical abuse
- Sexual violence
- Physical Assault
- Been threatened with a weapon
- An accident



**TREATMENT  
MANAGEMENT PLAN  
ALTERNATIVE THERAPIES**

30 days treatment plan will be given into two parts with the duration of 15 days.

**BREATHING EXERCISES :**

Specially 2 types

- Nose–hold-Nose (Inhale with Nose – Hold 5 Seconds – Exhale from Nose count of 5)
- Nose – hold – Mouth (Inhale with Nose – Hold 5 Seconds – breath out from mouth slowly.

This helps to reduce depression, stress, maintain oxygen saturation level in body and brain, good blood flow in the body and nervous system increase energy level and improve lungs even body pain.

**MEDITATION :**

It helps to reduce anxiety, depression, stress, negative thought and make mind and spirit come increase inner peace, increase good sleep & self awareness.

**YOG MUDRA :**

First of 15 days Moksh Mudra, Padma Mudra, Kanishtha Mudra and Pranam Mudra will be given two times in the morning and at the bed time. After 15 days Pataka

Mudra, Nivanda Mudra, Musthi Mudra will be added with the above in same timing.

These all Mudras reduce stress and depression, body pain, anxiety.

Improve concentration, self confidence, self esteem, sleep, and connection building.



**MUSIC THERAPY :**

Listening Rabindra Sangeet with her Ex-teacher own vocal.

Listening Indian Raga instrumental then vocal such as – Darbari Kanara at Night, Durga, Hansdhwani



and Kalavati, Bhupati and Todi. Which all improve nervous system, give body relaxation, work over depression anxiety, tension and stress. It is good for sleep and also and body pain too.

**POETRY THERAPY :**

Advise her to read few poems of Tagore and English to ask her to try to write of her own lines. “Feel you paper with the breathing of your heart” – William Wordsworth.

**DANCE THERAPY :**

Give some hand and slow foot work for 15 days with Tagore Song or Indian Classical Kathak, Tintal later on advise her to do proper dance on Tagore Song. It helps reduce stress depression, good blood flow, mental happiness, spine exercise etc.



**FLOWER THERAPY :**

Rock Rose and Cherry Palm essence given to her for his mood swing, anxiety depression, inactive tumor, irritability.

Lotus with be given to do a meditation in the evening and Jasmine will be given to keep at bed side at night.



**II. CONCLUSION**

Alternative therapies are unique. These all must get in a proper professional guidance. Not only in the case of suffering mental illness but also in normal time for the wellbeing of mental health as well as physical health by practicing some therapies such as Yoga, Yog Mudra, Breathing Exercise, Music or Dance Therapy on the interest based and some times to reading or writing poem. All it gives us emotional cognitive and social development and integration.

Remember that  
your mental health is a  
priority, your inner  
peace is essential and  
your self-care is a  
necessity.



