



## *Ann Holaday*

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### **Ayurveda, Yoga and Mental Health - Vedic Psychology**

The causes of mental disturbance are multifaceted and highly complex, but evidence suggests that the modern approach to mental health is limited and largely ineffective judging by the increasing number of people suffering from mental health issues. There is more violence, suicide, depression, anxiety, addiction and a prolific use of psychotropic, prescription drugs than ever before. Yet it is known that the use of medications for mental illness causes dependancy and adverse side-effects, but an alternative, comprehensive approach has never been explored. Modern culture, where money is God, is a breeding ground for mental disturbance. Loneliness, isolation, the dissolution of family and community, and the constant bombardment of toxic material on the collective mind, are curses of our time. In addition, is the fact that food available to most people is mass produced, contaminated by chemicals and low in nutritional value all contributing to mental ill-health. The Vedas recognised mental illness thousands of years ago by understanding the connection between the body, mind and spirit. Ayurveda and Yoga which are Vedic sciences address

the body, mind and spirit to get to the root cause of disease. Vedic philosophy does not describe psychology but recognises that mental disturbances manifest as imbalances of all aspects of the human condition, each one affecting the other. Vedic philosophy and the principles of Ayurveda and Yoga with the understanding of the mind and its connection to spirituality is an effective, long-term and permanent solution to the mental health issues of modern society.

#### **Speaker Biography**

Ann Holaday BSc. Radiation Oncology from Anglia Ruskin, Cambridge University, UK. She is a Certified Ayurvedic Practitioner "National Ayurvedic Medical Association" and "Association of Ayurvedic Professionals of North America" and founder of "According to Ayurveda and Yoga." in USA. She has a practice in Washington State and is developing on-line courses in the application of Ayurveda in mental health, ageing, diet and lifestyle, pregnancy and newborns. She has presented at conferences in Lucknow, Global Ayurveda Festival, World Ayurveda Conference and at ICHM conferences at Mahatma Gandhi University, Baranas Hindu University, Williams Research Centre in India. She is published in Holistic Healthcare Vol 1 & 2.

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