

AYURVEDIC PERSPECTIVE FOR MENTAL RESILIENCE IN DIGITAL AGE

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ABSTRACT

The digital age is vital for enhancing connectivity, access to information and efficiency in daily life. It drives innovations, facilities, global communication and enable remote work and education. Additionally, it empowers individual with tools of creativity, learning and problem solving and fostering economical growth but has also introduced challenges such as mental fatigue, stress, and emotional imbalance. Ayurveda, the ancient science of holistic well-being, offers timeless wisdom to cultivate mental resilience amidst the overstimulation of modern technology. This paper explores the Ayurvedic approach to maintaining mental harmony and vitality in the digital era by addressing the imbalance of the three doshas—Vata, Pitta, and Kapha. The rapid pace and sensory overload of digital interactions often aggravate Vata dosha, resulting in anxiety,

restlessness, and disrupted sleep. Simultaneously, excessive focus on screens can heighten Pitta dosha, causing irritability and burnout, while prolonged sedentary habits lead to Kapha imbalances like lethargy and lack of motivation. Ayurvedic interventions aim to restore balance through lifestyle modifications, diet, mindfulness practices, and herbal support. Key practices include following a structured daily routine (dinacharya) to stabilize Vata, incorporating grounding and cooling foods to balance Pitta, and engaging in movement to counteract Kapha stagnation. Breathing exercises like Nadi Shodhana and Bhramari, along with meditation techniques such as Trataka, help calm the mind and enhance focus. Herbal adaptogens like Ashwagandha, Brahmi, and Tulsi further support mental clarity and stress management. The integration of mindfulness, digital detox practices, and alignment with nature's rhythms promotes holistic well-being. Emphasis on restorative sleep and time spent

outdoors counters the artificial environment of digital life. In conclusion, Ayurveda offers a comprehensive framework to build mental resilience, ensuring that individuals thrive in the digital age while maintaining emotional and mental harmony. These practices provide a sustainable solution for mitigating the adverse effects of technology and nurturing inner balance.

KEYWORDS: Ayurveda, Digital age, Sadvritta, Dosha, Dinacharya, Yoga.

INTRODUCTION

The digital age is also called as technological era has transformed modern life by enhancing connectivity, enabling instant global communication and increasing daily life efficiency. It fosters innovation, support global communication and make remote work and education possible.^[1] Further more, it equips individuals with tools for creativity, learning and problem solving and driving economical growth and societal advancement on a global scale.^[2] But along with that digital age has profoundly impacted mental health, often in detrimental ways. The constant connectivity and pressure to stay updated can lead to increased anxiety, stress and a fear of missing out (FOMO).^[3] Social media platform frequently foster unhealthy comparisons by portraying idealized lifestyles, contributing to low self-esteem and depression. Prolonged screentime disrupts sleep pattern due to blue light exposure, leading to insomnia and fatigue.^[4] Additionally, the excessive reliance on visual interaction may weaken face to face relationships resulting in loneliness and isolation.^[5] In Ayurveda mental resilience defined as the ability of the mind to adopt and recover from stress, challenges and adversity - is intricately tied to the balance of the three doshas i.e. Vaata , Pitta and Kapha^[6] and the quality of the mind i.e. Satava, Rajas and Tamas.^{[7],[8]} The digital age introduces unique challenges that distribute this balance, impacting mental resilience. Here's how Ayurveda views the effect of the digital age on mental resilience.^[9]

1. Aggravation of Vata Dosha

Digital Overload: Continuous stimulation from screens, multitasking, and information overload increase Vata dosha, which governs movement and nervous system activity.

Effects: Aggravated Vata leads to anxiety, restlessness, insomnia, and difficulty concentrating—factors that erode mental resilience.^[10]

2. Pitta Imbalance

Hyper-Connectivity: The competitive and high-pressure nature of digital work environments and social media interactions can increase Pitta dosha, which governs focus and intensity.

Effects: Excess Pitta causes irritability, impatience, anger, and burnout, undermining the emotional stability needed for resilience.^[11]

3. Kapha Imbalance

Sedentary Lifestyle: Prolonged screen time and reduced physical activity disturb Kapha dosha, which governs stability and structure.

Effects: An imbalanced Kapha leads to lethargy, lack of motivation, and emotional stagnation, reducing adaptability and resilience.^[12]

4. Impact on gunas (mental Qualities)^[13]

The digital age has a profound impact on the three Gunas—Satva, Rajas, and Tamas—which are the mental qualities or attributes in Ayurveda that influence our thoughts, emotions, and behavior.

Satva (Purity and Clarity)

Satva represents purity, clarity, harmony, and balance. It is the quality of a calm and focused mind, essential for self-awareness, mindfulness, and inner peace. However, the constant exposure to technology in the digital age diminishes Satva by reducing opportunities for mindfulness and reflection. With the constant stream of information, notifications, and distractions from digital devices, individuals often struggle to maintain mental clarity. The fast-paced nature of digital interactions and the overstimulation of the senses can crowd the mind, preventing the cultivation of Sattvic qualities. As a result, people may experience increased stress, anxiety, and a disconnection from their deeper sense of self and natural surroundings.

Rajas (Activity and Restlessness)

Rajas is the quality of activity, restlessness, and mental agitation. It represents the constant drive for achievement, movement, and change. In the digital age, the overwhelming amount of information and constant connectivity heightens Rajas, leading to increased mental restlessness and hyperactivity. Social media, constant notifications, and multitasking contribute to an over stimulated mind, making it difficult for individuals to experience mental

calm or focus. The pressure to remain engaged and productive digitally amplifies stress, anxiety, and a sense of urgency, which ultimately impairs emotional stability and overall well-being.

Tamas (Inertia and Darkness)

Tamas represents inertia, dullness, and lack of clarity. It is associated with feelings of apathy, confusion, and low energy. Excessive digital consumption, especially in the evening or before bedtime, exacerbates Tamas by disrupting sleep patterns and increasing mental fatigue. The blue light emitted from screens can suppress melatonin production, leading to insomnia and mental dullness. Additionally, mindless browsing or excessive passive content consumption can foster lethargy, diminishing motivation and vitality. Over time, these effects lead to a lack of mental sharpness and an overall sense of stagnation.

5. Disconnection from Nature

Ayurveda emphasizes the healing power of aligning with natural rhythms. The artificial environments created by the digital age disrupt circadian rhythms, affecting sleep and mental stability.

6. Impact on Ojas (Vital Energy)^[14]

Ojas, often described as the essence of vitality in Ayurveda, plays a vital role in supporting mental resilience. In the digital age, the balance of Ojas faces significant challenges due to the demands of constant connectivity and overstimulation.

Chronic stress caused by the digital overload—such as persistent notifications, multitasking, and endless screen time—puts a strain on both the mind and body. This ongoing mental exertion drains Ojas, leading to reduced resilience in coping with everyday stressors. The lack of restorative practices, including adequate rest and relaxation, further exacerbates this depletion. Late-night screen use and irregular sleep patterns interfere with the body's natural rejuvenation process, diminishing the quality of Ojas and increasing fatigue, irritability, and vulnerability to illness. Overexertion from digital activities also weakens emotional stability, creating a state of imbalance that affects focus, creativity, and overall mental strength.

MANAGEMENT THROUGH AYURVEDA

As Ayurveda emphasizes achieving holistic physical and mental well-being, its texts provide detailed guidance on fostering mental resilience and balancing the mind. These approaches

include both pharmacological and non-pharmacological methods to enhance mental strength and stability. Mental resilience can be cultivated from childhood and nurtured throughout life. Lifestyle management plays a significant role in shaping mental endurance, with Ayurveda being one of the few sciences that stresses lifestyle interventions to address physical ailments while simultaneously transforming mental and spiritual well-being. These principles are critical when it comes to developing mental resilience. Ayurveda's profound teachings outline various strategies to build and sustain a resilient mind.

1) Dinacharya and Ritucharya: Dinacharya and Ritucharya (Daily and seasonal regimen) give a glimpse of a spending discipline lifestyle. This not only helps build good habits but also helps in reinforcing positive emotional health. Dinacharya refers to the daily routine. It plans the day's activities over our body and mind to work more efficiently. Ritucharya means seasonal regime. It is preparing the dinacharya as per the season. The change of seasons out – turns our mental health. The daily regime should be customised based on the availability of seasonal provender and the activities per the season. The changing seasons affect our actions, and hormonal states alter our mental health. The daily and seasonal regime is based on the three qualities- Satva, Rajas and Tamas that also change the manas prakriti, which is vital in boosting our mental resilience.

2) Sadvritta a^[15]: The term "Sadvritta" originates from the Sanskrit words "Sad," meaning good, and "Vritta" meaning regimen. It refers to adhering to a virtuous lifestyle or code of conduct encompassing personal, social, religious, and practical aspects of life. Sadvritta outlines practices that enhance mental faculties, including guidelines for hygiene, diet, and exercise. By following Sadvritta, individuals can cultivate Satva (purity and clarity of mind) while reducing Rajas (restlessness) and Tamas (inertia). This balance is crucial for preventing psychological, physical, and psychosomatic disorders, which often hinder mental resilience and emotional intelligence.

3) Achara Rasayana^[16]: Achara Rasayana refers to a rejuvenating mindset rooted in moral, ethical, and compassionate behavior. It encompasses virtues such as truthfulness, nonviolence, personal and public cleanliness, mental and personal hygiene, devotion, and a yogic way of life. These practices nurture the body, mind, and soul, promoting mental health and overall rejuvenation.

4) Medhya Rasayana^[17]: Medhya Rasayana is a category of nootropic herbs that support brain nourishment, promote mental calmness, and enhance memory, focus, emotional well-being, and intellect. This group includes rejuvenating herbs such as Guduchi (*Tinospora cordifolia*), Mandukparni (*Centella asiatica*), Shankhpushpi (*Convolvulus pluricaulis*), and Yashtimadhu (*Glycyrrhiza glabra*).

5) Remedies for Mental Illness^[18]

Daivavyapashraya (Treatment Through Divinity)

This approach to treatment involves invoking divine powers or remedies to promote healing through the appeasement of deities. Methods include chanting mantras (sacred hymns), wearing sacred herbs or gems (ausadhi and mani dharana), and performing auspicious rituals (mangala karma) such as bali, homa (sacrificial rites), upahara (gifts), niyama (vows), upavasa (fasting), prayascitta (atonement), santayana (penitence), pranipata (prostrations), and surrender. These practices aim to enhance Satva (purity), spiritual energy, and emotional balance.

Yuktivyapashraya (Rational Therapy)

This treatment emphasizes the rational and skillful use of herbal medicines to address cognitive impairments and emotional imbalances. Common formulations include Brahmi Ghrita, Kalyanaka Ghrita, Pancagavya Ghrita, Chyavanaprasa, SarasVatarista, Smritisagara Rasa, and Asvagandharista. These therapies are planned and administered to strengthen mental faculties and restore emotional harmony.

Satvavajaya Chikitsa (Therapy to Enhance Satva)

This modality focuses on strengthening Satva, the quality of mental clarity and balance. It incorporates practices such as jnanam (knowledge), vijnanam (analytical thinking), dhairya (courage), smrti (memory), and samadhi (concentration and meditation). These activities help the mind avoid unwholesome desires and cultivate virtue and purpose. Satvavajaya Chikitsa fosters mindfulness and promotes awareness of emotional wellbeing.

6. Panchakarma^[19] (Nasya and Abhyanga)

Panchakarma is a detoxification therapy in Ayurveda consisting of five main procedures, some of which are particularly effective in restoring mental clarity, sensory functions, and emotional balance. These include.

- Nasya: Nasal administration of aromatic herbal preparations.

- Abhyanga: Therapeutic massage using medicated oils.
- Shirodhara: A steady stream of medicated oil or decoction poured onto the forehead.
- Sirolepa: Application of a herbal paste on the crown of the head.
- Dhoompana: Inhalation of herbal smoke.

These treatments help harmonize the mind, body, and emotions.

7. Yoga and Meditation^[20]

Consistent practice of Yoga and meditation helps relax the mind, enhance mental clarity, deepen perception, and minimize distractions. It improves attention span and positively influences the limbic system, including the hippocampus and amygdala. By harmonizing the body and mind, it alleviates psychological stress, promoting a sense of calm and overall well-being. Mindful meditation reduces anxiety and depression, diminishes negative emotions, and fosters resilience and a strong mindset.

DISCUSSION

The digital age has brought about immense advancements in connectivity, communication, and efficiency, revolutionizing the way people interact with the world. It has facilitated global communication, fostered innovation, and created opportunities for remote work and education, which were once unimaginable. This technological era also provides individuals with tools for creativity, problem-solving, and learning, driving economic growth and societal progress. However, the digital age has also led to unintended consequences, especially in terms of mental health. The constant pressure to stay connected, along with the rapid flow of information, has contributed to rising levels of anxiety, stress, and depression.

From an Ayurvedic perspective, mental resilience—the ability of the mind to adapt and recover from stress, challenges, and adversity—is directly linked to the balance of the three doshas (Vata, Pitta, and Kapha) and the three gunas (Satva, Rajas, and Tamas). In the context of the digital age, these foundational elements of Ayurveda are increasingly disrupted, leading to diminished mental resilience. The digital overload caused by constant screen stimulation, multitasking, and information excess aggravates Vata dosha, which governs nervous system activity. This results in increased anxiety, restlessness, insomnia, and difficulty concentrating, all of which erode mental resilience. Similarly, the competitive and high-pressure nature of digital environments, particularly in the realm of social media, can

aggravate Pitta dosha, which governs focus and intensity. The result is heightened irritability, impatience, and burnout, undermining emotional stability and resilience.

Furthermore, the sedentary lifestyle associated with prolonged screen time disturbs Kapha dosha, which governs stability and structure. This imbalance can lead to lethargy, lack of motivation, and emotional stagnation, which reduces one's ability to adapt and cope with challenges. Ayurveda also highlights the importance of the three gunas - Satva, Rajas, and Tamas—in shaping mental health. In the digital age, the constant barrage of information and notifications diminishes Satva, the quality of purity, clarity, and balance, which is essential for mindfulness and inner peace. The overwhelming pace of digital interactions heightens Rajas, the quality of restlessness and mental agitation, making it difficult for individuals to find calm or focus. Moreover, excessive screen time, particularly before bed, exacerbates Tamas, the quality of inertia and dullness, leading to poor sleep and mental fatigue.

Ayurveda offers several methods to restore balance and resilience in the face of these challenges. Practices such as Dinacharya (daily routine) and Ritucharya (seasonal regimen) are essential components in Ayurveda for maintaining mental health. These practices emphasize a disciplined lifestyle that adapts to seasonal changes, promoting mental clarity and resilience. Dinacharya helps optimize daily activities to support the body and mind, while Ritucharya adjusts the routine according to the season's effects on mental health. Ayurveda's focus on the three qualities - Satva, Rajas, and Tamas - guides individuals in aligning their behavior with the changing seasons to boost mental resilience. Sadvritta encourages a virtuous lifestyle, integrating hygiene, diet, and exercise, which fosters mental clarity (Satva) and reduces restlessness (Rajas) and inertia (Tamas), preventing psychological and psychosomatic disorders. Achara Rasayana further promotes mental health through ethical and compassionate behaviors such as truthfulness and nonviolence. Medhya Rasayana, a category of nootropic herbs, nourishes the brain, enhances memory, focus, and emotional well-being. Treatment through divinity, including rituals and prayers, aims to purify the mind and balance emotions, while Yuktivyapashraya uses herbal remedies for cognitive and emotional stability. Satvavajaya Chikitsa strengthens mental clarity and mindfulness through practices like meditation and analytical thinking. Panchakarma therapies like Nasya and Abhyanga help detoxify the mind and body, restoring mental harmony. Lastly, Yoga and meditation further enhance mental resilience by calming the mind and reducing stress.

CONCLUSION

In conclusion, while the digital age has brought significant progress in communication, innovation, and efficiency, it has also introduced challenges, particularly in terms of mental health. The constant demands of staying connected and managing the overwhelming flow of information have led to increased anxiety, stress, and burnout. From an Ayurvedic perspective, mental resilience hinges on the balance of the doshas and gunas, which can be disrupted by the digital overload and high-pressure environments of modern life. To restore balance and mental resilience, Ayurveda offers various practices, including daily routines (Dinacharya), seasonal regimens (Ritucharya), and ethical living (Sadvritta). These practices, along with the use of rejuvenating herbs (Medhya Rasayana) and therapies like Panchakarma, help detoxify and harmonize the mind and body. Yoga and meditation further support mental clarity and stress reduction, offering holistic solutions for enhancing resilience in the digital age.

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