

The Effect of Spirituality on Mental and Physical Health

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Abstract:

Spirituality will be a thing of the past for most people, but the truth is that it is beneficial for the mental health of man. Spiritual power makes a man strong from within. Spirituality is not just a new trend. This word has different meanings for every person. Simply put, it gives a better meaning to our lives. Some people believe that spirituality is religious, but it is not so. To be spiritual is to be beyond all kinds of bondages. Just as it is important to take care of your physical health, mental health is also important. Due to this pandemic, our mental health has been badly affected for many months. Due to this, the discussion on this topic has increased. In these negative times, it is important to maintain your inner peace and this is what spirituality does. How can spirituality make a man mentally and physically healthy? How does spirituality affect mental health? How does spirituality affect physical health? The topic of research has been chosen to find answers to these questions.

Keywords: Spirituality, Mental Health, Physical Health, Meditation, Yoga

Research Methodology:

This research is based on secondary data. The data for the research paper is collected from books, newspapers, and websites.

Introduction:

Meditation is the best path from the point of view of spiritual health. Meditation connects us to the inner self. The purification of the inner self, the experience of divine bliss come to us through meditation. It is best if the time, place, and use are regular. Yogasanas should be done before meditation. This awakens and energizes the body and the nervous system. After yoga, pranayama should also be done for some time. Due to this, the respiratory system is healthy, the brain becomes energetic and the mind becomes stable. When sitting for meditation, keep your face towards the east or north, due to which we get the benefit of the magnetic power of the sun and the earth. One should also take care of the precautions to be taken while meditating, but not by being rigid. Sunrise time is more suitable for regular sitting in meditation. In the morning, there is easy peace and calmness in the atmosphere.

By the way, the English-language translation of the word health, health, is not accurate. The definition of health is given concerning disease and it is said that being free from disease is health. Whereas the meaning of the word health in the Hindi language is broad. Health is not only to be free from disease but to be situated in oneself. That is, the person who is situated in "self" is called healthy. If you look from this point of view, you will find that all are unhealthy in the world, because no one is situated in himself. Some are identified with the

body, some with the mind. Everyone has forgotten the Self. Therefore, not everyone can be said to be healthy even if they are not sick. On the surface, we define three types of health. Physical health: when the body is free from germs, mental health: when the mind is Akshaya-free, spiritual health: when your "being", the mind, is free from the ego. In other words, this is called being free from the soul-consciousness. That is, freedom from the feeling of "I am this body and mind" is spiritual health. Physical and mental health have no value without spiritual health.

There is really no opponent to spirituality, there cannot be, because knowing is our interest, but just as we are half-completed, so is our knowing. The world is not opposed to spirituality, the world is an advocate of half-heartedness. Those who say that it is not right to be spiritual, understand what they are saying, they are saying that it is okay to be spiritual, but a little too much. Spiritual awakening is not a condition but a process. In such a situation, the symptoms of his awakening are not of his complete awakening, but of the beginning of that process. Whenever the mind starts questioning its existence, it is from there that spirituality begins. Every human being questions his existence at some point or the other, which means there is a thirst for spirituality in every soul. But this question often arises from the miseries of life and ends with happiness. The person who contemplates even happiness can say that spiritual tendency. Now the thirst is there, but what we do to quench, it shows our spiritual speed. Only one mantra chanting, discourses of a guru, self-study, contemplation, etc., tell to what extent we have reached in spirituality. These are all symptoms, but not of the condition, of the process.

In Indian philosophy, the governing body and life are the five elements – soil, water, air, fire, and sky. Like the sky element, the human mind is flooded with many concepts, concepts, and ideas. Whatever goes on in this sky-like mind of man has a direct effect on our bodies. That is, the more healthy, beautiful, and picturesque the mind is, the healthier and more beautiful the body will automatically be. So will our physical immunity. To be honest, health is a balance. The calmer the human mind, the more meditative it is (which is a prerequisite for yoga), and the more pleasant it will be in the experience of bliss, which is the basis of spirituality. That is why yoga, spirituality, and mental peace are the basis of a holistic, balanced, prosperous, and beautiful-pleasant life in Indian life view. These are the mainstays of the right balance between body and mind. A healthy body is necessary for a healthy mind and a healthy mind for a healthy body. Like there are two bases for every balance in the human body – two hands, two legs, etc.; Similarly, health also has two bases – mental and physical. In this Triveni of yoga, spirituality, and mental health, striving to fulfill the life flowing can be giving us a proper, meaningful, and right life vision. It is important to understand this.

Mental health refers to the mental state of a person by which he can make personal and social adjustments in different situations. If the behavior of a person does not differ much from the average behavior of most people, that person will be called a normal person as well as a physically healthy person. We can say that mental health is a positive and relative quality of life, it is that condition that is characteristic of a person who has his ability and specialty which fulfills the needs of life based on his strength and limitations.

Spirituality means our inner reality and meditation means uncovering this inner reality of ours, Kundalini is the dormant form of an inner being of our body, it is a power, a consciousness whose active form is responsible for breathing as we wish. Whether awake,

asleep, or in meditation, this active consciousness keeps on controlling the life energy inside us. According to research, mental health generally includes the social well-being of a person related to psychological and emotional standings. Mental health affects the way people think, act and feel. In addition, mental health has the potential to help you determine how to handle stress, other options, and effective ways to relate to other people. Mental health is the adjustment made by human beings towards the world and every other person with maximum happiness and effectiveness. Eminent scholars Harvij and Scheid in their book 'Approach to Mental Health and Illness' have defined mental health saying that it includes many dimensions are related - to self-esteem, feeling of inner strength, ability to maintain meaningful and good relationships, and psychological superiority.

Health is generally seen about the body, but for complete health, it is necessary to have a calm and balanced mind along with the body and purity in the expressions. The health of both body and mind is an essential condition of complete health. Having this perfection depends more on our mental health. Talking about the Indian context, Indian life-view has evolved gradually according to the guidelines and signs of nature. Indian cognition is a practical understanding derived from knowledge and life experiences developed parallel to nature. That's why we consider all aspects of life in its entirety and have been associating the stages of life with a stream of thought that sees and understands development in a cyclical direction. The life-view in Indian society like life-cycle, season-cycle, crop-cycle, has developed from nature-inspired life experiences, which could be made an integral part of Indian life-philosophy with the help of principles of yoga and spirituality. These have been the regulators of our ancient Indian civilization.

Spirituality means the study of the soul, the quest to know oneself, the seeker of God, the seeker of truth. This is a feeling that human has a thirst, but it does not mean that as soon as this house comes, all other expressions will disappear immediately or will go away, other expressions will also remain. Every person is a mixture of many feelings, but one of his feelings is the main one, which we call passion these days. Every person is a mixture of many feelings, but we cannot say that if you have this feeling within you, then there should not be other feelings. Just like someone is a very good painter but he also knows martial arts, then we cannot say that you make beautiful pictures, how do you fight and or like a person who sings very well and is a father too much alcohol, then orthodox People will say that what will he sing, he drinks a lot of alcohol, but both are completely different things, what is the relation of alcohol with singing, but people judge things in the same way. Similarly, if a person is spiritual, it does not mean that he cannot do other work or he cannot tell this thing to anyone. There is no relation of spirituality with external things, just that feeling is thirsty, then the person is spiritual.

Spirituality and religion are not the same things. Spirituality and religion are both parts of the culture. The spiritual person believes or does not believe that there is a God superior to man, such power or such 'someone'. Both believers and atheists can be spiritual. Religion shows man the way to live. But at times righteousness is expressed through rituals, praise to God, worship, prayer. Spirituality, on the other hand, is not tied to rituals. Yet, religiosity, faith, and spirituality go hand in hand. People who are inclined towards spirituality are often religious too. The 'Self' is discovered in various ways such as reading religious texts, interpreting them, discussing their meanings, participating in debates, chanting, chanting, calming the mind, meditating, and enhancing the mind.

The Effect of Spirituality on Mental and Physical Health:

Spiritual philosophy solves the problem of man, not just the symptoms. It is the process of realizing a power greater than oneself. Spirituality gives a person new philosophy about life, gives a new perspective. It promotes healthy habits in the mind and body. Whether you like it or not, spirituality gives mental and emotional peace to man. It gives satisfaction and security to man. Spirituality improves the mental health of a person. This gives a sense of security and belonging to the person. Spirituality teaches man to be content. This belief makes a person positive in life, especially in bad times. It can bring the individual closer to society, or help them build their social support system. When meaning and purpose are found in life, so does the feeling of satisfaction. It heals the body from inside and out. By doing spiritual work like meditation, one feels inner peace. It has been found in many types of research that meditation helps create mental balance and reduce the pressure on the heart. In short, it repairs the body from inside.

Meditation and spiritual philosophy infuse positive energy into the body. With this, you avoid nervous breakdowns while going through any difficult situation. Spirituality is not achieved in one go; it should be devoted to it. It enhances the quality of life. Spirituality promotes the formation of endorphins, no matter what is happening in the human body. It is also helpful in self-observation and self-empowerment. Spirituality enhances the quality of life. Spirituality focuses on the development of the individual. It teaches any person to adopt himself, from which a person learns to respect himself. This improves mental health. It makes man grateful. Spirituality means sharing and sharing – which teaches man to be grateful to all. Spirituality eliminates negativity, increases love, and brings each other closer.

Health is very important for the development of our country and society. According to the World Health Organization (WHO), "illness or physical infirmity must be treated well by physical, mental, social and spiritual means." reveals, they would have the confidence that they could cope with the stresses of life, the productivity that would be able to work and make a contribution to themselves or their community.

Due to the continuous development in electronic gadgets, man is rapidly adopting them. Because of this, he is getting away from himself. Internet, social media, mobile, Google Assistant, Alexa, etc. products have brought a new and exciting knock in the life of human beings. But due to its excessive use happening today, man has become lonely. These also adversely affect mental health. Whatever a child felt around him in his childhood, definitely has an impact on his future. If his parents used to quarrel in his childhood, it would have a bad effect. The child may remain troubled since childhood. Even as he grows up, due to this effect, he may continue to face problems in every field.

Today, a large population of the world is suffering from serious mental illnesses. Mental health has become a matter of concern all over the world. According to an estimate, about 450 million people all over the world are suffering from serious mental disorders. And in 2020, about 200 million people are suffering in India. Not only this, the person suffering from most mental diseases in the world is in India. The meaning of mental health - just as there are different types of diseases in other parts of our body, in the same way, the health of our mind, the mind also does not always remain the same. Many factors affect our mental health. Many times, due to adverse circumstances, environment, social and economic reasons, congenital malformations, depression, etc., mental problems start taking birth and the person becomes mentally unwell. It is worth noting here that we should be as aware of mental health as we are

about other diseases. And by getting treatment at the right time, mental problems like other diseases also get corrected. Mental health is a very serious subject in the present era, but still, people's attention is less towards it, the reason for this is that people know less about mental illness, their attitude towards this disease is very indifferent, mental health means that How calm is the person's mind when the mind will be calm only when the environment around the man will be friendly to the man. Mental health refers to the acquired behaviors that are socially adaptive and which allow an individual to cope adequately with his life. To deal with the situations of society and his own life, learns the behaviors to mold himself according to the need.

Physical health and mental health are closely linked and it is proved beyond doubt that depression leads to heart and vascular diseases. Mental disorders also affect individuals' health behaviors such as eating consciously, getting regular exercise, getting enough sleep, practicing safe sex, engaging in alcohol and tobacco use, complying with medical treatments, and thus increasing the risk of physical illness. increases. Mental ill-health also gives rise to social problems such as unemployment, broken families, poverty, drug abuse, and related crime. Poor mental health plays an important role in low immunity. Medically ill patients with depression tend to have worse outcomes than those with depression. Chronic diseases like diabetes, cancer, heart disease increase the risk of depression. Being healthy is one of the greatest pleasures. Therefore, physical health is also very important for mental health.

There is no single definition of spirituality as it differs from person to person. Only God and the things of worship are not seen in relation to spirituality. According to research, yoga, meditation, praying is also part of spirituality which is very beneficial for our mental development. Let us know how we can keep the body and mind healthy through spirituality. Stress has become a part of our life. We take stress on small things like deadlines, EMI, bills, relationship problems, family problems, etc. It affects our health. You can relax and remain calm through spirituality. You can take the help of yoga. Along with keeping the mind active, yoga also keeps it away from stress. To overcome depression, do yoga and meditation daily. Apart from this, sit for some time in one part of the house and think about the troubles of life without any stress. Doing this will keep you away from mental stress. By doing this process, you will be saved from depression. In many studies, it was found that two people who do charity, live longer. Those people are less prone to heart disease and other health ailments. Research said that people who are spiritually active do not have the problem of blood pressure. Stress and high blood pressure are related to each other. When you start doing religious activities. Due to this, your mind remains calm and gradually there is no problem with blood pressure. Spiritual activity improves human relationships and social relationships. Because of this, you meet new people. Good relationships give happiness and peace to man. There is no single definition of spirituality because the concept of spirituality differs from person to person. It is belief in something that is greater than you. But it is not only related to belief in God and religion. Yoga, meditation, prayer are also a part of spirituality and according to research, they are highly beneficial for mental health.

Meditation is the only system that has innumerable benefits. Meditation is a spiritual practice, it has many mechanisms, but the seeker who meditates in a successful way realizes these benefits, a mature spiritual seeker considers himself to be a soul and meditates on the divine element, within us is blissful, vital, vigyanmaya, manomaya. Anamaya kosha exists, we are situated in the anandamaya kosha in the form of a soul, as we meditate and increase, apart

from the anandamayakosha, all the four koshas start getting purified, the anandamaya kosha naturally remains pure, divine, and pure, we are the soul in nature. The unborn, an eternally pure holy Buddha, who is liberated-immortal, this mind, body, body, these three systems are the arrangements made for the soul's experience on this earth, which are born as a result of our actions.

Yoga is an integral part of Indian society. Yoga, coincidence, and cooperation are the three main advocates of our life. 'Yoga' means coupling, that is, to join things. The vast philosophy of Akhand in the block is the root of Indian philosophy. 'Coincidence' is the basis of the religious life approach of the Indian public, while 'cooperation' is the strength of our social system, on which the entire Indian society rests. The super-mind of man is created by yoga and the common mind of society is governed by coincidence and the mind of development of humanity is created by cooperation. That is why we are a society equally engaged in spirituality, secularism, and world welfare. The best yoga is cooperation, which is the basis of society. Yoga is considered the collective presence of physical, mental, spiritual, intellectual, and moral development through tolerance, sociability, and moderation. Yoga unites the individual, society, and the universe. Sanskar, sophistication, socialization, and the formation of a strong and successful personality are possible only through Yoga Vidya.

Yoga is a special discipline that enables the conscience of a human being to adapt with high vibrations to receive the infinite cognizant behavior happening around the world without any help from them. Yoga is the union of body, mind, and soul or mind-word-deed or soul and God. If it is not so, then it is not yoga. To indulge in indulgences, to struggle with worldly feelings is to ruin the body, unnecessarily invites many diseases. Man wants happiness and prosperity, wants a beautiful life, and ultimately wants to be successful in life. For this, desire, aspiration, and good thoughts are absolutely necessary, and unwavering dedication and hard work too. When we come to make this order, then comes the art of living life. That's when yoga comes in handy as a method to make life beautiful. As long as the sprouts of decency, generosity, kindness, compassion, love, benevolence, honesty, truthfulness, and non-violence do not sprout in life, greatness will remain a distant dream. Yoga produces the qualities of nature, of the soul, of God; Keeps man away from mental stress; Helps in getting rid of worry and fear; Protects man from envy, malice, hatred. The beauty of yoga is that it takes care of our entire personality, physical, mental, spiritual, and social, and repairs them equally. The body is trained and healed by rhythmic yogasanas, then the mind or psyche through meditation and pranayama. Above all, our spiritual needs are taken care of and fulfilled by Yoga through concentration on the Divine.

Solitude is the biggest risk for depression, but spiritual and religious tendencies promote social gatherings. Spirituality goes that living in a group reduces the risk of depression, so, if necessary, do not stay in solitude and stay in a group like a yoga group, group of friends, etc. The more you are in contact with positive people, the less the risk of depression will be reduced and the effect of positive energy on human beings will be visible all around. Spirituality creates hope and removes actions related to depression. There definitely comes a time when a person laugh remembering his past happy days and feels very energetic, only then does he get away from depression, so it is necessary that if there is sorrow in life, then happiness should be lost. By remembering the moments, one should avoid disorders like depression in the present and spirituality is the best way for this. By meditating, praying, and walking under the leadership of nature, the organs of the digestive system develop positively

and the organs start functioning well. By doing yoga and meditation daily, positive energy is transmitted in the mind and the entire negativity of the body gets removed, which gets rid of problems like mental diseases and depression and also keeps the body fresh and good mood throughout the day. According to some recent studies, spirituality makes a person more vulnerable to mental diseases. Researchers say that those who consider themselves spiritual, not religious, are more mentally ill. Along with this, irregularities in eating and drinking, anxiety, neurosis, and many types of disorders go home. According to the report in Daily Mail, such people also use drugs related to mental health more than ordinary people.

According to Professor Michael King of University College London, people who look at life from the perspective of spirituality are more mentally disturbed, compared to those who are neither religious nor spiritual. The study is based on questions about spirituality and religion from around 7403 women and men in London. It was found that spiritual people are 50 percent more likely to have mental illnesses than others. Such people are 77 percent more likely to become addicted to drugs. However, researchers say that extensive testing is needed in the context of this study. Mindfulness is a type of meditation that reduces stress. Find a quiet place, sit there and feel calm for some time. Try this technique whenever you feel overwhelmed. Mindfulness meditation can also help a person deal with depression. In many types of research, it has been seen that people who are involved in charity have a lower mortality rate, they live longer. They are also less prone to heart disease or any other chronic health problems.

Spirituality makes man enter into that life process that will make him move the innate intelligence within him for which the creator has chosen him. That is, for whom nature has chosen him, he has made it. If we understand just this simple thing, then we allow the process of life to go on uninterruptedly and do not interfere in the works of nature because that is the source of our creation. It is our intellectual weakness to doubt his arrangements. We should let 'nature' do its work, just understand its signs.

The important contribution of yoga is that it makes a person spiritual. Yoga has been an important part of our lifestyle since ancient times. It has helped make our conscience pure and strong. Due to this, not only did our spiritual development take place, but our emotional health was also improved, which also benefited us to remain physically healthy. A healthy body also affects the mind. If work is done for the wellness of the body, you will help the mind to become at peace. The advantage of spirituality is that you live in a positive mindset. And the disadvantage is that you start going into the pit of superstition, due to this people start taking advantage of you.

There can be no better solution to mental health than spirituality. There are 3 types of diseases in the world, they are physical, mental, and spiritual diseases. To overcome these three diseases and to realize self and know God, there is no other way in the world at this time than Siddha Yoga which is as simple and effective as it. Health is important for the development of the country. The World Health Organization (WHO) defines health as "a state of physical, mental, social and spiritual well-being and only the absence of disease or infirmity". WHO defines mental health as mental well-being in which a person realizes his or her potential, can cope with the normal stresses of life, works productively, and can contribute to his or her community? In this positive sense, mental health is the foundation of the individual's well-being and the effective functioning of the community. More than 450 million people suffer from mental disorders. The global burden of mental health will go

beyond the healing capabilities of developed and developing countries. The social and economic costs associated with the increasing burden of mental ill-health have focused on promoting mental health as well as the possibilities of preventing and treating mental illness. Thus, mental health is linked to behavior and is seen in terms of physical health and quality of life.

Mental health refers to the increase in mental powers. A person's mental health has an impact on his adjustment in various areas of life. Individuals suffering from any type of mental disorder experience difficulties in adjusting to different situations of their daily life. In today's difficult life, only a physically and mentally healthy person can achieve success in life. Therefore, it is very important to pay attention to mental health along with physical health in human life. At present, it is said that mental health is given more importance than physical health. It is believed that due to physical ill-health, the person himself is in trouble, but if the person is not mentally healthy, then he creates trouble for the whole society.

Conclusion:

A man should never make the foolishness of interfering with the perfection of nature. No matter how many great inventions we may make, one idea after another, all these are insufficient to understand the workmanship and understanding of that nature and nature. We can only imitate it because wisdom has its limits. Any meaningful effort towards understanding it can be made only by rising above the intellect. In this direction, spirituality is a simple method of understanding the universe, which makes a man feel that he is a single one of which he is just a tiny particle. Spirituality is not a detachment from life, but a system of love that is never broken with life. In the time of this corona pandemic, we all should adopt spirituality so that the mental and physical health of the people can be improved. Meditation and yoga are proving to help get rid of many types of diseases. Similarly, we can also make spirituality a part of our daily routine and keep ourselves healthy in this difficult time.

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