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Dean's Grand Round

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Spirituality for Clinicians

Dr B.N. Gangadhar

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Spirituality: Clinical Applications

- Spirituality in total health
- In the care of patients
- Role of Yoga
- Mental Health benefits
- Defining Spirituality
- Doctors to be spiritual
- Facets of spirituality
- A curriculum in training

THE WORLD HEALTH ORGANIZATION'S DEFINITION OF HEALTH: SOCIAL VERSUS SPIRITUAL HEALTH

(Accepted 15 March, 1996)

ABSTRACT. The World Health Organization formulated its definition of health following World War II, during a period when the social health of societies was in question. Since that definition in 1946, social scientists have dutifully followed its precepts and attempted to operationalize its concepts, including social well-being. But, American social scientists have found that psychosocial well-being may be a more accurate formulation of mental and social well-being, and they have questioned the reasonableness of a definition that requires complete health. It is proposed that scholars refine the WHO definition over the next several years, while at the same time creating bridges between a new conceptual definition and more detailed operational definitions. An expansion of the WHO definition may be necessary to include a **spiritual dimension of health** if social scientists can agree that spirituality is part of health and not merely an influence.

Ayurveda: Spiritual Health

*sama dosha sama agnischa
sama dhatu mala kriyaah |*

*prasanna atma indriya manah
swastha iti abhidheeyate ||*

Sushruta Samhita

Spiritual Lifestyle for Wellness (Bhagavadgita)

युक्ताहारविहारस्य युक्तचेष्टस्य कर्मसु ।
युक्तस्वप्नावबोधस्य योगो भवति दुःखहा ॥ १७ ॥

*yuktāhāra-vihārasya yukta-ceṣṭasya karmasu
yukta-svapnāvabodhasya yogo bhavati duḥkha-hā*
Moderation in actions keeps out suffering

Spirituality, Yoga, Mental Health

Yoga as a Tool for Spirituality



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Yoga and Spirituality in Mental Health: Illness to Wellness

P. Kishan¹

**मनः प्रशमनोपायो
योग इत्यभिधीयते**

**manah praśamanopāyo
yoga ityabhidhīyate
(*Yoga Vasishta*)**

**(The method of calming
the mind is called yoga)**

Connectedness from Yoga (compassion)

संयोगो योग इत्युक्तो जीवात्मा परमात्मनः
(Samyoga Yoga Ityukto Jivatma Paramatmanah)

Blending my personal consciousness with that of cosmic is the final outcome of Yoga

The ‘connectedness’ with cosmic consciousness preceded by similar bonding with others

The experience of Yoga (being connected)

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“A Feeling of Connectedness”: Perspectives on a Gentle Yoga Intervention for Women with Major Depression

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Defining ‘Spirituality’

- **Faith in something more than human**
- **Not reachable to the physical senses we know**
- **A yearning to connect with this cosmic thing**
- **Acceptance & feeling for this cosmic ‘thing’**

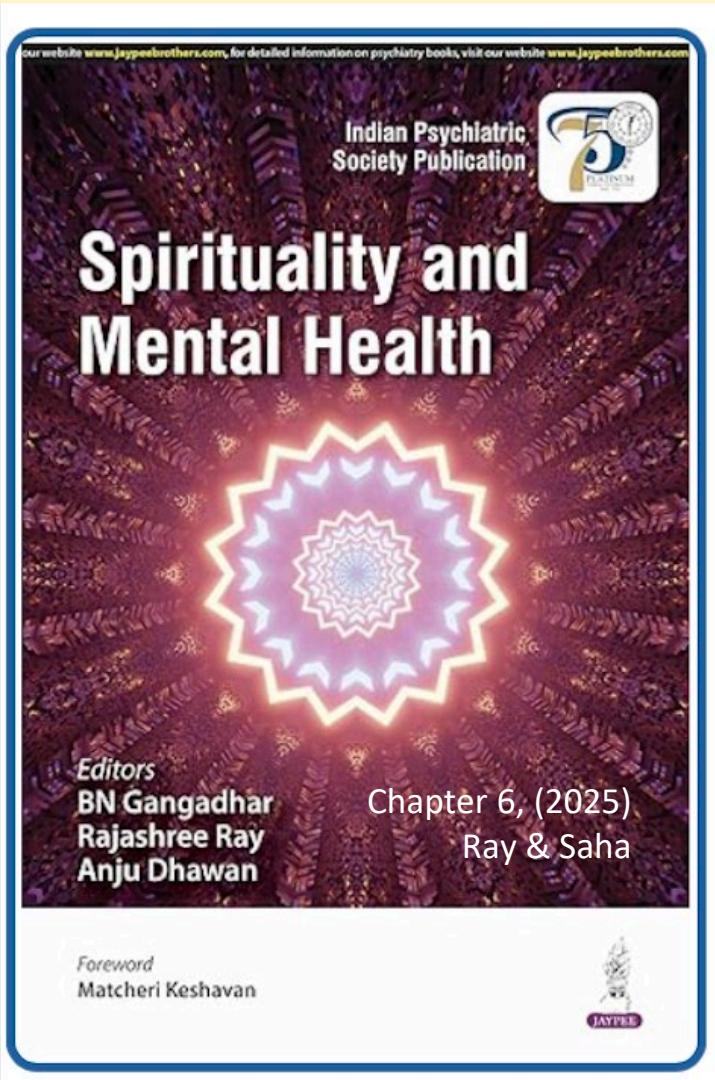
There are other 'translations'

- **Find a 'purpose' beyond mundane needs**
- **From 'worldly life' to 'live for the world'**
- **Expand consciousness from 'me' to 'we'**
- **Experience the 'connectedness' with others**
- **Secondary changes in individual....**

Means to/practice of Spirituality

- **Karma Yoga: Dedicated action without expectations**
- Concept of “puNya”.... *‘paropakarah puNyaaya’*
- Other: Inculcate ‘universal love’/compassion
- Religious: God as the Superhuman ‘thing’
- God ‘within me’: reach Him by a trek inwards
- *There is no ‘the only one’ right method....*

Curriculum for Spirituality in Med Education



- **Be sensitive to spiritual needs of patients**
- **Understand the cultural & faith backgrounds**
- **Be objective, without mixing one's beliefs**
- **Facilitate discussion on his/her spiritual needs**
- **Practice of yoga/meditation helps spirituality**
- **To be included in the curriculum**
- **Teachers to demonstrate skills as models**
- **Continuous professional development credits**

Clinical Profession is Divine

We are agents for doing His actions
tvadeeyaya karyaaya badhdha kateeyam

Work is Worship in action & spirit
स्वकर्मणा तमभ्यर्च्यं सिद्धिं विन्दति मानवः ॥BG 46॥

Action with Perfection
तस्माद्योगाय युज्यस्व योगः कर्मसु कौशलम् ॥BG 50॥

Focus on action without attachment
योगस्थः कुरु कर्माणि सङ्गं त्यक्त्वा धनञ्जय ॥BG 48॥

Inject that ‘will’ required for healing



Summary: Be practically Spiritual We are treating the divine person

- 1. Spiritual Health too is important in definition**
- 2. Patients/caregivers may have spiritual needs**
- 3. A curriculum on spirituality in Med education**
- 4. Practices for doctors & patients: The Yoga**
- 5. Be Good & Do Good (Swami Vivekananda)**
- 6. Nurture this Purpose in one's life**

Thank you



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Spirituality for Clinicians (15 slides)



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