

P02-268 - IMPARTING SPIRITUAL PRACTICES ENHANCES RECOVERY FROM ANXIETY RELATED DISORDER

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Introduction: In 1808 German physician coins the term "Psychiatry". Before that Doctors treating mental patients were termed "Alienist Doctor", as the patients were kept in alienation in that era. Before that in ancient times Hippocrates 460-377B.C identify epilepsy derives from brain, Plato 387B.C teaches brain is the seat of mental disorders. Philosophers or the religious monks tackled the behavioral problems or worries or the hopelessness of suffered soul by their deeper insight as to the cause of sorrow or sufferings and the way towards relief from them. Lord Buddha Founder of Buddhism admitted "Attachment is the cause of all evils". Bhagbat geeta the epic of Hindu mythology teaches on an unattached form of work, perform the works as duty and never impart "self sense" .as they echoed on indefiniteness of soul in the life & which cannot be destroyed by fire, death or hit by any way. The seat of a divine soul inside the human body makes the definite body "indefinite".

Objectives: Amalgamation of spiritual ideas and practices may help in the recovery of minor mental stresses & some disorders. It is ascertained here.

Methods: 72 patients (44 male & 28 females in the age range of 24-46, .), those were suffering from anxiety disorders GAD and Ac. Panic disorders were matched against an equal number of other 72 patients as per ICD_10. 1st group receives spiritual philosophy and practices for 10 minutes each day.

Results: Fast recovery & sustainability in the 1st gr. were observed against the control gr. who receives drug alone.

Conclusion: Imparting philosophy or spirituality helps in recovery of mental state.