

P01-114 - ABATING ANXIETY & SUSTAINING PEACE IN MIND IS POSSIBLE THROUGH CONTINUOUS PRACTICE AND DEVOTION IN EASTERN PHILOSOPHICAL DOCTRINE

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Introduction: Keeping off anxiety from mind & its bodily symptoms is a challenging task through centuries. Cause of anxiety is broadly viewed as Hereditary & Environmental factors. We have some drugs to lessen acute/ generalised anxiety. What will happen if the environmental stimulus is sharpened or reduced gradually.

Objective: In eastern philosophical doctrine anxiety is seen as either sexual urges oriented or materialistic senses. In psycho-analytical theory of Sigmund Freud, disguised libidinal senses that are trying to come in surface is viewed as the primary cause of anxiety. There is a similarity that libidinal or sex thoughts, usually socially unacceptable are seen as the sole cause of anxiety mainly.

Aims: Unfolding of eastern spiritual or philosophical doctrine will show some path in attaining a less anxiety state in an enduring pattern.

Methods: Hindu saints saying, "women and financial assets or materialistic objects are all evils like poison. If you are dipped into it, peace will not be achieved in your mind" - Sree Ramkrishna.

Anxiety relieving is attainable through lifelong practice & devotion. According to Swami Vivekananda who delivered excellent speeches in Religions of Parliament in Chicago, in 1893 said "If you are honest for each moment... you have gained the highest state, nothing (worry or anxiety) could touch you."

What is practice? Meditation meaning cutting the mind from external world for few minutes or hours and keep the body & mind calm, tranquil & free from all earthly thinking.

In performing Work, stay in a non-self, or a non-"I" doing way of thinking.

Results: Meditation, non-attachment will bring relief.

Conclusion: Dispassionate, non-myself sense working & de-attachment are key-factors.