

P02-265 - MIND AND ITS TROUBLE AS ASPIRED BY THE CENTURY OLD PHILOSOPHERS AND SAINTS IN INDIA

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Introduction: Mind and its role in human growth and development & its different layers are always an arena of great interest to the ancient philosophers as well as the religious teacher of ancient India. In different religious sectors in Hinduism or in Buddhism mind and its control was a key factor in attaining the bliss or the enlightenment.

Objectives: Here we examine some of the relevant philosophical doctrines that may be applied/amalgamated with our modern pharmacology and therapy in a beneficial way. For the peace, calmness, attaining tranquility in disturbed mind our approach may be holistic with blending the aroma & flavour of those great philosophers' analysis on mind & their ways to derive a peaceful state in a restless mind.

Aims: It will be to beneficially tune the philosophers' insight into our modern way of management.

Methods: Here we will cite a few philosophers' connotation derived from GITA of Hinduism & from Buddhist Philosophy. According to Buddha "...attachment is the root of all evils in mind...". A non-attachment theory or a non-me-self doing the things keeps the mind free. The 4 noble truths preached by Lord Buddha are

- 1) There is sorrow in life.
- 2) There is cause for this sorrow or disturbed state
- 3) There is way for remedy of this.
- 4) That removal of sorrow or non-peace is possible in life.

In Bhagbat GITA In karmayog all works are directed to perform in a non-"I" state.

Calmness of mind could be achieved by "Practice" (meditation) & Dispassionate.

Conclusions: Philosophical aspects of mind will enrich our knowledge.