

## **MIND DISTURB, DEPRESSION, ANXIETY and INSOMNIA etc.**

(CONTROL CONTINUE THOUGHTS / OVERTHINKING)

Overuse of mind can damage brain cells.

### **Philosophical solutions**

#### **1) SLEEP :-**

- Go for sleep at 9.45pm
- Listen before sleep OSHO KUNDILINI Meditation Music 30 mins pause
- Listen after waking up in morning OSHO NAADBARAMAH Meditation Music 20 mins pause.

#### **2) SPEAK :-**

- One time only one thing can happen either Speak or thoughts.

#### **3) SCHEDULE:-**

- 10.00am to 6.00pm only office work.
- 6.00am to 8.00pm only jogging, play & pranayam.
- Meditation – Sit down folding your legs back down (Vajrasana). Soft breathing concentrating on your navel. Loosen up your body & body will bend forward completely to ground. The whole position is like an unborn baby in mother stomach. Stay in position 10- 15minutes with soft breathing & concentrate on navel.  
.....
- Take 20 minutes light sun at 8.00am OR 5.00pm.
- Always be in present (not in future or past) you may miss your consciousness but try to come back in present.
- Observe the thoughts.
- To stop thoughts as much as possible, close eyes & concentration on nose breathing.
- To stop thoughts only listen outside sound like birds, Nature Voice etc.

**NOTE :-** If you miss any above points then try not to miss it on next days, by this way only you can avoid repeating past problem.

## **Physician solutions**

### **CAUSES:**

- High Weakness So Multi Vitamin Deficiency like B12
- Low Lithium (Blood Test)
- Genetic
- Drinking Beer Regularly
- Drug Addict
- Break-up, Job Problem, Disturb life.
- While taking Anti depression Or Anxiety tables don't take Vitamin D, etc. supplement tables. It may cause more problem.

### **SYMPTOMS:**

- Mood Swings.
- Difficulty to taking Decision.
- Unusual Social Behavior.
- Consuming more time in W/C & bath can be a symptom of mind loaded.

### **SOLUTIONS:**

- Stop drinking Beer.
- Stop Drug.
- Improve Vitamin Deficiency B12 & D
- Reduce Caffeine, salt since it effect to increase Lithium
- To increase Lithium – Drink well water, Eat Pista, fish & Seafood.

★ Make fit full day schedule, 30 minutes morning jogging & at least 1 hours evening playing is very very necessary.

#### • **Eating**

**NO** :- Salty / Pack foods / Snacks / Sauces / Less Protein / White Bread / Pasta

**YES** :- 2 Times cardamom power in hot cup water / Fish / Fruits/ Eat raw green leafy

Carrot Juice / Sugarcane Juice/ Avocado/ Pista/ Kismis / Honey / Sugary / Chocolate /

Saturated fats / Ghee / Coconut / Berries.

★ In Ayurveda – Take Ashwaganda Ghan- 2 tablets + Brahmi Ghan 2 tables at morning & Ashwagandha Ghan 1 tablet + Jatamasi Ghan 2 tables at night. Also take 2 spoon

“Prasham” Syrup for better sleep.( Tablets take of Chaitanya Brand )

