

RELEVANCE OF NARADA BHAKTI SUTRA IN MENTAL WELLNESS

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Abstract:

Mental health problems like depression and anxiety are rising worldwide and current medical approaches focus only on symptoms. This shows the need for more holistic and preventive strategies. This paper explores the Narada Bhakti Sutra (NBS) [1], an ancient Indian text on devotion and divine love. Medical science has established that these tenets reduces stress hormones and increases happy hormones significant. This makes its relevant for modern mental health care. [2-7]

The study's objective is to analyze principles of NBS, including Param Premrupa **Param Premrupa** (Supreme Love), **Ahamkara Vigalana** (dissolution of the ego), and **Nirodha** (cessation of worldly desires) [1], and demonstrate their direct, therapeutic application to modern psychological distress. The methodology employed is theoretical analysis and application of the spiritual tenets of the NBS [1] with concepts from contemporary psychological approaches like **Cognitive Behavioral Therapy (CBT)** and **Acceptance and Commitment Therapy (ACT)** [3-7] . The analysis shows that NBS principles can help reduce anxiety, depression, and stress by addressing their root causes, not just their symptoms. Practices like surrender, non-attachment, and cultivating virtues encourage resilience, peace of mind, and emotional strength.

The conclusion is that the NBS provide a unique, transformative framework for addressing the root causes of suffering [4, 5] of mental health issues. The NBS provides a timeless and universal path to inner peace , resilience, and lasting psychological well-being , advocating its integration into contemporary mental health discourse and practice. It should be seen as a valuable complement to modern psychology, helping people move **beyond short-term relief toward lasting inner well-being**.

Keywords— Yoga ancient text, Mental Wellness,Narad Bhakti Sutra, ACT,CBT, Supreme Love, Holistic Health, Spirituality, Wellbeing, NBS.

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