

Leaf
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AYURVEDA, HEMP AND MENTAL HEALTH: FINDING SERENITY IN CHAOS

Being in a blend of emotions, it's often difficult to find the right Remedy that can help you calm your mind.



It's okay to feel a mounting of emotions weighing you down.

Frustration, Irritation, Grief, Gloominess, Anxiety, Tension, and worry are like pages of your book that you have to encounter daily. Frustration from the inability to complete daily chores, Irritation from having to handle situations alone or simply the feeling of loneliness are all emotions that many of us have to face on a daily basis.

The mind is constantly amidst these confusions that need to be clarified to make decisions without being deceived.

AYURVEDA AND MIND

According to Ayurveda, the mind is the essence of health. Ayurveda views health as a state of total energy that permeates all aspects of our lives, not only being free of disease. Because of this, the Ayurvedic method of treating any one component of our health starts with considering who we are as a whole—body, mind, and soul. Mind is a complex world on its own. It's a wonder that many individuals still stand strong without losing their calm while going through the most complex situations.

In the Ayurvedic context, the mind is called an Upaindriya, a sense organ that has the function of both karmendriya and Njanendriya. According to Ayurveda, even seemingly insignificant mental disturbances can have a profound impact on how we conduct our lives and contribute to a wide range of physical and mental illnesses.

The human being, according to Ayurveda, is the mind's crystallization. Therefore, the mind is crucial to our general health, just as poor agni and indigestion are the causes of all ailments. In truth, there are very real ways in which mental ama (toxins) and lingering feelings can cause sickness.

For instance, unresolved sadness can harm the lungs, leftover rage can build up in the liver and interfere with its function, and prolonged worry can harm the colon's health. In addition to these, there are a plethora of different ways that mental disorders can appear as physical illnesses.

When it comes down to it, the mind has a huge amount of influence and a very strong impact on our general health and well-being, therefore it is genuinely deserving of our serious care and attention.

The influence the mind has in the body is immense and thus it needs the right nutrition to support and sustain the wellbeing of the body.

HEMP FOR MENTAL HEALTH

There is a wide range of herbs in Ayurvedic classics that have the potential to optimize cognitive functions and stabilize the mind. One important herb among them is Hemp or Cannabis sativa.

According to a recent study done on the efficiency of hemp in managing cognitive stability. It was found that hemp activates CBD receptors present in the central nervous system and decreases the release of neurotransmitters glutamate, gamma-aminobutyric acid (GABA), serotonin and norepinephrine and provides synaptic control of upstream neurotransmission, thereby reducing the impact of negative emotions on the body.

Another study conducted on the therapeutic efficacy of hemp concluded that CBD and CBD-containing compounds such as nabiximols were helpful in alleviating psychotic symptoms and cognitive impairment in patients with a variety of conditions, and several studies provided evidence of effectiveness in the treatment of cannabis withdrawal and moderate to severe cannabis use disorder with Grade B recommendation. There is a Grade B recommendation supporting the use of CBD for the treatment of schizophrenia, social anxiety disorder autism spectrum disorder (ASD), and attention deficit hyperactivity disorder (ADHD).

ANANTA HEMP WORKS

Anata Hemp Works is a hemp startup initialized by a group of young Ayurvedic doctors and others who wish to convey the exceptional medicinal properties of hemp to the public. Here at Ananta we source the hemp cultivated hemp and create authentic and proprietary medications that help you balance your inversely.



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