

## Ancient wisdom for Modern Times: Ayurvedic insights into smartphone addiction and Health

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### ABSTRACT –

Ayurveda, the ancient Indian system of medicine, offers a holistic approach to mental health. It emphasizes the interconnectedness of physical, mental, and spiritual wellbeing. Ayurveda describes three fundamental qualities (gunas) that influence mental health: Sattva (balance, harmony), Rajas (activity, passion), and Tamas (inertia, darkness). In today's digital age, excessive mobile usage has become a significant concern, leading to a range of physical and mental health issues. This paper explores the ancient wisdom of Ayurveda to address the modern challenge of mobile dependency and its impact on overall wellbeing (swasthya). By examining the principles of Ayurvedic medicine and its holistic approach to health, we identify potential strategies for mitigating the negative effects of mobile dependency and promoting a healthier balance between technology use and overall wellbeing.

**Keywords** -Swasthya, dosha,triguna,vata,pitta,kapha,dincharya,Rajas,tamas,satva,guna,samdosha

### I. INTRODUCTION-

In Ayurvedic philosophy, addiction is viewed as an imbalance in the body's three primary energies, known as doshas (Vata, Pitta, and Kapha). The excessive use of mobile phones can disturb this balance, leading to mental, emotional, and physical disturbances. Ayurveda emphasizes that addiction, including mobile addiction, is often the result of a disconnection from one's true self and nature, which causes the mind to seek distractions or stimulation from external sources. Mobile addiction can be seen as a manifestation of an overstimulated mind (due to excess Pitta) or an overindulgence in sensory pleasures (linked to an imbalance in Kapha). It also leads to a disruption in sleep cycles, digestive health, and emotional well-being. Ayurvedic practices suggest that restoring balance through mindful living, meditation, herbal

remedies, and proper lifestyle habits can help reduce dependence on mobile devices and promote a healthier relationship with technology. By focusing on holistic approaches, Ayurveda offers a pathway to heal both the body and mind from the detrimental effects of excessive screen time.

### Defination of swasthya

सम दोषाः समाग्निश्च सम धातुमलक्रियाः।

प्रसन्नात्मेन्द्रियमनाः स्वस्थ इत्यभिधीयते ॥<sup>(1)</sup>

In Ayurvedic medicine, the concepts of "Swasthya" (health) are based on the balance of three Doshas (body energies), Agni (digestive fire), and the overall equilibrium of mind, body, and spirit. The terms Samdosha, Samagni, and their imbalances are central to understanding health and disease. When these principles are disrupted by excessive use of mobile phones or other harmful habits, they can lead to various health problems.

### Aim -

The primary aim of studying mobile addiction in Ayurveda is to understand how the excessive use of mobile devices impacts physical, mental, and emotional well-being, and to explore Ayurvedic perspectives and solutions for restoring balance and promoting holistic health.

### Objectives :

To Assess the Impact of Mobile Addiction on Doshas: Analyze how mobile addiction disturbs the balance of the three doshas (Vata, Pitta, and Kapha) and leads to physical and mental health issues.

To Identify Symptoms of Mobile Addiction: Study the symptoms related to excessive mobile use, such as eye strain, sleep disorders, mental fatigue, and anxiety, from an Ayurvedic viewpoint.

To Promote Ayurvedic Remedies or lifestyle modification for Restoring Balance.

## II. METHODOLOGY –

The whole article is based on literary review collected from classical Ayurvedic texts, modern books and journals. The text from Brihatrayee i.e., Charaka Samhita, Sushruta Samhita, Ashtanga Samgraha and Ashtanga Hridaya or modern research articles on smartphone addiction

The research revealed that smartphone addiction affects the mind and body in ways that align with Ayurvedic concept

**Imbalance in Doshas:** Overuse of smartphones tends to aggravate the Vata dosha, which governs mental activity and communication. Prolonged screen time can lead to overstimulation, anxiety, and disturbed sleep.

अतिप्रवृत्तिः सङ्गो वा सिराणां ग्रन्थयोऽपि वा।

विमार्गगमनं चापि स्रोतसां दुष्टिलक्षणम् ॥

Increased flow or obstruction or formation of nodules and flow of bodily fluids or contents in the wrong or opposite direction are the features of morbidity of srotas.

**Disruption of Agni:** Excessive screen time can interfere with digestion and metabolism, weakening Agni, which affects physical and mental health. The sedentary nature of smartphone use can also disrupt the body's natural rhythms.

Sadhaka Agni's function is to help the mind process emotions and experiences, and its imbalance can lead to emotional dysregulation.<sup>(4)</sup>

**Depletion of Ojas:** Continuous engagement with smartphones reduces Ojas, the vital energy responsible for immunity, vitality, and mental clarity, making individuals more susceptible to stress and disease.

स्तब्धगुरुगात्रता वातशोफो वर्णभिदो ग्लानिस्तन्द्रा निद्रा च  
व्यापन्ने। मूर्च्छा मांसक्षयो मोहः प्रलापो  
मरणमिति च क्षये॥<sup>(3)</sup>

**Psychosomatic Effects:** According to Ayurveda, the mind-body connection is crucial. Smartphone addiction can lead to mental fatigue, emotional

instability, and a decrease in physical vitality, mirroring Ayurvedic descriptions of imbalances.

कामादिभिर्मानस उपघातः प्रभावादेवाच्च दूषयति।  
एवमशुच्यप्यन्नमशुचित्वेन ज्ञातं मनस  
उपघातकत्वादामदूषकं भवति।<sup>(2)</sup>

**Lifestyle Adjustments:** Ayurveda emphasizes daily routines ("Dinacharya") that can counteract the effects of smartphone addiction. Simple practices like limiting screen time, engaging in physical activity, and maintaining a consistent sleep schedule can help balance the Doshas.

**Herbal Remedies:** Certain Ayurvedic herbs like Ashwagandha, Brahmi, and Shankhapushpi are known to calm the mind, improve focus, and reduce anxiety, which can be beneficial for those struggling with smartphone addiction.

**Mindfulness and Meditation:** Ayurveda recommends mindfulness practices such as Pranayama (breathing exercises) and meditation to help individuals regain mental clarity and reduce the stress associated with constant digital engagement.

**Dietary Recommendations:** Ayurveda suggests that a balanced diet, rich in whole foods, can improve Agni and Ojas, helping to reduce the negative impacts of digital overuse. Avoiding stimulants like caffeine and opting for soothing, grounding foods can help restore balance.

## Yoga

वपुःकृशत्वं वदने प्रसन्नता नादस्फुटत्वं नयने सुनिर्मले।  
अरोगता बिन्दुजयोऽग्निदीपन  
स्राडीविशुद्धिर्हृत्सिद्धिलक्षणम्॥

Hatho Prospan, Chapter 2, Sh-78)

yoga is a path to union with the Supreme Being, achieved through physical postures (asanas), breath control (pranayama), energetic seals (mudras), and meditation (samadhi), ultimately leading to inner peace and spiritual awakening.

## III. DISCUSSION

The study highlights that smartphone addiction, when viewed through an Ayurvedic lens, can be seen as an imbalance in the body's natural

rhythms. The constant stimulation of the mind through smartphone usage correlates with an overstimulation of the Vata dosha, leading to anxiety and mental fatigue. Ayurveda advocates for practices that restore balance, such as the use of herbal remedies, yoga, meditation, and dietary adjustments to help combat these effects.

#### IV. CONCLUSION

The findings of this study suggest that smartphone addiction, with its associated health impacts, can be effectively addressed through Ayurvedic principles. By incorporating Ayurvedic practices such as mindfulness, proper diet, herbal remedies, and lifestyle changes, individuals can restore balance to their mental and physical health. As modern society continues to grapple with the challenges posed by technology, ancient wisdom from Ayurveda offers a valuable, holistic approach to managing smartphone addiction and promoting overall well-being.

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