

“MENTAL HEALTH AND EMOTIONAL WELL-BEING IN THE VISION OF VIKSIT BHARAT: A HOMOEOPATHIC PERSPECTIVE”

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Abstract:

Emotional well-being and Mental health play an important role in shaping individual performance, social stability, and national economic growth. Homoeopathy views mental as well as emotional disturbances as integral to overall health and addresses them through a holistic and individualized approach. In agenda with the vision of Viksit Bharat, promoting mental well-being contributes to a resilient workforce, reduced economic burden of illness, and sustainable development. Such an approach underscores the relevance of homoeopathy in intensifying emotional resilience, preventive healthcare, and long-term national well-being.

INTRODUCTION

Mental health as well as emotional well-being are important factors that influence individual productivity, social harmony, and sustainable national development. Emotional well-being goes beyond the absence of mental illness and includes the ability to manage stress, maintain healthy relationships, and function effectively in daily life. Globally, mental health disorders contribute significantly to disability and economic loss, highlighting the need for preventive and people-centred healthcare approaches.

India's vision of Viksit Bharat at 2047 focuses on overall development, where health and well-being are central to national progress. A mentally healthy population strengthens the workforce, reduces the economic burden caused by illness, and supports long-term sustainable growth. Therefore, mental well-being is not only a public health priority but also a strategic investment in national productivity and development.

Homoeopathy views mental and emotional disturbances as integral parts of overall health and not as separate diseases. It follows a holistic and individualized approach, recognizing the close connection between mind and body. Homoeopathic philosophy states that emotional imbalance often precedes physical illness and must be addressed to achieve complete and lasting cure. By treating symptoms related to mental and physical together, homoeopathy helps in prevention, in stress-related and functional mental health conditions.

In the context of Viksit Bharat, homoeopathy can contribute to mental well-being by magnifying emotional resilience, encouraging preventive healthcare, and enhancing quality of life. This approach aligns with the broader objectives of inclusive healthcare access, preventive medicine, and long-term well-being.

CONCEPTUAL FRAMEWORK OF MENTAL HEALTH AND HOMOEOPATHIC CARE IN THE VISION OF VIKSIT BHARAT

Socio-economic & Lifestyle Challenges

(Stress, Competition, Urbanization, Work Pressure)



Mental & Emotional Disturbances

(Stress, Anxiety, Emotional Imbalance, Functional Disorders)



Holistic Assessment of the Individual

(Mind • Emotions • Physical Health)



Homoeopathic Approach

- Individualized treatment
- Mind–body integration
- Holistic healing



Restoration of Emotional Balance

- Improved coping ability
- Emotional resilience
- Stress reduction



Preventive Mental Healthcare

- Reduced disease progression
- Improved quality of life



Positive Health Outcomes

- Productive individuals
- Social harmony
- Reduced healthcare burden



National Impact on Viksit Bharat

(Sustainable development • Inclusive growth • Long-term well-being)

AIM & OBJECTIVES

- To explore the role of homoeopathy in promoting mental health and emotional well-being within the vision of Viksit Bharat and its potential contribution to sustainable national development.



- To review existing literature on mental health and emotional well-being in the context of India's Viksit Bharat vision.

LITERATURE REVIEW

OBSERVATIONAL DATA SOURCE	TYPE OF DATA	OBSERVATIONS
WHO – Mental Health in India (2022–2024 updated reports)		
https://www.who.int/india/health-topics/mental-health	National & global observational data	Mental health disorders contribute substantially to disability and economic loss in India; with rising prevalence of anxiety and depression and large unmet treatment needs.
National Mental Health Survey (NMHS), India (2016, published 2020)		
https://pubmed.ncbi.nlm.nih.gov/32126902/	Population-based epidemiological survey	Approximately 10–11% of adults suffer from mental disorders; treatment gap exceeds 70–80%, indicating limited access to timely care.
Mental Health & Economic Burden – WHO / World Economic Forum Estimates (2016–2022)		
https://www.who.int	Economic burden and productivity loss analysis	Mental health conditions lead to substantial economic losses due to reduced productivity, absenteeism, unemployment, and long-term disability, posing a major challenge to national economic growth.
Tele-MANAS National Mental Health Helpline (Govt. of India) (2022–2024)		
https://www.mohfw.gov.in	Service utilization data	High volume of mental health distress calls reflects increased awareness, unmet needs, and growing demand for mental health services.

NSS 71st Round – AYUSH Utilization in India (2014, published 2017)		
https://pmc.ncbi.nlm.nih.gov/articles/PMC5417584/	National health utilization survey	Around 6–7% of outpatient care uses AYUSH systems; homoeopathy widely utilized, especially for chronic and functional disorders.
CCRH Homoeopathic Case Registry (India) (2019–2024)		
https://hccr.ccrhindia.in	Clinical observational registry	Documented improvement in anxiety, stress, sleep disturbances, and emotional imbalance following individualized homoeopathic treatment.
Observational Case Series on Anxiety & Depression (IJRH / IJHS) (2020–2022)		
https://www.homoeopathicjournal.com	Clinical observational studies	Reduction in anxiety, depression, and stress scores; improvement in emotional stability and quality of life reported.
AYUSH Integration in Indian Public Health Policy (2025)		
https://www.frontiersin.org/articles/10.3389/fmed.2025.1629515	Policy and implementation analysis	Integration of AYUSH improves healthcare accessibility, supports preventive care, and reduces burden on conventional health systems.

METHODOLOGY

Study Design	Retrospective systematic review of existing literature
Study Focus	Mental health, emotional well-being, homoeopathy, and national health policy in India
Data Sources	PubMed Central, ScienceDirect, ResearchGate, Government portals, World Health Organization publications
Search Keywords	▪ “Viksit Bharat and mental health” ▪ “Homoeopathy for anxiety and depression” ▪ “AYUSH integration in mental health care” ▪ “Alternative medicine and emotional well-being in India”

Time Period	Publications from 2015 to 2025
Inclusion Criteria	Peer-reviewed articles, policy documents, and systematic reviews relevant to India or similar health systems
Exclusion Criteria	Non-English publications & opinion-based articles without empirical or policy relevance
Method of Analysis	Thematic analysis
Thematic Domains	1. Mental health priorities in Viksit Bharat 2. Homoeopathic approaches to mental and emotional well-being 3. Policy integration of alternative medicine

RESULT

1) Mental Health in Viksit Bharat

The reviewed literature identifies mental health as essential to national productivity, social stability, and sustainable development. The Viksit Bharat@2047 framework emphasizes preventive mental healthcare, digital services, youth and geriatric mental health, and workplace well-being. Observational data reveal significant regional disparities and a large treatment gap, especially in rural areas, linking mental health with NCD control, workforce resilience, and inclusive growth.

2) Homoeopathic Approaches to Mental Health

Observational studies and reviews report positive outcomes of homoeopathic treatment in anxiety, stress-related disorders, mild to moderate depression, and psychosomatic conditions. Individualized remedies such as Aconitum napellus, Ignatia amara, Lycopodium, and Sulphur are frequently used. Improvements in emotional stability, sleep, coping ability, and quality of life are commonly reported, with minimal adverse effects.

3) Policy Integration of Alternative Medicine

India's healthcare system formally integrates AYUSH therapies, with approximately 6–7% of outpatient care utilizing these services. Homoeopathy is widely used for chronic and stress-related conditions. Policy initiatives and international collaborations have strengthened institutional support, though challenges related to standardization and evidence generation remain.

DISCUSSION

This review highlights homoeopathy's alignment with preventive, holistic, and community-based mental healthcare within the Viksit Bharat vision. Its accessibility and individualized approach make it particularly relevant in underserved areas. However, stronger clinical evidence and interdisciplinary collaboration are required for wider integration.

CONCLUSION

Mental health is central to India's development goals. Homoeopathy, as part of the integrative health system, offers a complementary and holistic approach to promoting emotional well-being. With continued research and policy support, it may contribute to a resilient and mentally healthy Viksit Bharat.

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