

Psychoneuroimmunology through the lens of ayurveda: A holistic perspective on mind-body interaction and preventive medicine

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DOI: <https://www.doi.org/10.22271/phyto.2026.v15.i3a.15860>

Abstract

Introduction: Psychoneuroimmunology, an emerging field that explores the dynamic interactions between the nervous, endocrine, and immune systems, has gained significant attention in understanding the role of mind-body connections in health and disease. Traditional systems like Ayurveda have long emphasized a holistic approach, highlighting the interdependence of mental, physical, and emotional well-being.

Objectives: The present study aims to explore the principles of Psychoneuroimmunology through the perspective of Ayurveda, highlighting the conceptual similarities between mind-body interactions described in both systems. It further seeks to analyze classical Ayurvedic concepts related to mental health and immunity, and to evaluate their relevance in the context of modern preventive medicine.

Methodology: This study adopts a narrative review approach to analyze the interrelationship between Psychoneuroimmunology and Ayurveda. Data were collected from classical Ayurvedic texts, including Charaka Samhita and Sushruta Samhita, along with contemporary scientific literature sourced from peer-reviewed journals and electronic databases such as PubMed and Google Scholar.

Conclusion: The present review highlights a strong conceptual alignment between Psychoneuroimmunology and Ayurveda in understanding the intricate relationship between mind, body, and immunity. Ayurvedic principles such as the balance of mental and physical factors and the role of vital energy in maintaining health resonate with modern scientific insights into neuroendocrine-immune interactions.

Keywords: Psychoneuroimmunology, ayurveda, mind-body interaction, preventive medicine, holistic health, neuroendocrine-immune axis, Ojas, mental health