

Arjun Vishad Yog (Arjuna in Depression) – The first case of Psycho-analysis and Counselling: An Indian perspective

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Arjuna reports to the Lord Krishna about the weakness of his limbs, dryness of mouth, shivering of the body, goose flesh, Gandivam (Bow, weapon) slipping from the hand, a burning sensation in the skin, trembling lower limbs -unable to stand, dizziness and a confused state of Mind, and even talks about dying. The whole discourse of Bhagavat Gita is counselling process (to my consideration). It is stated that during the commentary of Bhagavat Gita the time stopped, and because the event took place in the battle field where thousands of people were there, but no one could hear the conversation between Lord Krishna and Arjuna. This is (as per me) correlated with contemporary concept of confidentiality and privacy in counselling. Another concept of contemporary counselling involved is surrender and trust where in Arjuna says to Lord Krishna that I have become your disciple and surrender to you for help and guidance. This concept is an insight from the Great Epic – Mahabharata where in Arjuna, the great warrior, faces the situational crises and asks Lord Krishna, great master, philosopher, highly respected person with lot of skills.

Biography

Balbinder Singh has completed his PhD from Guru Nanak Dev University. He had been working as Clinical Psychologist for almost five years in Bhatia Neuropsychiatric Hospital and Deaddiction Centre. Further, he has experience of teaching Clinical Psychology, Rehabilitation Psychology and Research Methodology in Psychology, in Banasthali Vidyapith, for more than six years. At present he is working as an Assistant Professor in the Department of Psychology, Guru Nanak Dev University, Amritsar, India. He has published two Psychological tests and has authored one book titled as "Rehabilitation Psychology". Further, he has published five research papers in national as well as international journals.