

IS BUDDHIST PSYCHOTHERAPY CAPABLE OF SOLVING MENTAL AND BEHAVIORAL DISORDERS?

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Psychotherapy teaches us how to treat and to care about a person. It has proved to be a window of opportunity as psychotherapy and Buddhism are basically therapy oriented. So the scope of psychotherapy has widened, and we can see that an increasing number in society has fallen prey to mental and behavioral disorders. Psychoanalysis is faced with a crisis situation today as it has become a source of treating nervous persons medically. This is where we can see how a neurotic person can be treated and transferred into functioning human being. So there is a challenge before psychotherapy in finding an effective solution to such disorders. Today, it's our duty to realize the potential dangers and then find a lasting solution. All countries and people around the world experience such mental and behavioral disorders. We find that the anxiety disorders are prevalent in every society. Problems such as stress and causes of stress have to be properly analyzed. We have to survey the existing literature and then solve the mental and behavioral disorders effectively. This study aims to ascertain the therapeutic value of Buddhism in dealing with and resolving mental and behavioral disorders with a special focus on Buddhist and psychotherapeutic texts. Various social and economic issues and health problems, stress and depression are potential factors contributing to such disorders. Some of the textual information has come from library material. The information is presented using descriptive analysis. Solving mental and behavior disorders with *Samatha* and *Vipassana* meditation methods (Tranquility and *Vipassana*) provide the basis for Buddhist Psychotherapy. These meditative methods, practiced with diligence and guidance, are known to help alleviate psychological problems, mental and behaviour disorders and ailments. The study shows that Buddhism has discovered that the realities of the mind, which are considered to be more important than the body. The *Dhammapada* says that the "Mind is the forerunner to all phenomena" and Buddha's teachings centre on mindfulness and its development in dealing with human suffering. Therefore, the Buddhist approach can be used effectively as a therapeutic technique in psychotherapy.

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