

**BRIDGING ANCIENT WISDOM AND MODERN PSYCHIATRY:  
A COMPARATIVE ANALYSIS OF THE TEN FETTERS  
IN EARLY BUDDHISM AND THEIR CORRELATION WITH  
CONTEMPORARY MENTAL HEALTH DIAGNOSES**

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The study aims to draw parallels between the Ten Fetters (*Samyojana*), such as sensual desire, ill will, and ignorance—and specific psychological disorders, such as anxiety, depression, and personality disorders, to uncover common patterns of mental hindrances. Additionally, it seeks to investigate the fusion of Buddhist practices, such as mindfulness and ethical conduct, with modern psychotherapeutic approaches like cognitive-behavioral therapy (CBT) and acceptance and commitment therapy (ACT) to create innovative psychotherapeutic methods. Finally, it presents a comprehensive mental health treatment framework incorporating ancient Buddhist wisdom into contemporary clinical practice. The anticipated psychological outcomes include a more profound comprehension of maladaptive thought patterns associated with modern mental health disorders through the perspective of the Ten Fetters. Furthermore, by integrating Buddhist practices with contemporary psychotherapies, this research has the potential to pave the way for novel psychotherapeutic strategies aimed at addressing the foundational causes of mental illness. Mindfulness-based interventions may enhance emotional regulation, cognitive control, and symptom reduction, offering new avenues for psychological well-being and overall healing.

**Keywords:** Mental health, *Samyojana*, mindfulness-based interventions, psychotherapies, Buddhist practices