

**Traffic and Psychology**

Traffic can have a significant impact on people's psychological well-being, affecting their mood, behaviour, and overall mental health. The objective of traffic psychologists is to investigate the emotional, social, and cognitive underpinnings of traffic-related behaviour, including road rage.

Non-professional drivers interviewed in high-congestion conditions have been found to exhibit elevated levels of stress, including frustration, aggression, irritation, and negative mood. Sitting in traffic can be incredibly stressful, leading to increased levels of cortisol, a hormone associated with the body's stress response.....

UAE stamp with signal and traffic police.



Traffic Signals meant to be followed by Motorist as well as pedestrian. Day by day the population and vehicles are increasing, which has brought congestion issues in urban area for the discipline driving and saving human life. But still accidents are happening in a big way. Due to work pressure and traffic congestion human behavior gets affected, in other way it has a negative impact on human psychology.

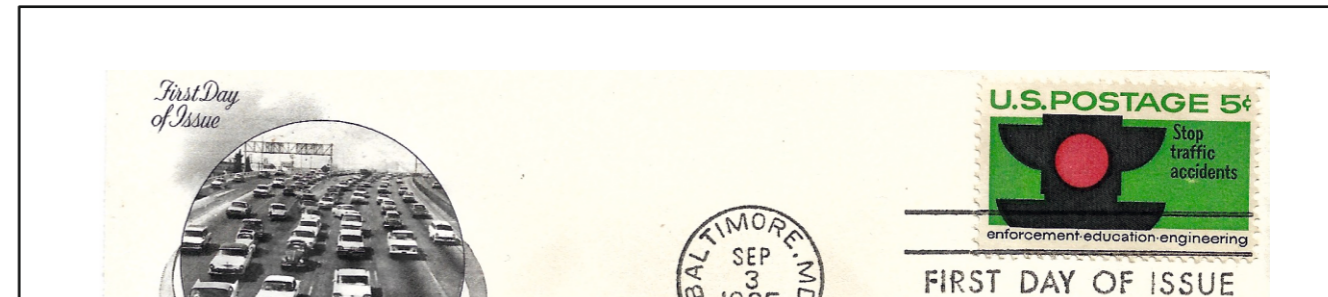


Traffic Day -stamp issued by Kuwait – 10 Files

Awareness cover issued by USA for Traffic safety

“Careless talks can Cost Lives” Slogan on postal history postcard from India.

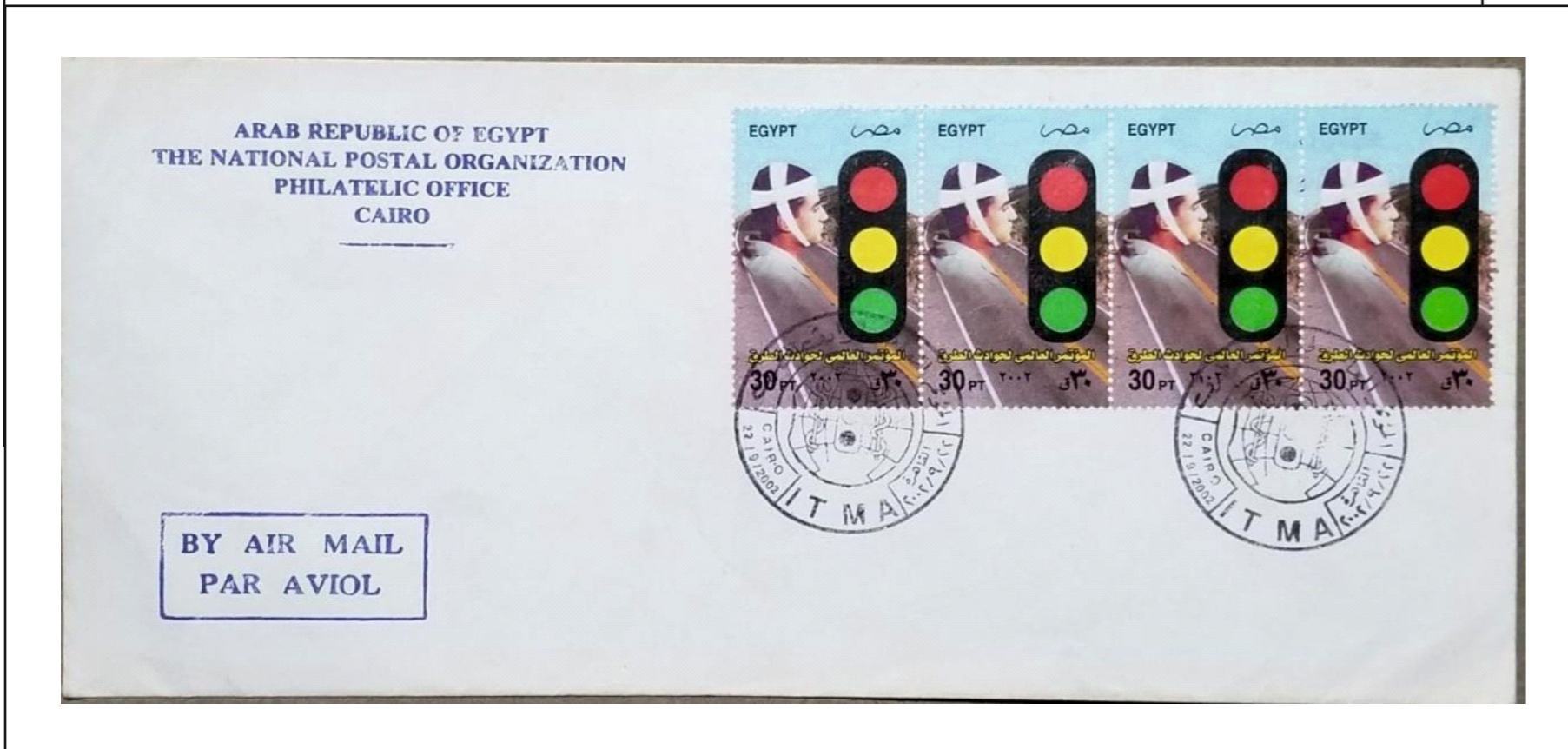
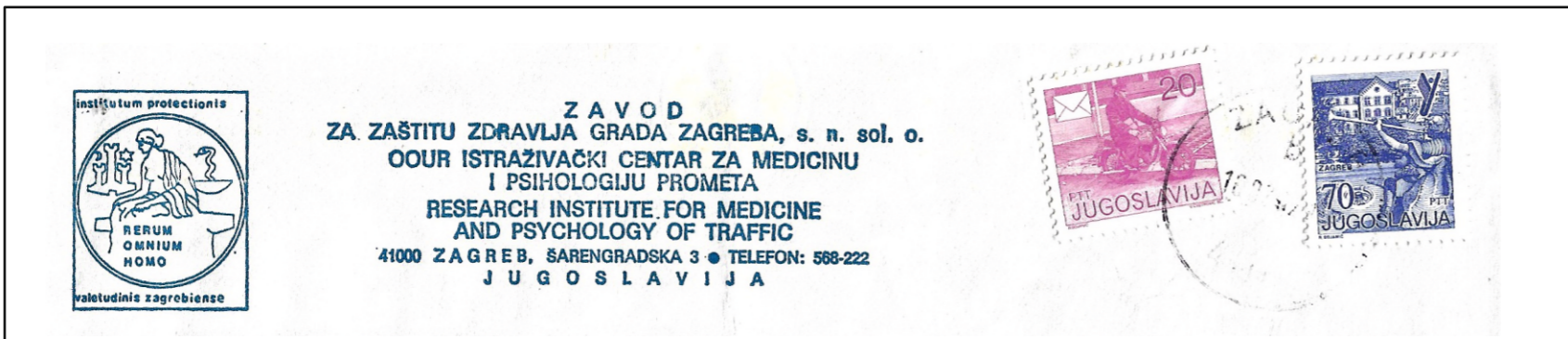
FDC for traffic safety USA Date -3/9/1965



Postal history --Princely state post card from India. Green self-adhesive stamp of 9-Paisa.



Commercially used cover of Yugoslavia from Traffic -medicine and research institute



Careless in driving or careless in crossing by pedestrians can cause serious accident.

“Research Institute for medicine and psychology of traffic” There are so many issues with traffic, accidents, road rage, fast changing psychology of human mind set for –due to time limit, work pressure, irrigation, anxiety and frustration. For all above situation special institute has also come up.

Careless Driving RSA 30c



**Old Age**

Geriatrics is a medical specialty focused on providing care for the unique health needs of older adults, aiming to promote health by preventing, diagnosing and treating diseases in this population.



*Old Age, Colour proof. Country- France –1977, 0.80; 0.20*



*Growing together is a wonderful way for aging. USA-20c. DDR-70*



Old age --& different physical & emotional issues it self is a task to deal with, the children & other family member are busy in their life but if old people take interest in small children gives happiness. . which adds to healthy lifestyle.

*Old age, Couple image, Red cross, sign, France 1977  
0.80 +0.20  
1.00 +0.25*



Hugo Bruno "Hans" Selye (1907 – 1982) was a pioneering Hungarian-Canadian, Endocrinologist conducted important scientific work on the hypothetical non-specific response of an organism to stressors.



**Alzheimer's & Dementia**--disease is a progressive brain disorder that affects memory, thinking, and behaviour, while dementia is a broad term used to describe a group of symptoms associated with a decline in cognitive function

*Ageing couple, growing & spending time together happily, which makes the life easier. Country-Fujeira, 3RIS*



**Alternative Therapies Naturopathy**

Alternative therapy refers to a situation where individuals are presented with a choice between two or more treatment options like Ayurveda, Homoeopathy, Naturopathy, Unani, etc. Naturopathy therapies includes complementary and alternative medicine which emphasizes the body's ability to heal itself using natural remedies. Integrative medicine combines ...

...conventional medical treatments with evidence-based CAM practices for a more personalized healthcare experience. (CAM) practices such as massage, acupuncture and naturopathy, Sun bath, Mud Bath, Hot or chilled water bath etc. It can be a helpful option for mental illness.



Thermal, Sun and Water therapy treatment mint stamp France 1988

Thermal -Baths- Customized treatment depends on the patients requirement's. Hip Bath- Cold, Neutral, Hot, Sits Bath and hip bath./ cold & hot Bath. Spinal Bath and Spinal Spray:-Cold, Neutral, Hot and also required body's need.

Steam Inhalation and Steam Bath. Sauna Bath. Sponge Bath.

Water therapy or hydrotherapy is a naturopathic mode of treatment applied for relieving pain, improving bowel movement, blood circulation and many other conditions. The therapeutic effect of water is undeniable

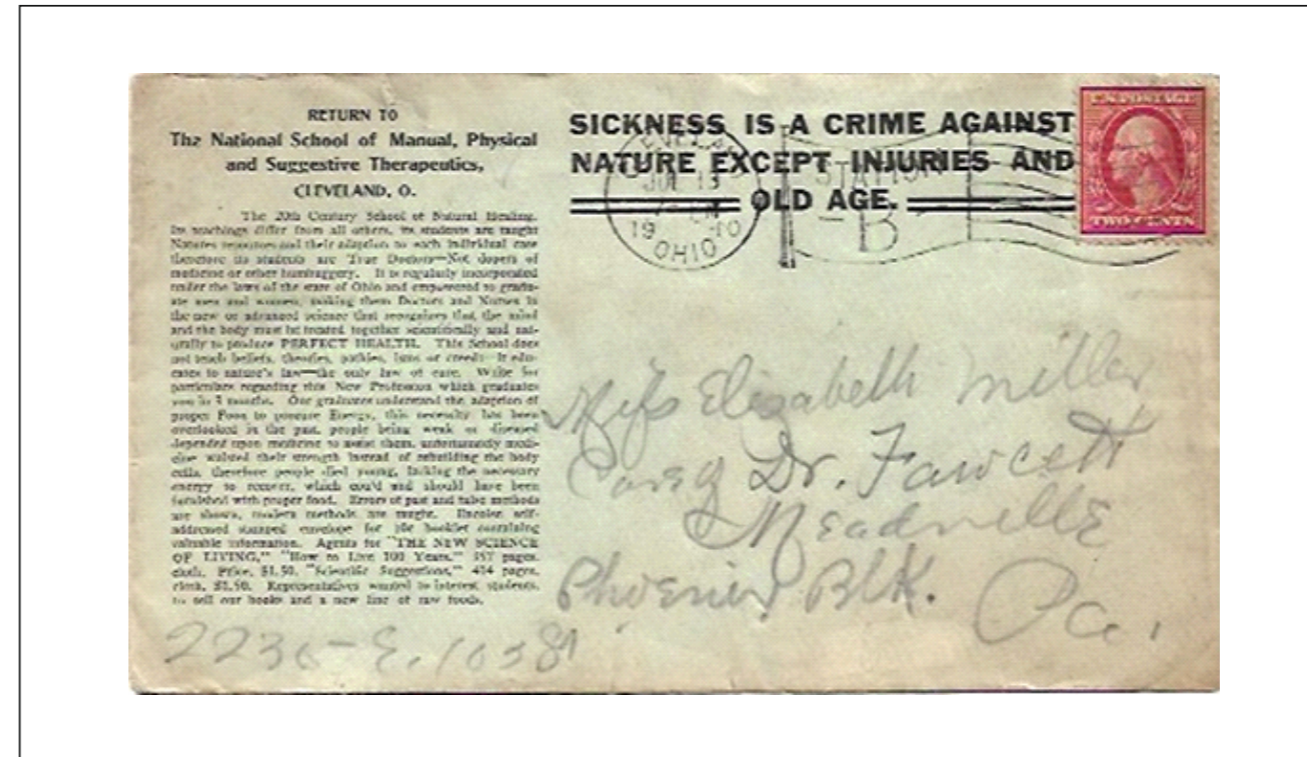
\*Sun charged water has anti-viral, anti-fungal, and anti-bacterial properties which keep health problems and skin issues at bay. \*If you Energy booster-drinking sun charged water.

Naturopathy congress 5 to \_10 -1965 Postal stationery, Republic Ostrich.



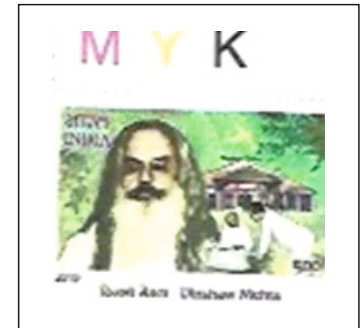
The main objectives of Naturopathy are to change the unhealthy living habits of people and to teach them the healthy and positive lifestyle in accordance to the laws of Nature with the effective help of different Naturopathy modalities. Treatment in Naturopathy is based on the concept of Panchamahabhutas - **Earth, Water, Fire, Air and Ether** which form the basic constituents of the body and it also creates awareness.

New Science of Living Magazine School use cover, sailing their raw food magazine. post mark OHIO 1910



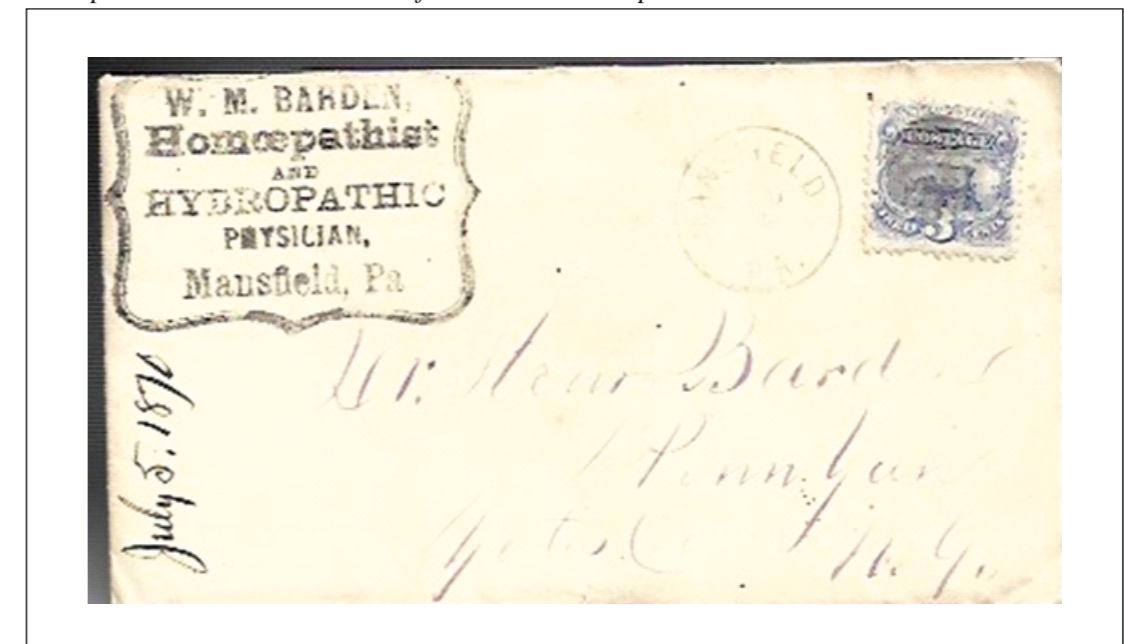
The 20th Century School of Natural Healing promotes modern methods for perfect health by teaching proper food adaptation. Graduates avoid past errors and false methods. A 10-cent booklet is available upon request, along with agents for "THE NEW SCIENCE OF LIVING," "How to Live 100 Years," 357 pages, cloth, Price, \$1.50. "Scientific Suggestion," 434 pages, cloth, \$1.50. Representatives wanted in interest states. to sell our books and a new line of raw foods.

Rupee 5 Year of issued 2019 India



Dinshaw Mehta -The personal physician and a close confidante of Mahatma Gandhi, Dr. Dinshaw Mehta was deeply committed to natural and holistic methods of cure. He helped Mahatma Gandhi established the Nature Cure Clinic and Sanatorium at Pune, which is presently the National Institute of Naturopathy.

1870 post mark used cover Hans field PA USA Stamp -3 cents.



W.M. Barden Homeopathic and Hydropathic Physician Clinic Cover. This used to be a combine clinic of above both alternative treatment clinic. Those were the era when such natural and other therapy was in the practice in USA. Letter inside from patient to doctor.

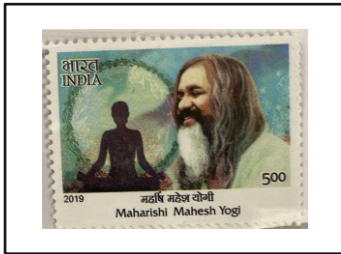
## Alternative Therapies

### Naturopathy, Yoga



*Maharishi Patanjali  
Commemorative stamp,  
Depicting Herbs medicine,  
Yoga sutra and Yoga*

Maharishi Patanjali was a great sage and philosopher who is believed to have lived in ancient India. He is best known for his compilation of the Yoga Sutras, and commentary on Panini's Ashtadhyai known as Mahasabha's which is considered the foundational text of classical yoga.



*Maharishi Yogi  
Commemorative stamp  
India 2019 Rs 5/-*

Maharishi Mahesh Yogi was an Indian guru who developed the Transcendental Meditation technique and introduced it to the world. He founded the Spiritual Regeneration Movement and the International Meditation Society and his teachings on meditation and spirituality have had a significant impact on many people around the world.

**Naturopathy:** This is a holistic approach to health that emphasizes the use of natural remedies, including herbs, supplements, and dietary changes. Naturopathic treatments for mental illness may include nutritional therapy, exercise, and counselling.

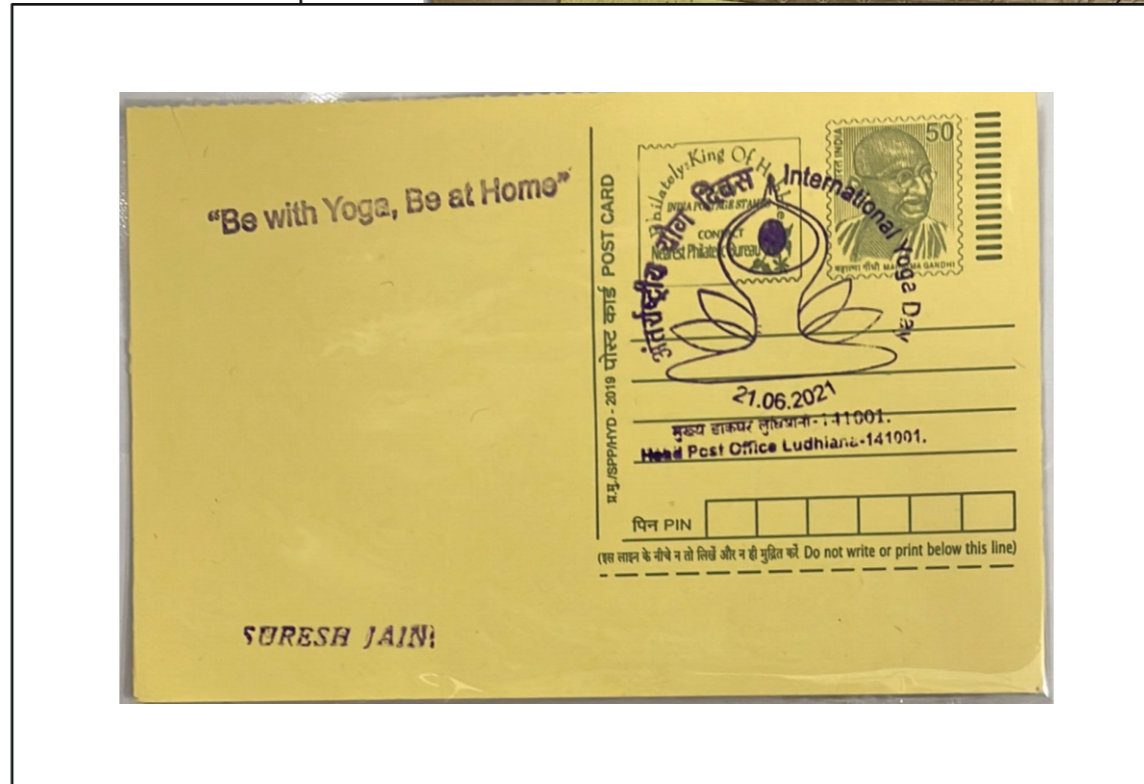
*International  
Congress on Hydro-  
Thermal therapy.  
Yugoslavia.  
11.5.1954*



*Antique cover ,  
Cancellation of  
walter park PA  
12 Dec.1898*



*International yoga Day  
Yoga posture cancelation,  
Ludhiana India.  
21.06.2021*



Walter Park Sanatorium was a medical facility established in the late 1800s that specialised in the treatment of tuberculosis, which was a major health concern at the time. The sanatorium provided a peaceful and therapeutic environment for patients to recover from the diff. Including MI disease.

## Alternative Therapies

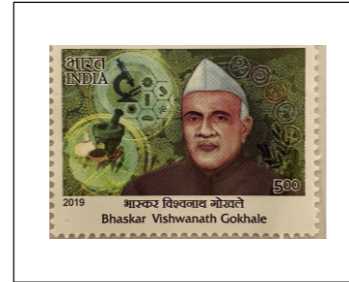
### Ayurveda

Alternative therapies are non-conventional approaches to treating various health conditions, including mental illnesses. These therapies have been practiced for centuries and involve a range of practices such as traditional medicine, Ayurveda, homeopathy, naturopathy, and herbal remedies.

Traditional medicine: This refers to the traditional healing practices of various cultures and can include the use of herbs, acupuncture, and massage therapy. It focuses on treating the whole person, including their mental, emotional, and spiritual well-being.



*Dhanvanthri stamp,  
Nepal  
1977 30 paisa*



*Bhasker V  
Gokhale, India,  
2019 Rupee 5/-,*



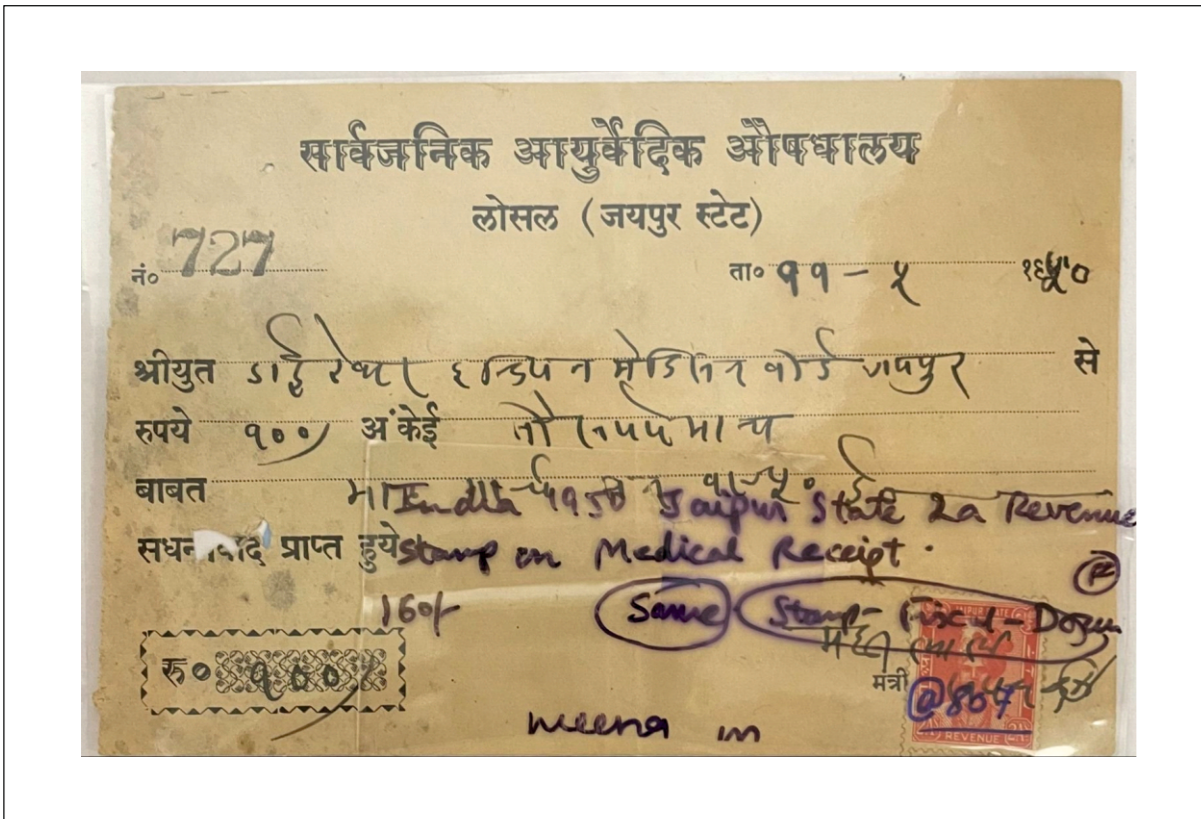
*Mahabharat war,  
Krishna's Up Desha  
(guidance) for wise &  
practical knowledge  
and survival. Also,  
Geeta shloka (quote) on  
stamp.  
India, , 1976, Rupee  
25/-*

Dhanvanthri is an important figure in Ayurveda and is believed to be the God of Medicine. He is often depicted holding a conch, a discus and a pot of nectar, symbolising his healing abilities.

Vidhya Bhasker Vishwanath Gokhale-1903-1962-was a skilled Ayurveda teacher, visionary and physician. Revolutionary freedom fighter, writer and philosopher.

#### Mahabharat and Geeta—

Mahabharata, an ancient Indian epic, provides insights into the approach towards MI in ancient India. It depicts characters experiencing a range of MH issues, including depression and anxiety, provides examples of treatments such as counselling, meditation and herbal remedies. The text highlights the importance of mental well-being and its impact on overall health and happiness.



*General Ayurveda  
center receipt of  
payment. With  
stamp signed by  
secretary, Losal,  
Jaipur state,  
11/5/1950*



*Ayurveda Center,  
Kottakkal, India  
2002 Rupee 5/-*

Arya Vidhya Sala Kottakkal healthcare center known for its heritage and expertise in the Indian traditional medicine system of Ayurveda.

Ayurveda: This is a traditional Indian system of medicine that emphasises the use of herbs, meditation, and yoga to promote physical and mental health. Ayurveda views mental illness as a result of an imbalance in the body and seeks to restore balance through natural remedies.

**Alternative Therapies**

**Homeopathy, Unani & Acupuncture**

**Homeopathy;** This is a form of alternative medicine that uses highly diluted substance to treat various health conditions, Homeopathy views mental illness as a result of imbalances in the body's vital energy and seeks to restore balance through the use of natural remedies.



*International Homeopathy congress, India Rupee 2/-*

Dr Samuel Hahnemann-1977 MNH Homeopathy, the longest established alternative medicine to come out of Europe, was created **in 1796** by Samuel Hahnemann.

*Postal stationary card, Country-Romania Year -1980 55 b.*



**Acupuncture** is a form of traditional Chinese medicine that involves the insertion of fine needles into specific points on the body to stimulate energy flow and promote healing. It is commonly used for pain management, but has also been shown to be effective for a range of other conditions.



*H49th Congress of Homeopathy, 5 different cancellation was issued on that day. New Delhi, India, 3.3.95*



*Mahender Lal Sircar commiserative stamp, India, 2009 Rupee 5/-*

Mahender Lal Sircar an allopath turned Homeopath Dr. who prepares medicines by his own and has efficient study on them.



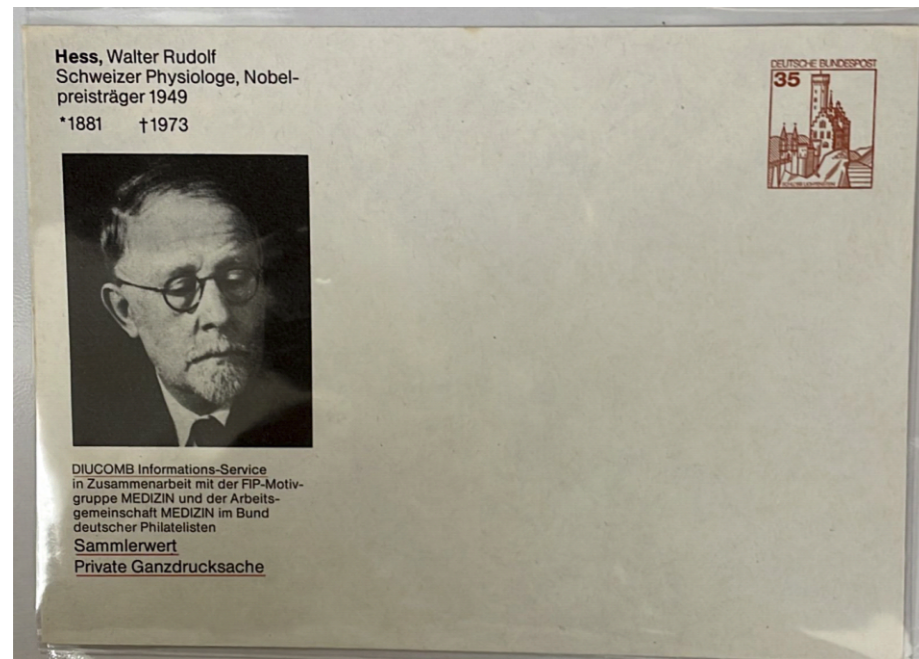
*Mohammad Khairuddin India's known dr, Commoreativ stamp issued in the year 2019 India Rs 5/-*

**Unani** medicine is a traditional system of medicine that originated in ancient Greece and was later developed and practiced in the Muslim world. It is based on the principles of the four humours and emphasizes the use of natural remedies and dietary interventions.

**Stress Related Diseases & Endocrinologist's Role.**

Generally or even by historians theory - healthy body perform good .dieseline Lifestyle palsy a good role in quality of health . But little or constant Stress leads to different body issues. Each one has its own body types but stress aggravates issues related to seeker section- like — Hypertension, Diabetes, Rheumatism, Thyroid & different skin eruption .

Hess Walter Rudolf, Schweizer, Endocrinologist.



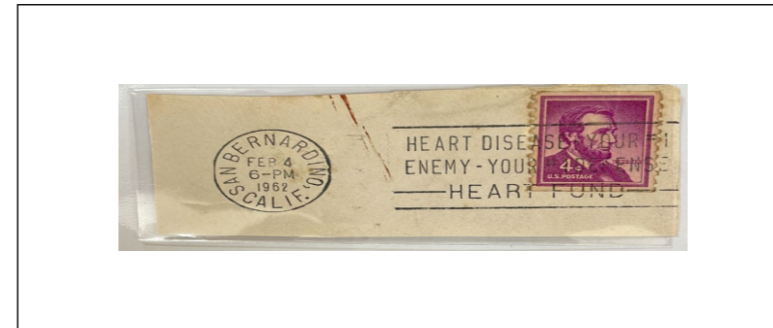
*Hyper tension & Heart related elements.*



*Diabetes & sugar level required constant monitoring g. & Endocrine is the best person for that.*



*Thyroid & hormonal changes required constant monitoring.*

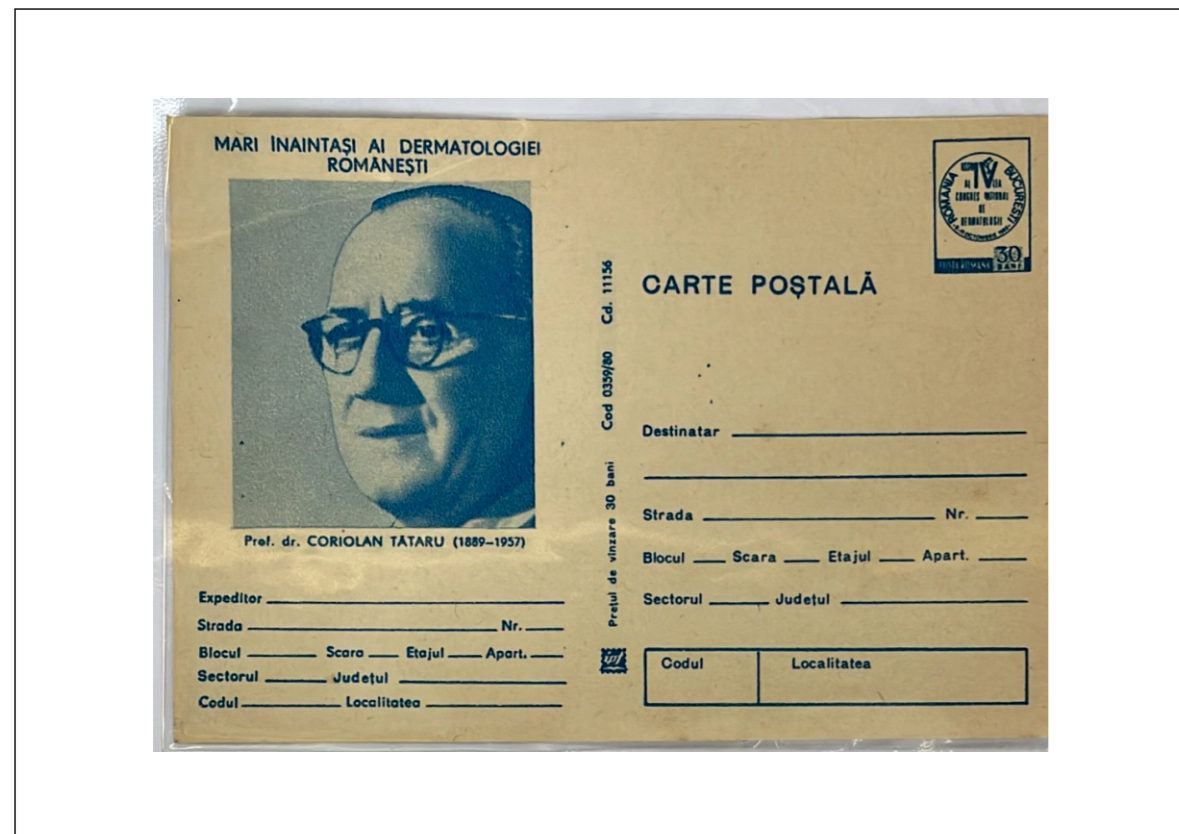


Endocrinologist--For all these diseases which gets aggravated due to already in the body in a sleeping stage. But since aggravation complicate the situation it needs to get monitored for which Endocrine is the best person to dealt the inner medication of the body along with hormonal changes also.

*Rheumatism & joint pain it also relates to psychological factor due mental health issue.*



*Skin Allergy & different types of irruption on the body is a common thing due to stress.*



**Finally communicating & Conversing help**



*Give & Take Support*

Talking or conversing with individuals with MI can be a crucial component of their rehabilitation & inclusion in mainstream society. Engaging in conversations with individuals with Mi can help reduce their sense of isolation & stigma, which can be major barriers to their recovery. Talking can also help build trust, establish a therapeutic relationship & provide a supportive environment for individuals with MI to express their thoughts & feelings. Through conversations, they can receive the necessary support, guidance & encouragement to seek treatment & access available resources. By talking about their experiences, individuals with mental illness can also gain insight into their condition, identify triggers, and develop coping strategies. This can help them manage their symptoms, reduce the risk of relapse & achieve their goals.

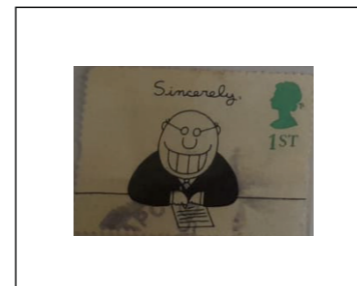
Conversations can also help break down the stigma surrounding MI by promoting understanding & acceptance. When individuals with MI are included in conversations, they become more visible, humanised, & relatable, which can challenge stereotypes & misconceptions. This can lead to a more supportive & inclusive community that values the contributions of all individuals, regardless of their MH status. In conclusion, talking or conversing with individuals with MI is a powerful tool for their rehabilitation & inclusion in mainstream society. It can provide the necessary support, guidance & encouragement to help individuals with MI recover & lead meaningful lives, while also promoting understanding & reducing stigma.



*Try a little kindness, Booklet--Depicting- - Generosity, Considerate & kindness.*



Mental Health



Sincerely Friends - So Talk, Listen & Learn



I am writing to you because you don't listen to me what I say.



Let's keeps the family healthy & happy.



Talk



Listen



Learn

Inclusion in society, Conversation in society about MH will bring the big change in the field of MH. Equality-Treat them (MI) like any other sickness patients. Caring - instead of laughing or ignoring give them care. Don't degrade them because taboo is attached to MI in fact respect them the way they are.