

“PREVENTION OF PSYCHOSOMATIC DISORDERS WITH THE HELP OF AYURVEDA & YOGA”

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ABSTRACT

Psychosomatic disorder, also called psycho physiologic disorder, condition in which psychological stresses adversely affect physiological (somatic) functioning to the point of distress. It is a condition of dysfunction or structural damage in bodily organs through inappropriate activation of the involuntary nervous system and the glands of internal secretion. The mental health of the individual plays a significant role in the wellbeing of a person. Because It is said that “A healthy mind resides in the healthy Body”. A psychosomatic disorder is a disease which involves both mind and body. It is defined as “A disorder in which the physical symptoms are caused or exacerbated by psychological factors” are called psychosomatic disorder. According to

Ayurveda and Yoga, a living creature is composed of soul, mind, and body. The central philosophy is that the mind and body are one and the same, and that physical health can't be achieved without emotional, mental and spiritual health. Both are interrelated. Ayurveda and Yoga together offers a system of natural healing that is very complete both in terms of its treatments and also in its understanding of the human being.

KEYWORDS: Psychosomatic disorder, Ayurveda, Yoga.

INTRODUCTION

In this swift moving world, technological advancement, industrialization, increased populations have created more competition environment for every man, which produced

dangerous emotional strain and stress. The changes in the life styles and circumstances have changed the face of the modern man. For the successful survival of man in this competitive world there is a need for promotion of mental health and management of various psychological and psychosomatic problems.

As soon as the word 21st century is pronounced, a stat picture of continuously moving world stands before our eyes. Life today has become so fast that everybody is just found in hurry with their work. As a coin has two sides, the modern life style also has both brighter and darker side. The brighter side of modern life style is mainly the development of a country. The development of technology makes it easier for people to communicate, to travel, to work and so on. While entering into the darker side, due to modern life style, the culture and tradition is fading off. It has direct impact on health leading to various mental disorders as stress, depression, anxiety etc. Someone is worried on account of lack of material, happiness and comforts; while someone else is worried on account of lack of mental peace. Coordination between ambitions and capabilities is no more seen. Everybody is desirous for rising higher than his present position for reaching the acme of progress. The changes in the life styles and circumstances have changed the face of the modern man. For the successful survival of man in this competitive world there is a need for promotion of mental health and management of various psychological and psychosomatic problems.

However, the term psychosomatic disorder is mainly used to mean "a physical disease that is thought to be caused, or made worse, by mental factors". In other word "A disorder in which the physical symptoms are caused or exacerbated by psychological factors" are called psychosomatic disorder.^[1] "A healthy mind resides in the healthy Body". The mental health of the individual plays a significant role in the well being of a person. During the past two decades interest and research in the field of mental health and mental disorders have grown rapidly. A recent study conducted by WHO has predicted that in terms of disease burden; by the year 2020 (that is in the next five years) mental disorders will become the no.2 disease in the world overriding diabetes, cancer, arthritis etc.^[2]

Ayurveda is the ancient art of healing that deals with all aspects of a person's life as an entity. The aim of Ayurveda is to create emotional & physical health and to cure diseases. It provides guidance regarding food and lifestyle so that healthy people can stay healthy and persons with health challenges can improve their health.

Ayurveda has flourished over 5000 years because of its own unique and original fundamental principles which seem to be even more relevant in the context of modern life style. In Ayurveda, it has been mentioned by Charaka that both the Sharira & Mana are closely related to each other. If one is get afflicted the another became affected after then. By observing this relation, Charaka has quoted that the Sharira & the Mana constitute the sites of production of diseases and happiness.^[3]

According to Ayurveda and Yoga, a living creature is composed of soul, mind, and body. The central philosophy is that the mind and body are one and the same, and that physical health can't be achieved without emotional, mental and spiritual health. Both are interrelated. Ayurveda and Yoga together offers a system of natural healing that is very complete both in terms of its treatments and also in its understanding of the human being.^[4]

In recent years, the incidence of Psychosomatic diseases has shown a tremendous increase throughout the world, especially in western affluent society, where most of the infectious and nutritional causes of ill health have been completely eradicated but the psychosomatic disorders are emerging as a greater and growing challenge before the medical profession. It is at this juncture that attention has been drawn to Ayurveda and Yoga for their utilization in promotive, preventive and curative care of Psychosomatic ill health.

PREVENTION THROUGH AYURVEDA

Ayurveda deals not only with body but also with Aatma (soul), Manas (psyche) which are necessary for maintenance of physiological and psychological balances. Following are the simple principles of Ayurveda which play a key role in prevention and management of psychosomatic disorders.^[5,6]

- Ahara vidhan- The mental factor of a man is reflected by the type of food he takes - “Ahara Shuddhou Satwa Shudhihi”. In Bhagavatgeeta also we find the references regarding the three types of food like Satvika, Rajasika and Tamasika. Ahara works as Medhya, supporting the physical brain, and enhancing the coordination of mental functions, such as Dhi, Dhriti and Smriti (learning, retention and recall)
- Dincharya palan.
- Achar Rasayana- Achara Rasayana told in the classics has a direct influence in maintaining the mental and spiritual wellbeing. Person has to follow some rules and regulations to maintain both personal and social health. These directly manipulate the mental level of a person and have their role in both health and disease.

- Medhya Rasayana therapy: use of psychotropic drugs, highlighted as Medhya dravya and Medhya rasayana either as a single drug or in the form of compound formulations, in classical texts of Ayurveda.
- moral and spiritual teachings and other psychosomatic health promoting practices.

PREVENTION THROUGH YOGA.^[7,8]

Yoga is an ancient practice in India used to keep the body flexible and attain spirituality. Yoga is one among those wonderful procedures that bring a perfect blend of physical, mental, intellectual and emotional strength. The most important benefit of Yoga is physical and mental equilibrium. Yoga is the science which integrates self with the universe. It establishes harmony of self with systems of the body as well as the surroundings leading to positive physical and mental changes. This is most desired element of Yoga to counteract the emotional problems, anxiety, stress, jealousy etc. Yoga poses are scientifically designed in such a way as to relieve stress and bring about physical as well as mental and emotional balance.

- Most psychosomatic illnesses are caused by strain, stress, anxiety, frustration, anger and other emotional imbalances. These can be tackled through the Yoga postures which require concentration and meditation. The stretching and breathing techniques relax the muscles, leading to a release of stress from the body and mind.
- Many of the Yoga poses strengthen the nervous system, making the nerves stronger and improving willpower and powers of concentration, which in turn helps better mental and emotional health.
- Regular Yoga practice creates mental clarity and calmness, relaxes mind, and sharpens the concentration level.
- The stretching provided by the Yoga exercises also helps to improve the circulation of blood, and the muscle tone of the blood vessels. This aids removal of toxins from the body, which in turn promotes a healthy state of mind.
- Since Yoga therapy strengthens the body as well as the mind, an individual is better equipped to tackle emotional stress and thus find a cure for psychosomatic problems.

CONCLUSION

In any individual, state of Dosha, Dhatu and Mala decides life-style regimen as well as tendency towards particular diseases. “The one whose ‘Dosha’ are balanced, whose metabolism is balanced, whose tissues and eliminations are normal, and whose senses and

mind are centered in the self, is considered healthy and remains full of bliss.” This important quotation defining health according to Ayurveda, written thousands of years ago, reveals the natural condition of the mind as a state of happiness. If any person is physically ill, he will also suffer from mental disturbances and vice a versa.

It's a glory of world's oldest ancient science that he has mentioned both treatment for body and mind. According to Charaka there are three type of treatments; Devyaprashaya Yuktivyaprashaya and Satvavajaya.^[9] Satvavajaya is mainly related to mental disorders. Gyana Vigyana Dhairya Smruti Samadhi etc,^[10] methods are used for mental disorders.

So one should always follow the regimen stated in Ayurveda for the proper health of body as well as mind to prevent the various psychosomatic disorders.

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