

MANAGEMENT OF STRESS IN ANORECTAL DISEASES**Vd. Avinash Vishnu Bharati^{*1} and Dr. R. H. Amilkanthwar²**¹* PG Scholar, Dept. of Shalyatantra, Govt. Ayurved College, Nanded, Maharashtra, India.²Asso. Professor, Dept. of Shalyatantra, Govt. Ayurved College, Nanded, Maharashtra, India.Article Received on
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College, Nanded,
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Now a day, we all observed that many patient comes in the OPD are stressful in condition either by the diseases or by any personal cause. In the Current days there is vast changes in life style, So Depression is very common mental health disorder which affects person's way of thinking and behaviour. The weakness of "Mana" is that it interprets everything external according to its own conditioning .In ancient era there are many ways to control mind and to improve the way of thinking, But now a days, it's impossible and causes increase in the rate of mentally sick patient . "Mana" (mind) can observe thoughts, feelings, moods, meditation, determination, etc. so all these are objects. The mind transmits these objects to Buddhi (intellect) who then

decides on the appropriate action."[Charak Sharirsthana., Ch.1, 20-23] The main purpose of the paper presentation is to assess the changes in psychological distress of Ano - Rectal diseases patients. Depending on it's severe complaints and disturbance in daily work there is high rate of distraction occurrence in patients psychology. Hospitalized patients shows high levels of psychological distress. The primary responsibility for the assessment and treatment of patients psychological problem is an initial consultation during a hospital stay or follow-up or in OPD. Psychological distress impairs quality of life, reduces ability of patients to get benefit from treatment and it is associated with poor outcome for physical illness and less patients satisfaction. So it is important to manage stress factor in anorectal disease.

KEYWORDS: Mana, Anorectal disease, stress.**INTRODUCTION**

The main aim of Ayurveda is to maintain the health of a healthy person and to treat the diseased one. Ayurveda gives importance to maintain health of body physiology and mental

condition. This balance is disturbed by various stress factors which cause stress.

In the current era, there is a continuous increase in psychological illness. Behind this busy life schedule, unhealthy and improper diet is the main cause for it. The effect of psychological changes in healthy humans is a burning issue for the health care system. Maximum the teenager group is affected. Stress causes damage that is often underestimated. It is challenging to control these psychological changes according to time. Psychology has a multidisciplinary field to research on various aspects. Many more research papers are published on stress management in healthy human beings.

NEED OF STUDY

Today, we all see that a patient of anorectal diseases is in a stressed condition. When such a patient visits the hospital, most of the doctors neglect the stress factor and just treat the diseases by conservative treatment. By this treatment, the patient doesn't get complete relief, and the chronicity will increase. The patient visits the hospital again and again but still doesn't get significant relief.

We all know that a patient of anorectal disease suffering from severe complaints.

Some points which show why the need of this study is important are –

- This disease has a maximum rate of chronicity.
- The patient doesn't want to expose anorectal disease.
- The view of the community toward anorectal disease is different.
- It affects the daily life of the patient.
- This disease has a high rate of complication and recurrence.
- Unknown stress factors behind the pathology of anorectal diseases.

While thinking on the above points and the current situation in the treatment of anorectal diseases, it is a must to study on this topic.

RELATION OF STRESS IN ANORECTAL DISEASES

Ayurveda explained the relation between mind and the body. The physiology between body and mind maintains the balance of our health. Any disturbance in the physiology of the mind causes severe diseases. In the causes of anorectal diseases, Acharya explained some *mansik hetu* which directly affect the mind. Primary psychological conditions caused purely by mental disorders are *kama*, *krodha*, *lobh*, *harsha* etc. In the initial stage of anorectal diseases, the patient

ignore to treat it.^{[1][2]}

Stressors like unhealthy food and life style, social, poor economical condition, family issues can causes all types of morbidities. Vata is the main dosha which maximumly affect by Stress⁴. In the vata vrudhikara hetu some mansik hetu contribute to elevate vata dosha.^[2]

Many papers are published on the stress which shows relation between stress and G.I.T. disturbance which further causes anorectal diseases.^{[6][7][8]} Stress not only affect G.I.T. system also affects to other system like cardiac system causing heart diseases.^{[8][9]} Long term stress causes severe effect on our body. Continuous stress causes indigestion, hyperacidity, anorexia etc. which causes agni mandya which leads to Anorectal diseases. When such patient receive treatment for the diseases they not get 100% relief. So the chronicity of the diseases increased and causes severe symptoms and complications.

MANAGEMENT

COUNSELLING

Counselling has the major role in the management of stress. A proper counselling to the anorectal patient gives significant relief to the patient. When patient comes to the hospital doctor need to do proper counselling along with conservative treatment.

- Some point to be focus while counselling are –
 1. Proper conversation.
 2. Friendly greetings to make patient comfortable.
 3. Listening to the concerns, questions, and need of the patient.
 4. Showing empathy and encouragement.
 5. Provide privacy and confidentiality.

AYURVEDIC ASPECT OF MANAGEMENT

DIET PLAN– Acharya mentioned a specific diet plan for Anorectal diseases and also for healthy mind.^{[1][2]}

NIDAN PARIVARJANA– The factor which are helpful to cause anorectal diseases should be avoided.^{[1][2]}

AYUSHADHI CHIKITSA– In the initial stage of anorectal disease we get relief from Ayushadhi chikitsa. Some herbal compound which are mentioned in ancient text are helpful

to reduce stress. Medicated ghruta, Asawa, Aritha..etc also increase the power of mind, increase the stability of body.^{[1][2]}

RASAYANA CHIKITSA- Acharya mention rasayana for better immunity and health. It also helpful for mental health and also for stress reliver. Ayurveda classifies herbs with a stabilizing effect on the mind as “medhya rasayana”. These herbs promote and nourish the neurological tissues, so the rasayana also helpful to reduce the stress.^{[1][2][4]}

YOGA– some yogik kriya are helpful to manage stress. As yoga is explained as sub branch of Ayurveda and many Aasana, Bandha and Shuddhi kriya are explained for mind(mana) treatment like Pawanmuktasana, Mayurasana etc.^{[5][7]}

PRANAYAMA–In Ayurveda texts, daily application pranayama significantly work on stress like Shitali pranayama.^[5]

Deep breathing calm and focus the mind on a specific work and relax our mind and body. It controls vatadi dosha and equilibrium between body and mind.

PRANCHKARMA– panchkarma is the speciality of Ayurveda which has significant role to reduce stress.^[4] The panchkarma methods which are used to reduce stress are:

Nasya – nasal medication act as a purificatory aid to the head where major sensory faculties are located. Nasya help to purify these centre and maintain the health of mind.

Shirodhara- shirodhara is special treatment with special technique to reduce stress and stablilizing to the mind. Shirodhara done by using qwatha, medicated oil, medicated milk etc.

Shirobasti- It is the method like shirodhara in which a medicated medium is kept over the head for some duration of time. Panchkarma along with shaman chikitsa is significantly effective in the stress condition and psychology disorders.

STRESS MANAGEMENT THROUGH MODERN VIEW

MEDITATION– It is the best stress reduction technique. Relaxation response created by meditation.

EXERCISE– Daily exercise will help to relax mind.

NUTRITION– If you support your body with good nutrition, it will be strong enough to

handle constant stress.

GOOD SLEEP– Body needs time to recover from stressful events. Sleep also help to relax mind.

ACCEPT TRUE EVENTS – Anorectal diseases has chronicity and Complications with long term treatment so patient get stressed. Some Patients not accept that they are suffering from this diseases they just ignore it.

SAY NO TO ADDICTION– Due to stress many patient are tend to alcoholism, smoking and many more causes harmful effect hence say no to addiction.

OTHER TECHNIQUES – Busy in social activity, getting a hobby, listening a good music, Spas and time management etc are also useful tool to manage stress.

NATURE EFFECT– Spend time in natures contact is also helpful to reduce stress.^[3]

CONCLUSION

Ayurveda plays an important role to reduce stress in the anorectal diseased patient along with conservative treatment. If we give attention towards the stress causing factor of anorectal patient and the main cause behind it then the patient get significant relief in anorectal diseases. May be stress is the cause behind chronicity of anorectal diseases in many patients, so we must focus on stress factors while treating anorectal diseases.

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