

**STRESS AYURVEDIC REVIEW**

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**ABSTRACT**

Stress is very important factor now a days which leads to Anxiety. Various research works have done on it. Stress is very well described in ayurvedic literature and its pathophysiology is also well explained. Ayurvedic diagnosis and treatment plan for stress induced Anxiety is described in this topic.

**KEYWORDS-** Stress, Manas rog, Achar rasayan.

With the help of science human made tremendous development in the field of Industry, Agriculture Infrastrucher, Medicine, Health But this development really not enough to make human being happy or healthy. WHO defines health is not only physical wellbeing but also mental health should be considered. Ayurveda is not only medical science but it science of life. It takes care of not only physical but mental health of

peoples. Ayurveda describe the signs and symptoms produced by stress in its ancient samhita grantha especially in Unmad and apasmar adhayay.

**Symptoms Described In Stress**

Loss of Apeptite headache change in digestion flatulence, discomfort in chest, increase in previous illness, nausea, backache, tingling and numbness in extremities, abdominal pain, borborgami, sweating, increase in heart rate, worries anticipation of worst, fearful anticipation irritability, feeling of tension, fatigability startle response, moved to tears easily,

trembling, feeling of restlessness inability to relax, Fear of – (dark, strangers, of being left alone of animal, of traffic, of crowds) difficulty in falling asleep, broken sleep, unsatisfying sleep, fatigue on walking, dreams nightmares, night terrors, difficulty in concentration poor memory, loss of interest, lack of pleasure in hobbies depression, early waking, diurnal swing, pains and aches, twitching, stiffness, myoclonic jerks, grinding of teeth, unsteady voice, increased muscular tone, tinnitus, blurring of vision, hot and cold flushes, feeling of weakness, pricking sensation, tachycardia, palpitation, pain in chest, throbbing of vessels, fainting feelings missing beat, pressure or constriction in chest, choking feelings, sighing, dyspnea, difficulty in swallowing, wind abdominal pain, burning sensations, abdominal fullness, nausea, vomiting, borborygmi looseness of bowel, loss of weight, constipation, frequency of micturition, urgency of micturition, Amenorrhea, menorrhagia, development of frigidity, premature ejaculation, loss of libido, impotence, dry mouth, flushing, pallor, tendency to sweat, giddiness, tension headache, raising of hair, restlessness or pacing, tremors of hand, furrowed brow, stained face, sighing or rapid respiration, facial pallor. These all are signs and symptoms observed in patients with stress induced anxiety.

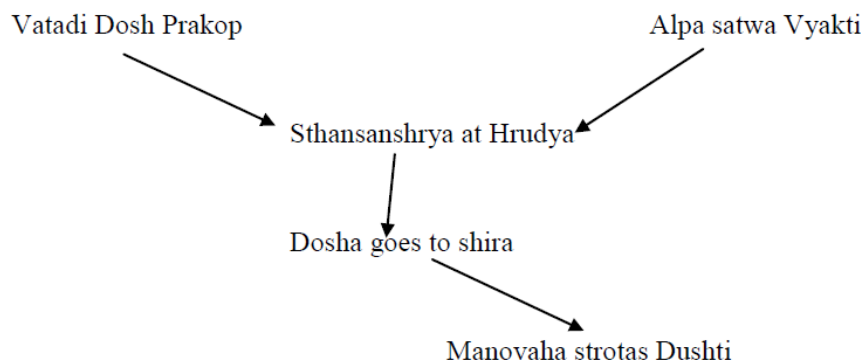
### **SAMPRAPTI**

Ayurveda describes manas rog hetu in charak samhita<sup>[1]</sup>

Dhee-wisdom, talent, Dhruti- power to store knowledge, Smruti – power to recall knowledge. These three are described as power of manas when these three powers unable to work properly then it vitiated all sharir and manas dosha gradually resulting in development of different types of sharir and manas diseases.

In ayurved it is described that due to mental stress (or vitiated manas dosha) different types of diseases developed e.g. jwar, pandu, hridrog, shwas, ajirna, agnimandya, nidranash, amlapitta, atisar (bhayajatisar) grahani, shirshool, prameha, klaibya, kustha, kampavat, smrutibhransh, anavastitchitta, aparthgad, unmad, apsmar, various references regarding manas hetu i.e. stress is observed in samhita grantha. How the mental stress affects Dosha, Dhatu, Mal, Man, agni, Vyadhi that is also described in Ayurvedic text.<sup>[2]</sup> e.g. excessive sorrow excessive act of intercourse can vitiate the Vat dosha.<sup>[3]</sup> in hridroga the important hetu is to excessive worries. Irritability leads to Amlapitta or Nidranash. performing the things which subject does not like leads to headache(migraine). In atisar the Bhayaj (i.e. created by fear) is one type of Atisar is described.

Ayurveda as its basic definition of health takes care of Sharir and Manas also. The Vat dosh is important in different Manas vicar, stress is directly responsible to vitiate Vat dosh, which further responsible to propagate samprapti.



## STRESS

### Treatment of stress Ayurvedic review

Ayurveda has described solution to overcome stress. various references shows the Ayurvedic strategy to fight with stress. As we know Ayurveda is an eternal science of life which deals with the spiritual psychological and physical wellbeing of the individual. It covers all the spheres of human life. it is not merely materialistic science, but a philosophical and factual truth, which our great ancestral sages, through their experience, logic and power of wisdom enhanced by yogic practices had found true and proved it to the truth of time. Therefore treatment guideline for stress in Ayurveda includes multiple factors Ayurveda believes in nidan parivarjan. nidan I.e, causative factor must be removed first. the following should be the line of treatment for stress as per Ayurveda.

- 1) Aaharshuddhi = Ayurveda always teaches us to have Satwik food. Mind (i.e. Mana) is nourished by ahar. satwik ahar keeps mind fit and healthy. So ahar sevan rules 4 described by Ayurveda should be followed strictly.
- 2) Retrospection = every day before going to bed every person should retrospect himself and think what good and bad right and wrong things he had done in whole day. Try to think over it and try to avoid the mistakes regarding hetuseven should be avoided next day.
- 3) Dincharya and rutucharya = Dincharya and Rutucharya in various samhita grantha should be properly followed. As we know Ayurveda is life science dincharya and rutucharya tells us how to live healthy by adopting Ayurveda lifestyle as described in dincharya and rutucharya.

- 4) Vyayam (regular exercise)= development, stability and increase in wealth usually inversely proportional to exercise. Daily exercise ardhyaashaktya (half of total power) Vyayam is advisable.
- 5) Yog and Meditation = yogshastra is integral part of Ayurveda ayurveda has accepted all the basic principles of Yogshastra. In manas vikara and Stress meditation i.e. dharana, dhyan, Samadhi plays important role to relive stress. Pranayam is also advisable for manas patients. Yog and meditation increase the strength and power of mind which can fight stress as well as other manas diseases.
- 6) Ayurvedic medicine treatment = Various herbal drugs as well as ras aushadhi are described in various ayurvedic texts. One should arrange it as per samprapti of stress and other manas rog. Shatavari ashwagandha, jatamansi are useful herbal drugs as well as various rasaushadhi like Arogyavardhini bruhat vat chintamani manomitram are describe in ayurvedic texts. One should use it as per requirement.
- 7) Panchakarma = panchakarma is a precious gift given by Ayurveda to mankind Panchakarma i.e. Vaman, Virechan, Nasya, Rakta mokshan, Basti along with poorvakarma snehan and swedan are useful in treating all types of manas vikara including stress. Shirodhara, pichudharan, moudha tail, padabhyanga, shirobasti are few example of panchakarma upkalapana which has scientifically proved best in treatment of Manas rog and Stress.
- 8) Achar rasayan = Acharya Charakacharya in 5 rasayan vajikaran adhyay described Achar rasayan as non medicinal and non interventional answer to almost all diseases. In achar rasayan Acharya told the rules and regulations for every individuals. It is claimed that after following all these rules no one will have any disease and he will live for years without any diseases.

## CONCLUSION

Stress is observed very common disease now a days. Ayurveda very well explained stress in its terminology. Vat dosh along with manas dosha is important factor here. Treatment of stress according to Ayurveda is possible by adopting ayurvedic guideline mentioned in texts. There is lot of scope in stress treatment by using ayurvedic line of treatment.

## REFERENCE

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2. Charak nidan sthan 8/61

3. Charak viman sthan 5/13
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5. Charak chikitsa sthan 1/30-35