

ANALYTICAL STUDY OF STRESS MANAGEMENT ACCORDING TO AYURVEDA

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ABSTRACT

Today, stress has become an inevitable and the most unwanted companion of civilization. In modern era, busy life style has leads to various types of stress viz. physical, social and mental stress. Stressors like unhealthy food, improper routine and mental perturbations can cause all types of morbidities. *Ayurveda* is highlighted as a holistic system which is very effective for stress management and to encourage body and soul to achieve composure of the mind. In *Ayurveda*, combination of balance diet, *Sadvritta*, *Nidan Parivarjana*, *Ayurvedic* Medication, Exercise and Meditation, *Panchakarma* like *Shirodhara*, *Shirovasti* and *Medhya Rasayana* can have great effects in Stress management. Present research article is aimed to enlighten *ayurvedic*

approach towards the Stress management.

KEYWORDS: Stress, *Ayurveda*, *Sahasa*, Mental health.

INTRODUCTION

Life is the combination of body, senses, mind and reincarnating soul. *Ayurveda* is the most sacred science of life, beneficial to humans both in this world and the world beyond. (*Charaka Samhita*, *Sutrasthana*, 1.42-43).

First aim of *Ayurveda* is to maintain the health of healthy individual and the second is to treat

the disease state. When the balance of body and mind are hampered due to change in life style, it causes a lot of stress. In modern era, busy life style has leads to various types of stress viz. physical, social and mental stress. Stressors like unhealthy food, improper routine and mental perturbations can cause all types of morbidities. In biological terms, stress is defined as anything constituting a threat, real or apparent, which would adversely affect the organism. In simple words, stress is body response of one who faces condition like anxiety, anger and grief. Stress plays an important role in the etiology of several diseases is well recognized in Ayurveda, where, stress is known as *sahasa*. Charaka advises to avoid *sahasa* as it adversely affects the body(Cha.Ni.6/5).

Stressor: A stressor is defined as a stimulus or event that provokes a stress response in an organism. It can be categorized as acute or chronic, and as external or internal to the organism.

Stressors(Stress inducing factors) recognized in Ayurveda can be classified as those causing **physical stress**, like excessive physical exercise, fasting, exhaustion, injury, uneven body postures and **environmental**, like, high altitudes and prolonged exposures to intense heat of sun and fire. Unhealthy food, irregular and improper routine and **mental perturbations** like *krodha* (anger), *soka* (grief), *loba* (greed), *ayasa* (confusion) , *moha*(attachment) etc. cause all type of morbidities.

How does stress affect you?

The initial stage of arousal remains the same whether we are faced with a major or minor. But under extreme, prolonged, or persistent pressure the body continues to manufacture extra quantities of stress chemicals, triggering further processes to maintain energy. If arousal continues, the adrenal glands manufacture anti-inflammatory chemicals that simultaneously speed tissue repair while depressing the body's immune defense system (Dr. David Frawley) and (Sundaram K) if all these changes continue, the body goes on trying to adapt under increasing strain and pressure. Eventually it breaks down. It causes adverse effects on body.

Stress Symptoms

Generally we see

- 1) Acute stress which is the reaction to an immediate threat, commonly known as the fight or flight response. The threat can be any situation that is experienced, even subconsciously or falsely, as a danger.

- 2) Frequently, however, modern life poses on-going stressful situations that are not short-lived and the urge to act (to fight or to flee) must be suppressed causes chronic stress.

Symptoms of stress are as follows

Physical Symptoms

Fatigue, Sleep pattern change, Indigestion, Pain.

Psychological Symptoms

Confusion, Lack of Concentration, Memory Loss, Decision making problems, depression, impatience etc.

Behavioural Symptoms

Behavioural changes like nail biting, Appetite Changes, Alcohol and smoking addiction.

Stress Management according to Ayurveda

The fact that 'prevention is better than cure' is well recognized in *Ayurveda*. To prevent stress there are two approaches-

1. To avoid factors inducing stress and vitiating doshas.[*Sahasam sada varjayate*(D. G. Su. 4/7)].
2. To increase the coping capacity of the body.

The *Panchakarma* therapies for Stress conditions are *Vamana*, *Virechana*, *Vasti*, *Shiroabhyanga*, *Shirodhara*, *Shirovasti*, and *Abhyanga*.

- *Vamana*: induced therapeutic vomiting.
- *Virechana*: purgation through therapeutic laxative, providing symptomatic relief of mental illness and shows significant effects.
- *Vasti*: enema therapy. *Niruha Vasti* cleanses toxins from the *dhatus* and removes naturally accumulated body wastes from the colon. *Anuvasana Vasti* is to be retained in the body for a longer period for effectiveness.
- *Nasya*: Nasal medication acts as a purificatory aid to the head where major sensory faculties are located. The clarity of these faculties (*indriya prasada*) leads to clarity of mind.
- *Shiro Vasti*: keeping herbal oil in a cap fitted on head.
- *Shirodhara*: medicated water, herbal oils and medicated milk are poured on the forehead through a special method for 30 to 45 minutes. It reduces anxiety, depression and mental

stress and rejuvenates the central nervous system.

Medhya Rasayanas mentioned in ayurvedic text promotes the intellect and tissue nourishment with working as nervine tonics. Compound herbal formulation consisting of Tagar (*Valeriana wallichii*), Shankhapushpi (*Convolvulus pluricaulis*), Brahmi (*Bacopa monnieri*), Musta (*Cyperus rotundas*), Ashwagandha (*Withania somnifera*), Jatamansi (*Nardostachys jatamansi*).

Sadvritta, Rasayana Chikitsa, Daily practice of “*Yoganidra*” and *Shavasana* are also useful for making your mind calm and tension free.

MATERIALS AND METHODS

It is an conceptual study. All material used for this research article was various classical texts, modern texts, research journals, research articles etc.

RESULT

According to *Ayurveda*, with the combination of Panchakarma, Medhya rasayana, proper diet and rest, exercise and yoga, just by doing this you can have great benefits over stress and manage your stress level accordingly throughout your life.

DISCUSSION

increased positive thinking can reverse the pathology of stress. Ayurvedic Shodhana-Shamana chikitsa and herbal drug formulations shows tremendous effects to reduce the stress and plays ideal role during stress management.

CONCLUSION

Stress management through Ayurveda helps to improve your inner soul and gives you positive approach to set body-mind balance appropriately.

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